

CURRICULUM VITAE

Contact information:

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Research interest:

Exploring the human gut microbiota and intrinsic and extrinsic connections with focus on nutritional impacts by using selected techniques of bioinformatics and statistical analysis.

Current positions:

- Senior Lecturer at the Department of Nutritional Sciences, University of Vienna
- Responsible head for “UE Practice of Human Nutrition I” and “UE Biochemical Practise”
- Prae-doc at the Department of Nutritional Sciences, University of Vienna
- Supervision of bachelor students and mentoring of master students in their thesis

Higher Education:

2009 Graduation from Federal Higher Technical Institute for Education and Experimentation
HBLVA Rosensteingasse, Vienna
2014 Graduation from University of Vienna (Bachelor’s degree, Nutritional Sciences)
Thesis: Effect of selected natural food ingredients on the immune system
2017 Graduation from University of Vienna (Master’s degree, Nutritional Sciences)
Thesis: Associations of unconjugated bilirubin and microbiota in humans
2017 Graduation from University of Vienna (Bachelor’s degree, Biology; Microbiology and Genetics)
Thesis: Changes of gut microbiota in High-LET irradiated mice
Current Prae-doc at the Department of Nutritional Sciences, University of Vienna
Current Study of human medicine at the Medical University of Vienna

Work experience and academic appointments:

08/2018 – 04/2021: Research platform “Active Ageing”, University of Vienna
Project staff: EU funded, cross-border project SK-AT INTERREG “NutriAging”
04/2017 – 07/2018: Department of Nutritional Sciences, University of Vienna
Project staff: Austrian Science Fund (FWF) Stand-Alone Project P 29608
09/2014 – 07/2018: Center for Teaching and Learning, University of Vienna
Communicator and e-tutor for blended learning, especially *Flipped Classroom*
with support of the free and open-source learning management system Moodle
08/2014 – 12/2014: Department of Nutritional Sciences, University of Vienna
Human study: recruitment, anthropometry, exercise protocols
04/2014 – 02/2017: Department of Nutritional Sciences, University of Vienna
Tutoring students in “UE Introduction to Laboratory Practice”
03/2014 – 03/2016: Department of Nutritional Sciences, University of Vienna

- Training as a panellist, sensory testing
- 10/2013 – 08/2016: Department of Nutritional Sciences, University of Vienna
Research assistant at Nutritional Sciences Directorate of Studies
- 09/2009 – 03/2010: Military Service
- 07/2006 – 08/2006: Country hospital Horn, Lower Austria
Human medical pathological laboratory
- 08/2005 – 09/2005: State Institute for Veterinary Examinations Ehrental, Carinthia
Veterinary pathological laboratory

Conference participation/Poster presentation/ Awards/Grants:

- 09/2017: Poster presentation ÖGE Jahrestagung 2017
Yellow Fellows: Is the gut microbiota changed in mild hyperbilirubinemia?
- 11/2017: Meeting Abstract Ernährung aktuell
Yellow Fellows: Is the gut microbiota changed in mild hyperbilirubinemia?
- 04/2018: Science communication Lange Nacht der Forschung 2018
Presentation of the NutriAging Interreg SK-AT project
- 04/2018: Science communication Wiener Gesundheitstage 2018
Presentation of the NutriAging Interreg SK-AT project
- 06/2018: UNIVIE Teaching Award²⁰¹⁸
Flipped Classroom als Lehrkonzept im Zeitalter der Digitalisierung
- 11/2018: Science communication ÖGE Jahrestagung 2018
Presentation of the NutriAging Interreg SK-AT project
- 11/2018: ÖGE Ernährungsforschungs-Preis 2018
Category: Master's thesis
- 11/2018: Science communication VEÖ Schnitt.Punkt
Ernährungswissenschaften in der Forschung
- 06/2019: Meeting Abstract 24th Annual Congress of the European College of Sport Science
Effects of low or high amounts of dietary protein and resistance training on muscle quality of older adults: a randomized controlled trial
- 06/2019: Science communication Science Slam Fakultätsfest Fakultät für Lebenswissenschaft
Radikale Signale, oder Warum mehr nicht immer besser ist großartig dar.
- 11/2019: Granting of Moodle educator certificate by Moodle Pty Ltd
- 11/2019: Science communication Science Slam Wien
Radikale Signale, oder Warum mehr nicht immer besser ist großartig dar.
- 11/2019: Conference participation ÖGE Jahrestagung 2019
Der Zusammenhang von Körperzusammensetzung, Proteinaufnahme und Krafttraining im Alter – Erste Ergebnisse der NutriAging Studie
- 09/2020: Poison license of the University of Vienna (Valid until 31.08.2021)
- 09/2020: Training as radiation protection officer for Industry and Technics
- 09/2020: Supplementary training for sealed radioactive sources and industrial x-ray devices
- 11/2020: Granting of engineer of chemistry by Wirtschaftskammer Wien
- 11/2020: Supplementary training for High Activity Sealed Radioactive Sources for Industry and Technics
- 01/2021: Fellowship Vienna Doctoral School of Pharmaceutical, Nutritional and Sport Sciences
Completion Grant 2021
- 03/2021: Science communication First PhaNuSpo members meeting
9 years of research in 6 minutes
- 07/2022: Supplementary training for non medical use of unsealed radioactive materials
- 07/2022: Training as Safety representatives

Skills:

Microsoft Windows, Linux (Ubuntu), MS Office, VBA, Latex, SPSS, R (Statistics), C++, Java, Moodle, Typo3

List of funds raised:

Universität Wien, "Laborerneuerung Lehre 2022": 45 000 € for the initial set-up and establishment of the UE Biochemical Practise at the new location Josef-Holaubek-Platz 2 (UZA II).

List of publications:**2017**

Zöhrer, P. A., Mölzer, C., Wallner, M., Berry, D., & Wagner, K-H. (2017). Yellow Fellows: Is the gut microbiota changed in mild hyperbilirubinemia? *Ernährung aktuell*, 2017(4), 19-20.

2019

Unterberger, S., Fiornovelli, G., Franzke, B., Zöhrer, P. A., Draxler, A., Tschan, H., & Wagner, K-H. (2019). Effects of low or high amounts of dietary protein and resistance training on muscle quality of older adults: a randomized controlled trial. in V. Bunc, & E. Tsolakidis (Hrsg.), *24th Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE*

2021

Zoehrer, P. A., Hana, C. A., Khoei, N. S., Molzer, C., Hoermann-Wallner, M., Tosevska, A., Doberer, D., Marculescu, R., Bulmer, A. C., Herbold, C. W., Berry, D., & Wagner, K-H. (2021). Gilbert's Syndrome and the Gut Microbiota - Insights From the Case-Control BILIHEALTH Study. *Frontiers in Cellular and Infection Microbiology*, 11, [701109]. <https://doi.org/10.3389/fcimb.2021.701109>

Hana, C. A., Tran, L. V., Mölzer, C., Müllner, E., Hörmann-Wallner, M., Franzke, B., Tosevska, A., Zöhrer, P. A., Doberer, D., Marculescu, R., Bulmer, A. C., Freisling, H., Moazzami, A. A., & Wagner, K. H. (2021). Serum metabolomics analysis reveals increased lipid catabolism in mildly hyperbilirubinemic Gilbert's syndrome individuals. *Metabolism: Clinical and Experimental*, 125, [154913]. <https://doi.org/10.1016/j.metabol.2021.154913>

Draxler, A., Franzke, B., Cortolezis, J. T., Gillies, N. A., Unterberger, S., Aschauer, R., Zoehrer, P. A., Bragagna, L., Kodnar, J., Strasser, E-M., Neubauer, O., Sharma, P., Mitchell, S. M., Zeng, N., Ramzan, F., D'Souza, R. F., Knowles, S. O., Roy, N. C., Sjoedin, A. M., ... Wagner, K-H. (2021). The Effect of Elevated Protein Intake on DNA Damage in Older People: Comparative Secondary Analysis of Two Randomized Controlled Trials. *Nutrients*, 13(10), [3479]. <https://doi.org/10.3390/nu13103479>

2022

Unterberger, S., Aschauer, R., Zöhrer, P. A., Draxler, A., Franzke, B., Strasser, E-M., Wagner, K-H., & Wessner, B. (2022). Effects of an increased habitual dietary protein intake followed by resistance training on fitness, muscle quality and body composition of seniors: a randomised controlled trial. *Clinical Nutrition*, 41(5), 1034-1045. <https://doi.org/10.1016/j.clnu.2022.02.017>

Aschauer, R., Unterberger, S., Zöhrer, P. A., Draxler, A., Franzke, B., Strasser, E-M., Wagner, K-H., & Wessner, B. (2022). Effects of Vitamin D3 Supplementation and Resistance Training on 25-Hydroxyvitamin D Status and Functional Performance of Older Adults: A Randomized Placebo-Controlled Trial. *Nutrients*, 14(1), 1-14. [86]. <https://doi.org/10.3390/nu14010086>

Franzke, B., Bileck, A., Unterberger, S., Aschauer, R., Zoehrer, P. A., Draxler, A., Strasser, E-M., Wessner, B., Gerner, C., & Wagner, K-H. (2022). The plasma proteome is favorably modified by a high protein diet but not by additional resistance training in older adults: A 17-week randomized controlled trial. *Frontiers in Nutrition*, 9, [925450]. <https://doi.org/10.3389/fnut.2022.925450>

Pending:

Journal: *Nutrients*

Title: Association of bioelectrical impedance phase angle with physical performance and nutrient intake of older adults

Authors: Sandra Unterberger, Rudolf Aschauer, Patrick A. Zöhrer, Agnes Draxler, Mirjam Aschauer, Benno Kager, Bernhard Franzke, Eva-Maria Strasser, Karl-Heinz Wagner, Barbara Wessner *

Received: 21 November 2022

Status: Major Revision

Journal: *Redox Biology*

Title: The influence of vitamin D supplementation and strength training on health biomarkers and chromosomal damage in community-dwelling older adults Corresponding Author: Professor Karl-Heinz Wagner

Co-Authors: Agnes Draxler; Bernhard Franzke; Sanja Kelecevic; Alexander Maier; Jelena Pantic; Rudolf Aschauer; Sandra Unterberger; Laura Bragagna; Patrick A. Zöhrer; Katharina Cellnigg; Scoris Marian Solomon; Carina Zötsch; Simon Srienc; Maria Strasser; Barbara Wessner

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Status: Accepted