



ISM Lunchtime Seminar Series

The ISM Lunchtime Seminars are online monthly events, which take place on Thursdays, 13:00-13:30h, and are open to all interested colleagues and students. ISM researchers and guest speakers present their work during a 15 min seminar, in the English language, followed by a brief Q&A session.

We are happy to announce our next speaker: **Dr. Annakarina Mundorf** from the MSH Medical School Hamburg.

Title: Happy or not? An investigative study on Well-being and Anhedonia in Everyday Life.

Abstract: Anhedonia, the inability to experience pleasure, is a key symptom in many psychiatric disorders and is linked to poor outcomes like increased suicide risk. However, little is known about the prevalence of anhedonia in the general population. This study examined 128 German university students, comparing those with and without psychiatric symptoms, using the Dimensional Anhedonia Rating Scale (DARS). Results showed that students meeting clinical cut-off scores had higher anhedonia scores than healthy students but still lower than scores seen in patients from previous studies. Negative symptoms and anxiety were the strongest predictors of anhedonia. Interestingly, depression alone was not a strong predictor, suggesting anxiety plays a central role. A 17-item DARS version was found to be more efficient, supporting a dimensional approach to understanding anhedonia.

When: 21th November 2024 at 13:00h **Where:** MS-Teams (to join, please click [here](#))

Please follow the rules below to make these seminars a success:

- Please use your real name while entering the meeting. Participants with cryptic names will not be given access to the seminar.
- Please turn off your microphone while the seminar is taking place.
- Please feel free to ask questions!

Contact information

Please get in touch with [Dr. Annakarina Mundorf](#) or [Dr. Deeksha Malhan](#) for further information.