

Dr. Liudmila Gamaiunova

Affiliated Researcher at the Institute for Social Sciences of Religions, University of Lausanne, Switzerland

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Education

05. 2022	Ph. D. Studies of Religions	University of Lausanne, Switzerland
02. 2014	M. A. Major: Psychology of Religion	University of Lausanne, Switzerland
06. 2011	Specialist (Masters equivalent) Majors: Pedagogics, Foreign Languages	Tula State Pedagogical University, Russia

Additional training

2022-present	Advanced Bioscience Program	UC Berkeley Extension, USA
2016-2021	The Swiss Doctoral School (SDS) in Affective Sciences	University of Geneva, Switzerland

Academic Experience

01. 2024-present	Postdoctoral Research Assistant	Unisanté: University center for general medicine and community health, Switzerland
08. 2022-06.2023	Postdoctoral Researcher & Lecturer	University of Lausanne, Switzerland
02. 2018-06.2003	Coordinator at the Interdisciplinary Center of Religious Studies	University of Lausanne, Switzerland
02. 2022-07. 2022	Senior Lecturer	University of Lausanne, Switzerland
02. 2018-01. 2022	Graduate Researcher and Assistant	University of Lausanne, Switzerland
02. 2017- 02.2018	Visiting Research Assistant	Stanford University, USA
01. 2017- 01.2018	Assistant to the Editor-in-Chief	Archive for the Psychology of Religion
02. 2016-01. 2017	Research and Teaching Assistant	University of Lausanne, Switzerland
05. 2014-08. 2014	Research Collaborator	University of Neuchâtel, Switzerland
08. 2012-01. 2014	Student-Assistant	University of Lausanne, Switzerland

Awards

2021	Division 36 Seed Grant	American Psychological Association
2018	Francisco J. Varela Research Grant	Mind and Life Europe
2016	Doc. Mobility fellowship	Swiss National Science Foundation
2014	Faculty Prize for the Master Thesis	University of Lausanne

Teaching experience

2018-2023	Introduction to the Psychology of Religion: Psychological approach of religious field Lectures Bachelor Co-taught	University of Lausanne, Switzerland
2020, 2023	Introduction to the Psychology of Religion: Following a Master, learning to become free Seminar Bachelor Co-taught	University of Lausanne, Switzerland
2018, 2021	Introduction to the Psychology of Religion: music, openness to the beyond Seminar Bachelor Co-taught	University of Lausanne, Switzerland
2019, 2022	Introduction to the Psychology of Religion: meditations and other contemplative practices between tradition and modernity Seminar Bachelor Taught and co-taught	University of Lausanne, Switzerland
2022	Religious and psychotic-like experiences Seminar Master Co-taught	University of Lausanne, Switzerland
2022	Religion and spirituality in healthcare institutions Seminar Master Co-taught	University of Lausanne, Switzerland

Invited talks

2016	Contemplative training & the stress response: exploration of psychological mechanisms	Unisanté, Switzerland
2023	Les religions au service de la paix personnelle	Eglises réformées Berne-Jura-Soleure, Switzerland

Current professional membership

Swiss Society for Psychology of Religion, ASPsyRel (Committee Member)
International Association for the Psychology of Religion, IAPR (Regular Member)

Language skills

Russian (mother tongue)
Czech (C1: Advanced)
French (C1: Advanced)
English (C1-C2: Advanced)
Italian (B1: Intermediate)

Research-related skills

Inferential and descriptive statistics (SPSS, R/R studio)
Mediation and moderation analysis (R/R studio)
Factor analysis (AMOS, R)
Design of behavioral experiments (E-prime)
Psychophysiological assessment (ANS/cortisol/alpha-amylase)
Qualitative approaches (Interpretative-phenomenological analysis, Thematic analysis, microphenomenology. Software: NVivo, MAXQDA)
Survey research and research project management (Qualtrics, RedCap)

Publications (*peer-reviewed)

- 2023
*Gamaiunova, L., Brandt, P. Y., & Kliegel, M. (2023). Challenge or threat? The effects of the standard and a second-generation mindfulness intervention with Buddhist practices on cognitive appraisals of stress: Secondary analysis of a randomized controlled experiment performed in Switzerland. *Journal of Religion and Health*. <https://doi.org/10.1007/s10943-023-01964-8>
- Loued-Khenissi, L., & Gamaiunova, L. (2023, October 31). Echoes of the Abhidamma in the Component Process Model of Emotion. <https://doi.org/10.31234/osf.io/sgf7r>
- *Sideropoulos, V., Van Herwegen, J., Meuleman, B., Alessandri, M., Alnemary, F. M., Rad, J. A., Lavenex, P. A. B., Bolshakov, N., Bölte, S., Buffle, P., Cai, R. Y., Campos, R., Chirita-Emandi, A., Costa, A. P., Costanzo, F., Des Portes, V., Dukes, D., Faivre, L., Famelart, N., Fisher, M. H., [including Gamaiunova, L.],... Samson, A. C. (2023). Anxiety, concerns and COVID-19: Cross-country perspectives from families and individuals with neurodevelopmental conditions. *Journal of global health*, 13, 04081. <https://doi.org/10.7189/jogh.13.04081>
- 2022
*Gamaiunova, L., Gamaiunova, L., Kreibig, S. D., Dan-Glauser, E., Pellerin, N., Brandt, P. Y., & Kliegel, M. (2022). Effects of two mindfulness based interventions on the distinct phases of the stress response across different physiological systems. *Biological Psychology*, 172, 108384. <https://doi.org/10.1016/j.biopsycho.2022.108384>
- 2021
*Gamaiunova, L., Brandt, P.-Y. & Kliegel, M. (2021). Contemplative Training and Psychological Stress: An Analysis of First-person Accounts. *Mindfulness*, 2034–2049. <https://doi.org/10.1007/s12671-021-01661-1>
- Gamaiunova, L., Brandt, P.-Y., & Gallaz, P. (2021). La méditation pour réduire le stress : Quand méditer soulage l'esprit mais aussi le corps. *Psychoscope*, 1/2021, 22-24.
- Dukes, D., Van Herwegen, J., Alessandri, M., Alnemary, F., Rad, J. A., Lavenex, P. B., [et al., including Gamaiunova, L.] (2021). *Introducing the COVID-19 crisis Special Education Needs Coping Survey*. PsyArXiv. <https://doi.org/10.31234/osf.io/rtswa>
- 2019
*Gamaiunova, L., Brandt, P.-Y., Bondolfi, G., & Kliegel, M. (2019). Exploration of psychological mechanisms of the reduced stress response in long-term meditation practitioners. *Psychoneuroendocrinology*. <https://doi.org/10.1016/j.psyneuen.2019.02.026>

- 2017 ***Gamaiunova, L.**, Brandt, P.-Y., & Kliegel, M. (2017). Meditative insight: validation of a French version of Ireland's Insight Scale (2012) and exploration of relationships between meditative insight and perceived stress. *Mental Health, Religion & Culture*, 1-14. doi:10.1080/13674676.2016.1261334
- *Brandt, P. Y., Laubscher, K., **Gamaiunova, L.**, & Dandarova Robert, Z. (2017). Vieillir en institution en Suisse romande: La prise en compte de la spiritualité pour favoriser le bien-être. *Working Paper*, 1-37.
- 2015 *Mayor, E., & **Gamaiunova, L.** (2015). Mobile device-based mindfulness intervention promotes emotional regulation during anticipatory stress. In W. W. A. Alomainy, Y. Hao, K. S. Nikita and C. G. Parini (Eds.), *5th EAI International Conference on Wireless Mobile Communication and Healthcare - "Transforming healthcare through innovations in mobile and wireless technologies"* (pp. 258-262): ICST.
<http://dx.doi.org/10.4108/eai.14-10-2015.2261617>
- 2014 *Mayor, E., & **Gamaiunova, L.** (2014). Using wearable technology for psychophysiological experiments: Gender roles and cognitive appraisal impact cardiac response to socio-evaluative stress. In K. S. Nikita, B. Lo, D. I. Fotiadis, Y. Hao and A. Kiourti (Eds.), *Wireless Mobile Communication and Healthcare (Mobihealth), 2014 EAI 4th International Conference on* (pp. 15-18): IEEE. doi: 10.1109/MOBIHEALTH.2014.7015897

Congress contributions

- 2023 **Gamaiunova, L.**, Pellerin, N. (2023). Anticipating stress: to focus on the body or on doctrinal tenets? Poster presented at the *Mind and Life Europe Summer Research Institute* (Pomaia, Italy, 20-24 August 2023)
- 2020 **Gamaiunova, L.**, Dan-Glauser, E., Pellerin, N., Brandt, P.-Y., Kliegel, M. (2020). The Effects of Two Mindfulness Programs on the Stress-Related Changes in the ANS: Contrasting the Activity of Sympathetic and Parasympathetic Branches During Different Phases of the TSST. Poster presented at the *2020 Contemplative Research Conference* (online, 5-8 November 2020).
- Gamaiunova, L.**, Dan-Glauser, E., Pellerin, N., Brandt, P.-Y., Kliegel, M. (2020). Mindfulness programs and prolonged physiological activation during stress: interventions effects on the sympathetic, cardiac parasympathetic and HPA-axis. Poster presented at the *2020 Society for Psychophysiological Research (SPR) Annual Meeting* (online, 4-11 October 2020).
- 2019 **Gamaiunova, L.**, Brandt, P.-Y., Kliegel, M. (2019). Mindfulness intervention effects on the anticipatory cognitive appraisals and associated cardiovascular profiles. Poster presented at the *Contemplative Science Symposium* (Fürstentfeldbruck, Germany, 25-27 October 2019).
- 2018 **Gamaiunova, L.**, Brandt, P.-Y., Kliegel, M. (2018). Recovery from Stress in Long-Term Meditation Practitioners and Matched Controls: Mediative Role of Cognitive Emotion Regulation Strategies. Poster presented at the *2018 Society for Psychophysiological Research (SPR) Annual Meeting* (Quebec-city, Canada, 3-7 October 2018).
- Gamaiunova, L.**, Brandt, P.-Y., Kliegel, M. (2018). The Phenomenology of Stress Experience in Long-term Meditators and Matched Controls". Poster presented 2018 *International Symposium for Contemplative Research*. (Phoenix, USA, 8-11 November 2018).
- Gamaiunova, L.**, Brandt, P.-Y., Kliegel, M. (2018). Stress response to social-evaluative threat in experienced meditators and matched controls. Poster presented at the *Brain Mind Institute Symposium, EPFL "Stress in Health and Disease"*, Lausanne, Switzerland (Lausanne, Switzerland, 14-15 March 2018)

- 2017 **Gamaiunova, L.** (2017). Buddhist Meditation Practitioners under a Social-evaluative Threat: A Mix-method Exploration. *Paper presented at the Annual Meeting of the Society for the Scientific Study of Religion* (Washington DC, USA, 13-15 October 2017)
- 2015 **Gamaiunova, L., Brandt, P.-Y., Kliegel, M.** (2015). Religious & spiritual coping: Current trends in research. Paper presented at the *14th congress of the Swiss Society of Psychology*, Geneva, Switzerland (Geneva, Switzerland, 8-9 September 2015)
- Gamaiunova, L.** (2015; Chair). Psychology of Religion: Current research in French-speaking Switzerland. Symposium conducted at the *14th congress of the Swiss Society of Psychology*, Geneva, Switzerland. (Geneva, Switzerland, 8-9 September 2015)
- Gamaiunova, L.** (2015). Spiritual/religious factor in mindfulness meditation effectiveness: theoretical considerations. Poster presented at the *Mind and Life Europe Summer Research Institute* (Chiemsee, Germany 28 August – 3 September 2015)
- 2015 **Gamaiunova, L., Kliegel, M., Brandt, P.-Y.** (2015). Meditative Insight: further exploration of construct. Poster presented at the *Congress of the International Association for the Psychology of Religion* (Istanbul, Turkey 17-20 August 2015)
- Gamaiunova, L., Mayor, E.** (2015). Mindfulness Attention Awareness and Cognitive Appraisal. Poster presented at the *International Convention of Psychological Science* (Amsterdam, Netherlands 12-14 March 2015)
- 2014 **Gamaiunova, L.** (2014). Sufi practice of surrender: Involvement in coping process. Paper presented at the *Nineteenth Joint Postgraduate Conference on Religion and Theology* (Bristol, UK 7-8 March 2014).
- 2013 **Gamaiunova, L., Brandt, P.-Y.** (2013). Surrender as a coping style among dervishes of the Nimatullahi Sufi Order. Poster presented at the *Congress of the International Association for the Psychology of Religion* (Lausanne, Switzerland 27-20 August 2013)