

8th Annual Meeting of stressnetwork.ch

University of Fribourg, Auditoire Joseph Deiss, PER 22
Boulevard des Pérolles 90, 1700 Fribourg
Thursday April 30, 2026

9:40 am. **Registration**

10:00 am. **Opening Remarks**

- Carmen Sandi & Dominique de Quervain

10:05 am. **Opening Lecture**

- Chantal Martin Sölch, University of Fribourg (CH): *Measuring Stress, Building Resilience: Translating Traumatic and Acute Stress into Intervention*

10:30 am. **Talks: New Members**

- Nicole Wenderoth, ETHZ (CH): *Modulating stress responses via arousal self-regulation*

10:50 am. **Coffee Break**

11:15 am. **Talks: New Members**

- Dorothée Bentz, University of Basel (CH): *Translating Research into Digital Applications for Mental Health*
- Francesco Paneni, University of Zurich (CH): *From environmental stress to chromatin remodeling: opportunities for personalized therapies*

12:00 pm. **Lunch Break**

1:00 pm. **Poster Session**

2:00 pm. **Junior Investigators Awards - Selected from abstracts**

Chair: Chantal Martin Sölch

2:45 pm. **Coffee Break**

3:00 pm. **Keynote Lecture - Brenda Penninx, Amsterdam UMC (NL) – Measuring stress in daily life**

Chair: Carmen Sandi

3.45 pm. **Round Table – The use of wearables in stress research**

- Brenda Penninx, Amsterdam UMC (NL)
- João Rodrigues, Roche (CH)
- Nicole Wenderoth, ETHZ (CH)
- Leonardo Angelini, HEG-FR (CH)

Chair: Dominique de Quervain

5.15 pm. **Closing Remarks**

- Carmen Sandi & Dominique de Quervain

5:20 pm – 6.30pm. **Aperitif**