

# DR. KAROLINA KOŁODZIEJCZAK-KRUPP

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## Research Associate

MSB Medical School Berlin  
Department of Psychology  
Rüdesheimer Str. 50, 14197 Berlin, Germany

## EDUCATION

- 11/2022 **Humboldt-Universität zu Berlin, Berlin, Germany**  
Dr. rer. nat. (equivalent to PhD) in **Psychology**  
Thesis: Facets and Correlates of Sexuality in Late Adulthood
- 07/2015 **Adam Mickiewicz University Poznan, Poland**  
Magister (equivalent to MSc) in **Psychology**  
Thesis: Determinants of Perceived Sexual Expression in Children at Age of 3
- 10/2013 – 07/2014 **Humboldt-Universität zu Berlin, Berlin, Germany**  
Student (2 terms) in **Psychology**, funded by Erasmus Program

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## PROFESSIONAL EXPERIENCE

- since 06/2022 **Medical School Berlin, Berlin, Germany**  
Research Associate
- 09/2019 – 10/2019 **University of British Columbia, Vancouver, Canada**  
Visiting Student, funded by the German Academic Exchange Service (DAAD)
- 04/2017 – 04/2022 **Humboldt-Universität zu Berlin, Berlin, Germany**  
PhD Student
- 03/2014 – 08/2014 **Institute of Sexology and Sexual Medicine, Charité – Universitätsmedizin, Berlin, Germany**  
Research Intern
- 12/2013 – 08/2021 **Deutsche Gesellschaft für Geschlechterziehung e.V. Bonn**  
(German Society for Sex Education, DGG e.V. Bonn)  
Psychological Consultant and Researcher

## PUBLICATIONS

Yoneda, T., Pauly, T., Ram, N., **Kolodziejczak-Krupp, K.**, Ashe, M., Madden, K., Drewelies, J., Gerstorff, D., Hoppmann, C. A. (2024). "What's yours is mine": Partners' everyday emotional experiences and cortisol in older adult couples. *Psychoneuroendocrinology*, 167, 107118. <https://doi.org/10.1016/j.psyneuen.2024.107118>

Kijowska, M., **Kolodziejczak, K.**, & Kroemeke, A. (2024, May 31). Diversity Minimal Item Set for Poland. Diversity Assessment Research Group. <https://gender.charite.de/en/measures/>

**Kolodziejczak, K.** (2022). *Facets and correlates of sexuality in late adulthood* [Doctoral dissertation, Humboldt-Universität zu Berlin]. edoc-Server. <https://doi.org/10.18452/25402>

Lücke, A. J., Wrzus, C., Gerstorff, D., Kunzmann, U., Katzorreck, M., **Kolodziejczak, K.**, Ram, N., Hoppmann, C., Schilling, O. K. (2022). Good night – good day? Bidirectional links of daily sleep quality with negative affect and stress reactivity in old age. *Psychology and Aging*, 37(8), 876–890. <https://doi.org/10.1037/pag0000704>

**Kolodziejczak, K.**, Drewelies, J., Pauly, T., Ram, N., Hoppmann, C., & Gerstorff, D. (2022). Physical intimacy in older couples' everyday lives: Its frequency and links with affect and salivary cortisol. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 77(8), 1416–1430. <https://doi.org/10.1093/geronb/gbac037>

Covered by Tagesspiegel, Berliner Morgenpost, Deutsches Ärzteblatt, and more

Potter, S., Röcke, C., Gerstorff, D., Brose, A., **Kolodziejczak K.**, Hoppmann, C. A., Ram, N., & Drewelies, J. (2022). Partner pain and affect in the daily lives of older couples. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 77(7), 1197–1209. <https://doi.org/10.1093/geronb/gbab188>

**Kolodziejczak, K.**, Drewelies, J., Deeg, D. J. H., Huisman, M., & Gerstorff, D. (2021). Correction to: Perceived importance and enjoyment of sexuality in late midlife: Cohort differences in the Longitudinal Aging Study Amsterdam (LASA). *Sexuality Research and Social Policy*, 18(3), 636. <https://doi.org/10.1007/s13178-020-00510-5>

**Kolodziejczak, K.**, Drewelies, J., Deeg, D. J. H., Huisman, M., & Gerstorff, D. (2021). Perceived importance and enjoyment of sexuality in late midlife: Cohort differences in the Longitudinal Aging Study Amsterdam (LASA). *Sexuality Research and Social Policy*, 18(3), 621–635. <https://doi.org/10.1007/s13178-020-00486-2>

Pauly, T., Drewelies, J., **Kolodziejczak, K.**, Katzorreck, M., Lücke, A. J., Schilling, O. K., Kunzmann, U., Wahl, H. W., Ditzen, B., Ram, N., Gerstorff, D., & Hoppmann, C. A. (2021). Positive and negative affect are associated with salivary cortisol in everyday life, but less so with worse health: Findings from four aging studies. *Psychoneuroendocrinology*, 133, 105403. <https://doi.org/10.1016/j.psyneuen.2021.105403>

Pauly, T., **Kolodziejczak, K.**, Drewelies, J., Gerstorff, D., Ram, N., & Hoppmann, C. A. (2021). Political context is associated with everyday physiological synchrony in older couples. *Psychoneuroendocrinology*, 124, 105082. <https://doi.org/10.1016/j.psyneuen.2020.105082>

**Kolodziejczak, K.**, Rosada, A., Drewelies, J., Düzel, S., Eibich, P., Tegeler, C., Wagner, G. G., Beier, K. M., Ram, N., Demuth, I., Steinhagen-Thiessen, E., & Gerstorff, D. (2019). Sexual activity, sexual thoughts, and intimacy among older adults: Links with physical health and psychosocial resources for successful aging. *Psychology and Aging*, 34(3), 389–404. <https://doi.org/10.1037/pag0000347>

Covered by rbb radioeins, Psychology Today, WELT, ZEIT online, Süddeutsche Zeitung, Westdeutscher Rundfunk Köln, MDR SACHSEN – Das Sachsenradio, and 100+ more

**Kołodziejczak, K., & Witkoś, M.** (2014). Edukacja seksualna dzieci w okresie wczesnoszkolnym [Sexual education at early school age]. In A. I. Brzezińska, J. Matejczuk, P. Jankowski, & M. Rękosiewicz (Eds.), *6-latki w szkole: rozwój i wspomaganie rozwoju [Six-year-olds at school: Their development and development support]* (pp. 143–163). Wydawnictwo Fundacji Humaniora.

**Kołodziejczak, K., Wicher, K., & Witkoś, M.** (2014). Rozwój psychoseksualny osób z niepełnosprawnością intelektualną [Psychosexual development of people with disabilities]. *Remedium*, 1(251), 25–27.

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## SYMPOSIUM CONTRIBUTIONS

**Kołodziejczak, K., Wilhelm, L. O., Reschke, A., Zipper, V., Thiel, L., Stein, C., Fleig, L.** (2024, June). How “social” is low back pain? Perceived and received social support in individuals with chronic low back pain. In **K. Kołodziejczak & C. Wrzus (Chairs)**. Social interactions and the individual development and health in adulthood. Symposium conducted at the Society for Ambulatory Assessment (SAA) 2024 Conference, Ann Arbor, MI.

Lewis, N., Yoneda, T., Pauly, T. Haase, C., Ram, N., **Kołodziejczak, K.**, Madden, K., Ashe, M., Gerstorf, D., & Hoppmann, C. (2024, June). Does shared positivity in daily life predict cortisol output in older couples? In **K. Kołodziejczak & C. Wrzus (Chairs)**. Social interactions and the individual development and health in adulthood. Symposium conducted at the SAA 2024 Conference, Ann Arbor, MI.

**Kołodziejczak, K., Drewelies, J., Pauly, T., Ram, N., Hoppmann, C., & Gerstorf, D.** (2022, Nov.). Physical intimacy in daily lives of older romantic couples: Links with momentary affect and daily cortisol levels. In **Pauly T. & K. Kołodziejczak (Chairs)**, *Insights into health-relevant interpersonal dynamics in aging couples from the lab and daily life*. Symposium conducted at the Gerontological Society of America (GSA) 2022 Annual Scientific Meeting, Indianapolis, IN. <https://doi.org/10.1093/geroni/igac059.730>

Pauly, T., **Kołodziejczak, K.**, Drewelies, J., Ashe, M., Madden, K., Ram, N., Gerstorf, D., & Hoppmann, C. (2022, Nov.). “What’s yours is mine”: A dyadic study of everyday emotional experiences and cortisol in older couples. In **Pauly T. & K. Kołodziejczak (Chairs)**, *Insights into health-relevant interpersonal dynamics in aging couples from the lab and daily life*. Symposium conducted at the GSA 2022 Annual Scientific Meeting, Indianapolis, IN. <https://doi.org/10.1093/geroni/igac059.731>

Pauly, T., **Kołodziejczak, K.**, Drewelies, J., Gerstorf, D., Ram, N., Hoppmann, C. (2021, July). Daily life associations between affect and cortisol in old age. In Pauly T. (Chair), *Feeling good, feeling bad: Biopsychosocial antecedents, correlates, and consequences of everyday affective states*. Symposium conducted at the SAA 2021 Conference, Zurich, Switzerland.

**Kołodziejczak, K., Drewelies, J., Deeg, D. J., Huisman, M., & Gerstorf, D.** (2019, Nov.). Cohort differences in the importance of sexuality and evaluation of one’s sex life in late midlife. In **K. Kołodziejczak & D. Gerstorf (Chairs)**, *Facets of close, romantic, and intimate relationships in later life*. Symposium conducted at the GSA 2019 Annual Scientific Meeting, Austin, TX. <https://doi.org/10.1093/geroni/igz038.2919>

**Kołodziejczak, K., Rosada, A., Drewelies, J., Düzel, S., Eibich, P., Tegeler, Ch., Wagner, G. G., Beier, K. M., Ram, N., Demuth, I., Steinhagen-Thiessen, E., & Gerstorf, D.** (2018, Nov.). Sexual activity and intimacy in old age. In **K. Kołodziejczak & D. Gerstorf (Chairs)**, *Stability and change in close social relationships from young adulthood into old age*. Symposium conducted at the GSA 2018 Annual Scientific Meeting, Boston, MA. <https://doi.org/10.1093/geroni/igy023.3234>

**Kolodziejczak, K.,** Rosada, A., Drewelies, J., Düzel, S., Eibich, P., Tegeler, Ch., Wagner, G. G., Beier, K. M., Ram, N., Demuth, I., Steinhagen-Thiessen, E., & Gerstorf, D. (2018, Sep.). (Wunsch nach) sexueller Aktivität und Intimität im Alter [(Wish for) sexual activity and intimacy in old age]. In **K. Kolodziejczak & D. Gerstorf (Chairs)**, *Stabilität und Veränderungen enger sozialer und intimer Beziehungen im mittleren und höheren Erwachsenenalter [Stability and change in close social and intimate relationships in the middle and older adulthood]*. Symposium conducted at the Deutsche Gesellschaft für Psychologie (DGPs) 2018 Congress, Frankfurt (Main), Germany.

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## PAPER & POSTER PRESENTATIONS

**Kolodziejczak, K.,** Lederle, N., Wilhelm, L. O., Thiel, L., Zipper, V., Stein, C., & Fleig, L. (2023, Sep.). *Leaving the laboratory: Daily life dynamics between physical activity and low back pain*. Poster presented at the European Health Psychology Society (EHPS) 2023 Conference in Bremen, Germany.

**Kolodziejczak, K.,** Wilhelm, L. O., Lederle, N., Thiel, L., Zipper, V., Stein, C., & Fleig, L. (2023, June). *Back health in everyday life: Investigating the interplay of cognitions, emotions and sensor-based, daily life physical activity, among individuals with and without low back pain*. Poster presented at the SAA 2023 Conference in Amsterdam, The Netherlands.

Luo, M., Weber, E., Pauly, T., **Kolodziejczak, K.,** Gerstorf, D., Ram, N., Hoppmann, C. A., Hülür, G., & Christina Röcke (2023, June). *Leisure activity and working memory in older age: The mediating role of affective states and salivary cortisol*. Paper presented at the SAA 2023 Conference in Amsterdam, The Netherlands.

Lücke, A. J., Wrzus, C., Gerstorf, D., Kunzmann, U., Katzorreck, M., **Kolodziejczak, K.,** Ram, N., Hoppmann, C. A., & Schilling, O. (2023, June). *Sleep quality, stress, and affect – bidirectional associations in older adults' daily lives*. Paper presented at the SAA 2023 Conference in Amsterdam, The Netherlands.

Thiel, L., Kopka, M., Stein, Ch., Wilhelm, L. O., **Kolodziejczak, K.,** Zipper, V., Fleig, L. (2023, May). *Efficacy and mechanisms of mHealth interventions for the prevention and treatment of low back pain: Work-in-progress of a systematic review and content coding for behavior change techniques*. Poster presented at the Deutscher Psychotherapie Kongress in Berlin, Germany.

Kura, M.-C., Müller, S., Drewelies, J., **Kolodziejczak, K.,** Hoppmann, C., Ram, N., Gerstorf, D., & Wagner, J. (2022, Sep.). *Interpersonale Effekte von „gesundem Neurotizismus“ auf partnerschaftliche Unterstützung im Lebensalltag älterer Paare [Interpersonal effects of “healthy neuroticism” on partner support in the daily lives of older couples]*. Poster presented at the DGPs 2022 Congress in Hildesheim, Germany.

Lücke, A. J., Wrzus, C., Gerstorf, D., Kunzmann, U., Katzorreck, M. **Kolodziejczak, K.,** Ram, N., Hoppmann, C., & Schilling, O. (2022, Sep.). *Better sleep – less stress? Bidirectional links between sleep quality, negative affect, and stress reactivity in older adults' daily lives*. Poster presented at the DGPs 2022 Congress in Hildesheim, Germany.

Pauly, T., Drewelies, J., **Kolodziejczak, K.,** Katzorreck, M., Lücke, A. J., Schilling, O., Kunzmann, U., Wahl, H.-W., Ram, N., Gerstorf, D., Hoppmann, C. (2021, Nov.). *Discrete affective states, cortisol, and self-rated health in old age*. Paper presented at the GSA 2021 Annual Scientific Meeting, online. <https://doi.org/10.1093/geroni/igab046.2201>

Pauly, T., **Kolodziejczak, K.,** Drewelies, J., Gerstorf, D., Ram, N., Hoppmann, C. (2020, Nov.). *Political context is associated with extent of everyday physiological synchrony in older couples*. Paper presented at the GSA 2021 Annual Scientific Meeting, online. <https://doi.org/10.1093/geroni/igaa057.3393>

Harpeng, N., Müller, S., **Kolodziejczak, K.,** Gerstorf, D., & Wagner, J. (2019, Sep.). *Self-esteem reactivity in the context of social interactions: The role of psychosocial, physical, and*

cognitive resources. Poster presented at the Personality and Psychological Assessment (DPPD) 2019 Conference in Dresden, Germany.

Beiser, L., Müller, S., Drewelies, J., **Kołodziejczak**, K., Gerstorff, D., & Wagner, J. (2019, Sep.). *Who should I spend my time with? Type of interaction partner and neuroticism on self-esteem reactivity in daily social interactions*. Poster presented at the DPPD 2019 Conference in Dresden, Germany.

**Kołodziejczak**, K., & Puszyk M. (2017, May). *Promotion of sexual health: Between sexual education and sexualization – the example of Poland*. Paper presented at the World Association for Sexual Health (WAS) 2017 Congress in Prague, Czech Republic.  
<https://doi.org/10.1016/j.jsxm.2017.04.406>

**Kołodziejczak**, K. (2015, Dec.). *Current state of sexual education in Poland*. Paper presented at the Deutsche Gesellschaft für Geschlechterziehung (DGG) e.V. Bonn 2015 Annual Meeting in Landau (Pfalz), Germany.

**Kołodziejczak**, K. (2014, Feb.). *Traditional gender ideology in modern context: Does acceptance or rejection of traditional gender roles predict well-being and self-efficacy in women?* Paper presented at the conference Young Adults in the Changing World in Poznan, Poland.

**Kołodziejczak**, K., & Witkoś, M. (2013, Dec.). *Legal basis for sexual education in primary schools in Poland*. Paper presented at the conference Sexual Education – Current State – Conditions – Good Practice in Warsaw, Poland.

**Kołodziejczak**, K. (2013, May). *Characteristics of effective sexual education programs*. Poster presented at the conference Human Sexuality across the Lifespan in Cracow, Poland.

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## ACADEMIC EXPERIENCE

### Teaching

- Sexuality and health (4 x BSc **guest lecture** at the MSB Medical School Berlin, Germany in winter term 2023/24 and summer term 2024)
- Psychological aspects of sexuality (MA **lecture and seminar series** at the MSB Medical School Berlin, Germany in winter term 2022/23)
- Adult romantic relationships from a lifespan perspective (2 x BSc **seminar series** at the Humboldt-Universität zu Berlin, Germany in summer term 2020 and winter term 2021/22)
- Sexual development across the lifespan (2 x BSc **seminar series** at the Humboldt-Universität zu Berlin, Germany in summer terms 2018 and 2019)
- Developmental and educational psychology (4 x BSc **seminar series** at the Humboldt-Universität zu Berlin, Germany in winter terms 2017/18, 2018/19 and 2019/20)
- Sexual development across the lifespan (4 x MSc **guest lectures** at the Humboldt-Universität zu Berlin, Germany given in 2018, 2019, 2020 and 2021)

### Project coordination

- **Coordination of the study** "Physical Activity and Psychosocial Characteristic of Asymptomatic Subjects and Low Back Pain Patients in Real Life" at the Medical School Berlin. **Funded by Deutsche Forschungsgemeinschaft, DFG:** <https://gepris.dfg.de/gepris/projekt/464457710>
- **Coordination of the study** "Dynamics of Adaptation in Very Old Age: Within-Person and Across-Partner Processes in the Daily Lives of Couples" at the Humboldt University Berlin. **Funded by Deutsche Forschungsgemeinschaft, DFG:** <https://gepris.dfg.de/gepris/projekt/282956531>

## Supervision of Bachelor's and Master's theses (selection)

- Relationship satisfaction among fathers of newborns (Krufft, H., 2020; data from the **Panel Analysis of Intimate Relationships and Family Dynamics, pairfam**)
- Associations between self-esteem and sexual functioning in post-menopausal women (Eichmann, L., 2020; data from **Midlife in the United States, a National Longitudinal Study of Health and Well-Being, MIDUS**)
- The relationship between attitudes towards sexuality and the frequency of masturbation in old age (Hanisch, J., 2020; data from the **English Longitudinal Study of Ageing, ELSA**)
- Stress shared is stress halved? Associations between dyadic coping and within-couple similarities in feeling overwhelmed (Kaminsky, L., 2020; data from the **SOEP Couple Dynamics** study)
- Associations between relationship duration, relationship quality and similarities in daily cortisol levels between partners in older couples (Eberstein, M., 2019; data from the **Berlin Couple Dynamics** study)
- The relationship between partnership status and loneliness in older adults (Nothdurfter, D., 2018; data from the **German Socio-Economic Panel, SOEP**)

## University self-administration

- **Women's Commission**, Institute of Psychology, Humboldt-Universität zu Berlin (April 2018 to April 2022)
- **PhD Student Representative**, Institute of Psychology, Humboldt-Universität zu Berlin (Jan. to Aug. 2020)

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## PUBLIC OUTREACH & MEDIA PRESENCE

### TV & radio interviews

rbb radioeins "die Profis", WDR 2 podcast „Sex lieben – Ohjaaa!“<sup>1</sup>, MDR SACHSEN – Das Sachsenradio, Deutschlandfunk Kultur

### Press interviews

Deutsche Presse-Agentur (dpa), WELT AM SONNTAG<sup>2</sup>, Berliner Morgenpost<sup>3</sup>, Tagesspiegel<sup>4</sup>, and more

### Events

Urania Berlin<sup>5</sup>, Lange Nacht der Wissenschaften<sup>6</sup>

### Press articles

Psychology Today<sup>7</sup>, Deutsches Ärzteblatt<sup>8</sup>, ZEIT ONLINE<sup>9</sup>, and 100+ more

<sup>1</sup>Sex im Alltag: Wo bleibt die sexuelle Lust? (Ab Min. 24:16) <https://www.ardmediathek.de/video/ohjaaa-sex-lieben/folge-5-sex-im-alltag-wo-bleibt-die-sexuelle-lust-s03-e05/wdr/Y3JpZDovL3dkci5kZS9CZWl0cmFnLTg1YjQ1OTFmLTQzZmYtNGI3OC1iYWwvLTA0OTQ2NTIwYTRhNg>

<sup>2</sup>Warum erwarten wir immer noch, dass ältere Menschen asexuell sind? <https://www.welt.de/icon/partnerschaft/article204185474/Warum-erwarten-wir-immer-noch-dass-aeltere-Menschen-asexuell-sind.html>

<sup>3</sup>Psychologin: Ältere Paare wünschen sich Körperkontakt <https://www.morgenpost.de/berlin/article235087163/Psychologin-Aeltere-Paare-wuenschen-sich-Koerperkontakt.html>

<sup>4</sup>Sex im Alter: Die Intimität wird ausgesprochen vielfältig <https://www.tagesspiegel.de/wissen/sex-im-alter-die-intimitat-wird-ausgesprochen-vielfaellig-8601397.html>

<sup>5</sup>WELT-Veranstaltungsreihe Sex Education: Alt, aber verliebt <https://www.urania.de/alt-aber-verliebt>

<sup>6</sup><https://www.medicalschool-berlin.de/news-detail/rueckengesundheit-team-gesundheitspsychologie-und-verhaltensmedizin-auf-der-langen-nacht-der-wissenschaften-2024/>

<sup>7</sup>Sex in the senior years <https://www.psychologytoday.com/us/blog/talking-apes/201908/sex-in-the-senior-years>

<sup>8</sup>Ältere Paare: Mehr Wohlbefinden mit körperlicher Nähe <https://www.aerzteblatt.de/nachrichten/133258/Aeltere-Paare-Mehr-Wohlbefinden-mit-koerperlicher-Naehe?rt=1c63696d1815c594ad9280279d74f0b6>

<sup>9</sup>Studie: Sex reizt bis ins hohe Alter [https://www.zeit.de/news/2019-05/17/studie-sex-reizt-bis-ins-hohe-alter-190517-99-255343?utm\\_referrer=https%3A%2F%2Fwww.google.com](https://www.zeit.de/news/2019-05/17/studie-sex-reizt-bis-ins-hohe-alter-190517-99-255343?utm_referrer=https%3A%2F%2Fwww.google.com)