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She earned her Masters in Psychology at the Karl-Franzens-University in Graz in 2008. After she continued her education with the postgraduate program in Clinical and Health Psychology, she worked as a Clinical and Health Psychologist in the field of cardiac and neurological rehabilitation and youth work. She is a member of the Society of Neuropsychology (GNPÖ). Currently, she is involved in the research project "Full Survey of all Diabetes Mellitus Patients in the District of Landeck, January 2018 - December 2020".

Her main research interests are diabetes epidemiology, public health, neuropsychology and cardiovascular diseases.