

# Dr. Karin Matko

## Curriculum Vitae

Dedicated young researcher with 7 years of experience in conducting and publishing methodologically rigorous studies into the working mechanisms of meditation and yoga.

Excellent dissertation in psychology. Published 10 articles in peer-reviewed journals and supervised 18 MSc, 3 BSc theses and 1 medical dissertation. Experienced lecturer in research methodology, cognitive psychology and soft skills. Expert in data analysis and project management. Derived the first empirical classification system of meditation techniques.

Research interests: Mental health prevention and intervention, working mechanisms of meditation, yoga and forest therapy, person-technique fit, positive psychology.

### Personal Info

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### Education

- 05/2015 – 06/2021**     **Dissertation/PhD with honors (summa cum laude)**, Chemnitz University of Technology, Chemnitz, GER  
*Day of viva:* 10/06/2021  
*Topic:* "The Variety and Differential Effectiveness of Meditation Techniques and Yoga Components"  
*Supervisor:* Prof. Dr. Peter Sedlmeier
- 10/2007 – 05/2014**     **Diplom/MSc in Psychology (Grade: 1.5)**, Dresden University of Technology, Dresden, GER  
04/2012 – 09/2012 Parental leave

### Professional Appointments

- Since 07/2023**     **Research Associate**, University Medicine Greifswald, Prevention Research and Social Medicine  
**Research Experience:** Wrote a grant application for a research project on the working mechanisms of forest therapy; further study planning for collaborative project on meditation traditions  
**Teaching Experience:** Teaching courses on social medicine and medical sociology for medical students; continued supervision of 3 MSc theses and 1 BSc thesis in psychology
- 01/2023 – 06/2023**     **Independent Researcher**, Dresden  
**Research Experience:** Wrote several grant applications and publications; analyzed a qualitative data set and prepared it for publication; conducted a survey study to evaluate a newly developed body awareness questionnaire; study planning for a large-scale multi-language collaborative project with Oxford University and Tilburg University to examine individual differences between meditators of different traditions  
**Teaching Experience:** Continued supervision of 6 MSc theses and 1 BSc thesis
- 10/2021 – 12/2022**     **Research Associate**, Chemnitz University of Technology, Professorship for Cognitive and Biological Psychology  
**Research Experience:** Conducted a pilot study using experience sampling; collaborative project with Tilburg University – conducted a pre-registered replication study on the effects of mindfulness meditation on well-being and self-enhancement; study planning for a survey study; data analysis and presentation of a representative pupils survey in Saxony  
**Teaching Experience:** Taught 2 undergraduate courses on educational psychology for primary school teacher students, and 6 courses on soft skills (time management, work organization, presentation

techniques) for students of all faculties, co-developed and graded exams in motivation and evolutionary psychology, supervised 6 MSc theses, 1 BSc thesis & 1 med. dissertation

**06/2022 Research visit** (1 week), University of Oxford, Department of Psychiatry, Oxford Mindfulness Research Centre, Prof. Dr. Willem Kuyken

**11/2018 – 09/2021** **Research Assistant**, Chemnitz University of Technology, Professorship for Research Methodology and Evaluation in Psychology

**Research Experience:** Conducted and managed three extensive experimental single-case studies on the differential effects of meditation techniques, the incremental effects of meditation, yoga, and ethical education, and the effects of a new mind-body program on patients with chronic pain and patients with depression

**Teaching Experience:** Taught a total of 4 undergraduate courses on research methodology and statistics in psychology, co-developed and graded exams, supervised 12 MSc & 2 BSc theses

**Member of the Open Science Initiative**

**06/2021 Research visit** (1 week), University of Groningen, Faculty of Science and Engineering, Cognitive Modeling Group, Prof. Dr. Marieke van Vugt

**06/2020 Research visit** (1 week), University of Freiburg, Medical Faculty, Clinic for Psychosomatic Medicine and Psychotherapy, Prof. Dr. Stefan Schmidt

**11/2018 Research visit** (2 weeks), University of Cambridge, Department of Psychology, Consciousness and Cognition Lab, Dr. Tristan Bekinschtein

**12/2015 – 04/2017** **Parental Leave**

**10/2014 – 09/2015** **Research Assistant**, Palucca University of Dance Dresden

Research project "The Development and Implementation of Innovative Teaching and Learning Strategies for a Contemporary, Practice-based Study in Dance" – responsible for study planning, data gathering, and data analysis, transcribed qualitative interviews, translated texts

**10/2011 – 03/2012** **Research Intern**, University of Nottingham, School of Psychology, Human Development and Learning Group, UK, Research project "Does drawing help children to understand causality in texts?"

**05/2011 – 07/2011** **Journalist** at the Middle German Culture Radio; journalist and host at the student radio Dresden (04/2010 – 07/2011)

**since 04/2014** **Freelance yoga teacher, speaker and workshop leader**, Dresden

One-woman business: Managing, accounting, marketing, client relationship, renting rooms, administering own website ([www.yogi-ma.de](http://www.yogi-ma.de)), producing audio and video, blogging

## Selected Publications

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**Matko, K.\***, Burzynski, M.\*, Pilhatsch, M., Brinkhaus, B., Michalsen, A., & Bringmann, H. C. (2023). How does Meditation-Based Lifestyle Modification affect pain intensity, pain self-efficacy, and quality of life in chronic pain patients? An experimental single-case study. *Journal of Clinical Medicine*, *12*(11), Article 11. <https://doi.org/10.3390/jcm12113778> (\*shared first-authorship; Altmetric: 11)

**Matko, K.**, Sedlmeier, P., & Bringmann H.C (2022). Embodied cognition in meditation, yoga, and meditation. An experimental single-case study on differential effects of four mind-body treatments. *International Journal of Environmental Research and Public Health*, *19*(18), Article 11734. <https://doi.org/10.3390/ijerph191811734> (Citations: 2, Altmetric: 7)

**Matko, K.**, Jeitler, M., Berghöfer, A., Sedlmeier, P., & Bringmann, H.C. (2022). Who benefits most? Interactions between personality traits and outcomes of four incremental meditation and yoga treatments. *Journal of Clinical Medicine*, *11* (15), Article 4553. <https://doi.org/10.3390/jcm11154553> (Citations: 1, Altmetric: 6)

**Matko, K.**, Ott, U., & Sedlmeier, P. (2021). What do meditators do when they meditate? Proposing a novel basis for future meditation research. *Mindfulness*. <https://doi.org/10.1007/s12671-021-01641-5> (Citations: 25, Altmetric: 14)

**Matko, K.**, Sedlmeier, P., & Bringmann H.C. (2021). Differential effects of ethical education, physical Hatha yoga, and mantra meditation on well-being and stress – An experimental single-case study. *Frontiers in Psychology*, 12, Article 672301. <https://doi.org/10.3389/fpsyg.2021.672301> (Citations: 9, Altmetric: 47)

**Matko, K.**, Bringmann H.C., & Sedlmeier, P. (2021). The effects of different components of yoga—A meta-synthesis. *OBM Integrative and Complementary Medicine*, 6(3), Article 26. <https://doi.org/10.21926/obm.icm.2103030> (Citations: 11, Altmetric: 24)

Bringmann, H. C., Vennemann, J., Gross, J., **Matko, K.**, & Sedlmeier, P. (2021). “To be finally at peace with myself”: A qualitative study reflecting experiences of the Meditation Based Lifestyle Modification Program in mild to moderate depression. *Journal of Alternative and Complementary Medicine*, acm.2021.0038. <https://doi.org/10.1089/acm.2021.0038> (Citations: 3)

**Matko, K.**, & Sedlmeier, P. (2019). What is meditation? Proposing an empirically derived classification system. *Frontiers in Psychology*, 10, Article 2276. <https://doi.org/10.3389/fpsyg.2019.02276> (Citations: 47, Altmetric: 87)

## Grants, Fellowships and Awards

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- 12/2022 **University Award** for the best dissertation (total: 1,000 Euro)
- 12/2020 **Performance bonus** of the Chemnitz University of Technology for extraordinary engagement in research (total: 650 Euro)
- 06/2020 **Travel grant** of the Chemnitz University of Technology (total: 420 Euro)
- 10/2018 **Travel grants** of the Chemnitz University of Technology (total: 1,901 Euro)
- 05/2018 **Travel grant** of the German Society for Meditation and Meditation Research (total: 625 Euro)
- 05/2017 – **Stipend** of the Chemnitz University of Technology: PhD living expenses (total: 21,330 Euro)
- 10/2018
- 10/2008 – **Stipend** of the German Academic Scholarship Foundation: Student living expenses (total: 48,300 Euro)
- 05/2014

## Invited Talks

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- 03/2023 *How does meditation work?* Symposium Gehirn und Gesellschaft, Dürnstein, AT.
- 12/2022 *How do meditation and yoga work and for whom?* University Regensburg, GER.
- 09/2022 *What is meditation and how does it work?* Wise Words Series, University of Melbourne Contemplative Studies Centre, University of Melbourne, AUS. ([YouTube](#))
- 06/2022 *What is meditation? A scientific exploration.* University of Oxford Mindfulness Research Centre, Department of Psychiatry, University of Oxford, UK.
- 06/2021 *Differential and incremental effects of ethical education, physical yoga, and mantra meditation on healthy participants.* Cognitive Modeling Group, University of Groningen, NL.
- 06/2020 *What is meditation? An exploration.* Department of Psychosomatic Medicine and Psychotherapy, University of Freiburg, GER.
- 11/2018 *What is meditation? Revealing structure in the vast meditation landscape.* Consciousness and Cognition Lab, Department of Psychology, University of Cambridge, UK.

## Skills

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Project management and leadership, survey and longitudinal studies, experimental single-case research designs, mixed-methods, experience sampling, evaluation studies, qualitative methods, multilevel modeling, multidimensional scaling, cluster analysis, factor analysis, explorative analysis, effect size estimation, teaching and tutoring, dissemination, science communication, Open Science practices, SPSS, R.

## Reviewer Activities

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Current Psychology (6), Journal of Happiness Studies (2), BMC Psychology (2), Frontiers in Psychology (2), Frontiers in Psychiatry (1), PloS One (1), International Journal of Environmental Research & Public Health (1), Journal of Cross-Cultural Psychology (1)

## Teaching

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**Seminars/Tutorials:** Research Methodology and Statistics (BSc psychology); Diagnosis, prevention and intervention in childhood (BEd primary school); Soft skills (B & M different degrees); Social medicine (MD)

**Examination:** Research methodology and statistics, motivation, cognition, evolutionary psychology

**Supervision of theses:** 3 BSc, 18 MSc, 1 medical dissertation

*Selected topics:* Meditation and self-enhancement; Long-term effects of meditation

## Conferences

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Congress of the German Psychological Society, Conference of the German Society for Positive Psychology Research, International Conference on Mindfulness, Contemplative Research Conference, Contemplative Science Symposium, European Summer Research Institute of Mind & Life Europe

## Science Communication

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- 2022/23 Science Slams at the Planetarium Berlin and the DGPS Congress 2022
- 02/2022 Podcast *WeMynd* with Dr. Leon Windscheid
- 12/2021 PsyPost: "Yoga and ethical education might boost the psychological effectiveness of meditation"
- 05/2021 Children's university: "Nichts tun für Fortgeschrittene - Wie funktionieren Yoga und Meditation?" (Doing nothing for experts – How do meditation and yoga work?)
- 04/2021 Funke Media Group: "Corona-Stress: Wie Sie sich frischer und entspannter fühlen" (Corona-Stress: How to feel fresher and more relaxed)
- 12/2020 Podcast *Finding your right mind – with Vanessa Potter:*  
"50 Shades of Meditation – How 'meditation' is not one-size-fits-all"

## Collaborators

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**Prof. Dr. Ivan Nyklíček**, Department of Medical and Clinical Psychology, Tilburg University, NL  
Collaborating on two research projects (self-enhancement in meditators and individual differences)

**Dr. Jesús Montero-Marín**, and **Dr. Karen Mansfield**, University of Oxford, UK, **Dr. Heena Kamble**, Sunandan Divatia School of Science, NMIMS Deemed-to-be University, IN; **Dr. Liudmila Gamaionova**, Université de Lausanne, CH

Collaborating on a research project on individual differences between meditators of different traditions

**Prof. Dr. Willem Kyuken**, Oxford Mindfulness Centre, University of Oxford, UK  
Planning collaborative projects, joint application for funding

**Prof. Dr. Nicolas van Dam**, **Dr. Julieta Galante**, and **Dr. Janathan Davies**, Contemplative Studies Science Centre, University of Melbourne, AUS  
Collaborative exchange, planning joint projects and publications

**Dr. Ulrich Ott**, Bender Institute of Neuroimaging, Justus-Liebig-Universität Gießen, DE  
Joint research project and publication on the variety of meditation, continuous collaboration and exchange

**Prof. Dr. Andreas Michalsen**, **Prof. Dr. Benno Brinkhaus**, **PD Dr. Anne Berghöfer**, **Dr. Michael Jeitler** and **Dr. Holger C. Bringmann**, Work group Clinical Naturopathy, Charité Universitätsmedizin Berlin, DE  
Joint publication on the interactions of meditation, yoga and personality

## References

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**Dr. Peter Sedlmeier**  
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**Dr. Udo Rudolph**  
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