
Peer-Reviewed Publications

1. Szaszko, B., Tschenett, H., Ansorge, U., & Nater, U. M. (2025). Hatha yoga reduces momentary stress but does not impact diurnal profiles of salivary cortisol and alpha-amylase: A randomized controlled trial. *Psychoneuroendocrinology*, *171*, 107191. <https://doi.org/10.1016/j.psyneuen.2024.107191>
2. Grigoreva, D., & Szaszko, B. (2024). Minority stress and psychological well-being in queer populations. *Scientific Reports*, *14*(1), 27084. <https://doi.org/10.1038/s41598-024-78545-6>
3. Szaszko, B., Schmid, R. R., Pomper, U., Maiworm, M., Laiber, S., Lange, M. J., & Ansorge, U. (2024). Testing the impact of hatha yoga on task switching: A randomized controlled trial. *Frontiers in Human Neuroscience*, *18*, 1438017. <https://doi.org/10.3389/fnhum.2024.1438017>
4. Szaszko, B., Habeler, M., Forstinger, M., Pomper, U., Scheftner, M., Stolte, M., Grüner, M., & Ansorge, U. (2024). 10 Hz Rhythmic Stimulation Modulates Electrophysiological, But Not Behavioral Markers of Suppression. *Frontiers in Psychology*, *15*. <https://doi.org/10.3389/fpsyg.2024.1376664>
5. Szaszko, B., Stolte, M., Bachmann, L., & Ansorge, U. (2024). New Evidence for Retrospectively Cued Perception. *Vision*, *8*(1), 5. <https://doi.org/10.3390/vision8010005>
6. Szaszko, B., Schmid, R. R., Pomper, U., Maiworm, M., Laiber, S., Tschenett, H., Nater, U. M., & Ansorge, U. (2023). The influence of hatha yoga on stress, anxiety, and suppression: A Randomized Controlled Trial. *Acta Psychologica*, *241*, 104075. <https://doi.org/10.1016/j.actpsy.2023.104075>
7. Pomper, U.*, Szaszko, B.*, Pfister, S., & Ansorge, U. (2023). Cross-modal attentional effects of rhythmic sensory stimulation. *Attention, Perception & Psychophysics*, *85*(3), 863–878. <https://doi.org/10.3758/s13414-022-02611-2>

*: Shared first authorship.

Conference Contributions

1. Szaszko, B.*, Tschenett, H.*, Ansorge, U., & Nater, U. (2024). Hatha yoga reduces momentary stress but does not impact diurnal profiles of salivary cortisol and alpha-amylase: a randomized controlled trial. - Poster presented at the ISPNE 2024 (Online).
2. Szaszko, B., Schmid, R. R., Pomper, U., Maiworm, M., Laiber, S., Tschenett, H., Nater, U. M., & Ansorge, U. (2023). The Influence of Hatha Yoga on Stress, Anxiety, and Executive Function. - Research talk presented at the European Conference on Visual Perception 2023, Paphos, Cyprus
3. Schmid, R. R., Szaszko, B., Pomper, U., & Ansorge, U. (2023). Working memory representations of two colors oscillate in anti-phase during visual search irrespective of their performance. - Poster presented at the European Conference on Visual Perception 2023, Paphos, Cyprus
4. Szaszko, B., Schmid, R. R., Pomper, U., Maiworm, M., Laiber, S., Tschenett, H., Nater, U. M., & Ansorge, U. (2023). Hatha Yoga's Impact on Stress and Suppression. - Research talk at CoBeNe PhD Academy 2023
5. Szaszko, B. (2023). Gehirnstretching statt Gehirnjogging - die Effekte von Yoga auf Stress, Ängstlichkeit und Ablenkung [Brain Stretching Instead of Brain Jogging - The Effects of yoga on Stress, Anxiety, and Distraction]. - Research talk to non-scientific audience presented at the Pint of Science Festival 2023.
6. Szaszko, B., Schmid, R. R., Pomper, U., Maiworm, M., Laiber, S., Tschenett, H., Nater, U. M., & Ansorge, U. (2023). The influence of hatha yoga on stress, anxiety, and suppression. - Poster presented at the 3rd Summer School on Stress & Cognition, 2023, Donders Institute, Nijmegen, Netherlands
7. Szaszko, B., Habeler, M., Forstinger, M., Pomper, U., Scheftner, M., Stolte, M., Grüner, M., & Ansorge, U. (2022). No evidence for a role of alpha entrainment in feature-specific suppression. - Poster presented at the European Conference on Visual Perception 2022, Nijmegen, Netherlands
8. Stolte, M., Kudrna, A., Szaszko, B., & Ansorge, U. (2022). Effects of adaptive headlight systems (ADB) on visual attention while driving on curvy roads. 14th International Symposium on Automotive Lighting- ISAL 2021-Proceedings of the Conference, 19, 404-413. ISBN: 978-3-8316-7712-2