

1. PERSONAL DATA

Name : Tenure track assistant Professor Mathieu Bernard, psychology thesis (Univ. Geneva)
 Date of birth : 17.04.1975 in Lausanne, Switzerland
 Nationality : Swiss
 ORCID: 0000-0003-2823-8806

2. EDUCATION, ACADEMIC AND PROFESSIONAL

2019-2021 Certificate of Advanced Studies (CAS) in psycho-oncology organised by the University of Lausanne
 2013-2014 Certificate of Advanced Studies (CAS) in clinical research organised by University of Lausanne
 2007-2013 Psychology thesis, University of Geneva, Switzerland
 1999-2002 Diploma in psychology, University of Lausanne, Switzerland
 1995-1999 Licence in psychology, University of Lausanne, Switzerland

3. EMPLOYMENT HISTORY

Since 2021 Tenure-track Assistant Professor towards Associate Professor in palliative psychology and director of the Chair of palliative psychology at the Lausanne University Hospital
 2019-2020 Research director for the Palliative and supportive care service of the Lausanne University Hospital
 2011-2019 Research coordinator for the Palliative and supportive care service of the Lausanne University hospital
 2009-2012 Dept. of nursing, Lausanne University Hospital, program "Improving the quality of life of patients with cancer". Project Manager for the program evaluation
 2004-2011 Psychology institute of the University of Lausanne and the Faculty of Psychology and Education Sciences of Geneva University. Assistant to Prof. N. Favez
 2005-2009 Liaison Psychiatry Service and the Psychotherapy institute of the Lausanne University Hospital. Research collaborator
 2002 – 2004 Research unit of the Department of child and adolescent psychiatry of the Lausanne University Hospital. Research collaborator
 2000-2002 Research unit of the Department of child and adolescent psychiatry of the Lausanne University Hospital. Trainee

4. INSTITUTIONAL RESPONSIBILITIES

- Director of the Chair of palliative psychology (100%), Lausanne University Hospital
- Responsible for the research in the Palliative and supportive care service, Lausanne University Hospital:
 - Supervisor of several research collaborators
 - Organizer and moderation of fortnightly meetings (« research breakfast »)
 - Organizer and moderation of the fortnightly « journal club »
 - Responsible for the training in clinical research of the service's collaborators
- Responsible for the coordination of research between the Chair of palliative psychology, the Chair of Geriatric Palliative Care and the Chair of Palliative Care Nursing

5. APPROVED RESEARCH PROJECTS (PRINCIPAL INVESTIGATOR AND CO-APPLICANT)

- Swiss Cancer League: Posttraumatic growth in oncology palliative care: an exploratory of patients' experiences through life narratives (2021-2023), principal investigator (185'950.-)
- Swiss Academy of Medical Sciences (SAMS): Impact of a gratitude-based intervention on patients and caregivers in a palliative care context: a pilot study (2018-2020), principal investigator (120'000.-)
- Leenaards Fondation (call for projects « Qualité de vie 65+): Désir de mort : prévalence et liens avec la qualité de vie et les déterminants sociaux chez des patients âgés hospitalisés en médecine interne (2018-2019), co-applicant (137'180.-)
- Swiss Academy of Medical Sciences (SAMS): Validation d'un outil d'identification des patients nécessitant des soins palliatifs généraux ou spécialisés (2016-2018), co-applicant (169'500.-)
- Swiss Academy of Medical Sciences (SAMS): French validation of the Integrated Palliative care Outcome Scale (IPOS) (2015-2017), co-principal investigator (114'350.-)
- Leenaards Fondation (call for projects « Qualité de vie 65+): Une étude de la gratitude comme facteur explicatif du bien-être et de la qualité de vie chez les patients palliatifs âgés (2014), principal investigator (50'000.-)
- Leenaards Fondation (call for projects « Qualité de vie 65+): « Sens de la vie, valeurs personnelles et spiritualité chez les ous-venants en Suisse » (2013-2014), co-applicant (34'560.-)

- Swiss National Science Foundation (National Research Programme 67 “End of life”): Meaning in Life, personal values and spirituality at the end of life (2012-2014), co-applicant (162'939.-)
- Oncosuisse: Effects of Communication Skills Training on working alliance and oncology clinicians' defense mechanisms and communication styles (2009-2010), co-applicant (109'000.-)

6. ACADEMIC SUPERVISIONS

- Completed (5): Nicolas Lebrun (Master Med, UNIL 2016), Charles Guex (Master Med UNIL 2018), Viola Mazzoleni (Master Med, UNIL 2020); Tiphaine Barbé (Master Med, UNIL 2021), Valérie Thiébaud (Certificate of Advance Studies in positive psychology, UNIL 2021)
- Ongoing (1): Timothy O'Donnell (Master Med, UNIL)

7. TEACHING ACTIVITIES

University and higher education

Post-graduate teaching

- Faculty member for the interdisciplinary advanced training in palliative medicine : « La recherche clinique: principes de base et principaux designs de recherche » (March 2019)

Pre-graduate teaching

- Responsible for the seminar “Positive psychology applied to the field of end of life: evolution and future challenges” for the psychology students (from 2022); Co-responsible for the seminar: « Decisions and end of life issues” for the medicine students (2017 to this date); Faculty member within the module « Immersion communautaire » for the medicine students (2018 to this date); Faculty member within the optional course « Vivre face à la mort » for the medicine students (2017 to this date); External faculty member at the Psychology institute of the University of Lausanne for the lecture course « Introduction à la gérontologie psychosociale » (2016 to this date).

Non-university education (selection)

- Faculty member within the Certificate of Advance Studies (CAS) in palliative care organised by the Lausanne University Hospital (2018 to this date)

8. SCIENTIFIC ACTIVITIES IN BOARDS, COMMISSIONS AND OTHER ACTIVITIES

- Since 2021 Member of the editorial board of the journal “Palliative & supportive care”
- Since 2021 Member of the scientific board of the Certificate of Advance Studies (CAS) in positive psychology, University of Lausanne
- Since 2019 Member of the scientific committee for the organisation of the summer school in palliative care research in Switzerland
- Since 2019 Member of the Commission for research and young academics of the Medicine Department of the Lausanne University Hospital
- Since 2015 Member of the scientific committee for the organisation of the national palliative care congress
- Since 2012 Reviewer for scientific journals with impact factors: Journal of Pain and Symptom Management, Palliative Medicine, Journal of Cancer Education, Journal of Supportive care in Cancer, Palliative and Supportive Care, Health Expectations, Counselling Psychology Quarterly, BMC Medical Ethics

9. ACTIVE AFFILIATIONS

- Member of: the Swiss society of medicine and palliative care « Palliative ch », the European Association for Palliative Care, the Swiss research platform in palliative care, the Swiss Positive Psychology Association, the Swiss Psychological Society

10 ORGANIZATION OF CONFERENCES

- 2019 Co-organizer of a scientific symposium “Communication on end of life with vulnerable patients” in the Lausanne University Hospital
- 2017 Organizer of a clinical and research symposium “Positive psychology and palliative care” for the researchers and clinicians of the Latin part of Switzerland
- Since 2012 Organizer of 32 research colloquia on palliative care in the Lausanne University Hospital with invited regional and national researchers
- Since 2012 Organizer of 21 research seminars on palliative care in the Lausanne University Hospital with invited international researchers and invited professors

11. AWARDS AND BURSARIES

- Prizes from the Leenaards Fondation for (i) the research projects « Désir de mort : prévalence et liens avec la qualité de vie et les déterminants sociaux chez des patients âgés hospitalisés en médecine

interne » in 2017 and for (ii) the research project « Une étude de la gratitude comme facteur explicatif du bien-être et de la qualité de vie chez les patients palliatifs âgés » in 2014

12. PUBLICATION LIST DURING THE FIVE LAST YEARS

Peer reviewed publications in international scientific journals

- Bernard, M., Poncin, E., Althaus, B., & Borasio, G.D. (in press). Posttraumatic growth in palliative care patients and its associations with psychological distress and quality of life. *Palliat Support Care*
- Teike Lüthi, F., Bernard, M., Vanderlinden, K., Ballabeni, P., Gamondi, C., Ramelet, A.S., Borasio, G.D. (2021). Measurement properties of ID-PALL, a new instrument for the identification of patients with general and specialized palliative care needs. *Journal of Pain and Symptom Management*, doi: <https://doi.org/10.1016/j.jpainsymman.2021.03.010>
- Borner, M.-A., Bernard, M., Jacques, C., Rubli Truchard, E., Borasio, J.D., Jox, R. (2021). Assessing the will to live: a scoping review. *Journal of Pain and Symptom Management*, doi.org/10.1016/j.jpainsymman.2020.09.012
- Borner, M.-A., Rubli Truchard, E., Waeber, G., Vollenweider, P., Bernard, M., Schmied, L., Marques-Vidal, P. (2020). Life worth living: a cross sectional study on the prevalence and determinants of the wish to die in elderly patients hospitalized in an internal medicine ward. *BMC Geriatrics*, 20: 348, doi.org/10.1186/s12877-020-01762-x
- Bernard, M., Berchtold, A., Strasser, F., Borasio, G.D. (2020). Meaning in life and quality of life: palliative care patients versus the general population. *BMJ Supportive & Palliative Care*, Epub ahead of print: 20.11.2020. doi:10.1136/bmjspcare-2020-002211.
- Teike Lüthi, F., Bernard, M., Beauverd, M., Gamondi, C., Ramelet, A-S, Borasio, G.D. (2020). Identification of patients in need of general and specialized Palliative care (ID-PALL©): item generation, content and face validity of a new interprofessional screening instrument. *BMC Palliative Care*, 19, 9, doi: 10.1186/s12904-020-0522-6.
- Teike Lüthi, F., Mabire, C., Rosselet Amoussou, J., Bernard, M., Borasio, G.D. (2019). Instruments for the identification of patients in need of palliative care: a systematic review protocol of measurement properties. *JBI Database of Systematic Reviews and Implementation Reports*, 17, doi: 10.11124/JBISRIR-D-19-00146.
- Sterie, A.C., Borasio, G.D., Bernard, M., the French IPOS consortium team (2019). Validation of the French version of the Integrated Palliative care Outcome Scale (IPOS). *Journal of Pain and Symptom Management*, 58, 5, 886-890.
- Sterie, A.C., & Bernard, M. (2019). Challenges in a six-phase process of questionnaire adaptation: findings from the French translation of the Integrated Palliative care Outcome Scale. *BMC Palliative Care*, 18, doi:10.1186/s12904-019-0422-9.
- Althaus, B., Borasio G.D., Bernard, M. (2018). Gratitude at the end of life: a promising lead for palliative care. *Journal of Palliative Medicine*, 21, 1566-1572.
- Bernard, M., Strasser, F., Gamondi, C., Braunschweig, G., Forster, M., Kaspers-Elekes, K., Walther Veri, S., Borasio, G.D., and the SMILE consortium team (2017). Relationship between spirituality and psychological distress and impact on the perceived quality of life: results of a transversal study in the three linguistic regions of Switzerland. *Journal of Pain and Symptom Management*, 54, 514-522.
- Pautex, S., Vayne-Bossert, P., Bernard, M., Beauverd, M., Cantin, B., Mazzocato, C., Thollet, C., Bollondi-Pauly, C., Ducloux, D., Hermann, F., Escher, M. (2017). Validation of the French version of the Edmonton Symptom Assessment System (F-ESAS). *Journal of Pain and Symptom Management*, 54, 721-726.
- Teike Lüthi, F., Borasio, G.D., Bernard, M. (2017). Identification des patients palliatifs: enjeux et outils de dépistage. *Revue Médicale Suisse*, 13, 307-309.
- Braunschweig, G., Borasio, G.D., Tamches, E., Arnstadt, N., Bernard, M. (2017) Evaluation de l'impact d'une équipe mobile intra-hospitalière dans un hôpital tertiaire. *Revue Médicale Suisse*, 13, 376-381.
- Bernard, M., Braunschweig, G., Fegg, M.J., & Borasio G.D. (2015). Meaning in life and perceived quality of life in Switzerland: results of a representative survey in the German, French and Italian regions. *Health and Quality of Life Outcomes*, 13, 160-170.
- Bernard, M. (2015). Le sentiment de gratitude en soins palliatifs : un facteur contribuant au bien-être et à la qualité de vie ? *Psycho-Oncologie*, 9, 115-120.

Non-peer reviewed publications

- Bernard, M. ; & Gremion, Y. (2021). La psychologie et les soins palliatifs. *Palliative Flash* n° 71
- Teike Lüthi F., Bernard, M., Gamondi C., Ramelet A.S., Borasio G.D. (2021) ID-PALL: an instrument to help you in identifying patients in need of palliative care. *Praxis*, 110, 839-844
- Braunschweig, G., Borasio, G.D., Tamches, E., Arnstadt, N. & Bernard, M. (2017). Evaluation de l'impact d'une équipe mobile intra-hospitalière dans un hôpital tertiaire. *Revue Médicale Suisse*, 549, 376-381

- Teike Lüthi, F., Borasio, G. D., & Bernard, M. (2017). Identification des patients palliatifs: enjeux et outils de dépistage. *Revue Médicale Suisse*, 548, 307-310

Contribution to books

- Bernard M., Krenz S., & Jox R.J. (2021). Ethics of psychotherapeutic interventions in palliative care. In Trachsel, M., Gaab, J., Biller-Andorno, N., Tekin, S., Sadler, J.Z. (eds). *The Oxford handbook of psychotherapy ethics*. Oxford: Oxford University Press, pp. 773-788

Editorial

- Borasio, G.D., & Bernard, M. (2016). Measure development and assessing outcomes in palliative care: Always look at the bright side of life... *Palliative and Supportive Care*, 14, 89-90