

Arbeiten und Veröffentlichungen BAT Projekt (Stand Februar 2026)

Organisation und Durchführung des Workshops: „Ateminterventionen und Ausbildung im Rahmen von PSNV-E“, Mannheim, 25. November 2023

Schädler, ES., Gras, P., Kriz, R., Zamoscik, V. (2023, September 11-13). The impact of Self-Efficacy and stress on intention and implementation of a respiration-focused training to help others during stress [Conference poster], WASAD 2023 - 4th International Congress of the World Association for Stress Related and Anxiety Disorders, Zurich, Switzerland.

<https://www.researchgate.net/publication/372937037> The impact of selfefficacy and stress on intention and implementation of a respirationfocused training to help others during stress

Kriz R, Schädler ES, Gras P, Lind Garcia D, Zamoscik V (2023 und 2022). Evaluation of a short respiration focused training to help others during stress. 2. Deutscher Psychotherapiekongress, Berlin. und PuG, Freiburg. (2 Poster)

<https://www.researchgate.net/publication/361351064> Evaluation of a short respiration focused training to help others during stress

Zamoscik V & Kriz R (2020). BAT – Bewusstes AtemTraining Manual für Trainer:innen (Version 2). doi:10.13140/RG.2.2.29531.37925

Kriz R, Kannen C & Zamoscik V (2020). Alba (BAT) Bewusstes AtemTraining (Version 1.0.8). [mobile app; nicht mehr in den stores]

5 abgeschlossene Bachelorarbeiten (Stand Februar 2026)

Patricia Gras: BAT-Peer-Training: Evaluation der Effekte eines dreiwöchigen atembasierten Interventionsprogramms auf Stress, somatische Symptome und Wohlbefinden

Emmylou Schädler: BAT-Peer-Training: The impact of self-efficacy and stress on intention and implementation of a respiration focused training to help others during stress
<https://www.researchgate.net/publication/377974075> BAT-Peer-Training The impact of self-efficacy and stress on intention and implementation of a respiration focused training to help others during stress

Antonia Fischer: BAT Peer Training: Effekte einer kurzzeitigen Atemintervention auf somatische Symptome und Selbstregulation durch Interozeption

Janne Hartmann: BAT Peer Training: Assessing the Impact of a Two-Week Breathing-Based Intervention on Depressive Symptoms, Subjective Well-being, and Body Perception in a Non-Clinical Sample

Lukas Landoll: Bewusste Atmung und Blutdruck: Eine Analyse der Blutdruckreaktionen

Relevante Studien (angeführt von Robert Kriz, Stand: Juli 2024)

Weiss F, Zamoscik V, Schmidt SNL, Halli P, Kirsch P, Gerchen MF. Just a very expensive breathing training? Risk of respiratory artefacts in functional connectivity-based realtime fMRI neurofeedback. *Neuroimage*. 2020;210:116580.

<https://www.sciencedirect.com/science/article/pii/S1053811920300677/pdf?md5=98b0202f7f345d5d9a5f16ea227de175&pid=1-s2.0-S1053811920300677-main.pdf>

Kato A, Takahashi K, Homma I. Relationships between trait and respiratory parameters during quiet breathing in normal subjects. *The journal of physiological sciences : JPS*. 2017.

<https://jps.biomedcentral.com/counter/pdf/10.1007/s12576-017-0539-7.pdf>

Zamoscik VE, Schmidt SNL, Gerchen MF, Samsouris C, Timm C, Kuehner C, et al. Respiration pattern variability and related default mode network connectivity are altered in remitted depression. *Psychol Med*. 2018;48(14):2364-74.

<https://sci-hub.se/10.1017/S0033291717003890>

Zamoscik V, Schmidt SNL, Timm C, Kuehner C, Kirsch P. Modulation of respiration pattern variability and its relation to anxiety symptoms in remitted recurrent depression. *Heliyon*. 2020;6(7):e04261.

<https://www.sciencedirect.com/science/article/pii/S2405844020311051/pdf?md5=0683e9f8a125e7bab537ea4392cd6891&pid=1-s2.0-S2405844020311051-main.pdf>