

# Dr. Liudmila Gamaiunova

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

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## Education

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

## Additional training

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

## Academic Experience

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

## Awards

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

## Teaching experience

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

## Invited talks

2016	<b>Contemplative training &amp; the stress response: exploration of psychological mechanisms</b>	Unisanté, Switzerland
2023	<b>Les religions au service de la paix personnelle</b>	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)