

Tobias Thomas

Beiträge in Fachzeitschriften mit Peer Review (alle IF: 2024 oder lt. Journalangabe):

Tetzlaff, B.-O., Bogel, T., **Thomas, T. A.**, Laskowski, N. M. & Müller, A. (2026). Exploring gender differences in treatment-seeking patients with compulsive buying-shopping disorder. *Scientific Reports*, 16, 8254. <https://doi.org/10.1038/s41598-026-43027-4> (IF = 3.9)

Müller, A., Brand, M., **Thomas, T. A.**, Kessler, A., Schmid, A. M., Jiménez-Murcia, S., Wegmann, E., Müller, S. M. & Steins-Löber, S. (2025). Empirical support for recognizing pathological buying/shopping as a mental disorder. *Comprehensive Psychiatry*, 146, 152673. <https://doi.org/10.1016/j.comppsy.2026.152673> (IF = 4.2)

Thomas, T. A., Schmid, A. M., Vollbracht, D., Oelker, A., Wolf, O. T., Brand, M., Steins-Loeber, S. & Müller, A. (2026). Pavlovian-to-instrumental transfer effect after devaluation as indicator of habitual behavior together with stress responsivity predicts daily use of buying-shopping platforms. *Acta Psychologica*, 264, 106453. <https://doi.org/10.1016/j.actpsy.2026.106453> (IF = 2.7)

Schmid, A. M., **Thomas, T. A.**, Oelker, A., Vollbracht, D., Meurer, N., Mallon, L., Diers, M., Dominick, N., Kampa, M., Wolf, O. T., Brand, M., Müller, A. & Steins-Loeber, S. (2026). Daily stress and gaming – an ambulatory assessment study in individuals with pathological, risky, and non-problematic gaming behavior. *Acta Psychologica*, 263, 106321. <https://doi.org/10.1016/j.actpsy.2026.106321> (IF = 2.7)

Antons, S., Müller, S. M., Thomas, T. A., Schmid, A. M., Kessler, A., Joshi, M., Krikova, K., Kampa, M., Mallon, L., Schmidt, L. D., Klein, L., Dominick, N., Büsche, K., Oelker, A., Brandtner, A., Montag, C., Wölfling, K., Wolf, O. T., Klucken, T., Rumpf, H.-J., Steins-Loeber, S., Stark, R., Müller, A., Diers, M., Wegmann, E. & Brand, M. (2025). Cue reactivity towards distal cues in specific types of problematic usage of the internet: findings from diagnostically validated samples. *The British Journal of Psychiatry*. Online first article. <https://doi.org/10.1192/bjp.2025.10379> (IF = 7.6)

Theisejans, J., **Thomas, T. A.**, Oueslati, F. B. V., Kessler, A., Wegmann, E., Müller, A. & Brand, M. (2025). Affective and cognitive functions, impulsivity and compulsivity in compulsive buying-shopping disorder and social-network-use disorder: A systematic comparison. *Current Addiction Reports*, 12(1), 1-13. <https://doi.org/10.1007/s40429-025-00688-x> (IF = 4.6)

Thomas, T. A., Schaar, P., Tetzlaff, B.-O. & Müller, A. (2025). Individualisierte geschlechtersensible Psychotherapie der Kaufsucht. *Psychotherapie im Dialog*, 26(4), 61-65. <https://doi.org/10.1055/a-2476-6505> (IF = NA)

Steins-Loeber, S., Schmid, A. M., **Thomas, T. A.**, Müller, S. M., Müller, A. & Brand, M. (2025). The Pavlovian-to-instrumental transfer effect as predictor of problematic Internet gaming: Results of a longitudinal study. *Journal of Behavioral Addictions*, 14(3), 1456–1467. <https://doi.org/10.1556/2006.2025.00069> (IF = 6.2)

Thomas, T. A., Schmid, A. M., Erdal, N. K., Blümel, S., Müller, S. M., Merz, C., Steins-Loeber, S. & Müller, A. (2025). Risky online buying-shopping behavior: The role of stress responsivity on the transfer from goal-directed behavior to stimulus-response habits. *Journal of Behavioral Addictions*, 14(3), 1326–1342. <https://doi.org/10.1556/2006.2025.00062> (IF = 6.2)

Müller, A., Georgiadou, E., Laskowski, N. M., **Thomas, T. A.**, Tahmasebi, N., Bischof, A., Rumpf, H.-J., Steins-Löber, S. & Brand, M. (2025). Guidelines on the treatment of shopping disorder. *SUCHT*, 71(2), 103–109. <https://doi.org/10.1024/0939-5911/a000915> (IF = 1.3)

Müller, S. M., Antons, S., Schmid, A. M., **Thomas, T. A.**, Kessler, A., Joshi, M., Krikova, K., Kampa, M., Mallon, L., Schmidt, L. D., Klein, L., Dominick, N., Büsche, K., Oelker, A., Brandtner, A., Montag, C., Wölfling, K., Wolf, O. T., Diers, M., Klucken, T., Rumpf, H.-J., Stark, R., Müller, A., Wegmann, E., Steins-Loeber, S. & Brand, M. (2025). Self-control abilities in specific Internet-use disorders: Findings from clinically validated samples with neurocognitive tasks. *American Journal of Psychiatry*, 182(7), 660-670. <https://doi.org/10.1176/appi.ajp.20240486> (IF = 14.7)

Müller, A., Trotzke, P., Schaar, P., Thomas, T. A., Georgiadou, E., & Steins-Loeber, S. (2025). Psychotherapy research for compulsive buying-shopping disorder: Quo vadis?. *Addictive Behaviors Reports*, 100591. <https://doi.org/10.1016/j.abrep.2025.100591> (IF = 2.8)

Schmid, A. M., **Thomas, T. A.**, Blümel, S., Erdal, N. K., Müller, S. M., Merz, C. J., Wolf, O. T., Brand, M., Müller, A. & Steins-Loeber S. (2024). Transfer from goal-directed behavior to stimulus-response habits and its modulation by acute stress in individuals with risky gaming behavior. *Scientific Reports*, 14, 26015. <https://doi.org/10.1038/s41598-024-73899-3> (IF = 3.9)

Lörsch, F., Schmid, A., **Thomas, T. A.**, Brand, M., Müller, A. & Steins-Loeber, S. (2024). The effect of individual characteristics on Pavlovian conditioning in Internet use disorders. *Behavioral Brain Research*, 476, 115254. <https://doi.org/10.1016/j.bbr.2024.115254> (IF = 2.3)

Thomas, T. A., Tilk, K., Pommnitz, M., Meyer, G., Hüttl, T., Köhler, H., Mall, J. W., Wunder, R., de Zwaan, M. & Müller, A. (2024). Self-harm before and six months after obesity surgery. *Obesity Surgery*, 34(10), 3579-3591. <https://doi.org/10.1007/s11695-024-07439-3> (IF = 3.1)

Thomas, T. A., Laskowski, N. M., Lesener, T., Gusy, B., de Zwaan, M. & Müller, A. (2024). Prevention approaches for compulsive buying-shopping disorder. *SUCHT*, 70(6), 347-356. <https://doi.org/10.1024/0939-5911/a000897> (IF = 1.3)

Thomas, T. A., Schmid, A. M., Kessler, A., Wolf, O. T., Brand, M., Steins-Loeber, S. & Müller, A. (2024). Stress and compulsive buying-shopping disorder: A scoping review. *Comprehensive Psychiatry*, 132, 152482. <https://doi.org/10.1016/j.comppsy.2024.152482> (IF = 4.2)

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Müller, A., Laskowski, N. M., **Thomas, T. A.**, Antons, S., Tahmassebi, N., Steins-Loeber, S., Brand, M. & Georgiadou, E. (2023). Update on treatment studies for compulsive buying-shopping disorder: A systematic review. *Journal of Behavioral Addictions*, 12(3), 631-651. <https://doi.org/10.1556/2006.2023.00033> (IF = 6.2)

Thomas, T. A.*, Joshi, M.*, Trotzke, P., Steins-Loeber, S. & Müller, A. (2023). Cognitive functions in compulsive buying-shopping disorder. *Current Behavioral Neuroscience Reports*, 10, 1-19. <https://doi.org/10.1007/s40473-023-00255-6> * = these authors share first authorship. (IF = 1.0)

Thomas, T. A., Pommnitz, M., Tilk, K., Hüttl, T., Meyer, G., de Zwaan, M. & Müller, A. (2022). Food Addiction und Alkoholkonsum vor Adipositaschirurgie. *SUCHT*, 68(4), 195-211. <https://doi.org/10.1024/0939-5911/a000773> (IF = 1.3)

Müller, A., Joshi, M. & **Thomas, T. A.** (2022). Excessive shopping on the internet: Recent trends in buying-shopping disorder. *Current Opinion in Behavioral Sciences*, 44, 101116. <https://doi.org/10.1016/j.cobeha.2022.101116> (IF = 3.5)

Thomas T. A., Wolter, C., Lesener, T. & Gusy, B. (2021). Wenn weniger trinken mehr ist: Differenzielle Ergebnisse einer Alkoholintervention bei Studierenden. *Prävention und Gesundheitsförderung*, 17(3), 392-397. <https://doi.org/10.1007/s11553-021-00897-y> (IF = 0.5)

Wolter, C., Lesener, T., **Thomas, T. A.**, Hentschel, A-C. & Gusy, B. (2021). Finding the right balance: A social norms intervention to reduce heavy drinking in university students. *Frontiers in Public Health*, 9, 653435.
<https://doi.org/10.3389/fpubh.2021.653435>
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Mitwirkung an Behandlungsleitlinien

Müller, A., Georgiadou, E., Laskowski, N. M., **Thomas, T. A.**, Tahmassebi, N., Steins-Löber, S. & Brand, M. (2024). Behandlung der Shoppingstörung. In Deutsche Gesellschaft für Suchtforschung und Suchttherapie e.V. (DG-Sucht) (Hrsg.), S1-Leitlinie Diagnostik und Therapie von Internetnutzungsstörungen (S. 59-64). Arbeitsgemeinschaft der Wissenschaftlichen Medizinischen Fachgesellschaften e.V. https://register.awmf.org/assets/guidelines/076-0111_S1_Diagnostik-Therapie-Internetnutzungstoerungen_2025-06.pdf

Forschungsberichte:

Blaszyk, W., Dastan, B., Diering, L.-E., Gusy, B., Jochmann, A., Juchem, C., Lesener, T., Stammkötter, K., Stauch, M., **Thomas, T.** & Wolter, C. & (2021). Wie gesund sind Studierende der Freien Universität Berlin? Ergebnisse der Befragung 01/21 (Schriftenreihe des AB Public Health: Prävention und psychosoziale Gesundheitsforschung: Nr. 03/P21). Berlin: Freie Universität Berlin.

Jochmann, A., Kammerer, J., Rafalski, R. A., **Thomas, T.**, Lesener, T., Wolter, C. & Gusy, B. (2019). Wie gesund sind Studierende der Freien Universität Berlin? Ergebnisse der Befragung 01/19 (Schriftenreihe des AB Public Health: Prävention und psychosoziale Gesundheitsforschung: Nr. 01/P19). Berlin: Freie Universität Berlin.