The LEAD Graduate School at the University of Tübingen invites you to attend the lecture by

Prof. Dr. phil. Beate Ditzen  
(Heidelberg University Hospital)

**Beyond self-regulation: Neuroendocrine predictors of inter-individual co-regulation and consequences for individual health**

Thursday, March 30, 2017, 13:15-14:45pm  
Psychologisches Institut, Room 4.326, Schleichstraße 4, 72076 Tübingen

**Abstract:** In recent years, health research has become increasingly aware of social influences on individual psychobiological functions, namely central nervous system mechanisms, hormones, and stress-sensitive autonomic markers. Among others, a mechanism supposed to mediate these influences is co-regulation (also termed “attunement” or “synchrony”).

Co-regulation refers to inter-individual associations in biological measures, emotions, or behavior and is assumed to ensure homeostasis in the individual. A broad range of genetic, endocrine and physiological processes determine co-regulation in dyads across the life span. To adequately capture these dynamic processes demands for a multi-person setting, repeated-measures assessment, and elaborated statistical models.

In the planned presentation, different attempts to assess and statistically model co-regulation will be addressed. Particular emphasis will be on neuroendocrine predictors of co-regulation, on possible differences between outcomes, and on the question whether these patterns can be seen as predictors for individual health.

**Biography:** Beate Ditzen earned her doctorate degree in clinical psychology and neuroscience from Zurich University, Switzerland. She is a board-licensed psychotherapist (cognitive behavioral therapy, CBT) with a research and clinical focus on close social relationships and their impact on individual health. Within this context, her research methods include dyadic experimental and momentary assessment of stress-biomarkers, observed behavior and self-report measures.

**Important Publications:**


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