

MP NEWSLETTER

The latest news, activities, comments, info from our Institute

Blaubeuren 2016: Institute Internal Summary

By ANDREAS RAY

The main issues of this year's question session were the future of the institute in terms of general funding, personal funding and finishing the PhD degree, organisational aspects and the next retreat.

The intention of the Communication Committee is to echo Jan's thoughts on the above topics in a summarised version. The following is entirely based on a transcript from that session.

GENERAL FUNDING

The current big grants (TR-SFB Plasticity and Sleep, Leibnitz Preis) end in 2017, as well as smaller grants. As three big grant proposals were rejected, Jan and group leaders will "try harder" to get those accepted. An advanced European Research Council (ERC) grant is still pending.

Beside that, Jan will personally stimulate people at the Institute to apply for grants. Postdocs and even PhDs should apply, too. This is considered to be a part of the work of Postdocs. Especially DFG grants are potential targets. Fortune-Program might not be the best option, because our Institute already has and had several of these accepted and they are balanced among the whole clinic, which might reduce acceptance for us in the future.

Grants are expected to support the Institute. Members of the institute should not keep the project funds to themselves (even beyond the overhead).

PERSONAL FUNDING AND FINISHING THE PhD DEGREE

The institute's leaders are trying to help every student to finish their PhD. A mechanism to ensure emergency funding is in place to support PhD students up to 6 months. However, every student must be aware that a PhD is a private endeavour that might fail.

Extension of money cannot be guaranteed without conditions (e.g. for PhD students that take long time to finish, publications of three journal papers is mandatory).

ORGANIZATIONAL ASPECTS

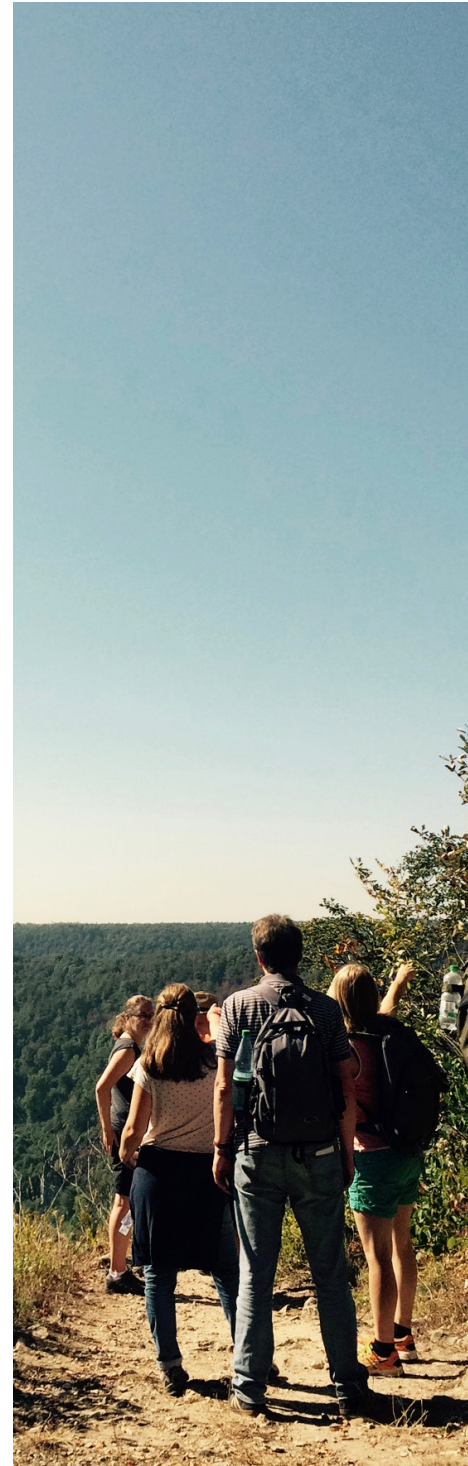
It will be easier than before to schedule a fixed time for appointments with Jan, which will help everybody to save time and be able to plan better.

Jan does not favour institutionalised discussions on the state of a PhD work and the future of the student. Forcing PhDs to publish their work helps them to get a feeling for their own timeline. Jan, nonetheless, encourages PostDocs and their PhDs to discuss with him any time. The initiative must come from the student or the PostDoc.

NEXT RETREAT

The location of the next retreat depends on the funds the institute has. We will know more about the monetary situation in March. Jan favours an "esoteric place" like Sardinia. Sardinia has organisational advantages over other places (like Portugal) because we have already been there. Big cities are out of question because people tend to leave the group at night.

Karsten, Lany and Niels Niethard are organising the next retreat.



Institute Restreat Report.

By MONIKA SCHÖNAUER

In September, we went on our yearly retreat to Sardinia – No! – Blaubeuren to tighten social and scientific bonds in the institute. In case you could not join (or already forgot) what we were up to in the Schwäbische Alb: During the first day of our three-day stay we enjoyed brief talks by members of the institute and two keynote lectures by A. Lüthi and U Voss. On the second day, we went hiking in the Alb and rendezvoused in the early evening to enjoy a fantastic barbecue. The last day was dedicated to creativity and internal issues: We enjoyed a scientific workshop and discussed important issues with Jan. To give everyone a more detailed recap of what transpired in Blaudinia, we attached an overview of the program.

Many thanks go to the organizers Freddy and Albrecht! We are all looking forward to next year and are excited what the new comrades in arms Lany, Niels and Karsten have in store for us!

Program at two glances

Blaudinia 2.0 – Losing track of brain and sleep 2016 Institute Retreat Medical Psychology (MP)

	Wednesday, September 7 th	Thursday, September 8 th	Friday, September 9 th
9.00-11.00	Vorster A & Weber F. Obsessive compulsive disorder in an institutional setting – sorting neuroscientists into socio-demographic groups can lead to long-term happiness. <i>Tübingen biologists and engineers discover new ways of clustering intelligent life into high entropy states.</i>	MP Consortium. Spatial cognition under metabolic and environmental stress – swarm intelligence wins out! <i>A new field experiment found that natural instinct makes up for poor signposting and questionable navigational strategies when large groups travel in the woodland.</i>	MP Consortium & Communication Committee. Changing the rules – a thought experiment: Abolishing monetary restrictions and political restraints and research reality could possibly benefit the Institute of Medical Psychology. <i>MP scientist demonstrate in a simulation study that impact of scientific output could be more than quadrupled if research topic, results and scrutiny standards of peer review could be changed at will.</i>
11.30-12.30	MP Consortium. Cross-validation of PowerPoint slides in a random subsample – how to train a stranger to present your data better than yourself! <i>Data scientist find that it is not so much about what you present, but how you present it. Beautiful slides dazzle any audience! Prizes awarded: @LeoHimmer, @NicodeLuz</i>		
	FOOD.	WELL-DESERVED FOOD.	FOOD AGAIN!
13.30-17.00	Born J, Gais S, Kotchoubey B, & Hallschmid M. Ceci n'est pas Dr. Diekelmann. Looking past the presenter can give greater insights into a research topic. <i>New study on convincing speeches shows that creating a Doppelgänger is easier than you think! Tandem Talk Prize awarded: @MarianInostroza, @KarstenRaus</i>	McDevitt L. To nap or not to nap – that is the question! <i>Political conflict barely avoided when nap lovers and nap haters meet to discuss their preferences on a sunny meadow in western Germany.</i>	Communication Committee et al. – Institute Interns: Born to be a leader <i>Head of Institute of Medical Psychology holds up well under crossfire.</i>
17.30-18.30	Lüthi A. Some brain waves like it slow – A homage to Leonard Cohen. <i>Data Research collaboration with Switzerland confirms that slowing down the tune will pave the road to success.</i>	Cellini N. Philosophical musings on levers and fat men – what's a band-wagon got to do with sleep? <i>A survey on internal security reports that only a fraction of MP employees are prone to violent outbursts which go as far as pushing overweight people off bridges. Clinical trials confirm that sleep interventions are ineffective in changing this condition. Search for a treatment continues.</i>	
	MORE FOOD.	BBBBQ BARBECUE! Finally.	
20.00-21.00	Voss U. Becoming lucid – when dreams come true. <i>Tübingen neuroscientists incepted into the world of inception. #Womanofourdreams</i>	Folie à multiple. Characterization of a psychological condition arising amid large groups as evening progresses. <i>A combination of intoxicating substances and sleep loss increases susceptibility to transcendent psychological states that facilitate loud vocalizations, formation of personal ties and general exuberance. Reported side effects are lingering headaches, as well as increased sensitivity to bright light and loud noises.</i>	
22.00	Hippocambles revisited – Mostly Spanish set list reflects MP nationality structure. <i>Infamous MP band hacks Institute in Numbers data to optimize personalized musical program – one more consequence of the Transparent Work Place.</i>		
00.00	From Argentine Tango to Zumba – characterizing movement programs in a two-legged species.		

New members. Colleagues leaving.

By UJWAL CHAUDHARY

Our Institute is a very dynamic place where new members always join and some of our colleagues move to new places to further their career. In the section “New members and members going to places” we highlight the quasi static nature of our Institute by welcoming new members and bidding adieu to members going to new places. In this edition of our newsletter we welcome four new members and bid adieu to three of our colleagues.

WELCOME!!



Who: ANDRIANI RINA
What: PHD STUDENT
Where: FMEG CENTER
When: SEPTEMBER 2016.

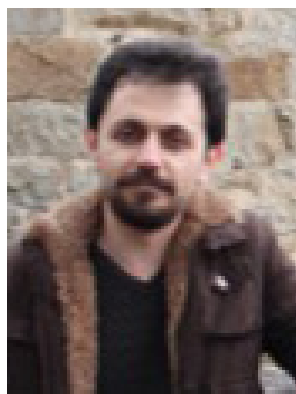
Andriani Rina in her own words:

“My master’s thesis, under the supervision of Ass. Prof. rer. nat Georgios A. Keliris and Ass. Prof. Konstantinos

Moutoussis, was about the color processing and perception in the brain of normal trichromatic subjects, patients with chromatic deficiencies and total color blindness. In this projects I was responsible for performing the fMRI measurements in the CNGA3-patients, analyzing and communicating the data.

Recently I started my Ph.D. in the institute of Medical Psychology & behavioral Neurobiology on “Real-time fMRI on obese people”, as a part of Brain Train project, in which I am also responsible for the data management. My main interests are on: fMRI in humans, rt-fMRI, rs-fMRI and data analysis.”

Further project: Real-time fMRI on obese people.



Who: AZIM MALEK-SHAHI
What: PHD STUDENT;
Where: ALTE HNO
When: MARCH 2016.

Azim Malekshahi in his own words:

“My deep interest in linguistic communication and Analytic philosophy of language

led me, after my graduation in Mechanical engineering as a bachelor student, fervently made a decision to change my discipline to philosophy in order to reach a clear and deep understanding of how we communicate by the use of sounds or con-

ventional symbols. My dissertation work in master was motivated by different semantical theories of natural language which directed me to choose a very interesting topic, “what is analytic philosophy of language?” for my master thesis. In my thesis, different theories of linguistic communication and the capacity of classical and modern logics in explanation of linguistic communication were investigated. I learned how to transit from philosophical and engineering backgrounds to the field of cognitive science and the exact scientific study of these concepts. After my arrival at Tübingen and enrolled as PhD student at cognitive science I have possessed hands-on experience in EEG and fNIRS, which include BCI in completely locked-in state (CLIS) and healthy subjects and analyzing EEG and fNIRS data.”

Further project: Development of a combined functional Near-Infrared-Spectroscopy (fNIRS)-EEG-Brain-Computer Interface for the completely locked-in state (CLIS).

Who: EVA-MARIA KURZ
What: PHD STUDENT
Where: OSIANDERSTR. 5
When: OCT 2016.



Eva-Maria Kurz in her own words:

“In my master thesis I concentrated on whether mental arithmetic measured with NIRS is suitable for awareness detection in patients in minimally conscious state. Currently, I am part of the project “Sleep dependent memory consolidation in children with autism spectrum disorder” which is a collaborative project of the Institute of Medical Psychology and Behavioural Neurobiology and the Department of Paediatric and Juvenile Psychiatry and Psychotherapy.”

PEOPLE



Who: CAROLINA SALAZAR
What: MASTER STUDENT
Where: FIN BUILDING
When: AUGUST 2016.

Carolina Salazar in her own words:

"I joined the Institute as a Master student in August, earlier this year. I'm a Psychology student

from Universidad de Chile and I'm the first one to participate on this internship, which was open as a collaboration between the Institute of Medical Psychology and Behavioral Neurobiology and the Psychologist department in my university, with the aim to enhance the involving of the psychologists in the neuroscience field in my country. During the six months that the internship lasts, I'll be doing my professional practice and my master thesis, as part of Anuck Sawangjit's main research project (System consolidation)."

Who: DIMA SKEIKER
What: PHD STUDENT
Where: FIN BUILDING
When: SEPTEMBER 2016.

Dima Skeiker in her own words:

"I am working with Dr. Ritze researching on metabolic dysregulation, and how this has a high degree of plasticity and can thus be conceptualized as "metabolic memory content". The contents of this metabolic memory can be fundamentally altered by interventions, which seems particularly promising when these interventions occur before the long-term consolidation of the metabolic memory contents. The aim of the project is therefore to characterize the onset of obesity-associated metabolic dysregulation at the CNS and peripheral level by revealing typical patterns of molecular mechanisms and physiological substrate."



Bidding adieu.

Life is a journey and it is only very natural that we move from one place to another. It would be great if members going to places can tell us where there are going to, so we that can bid you farewell until our paths cross again.

Gordon B. Feld joined University College London

Maartje S. Spetter joined University of Birmingham

Hong-Viet V. Ngo joined University of Birmingham



And the winner is...

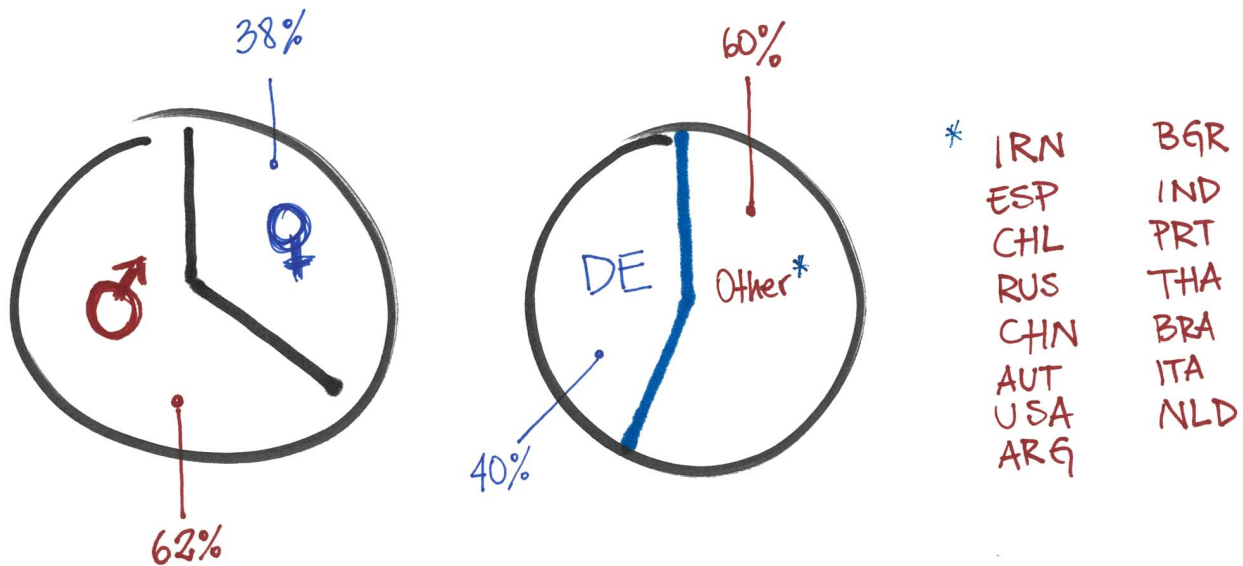
By UJWAL CHAUDHARY

We rejoice the success of our member as they spread their lore and bring glory to our institute, in this edition of the newsletter we congratulate:

Matthias Thienel-Holzmann for Ernst and Berta Scharrer Award of the German Society of Endocrinology (for his paper 10.1038/ijo.2016.149).

Gordon B. Feld for Silvia King Award of the German Diabetes Association (10.1038/npp.2015.312)





Institute in numbers.

By CARLOS OYANEDEL AND ANDREAS RAY

The idea of having this questionnaire was to have a better understanding of the structure and the working situation of the members of our institute. Aiming also to identify potential questions, or problems that individuals or groups working here might be facing. Moreover, it will help us to improve organization during all phases of work, that means arrival, working, leaving.

Here, we want to summarize the main results we found after analyzing the answers. The following is only based on the replies we received. There were 42 replies, which is between half and two-thirds of the institute. Secretaries, IT-staff and Master's students are not included.

SUMMARIZING THE "HARD FACTS"

62% of the people working here are male, 38% are female. 40% of the members are of German origin. There are members from 15 other nations working at our institute. 12% are from Iran, which corresponds to the largest group of foreigners, followed by the Spaniards (10%). Almost two thirds of the members are PhD students and the other third are Postdocs. Among the Postdocs are a few Privatdozenten. There is one study nurse and the secretaries as well, a Study Physician, an IT administrator and a Full Prof. Em.

POSITION AND STAY

The average planned duration of their stay is 3,85 years (based on approx. half of the replies), which probably mainly reflects a good average duration of a PhD.

The average time remaining in months (based on the other half of the replies) is 13,2 months, which probably mainly represents the members of the Institute who are in the end-phase of their PhD.

41% of the members stated that their position is extendible, meaning their PhD, for example, could be prolonged. For 35%, it is not sure ("maybe") and another 33% answered with "no".

FUNDING

Almost three quarters (69%) of the members are paid by Drittmittel. 17% have a scholarship. The remaining are either on the Institute's budget (7% = 3 people) or unsure of how they are being paid (2 people).

Less than a quarter (24%) knows if they can get new funding after their current funding runs out.

The funding of almost two-thirds of members cannot be extended at all (33%) or it is unsure (21%). The remaining 22% answered "maybe" or "not applicable" (for permanent positions).

In summary, the comments regarding the possibility of extending the position had one main issue: the primary problem with extending the position is not limited by organizational aspects but by monetary aspects. Some people, however, also face organizational problems regarding the end of scholarships, VISAS or the will of the supervisor or regulatory bodies (like administrations, regulations etc.) to extend the position (position not funding).

Very few either, face problems with the Wissenschaftszeitarbeitsgesetz (positions have to become

permanent after six years) or had budget positions that were not prolonged.

The comments regarding the possibility of extending the funding clearly showed that there is general uncertainty about funding. Some members replied that there is no possibility of extending their funding at all or that they were unsure about it. Most replied that the only way to continue being funded is by attracting grants. And some also mentioned applying for scholarships or trying to prolong scholarships. “Luck” was also mentioned once or twice as a possible means of extending funding.

In conversations with Jan, he mentioned that is mandatory that those people having contract (Drittmittel), must approach him and Anja three months before the contract expires, in order to coordinate what are going to be the next steps, according to that particular situation. If someone is about to finish his/her scholarship, they must talk to him at least three months in advance. In his words “I am not happy with the current situation. The fact that the main fundings are going to finish by June 2017 and beg-

ging of 2018 is the reason why we can't provide the money to everyone, as we would like to. However, I have to say that we will for sure, ensure that every single PhD student has time to finish their thesis. For that, there is money, as well as for keeping the core of the Institute.” Currently, the Institute is not hiring new people, with only few exceptions.

The importance of this Institute in Number project is that we are talking about these topics, and, as the results showed, there is a common uncertainty about positions and fundings, but, as Jan mention, every single case can be analyzed and discussed. The Institute is facing a restricted budget period that might bring us uncertainty concerning our positions and fundings, but there will always be a possibility to get some agreement to finish our studies in a proper way.

We thank those colleagues who answered this questionnaire. And we, as Comm Comm, are happy to be a channel where people can feel support to communicate these uncomfortable issues.

Like a boss. Christmas Party 2016

By CARLOS OYANEDEL

As the famous Hippocamblues song says “all the leaves are brown”, our marvelous forest around is reminding us that the year 2016 is about to finish. As fast as it looks like. GLEICHZEITIG, that means, that our favorite-end-of-the-year-get-together Christmas Party is around the corner. The Christmas Party Organization Crew is ready to give us the unique event we deserve after an intense year. Beside the Communication Committee, Laura Herde and Svenja Brodt are being part of the team. After a very intense - full of ideas - first meeting, the Organizers decided to

give to this year's party a boss style. What does that mean? It means that for that night we all are going to dress ‘LIKE A BOSS’ and act ‘LIKE A BOSS’, and for those ones who want a bigger challenge, you can adapt the theme of the party and dress ‘LIKE YOUR BOSS’. Either way should work - careful with the last one though!

When: **THURSDAY THE 15TH OF DECEMBER, STARTING AT 19.00 HRS.**

Where: **ALTE HNO BUILDING (SILCHERSTR. 5)**
More info about the party will be sent around soon!

Name of the Institute (DE-EN).

By ANDREAS RAY

The official English name of our Institute is:

INSTITUTE OF MEDICAL PSYCHOLOGY AND BEHAVIORAL NEUROBIOLOGY

It is written in American English, therefore, there is no “u” in “**Behavioral**”.

All words have capital initial letters except “of” and “and”.

The official German name of our Institute is:

INSTITUT FÜR MEDIZINISCHE PSYCHOLOGIE UND VERHALTENSNEUROBIOLOGIE

When translating don't get confused by the “für” in the German name. In English it reads “**Institute of**” and not “for”. Also, the institute is an “**Institute**” and not a “Department” and neither an “Abteilung”.

Our Latest Publications.

By Lea Himmer

In this section, we praise your productivity and scientific genius that has resulted in quite a few papers over the last months. Like any journal, we can only publish what has been submitted to us, so this list – though extensive – might miss some great publications. Please help us to make this list as exhaustive as possible, by sending us an email to comm-mp@medizin.uni-tuebingen.de straight away, when you have a new paper published.

- Antelis M, Montesano L, Ramos-Murguialday A, Birbaumer N, Minguez J. Decoding of upper limb movement intention from eeg measurements of the controlesional motor cortex in chronic stroke patients. *IEEE Trans Biomed Eng.* 2016 Mar
- Barner C. & Diekelmann S. (2016). Erholsamer und nicht-erholsamer Schlaf – Auswirkungen auf die Leistungsfähigkeit - Gedächtnis. In: Schulz H, Geisler P & Rodenbeck A (Hrsg.). *Kompandium für Schlafmedizin.* (Kap. XV 1.2.2.2. Deutsche Gesellschaft für Schlafforschung und Schlafmedizin. Ecomed Medizin
- Barner C., Ngo HVV, Diekelmann, S, Weeß, HG & Schlarb, A (2016). Memory consolidation in fragmented sleep: N2 sleep spindles for verbal memories in obstructive sleep apnea patients. *Somnologie, Themenheft*, S. 1-10.
- Bergmann TO, Karabanov A, Hartwigsen G, Thielscher A, Siebner HR. Combining non-invasive transcranial brain stimulation with neuroimaging and electrophysiology: Current approaches and future perspectives. *NeuroImage.* 2016 Feb
- Besedovsky L, Dimitrov S, Born J, Lange T. Nocturnal sleep uniformly reduces numbers of different T-cell subsets in the blood of healthy men. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology.* 2016 Oct
- Besedovsky L, Schmidt EM, Linz B, Diekelmann S, Lange T, Born J. Signs of enhanced sleep and sleep-associated memory processing following the anti-inflammatory antibiotic minocycline in men. *Journal of Psychopharmacology.* 2016 Jul
- Brodt S, Pöhlchen D, Flanagan VL, Glasauer S, Gais S, Schönauer M. Rapid and independent memory formation in the parietal cortex. *PNAS.* 2016 Nov
- Chaudhary U, Birbaumer N, Ramos-Murguialday A. Brain-computer interfaces for communication and rehabilitation. *Nature Reviews Neurology.* 2016 Aug
- Chaudhary U, Birbaumer N, Ramos-Murguialday A. Brain-computer interfaces in the completely locked-in state and chronic stroke. *Progress in Brain Research.* 2016 Dec
- Diekelmann S, Born J, Rasch B. increasing explicit sequence knowledge by odor cueing during sleep in men but not women. *Frontiers in Behavioral Neuroscience.* 2016 Apr
- Klinzing JG, Mölle M, Weber F, Supp G, Hipp JF, Engel AK, Born J. Spindle activity phase-locked to sleep slow oscillations. *NeuroImage.* 2016 Jul
- Klinzing JG, Rasch B, Born J, Diekelmann S. Sleep's role in the reconsolidation of declarative memories. *Neurobiology of Learning and Memory.* 2016 Dec
- Lorenzen A, Scholz-Hehn D, Wiesner CD, Wolff S, Bergmann TO, van Eimeren T, Lentfer L, Baving L, Prehn-Kristensen A. Chemosensory processing in children with attention-deficit/hyperactivity disorder. *Journal of psychiatric research.* 2016 May
- Ly V, Bergmann TO, Gladwin TE, Volman I, Usberti N, Cools R, Roelofs K. reduced affective biasing of instrumental action with tdcS over the prefrontal cortex. *Brain stimulation.* 2016 Jun
- Niethard N, Hasegawa M, Itokazu T, Oyanedel CN, Born J, Sato TR. sleep-stage-specific regulation of cortical excitation and inhibition. *Current Biology.* 2016 Sep
- Vidaurre C, Klauer C, Schauer T, Ramos-Murguialday A, Müller KR. EEG-based BCI for the linear control of an upper-limb neuroprosthesis. *Medical Engineering & Physics.* 2016 Nov