



PERSONAL DATA

Name:
Dr. rer. nat.
David Daniel Ebert
Date of birth: 12/06/1979

E-Mail:
d.ebert@geton-institut.de



Personal Summary

Dr. David Daniel Ebert's work focuses on the development and evaluation of internet and mobile-based interventions for the prevention and treatment of common mental health disorders. He has received his PhD in Psychology in 2013 from the Philipps-University of Marburg, Germany with special honors (summa cum laude).

He is currently head of the division for Health Trainings Online at the Leuphana University Lueneburg, Germany (16 staff members). Together with his team he has developed nine different internet-interventions including interventions for subclinical depression, major depression, depression and diabetes, relapse prevention, panic disorder, work-related stress, insomnia and for improving emotion regulation skills. The efficacy and cost-effectiveness of these interventions have been or are currently being evaluated in 19 randomized controlled trials.

He is member of the board of directors of the European Society for Research on Internet Interventions and member of the editorial board of the Journal "Internet-Interventions" published by Elsevier. In recognition of his achievements, he has recently received several awards such as the "DGVT-Förderpreis" by the German society for behavior therapy [DGVT], and the Early Career Researcher Award by the International Society for Research on Internet Interventions (ISRII).

In August he will join the Department for Health Care Policy, Harvard University, USA (Prof. Ron Kessler) for a research fellowship.

Work Experience

02/2013-07/2014	Post-Doc Research Fellow, Division for Clinical Psychology and Psychotherapy, Philipps-University Marburg, Germany
10/2011-09/2014	Project Manager, Division E-Mental Health, Leuphana University Lueneburg, Germany
since 5/2012	Member of the Board of the European Society for Research on Internet Interventions (ESRII)
05/2011 & 10-12/2013	Visiting researcher in the Department of Clinical Psychology, VU University Amsterdam (Prof. Dr. Pim Cuijpers), the Netherlands
03/2011– 04/2011	Visiting researcher at the Australia National University, Sydney, Australia
07/2009-02/2013	Researcher Fellow, Department for Clinical Psychology and Psychotherapy, Philipps-University Marburg, Germany
Since 10/2006	Lecturer at Leuphana University Lueneburg, Germany & Philipps University Marburg, Germany; Topics: Methods for the evaluation of psychological interventions; Online-Consulting and web-based therapy as innovative components of psychosocial health care;

Chances for quality management in psychosocial online-based treatment; Promotion of emotional competencies; Training of social competencies

Education

- 02/2013 Ph.D. in Psychology (Dr. rer. nat.), Division for Clinical Psychology and Psychotherapy, Philipps-University Marburg, Germany (Grade A+ equivalent, summa cum laude). Topic: Improving Psychotherapy Outcome in the Treatment of Mental Health Disorders (Advisors: Prof. Dr. Matthias Berking, Prof. Dr. Pim Cuijpers)
- 04/2009 Teaching degree for primary and secondary school, Leuphana University Lueneburg, Germany. Thesis: Development of an internet-based intervention for the retention of successful changes in health behavior. (Grade A equivalent)
- 10/ 2001 School leaving examination (Abitur), Abendgymnasium Lueneburg, Germany

Honors & Awards

- 2014 Nominated for the „publication award“ from the Leuphana University Lueneburg, Germany, for the most productive publisher in the academic year 2013/2014.
- 2014 Award of the German Society for Behavior Therapy [DGVT] for outstanding achievements in the further development of behavior therapy.
- 2013 Personal grant European Union; Research sojourn at the Free University Amsterdam, the Netherland.
- 2013 Transferpreis: Award from the Leuphana University Lueneburg, Germany, for the project “Web-based rehab aftercare following inpatient psychosomatic rehabilitation”.
- 2012 DRV Poster-Award 2012: „Web-based aftercare: only useful for the young and highly educated? 21. Rehabilitationswissenschaftliches Kolloquium, Hamburg, Germany, March, 2012.
- 2011 Awarded with the Early Career Researcher Award 2011 from the International Society for Research on Internet Interventions, Sydney, Australia, April 2011
- 2011 DAAD Grant for participation at the "41th Convention of the European Association of Cognitive & Behavioral Therapy" Reykjavik, Iceland, September, 2011
- 2011 Grant in Aid for a presentation at the "State of the Art-Forum" at the ISRII-Convention 2011, Australian National University, Sydney, Australia, April 2011
- 2010 DAAD Grant for participation at the "44th Convention of the American Association of Cognitive & Behavioral Therapy" San Francisco, USA, November, 2010
- 2009 PhD Scholarship at the Leuphana University Lueneburg, Germany

Funding

submitted	<p>I-CARE: Integrating technology in mental health care in Europe. European Union Horizon 2020, PIC23. 5.980.000€ (Co-PI and WP Leader, appr. 960.000€ for Ebert).</p> <p>Pro-Health: Internet- and mobile-based interventions (IMBIs) for the prevention of mental disorders and chronic medical diseases. German Ministry for Education and Research (BMBF), 2.899.572€ (PI).</p> <p>PsyOmics: Development of blood-based molecular biomarker panels to improve the diagnosis, prevention, treatment and outcome of individuals with affective disorders European Union Horizon 2020, PIC23. 5.760.000€ (Co-PI and WP Leader; PI: Sabine Bahn, Cambridge, UK; appr. 586.000€ for Ebert).</p> <p>Online-based recovery training for stressed employees with insomnia. DAK Health, 224.532€ (PI).</p> <p>Children At Risk Intervention Online: Efficacy of an online parent training for children at risk (CARI-ON), BMBF 523.000€ (Co-PI).</p>
funded	<p>Online-based prevention of mental disorders. BARMER GEK. Volume: 30.000€ (PI); 2014-2015.</p> <p>Management of mental health disorders through advanced technology and services – telehealth for the MIND. European Commission. CIP-Pilot actions; CIP-ICT-PSP-2013-7; Mastermind 16100, 7.000.001€ (CO-PI & WP Leader appr. 450.000€ for Ebert). 2014-2017.</p> <p>European comparative effectiveness research on Internet-based depression treatment; European Union. FP7-HEALTH-2013-INNOVATION-1 Total volume: 5.827.000, Berking/Ebert : 461.155€; 2014-2017.</p> <p>Internet-based health intervention as innovative instrument for prevention of mental disorders, BARMER GEK, Volume: 54.000€ (PI); 2013-2014.</p> <p>Effectiveness of a guided web-based intervention for depression in back pain rehabilitation aftercare: a multi-center randomized controlled trial. BMBF – Studies in health services research, (Co-PI); Volume: 519.000€; 2014-2017.</p> <p>Evaluation of an online-based training for insomnia and work-related stress. Unfallkasse NRW. (Co-PI); Volume: 72.200€; 2012-2014.</p> <p>Internet-based health interventions: Current evidence and chances for implementation in medical rehabilitation [Expertise]. DRV. (Co-PI) Volume: 30.093€; 2012-2013.</p> <p>„Evaluation of online-based relapse prevention Intervention in Patients with Major Depressive Disorder “ BMBF. Ch diseases and orientation towards patients. Duration: (Co-PI): Volume: 419.170€; 2011-2014.</p> <p>„Evaluation of an online-based transdiagnostic aftercare enhancing stability of the effects of inpatient psychosomatic rehabilitation“. Clinic for Psychotherapy and Psychosomatics – Vogelsbergklinik, Volume: 100.000€ (PI); 2008-2013</p> <p>Development and implementation of online-based diagnostic and monitoring tools. Dr. Ebel Fachkliniken, (PI). Volume: 15.000€; 2009-2010.</p>