

Department of Psychiatry

Amsterdam UMC, location VU University Medical Center

Department of Research and Innovation GGZ inGeest

Annual Report 2020



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Preface

Dear reader,

Thank you for taking interest in our work. As I write this, I am sitting down, at home, working on the computer that has become a mobile office and meeting place at once. Hopefully, by the time you read this, most of us will have been vaccinated and life will have returned to what we will learn to be our 'novice-normal'. At our department, the pandemic has had a huge impact. For our patients, our students, our colleagues and for the way we interact with the world around us. It will take some years for us to grasp just what sort of longer-term impact COVID-19 will turn out to have had on our work, but this impact is likely to be much bigger than we can currently imagine.

With regard to our patients, we were able to very swiftly adapt clinical work to the new reality. Our clinics remained accessible for patients throughout the year, albeit switching most of the contacts to computer-based meeting places. This certainly did speed up the e-mental health developments that were going on already. As you will be able to read in this report, our group did a lot to monitor and test the effects of the pandemic on mental health. Although the pandemic has profound effects on all of us, especially on those with the least resources and those who are more vulnerable, a tsunami of people with (severe) mental illness or increases in suicides did fortunately not take place. However, a word of caution is in order here because there are signs that psychopathology is increasing in certain age-groups (e.g., young-adults) a year after the start of the pandemic.

Within our group, 2020 was a year with very few opportunities to meet, celebrate, gossip or discuss. These are essential ingredients for a flourishing research group and no digital medium will ever be able to replace the beehive type environment that our research environment is. Especially our PhD's, a good many of whom have started their research journey after March 2020, are being deprived of an essential part of the immersion in research culture that constitutes a successful PhD trajectory. Let's hope this will end soon!

When turning to 2020 and its results, there is much to be happy about. The group was extremely productive and we are proud to see so many young and talented people who chose to start their clinical or research careers in mental health with our group. Looking forward, 2020 was extremely good in terms of successful grant acquisition. Although the researchers tend to receive (just) credit for this work, let's not forget the excellent support staff that underlies success. They have worked incredibly hard to keep studies going during the pandemic and to think out new ways to contact patients and to collect, process and share data.

So, please browse through this annual report and hopefully share with me the interest and pride in all the good work that is under way.

Aartjan TF Beekman

Summary

The Department of Psychiatry of Amsterdam UMC (location VUmc) and the Research Department of GGZ inGeest together have been long-term and successful collaborators in their goals to better understand, prevent, and treat psychiatric disorders, particularly related to chronic and severe depressive and anxiety disorder.

In this report, we are proud to give an overview of our scientific accomplishments in 2020. Combining excellent research activities with innovative clinical trials, we highlight both new and ongoing research projects and publications that illustrate both the width and depth of our scientific research. We highlight PhD theses defended in 2020, societal impact of our research, and all of our academic workplaces that integrate science with clinical care.

Our research group has consistently performed very well, and 2020 is no exception. This becomes visible through the consistent high number of international, peer reviewed scientific papers produced by our research group, our involvement in PhD degree training, and our success in obtaining new research funding for future projects.

- A total of 325 papers were published in 2020 in international peer-reviewed journals, of which almost 50% in the top 25% journals within Psychiatry.
- Five PhD-degrees were awarded in our department in 2020 after a successful defense of their thesis.
- We currently have 102 ongoing PhD-trajectories, which illustrates the vitality of our research group.
- In 2020, 4.4 million euros research funding was obtained for 18 new-to-start small to large-scale projects.
- Several innovative clinical trials and clinical initiatives were launched, including the Einstein study and the outpatient clinic for tapering antidepressants.
- There was abundant media coverage of the expertise and science coming from our department.
- Education and residency were an integrative part of our academic effort.

Research Management Team



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Head of consultation-
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Scientific research

The research group of **GGZ inGeest** and the department of psychiatry of **Amsterdam UMC, location VUmc**, intensively collaborate in their conduct of scientific research of psychiatric disorders. The central focus is on the most common psychiatric disorders: (unipolar and bipolar) depressive disorders and anxiety disorders. Key questions are: What are causes and consequences of depressive and anxiety disorders, and what are effective prevention and treatment options? When examining depressive and anxiety disorders, we also focus on old-age psychiatry, and on their interaction with somatic disorders, e.g., neurological or cardiometabolic diseases. Related clinical aspects such as stress and sleep are important overarching research topics.

We conduct research that ranges from examining the role of genetics or brain dysregulations in psychiatric disorders through studies examining the societal impact of psychiatric disorders. We also conduct clinical trials that examine the effects of (innovative) treatments in patients.

An overview of all our research projects and researchers can be found on our website psychiatryamsterdam.nl.



Embedding and collaboration

Our clinical research is embedded within five academic workplaces at GGZ inGeest: anxiety disorders, depressive disorders, bipolar disorders, old age psychiatry, and soma and psyche. In our academic workplaces clinicians and researchers closely collaborate in innovative research projects.

This allows easy implementation of study findings in clinical practice. The workplaces anxiety disorders, depressive disorders and old age psychiatry have received the quality mark TOPGGZ.

Our research projects are embedded in two research institutes in which Amsterdam UMC, Vrije Universiteit and University of Amsterdam collaborate: **Amsterdam Public Health** (APH) and **Amsterdam Neuroscience** (AN). Our epidemiological and clinical research is embedded in Amsterdam Public Health where we collaborate with colleagues from e.g., epidemiology & biostatistics, biological and clinical psychology, and general practice departments. Our neurobiological and genetic research is embedded in Amsterdam Neuroscience where the focus is on fundamental and translational neuroscience research. Both research institutes have been evaluated as 'excellent' by recent external review committees, and provide interdisciplinary collaboration.

Our psychiatry research group has consistently grown over the last years, both in terms of quality as well as quantity of research output. A historically strong asset to our research group is the existence of large research infrastructures developed in collaboration with other national academic centers and surrounding networks of general practices and mental health institutions. This has led to a series of longitudinal, large-scale observational studies such as **NESDA**, **LASA**, **NOCDA** and **NESDO**. These research infrastructures are also useful assets for starting novel intervention studies. Both our intervention and observational projects are supported through a strong data management and fieldwork team.

Our research and research group

All our research results are the result of a strong research group, consisting of many persons with great expertise and enthusiasm, and strong collaboration, both national and international. For an up-to-date overview of our staff members, research projects and funding, we refer to psychiatryamsterdam.nl.

For an overview of our research projects: psychiatryamsterdam.nl/research-projects

For our complete staff: psychiatryamsterdam.nl/about-us/our-research-group



Managers research infrastructure:

Merijn Eikelenboom, Melany Horsfall, Bianca Lever, Tim Zandbelt and Gerard van Grootheest



Some of our research assistants

Highlights of 2020

Highlight 1: Research project TMR-TRAUMA

On a Tuesday night in mid-April, the beeps at the bedside of the sleeping PTSD patient sounded for the last time. The inclusion of the TMR-TRAUMA study, funded by a VENI grant for psychiatrist/researcher Hein van Marle, has been completed.

Christa van der Heijden, the PhD student on the project, is experiencing her last waking night while she observes the slow brainwaves, typical of deep sleep, of the patient in the next room.

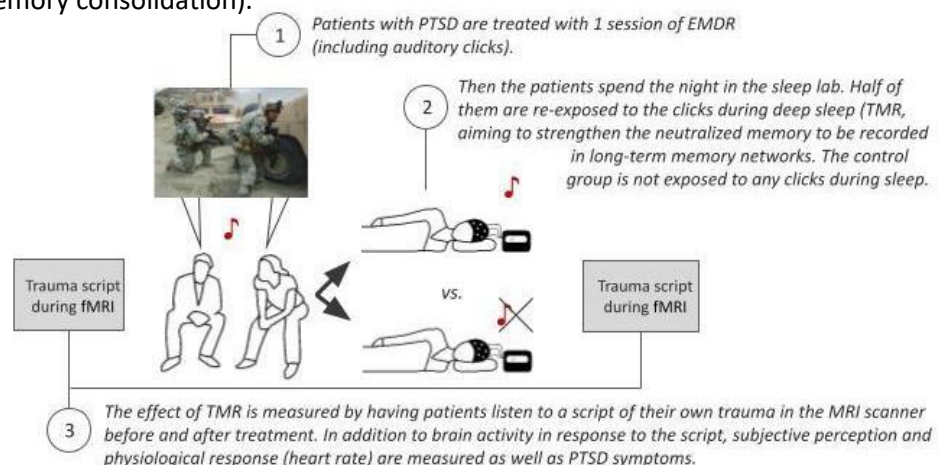


Pie for the final night measurement

The aim of the TMR-TRAUMA study is to make PTSD treatment more effective by manipulating trauma memories during sleep following treatment. PTSD can be seen as a memory disorder, where traumatic memories form the basis for intrusive symptoms such as re-experiences and nightmares. During typical exposure-based treatments, the traumatic memory is reactivated and then stored again with less fear. Sleep is essential in this process, because then the adapted memory is integrated in long-term memory networks, leading to further decrease of the negative affective charge (memory consolidation).

Recently, it has been shown that this process of memory consolidation can be enhanced by offering so-called reminder cues (sounds or smells linked to the memory during storage) again during deep sleep. In the TMR-TRAUMA study, this technique, known as targeted memory reactivation (TMR), is translated to (PTSD) patients for the first time in an attempt to increase the treatment effect of daytime (see infographic).

The complex technique behind TMR, the combination of imaging techniques and the heavy burden on the patient, made this a challenging project. After setting up a broad recruitment strategy (in addition to GGZ inGeest, also Centrum 45 and Psytrec), we were able to include a sufficient number of patients. Proud and still barely awake, we are now ready for the analyses. With the project, Hein hopes to open up sleep as a new therapeutic window for PTSD. If TMR indeed proves effective, the next step will be to investigate its effectiveness in larger numbers of PTSD patients and in a more applicable manner, for example by using recently developed, easily wearable EEG headbands that allow the patient to sleep at home. All the better for the researcher's sleep.

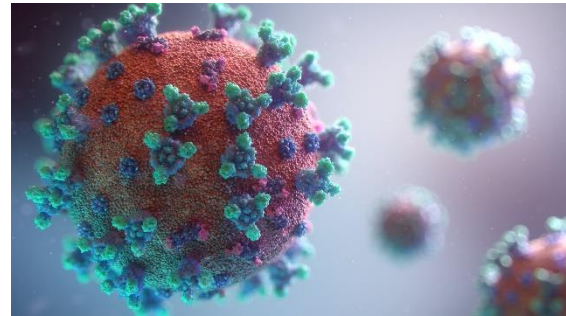


Highlight 2: Mental health during the COVID-19 pandemic

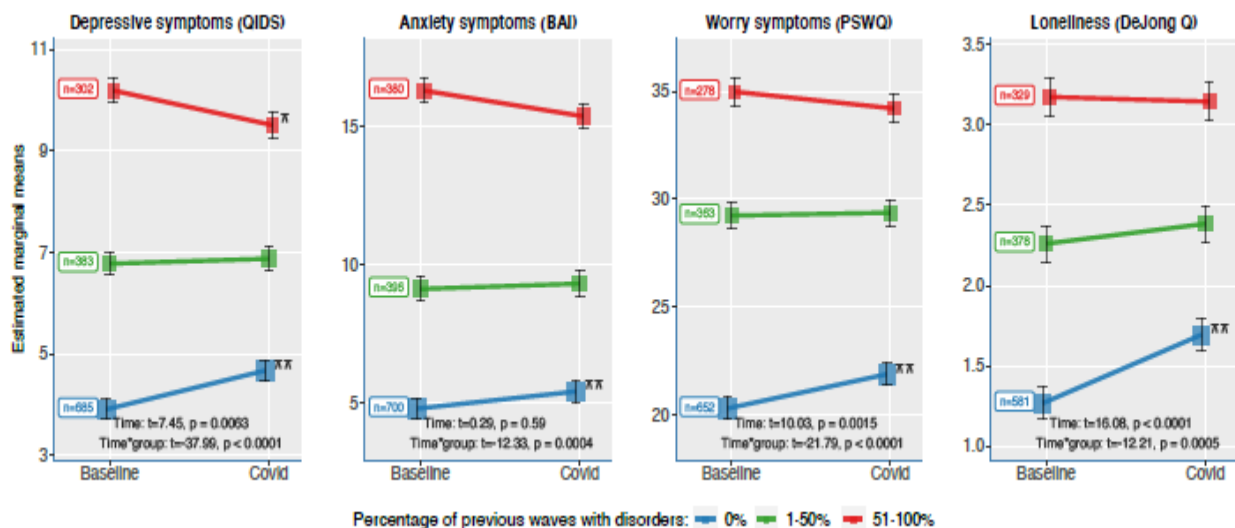
What is the impact of the COVID-19 pandemic on mental health? A new study from the long-running NESDA cohort sheds light on this topic.

In 2020, a major concern has been the impact of the COVID-19 pandemic on mental health, especially in persons with pre-existing psychiatric conditions. In order to provide data to examine this issue, we received research funding from two sources: a fast-track grant from the Dutch Scientific Organization and funding through the EU-Horizon2020 funded Respond project. With this funding we have been able to use three unique patient-control cohorts established by our research group (NESDA, NESDO and NOCDA) to investigate mental health symptoms during the COVID-19 pandemic. Starting on April 1, 2020, we invited all eligible participants of these studies to participate in a repeated online questionnaire focusing on the mental health impact of the COVID-19 crisis. A unique aspect of our study is that we already have a lot of data on the mental health status of these persons before the COVID-19 pandemic. This allowed us to really examine and compare whether persons during the COVID-19 pandemic have a poorer mental health than before the COVID-19 pandemic.

In a first paper, published by Pan and colleagues in *Lancet Psychiatry* 2021, we described data of more than 1500 participants who filled out at least one questionnaire in April or May, 2020.



We investigated the change in symptoms of depression, anxiety, worry and loneliness before and after the COVID-19 outbreak, and the extent to which participants were able to cope with the stressful situation. A number of findings emerged, part of which are shown in the figure below. First, during the first two months after the COVID-19 outbreak persons who (in the past) had a mental disorder perceived more impact of the COVID-19 crisis on their mental health, had more fear of COVID-19 infection, and struggled more to deal with the situation. Second, persons with a high burden of mental disorders (the red lines in Figure 1), both before and after the COVID-19 outbreak, suffered more from symptoms of depression, anxiety, worry and loneliness than persons without a mental disorder. Third, levels of these symptoms in persons with a high mental disorder burden were in general no worse than before the COVID-19 outbreak. To our surprise, there was even a slight decrease in some of the symptoms in persons with the most severe mental disorders. On the other hand, persons with no mental disorders (the blue lines in Figure 1) showed a moderate, yet not clinically significant increase in all symptoms.



We have continued following up our participants over the course of the COVID-19 pandemic, and a number of subsequent studies are currently underway. We are keen to better understand the long-term consequences of the COVID-19 outbreak for mental health, and to identify factors related to vulnerability and resilience in the face of adversity. This project uniquely shows how our rich patient cohorts are extremely useful to address health questions during a naturalistic crisis.

Pan, K. Y., Kok, A., Eikelenboom, M., Horsfall, M., Jörg, F., Luteijn, R. A., Rhebergen, D., Oppen, P. V., Giltay, E. J., & Penninx, B. W. J. H. (2021). *The mental health impact of the COVID-19 pandemic on people with and without depressive, anxiety, or obsessive-compulsive disorders: a longitudinal study of three Dutch case-control cohorts*. *The Lancet Psychiatry*, 8(2), 121-129.

[https://doi.org/10.1016/S2215-0366\(20\)30491-0](https://doi.org/10.1016/S2215-0366(20)30491-0)

Highlight 3: eHealth as an innovative treatment modality for depression

Within the academic workplace depression, eHealth as an innovative way to improve depression care, is a topic of interest. The COVID-19 pandemic stresses even more the importance and potential of digital health to increase access and quality of mental health care. We will highlight studies that were completed in 2020.

There is a gap between effectiveness studies on internet-based CBT for depression and the use of this evidence-based treatment in mental health care. Implementation research is important to learn how to speed up the use of digital treatment strategies.



The MasterMind project: MAnagement of mental health diSorders ThruoGh advancEd technology and seRvices – telehealth for the MIND

M. Mol, E. Dozeman, A. van Schaik, J. Smit, M Riper

This project aimed to monitor and upscale the use of internet-based CBT (iCBT) for depression in fifteen European regions taking into account a broad range of factors that influence implementation. In her thesis, Mayke Mol studied the role of the therapist in this implementation process ('Uptake of internet-based therapy for depression: the role of the therapist').

In this thesis several aspects relevant for therapists' use of iCBT were studied. For clinical practice it is important to realize that therapists' expectations and preferences determine whether they offer iCBT to patients with depression. The majority of therapists do not, although iCBT is readily available and reimbursed by insurance companies in the Netherlands. In a qualitative study it became clear that therapists need to adapt their working process substantially, while more intensive training and supervision is lacking. Also, therapists are hesitant to motivate patients as they are uncertain about the eligibility of patients for this type of treatment. On the other hand, therapists who are experienced in offering blended CBT are more positive. The thesis made clear that to further upscale blended CBT, except for optimizing the digital tools, paying attention to the therapists (informing, training, supervising) is of key importance.



The ImpleMentAll project: Getting eHealth implementation right

J. Schuurmans, C. van Genugten, E. Dozeman, A. Hoogendoorn

In the European ImpleMentAll study, an implementation toolkit has been developed that offers various strategies to better align the implementation with the users of the eHealth intervention. An important characteristic of the toolkit is that it forces the users to select specific targets in the implementation process. Within GGZ inGeest, a team of implementation leads (Dozeman, van Schaik, v/d Velde) used the toolkit for a period of 6 months during 2020, with the aim to offer all eligible patients blended CBT at the outpatient clinics for depression and anxiety disorders. Two targets were chosen: the referral process to the Mindway clinic (specialized in eHealth) and the process of disseminating expertise to the teams. The team of the referral unit ("A&I") was informed and trained in proposing blended treatment to patients and in every team a 'star player eHealth therapist' was trained and a network of star players was created with regular supervision sessions.



After six months a moderate increase in uptake of blended CBT within the depression and anxiety units was demonstrated, but it proved to be a difficult process that needs ongoing attention. The use of the toolkit may support mental health organizations further in planning next steps in continuous collaboration between an implementation group and the main stakeholders in the process (referrers, therapists, managers, patients).

Feasibility and initial effects of eIPT for depressive disorder

A. van Schaik, E. Dozeman

Although much research has been done on internet-based CBT protocols, this does not hold for Interpersonal Psychotherapy (IPT), after CBT the most studied and proven effective psychotherapy for depression. In collaboration with the Department of Clinical Psychology of the VU university (Donker, Schotanus) an eIPT module with training and treatment manual for the therapists was developed and tested in secondary care, GGZ inGeest, DNV. A nurse specialist, psychologist, psychiatrist and several residents in Psychiatry offered the eIPT to 21 patients of whom 18 completed the treatment. eIPT proved to be feasible. Patients and therapists were overall positive about the intervention. Although the sample size was small, the initial effects were promising. eIPT was very helpful during the COVID-19 lockdown as a form of telehealth, also the pre-set structure of the internet protocol was helpful to patients as well as to trainees and therapists. The eIPT is now made available for all therapists on the Minddistrict platform.

The CASPAR project: Continuous Assessment for Suicide Prevention and Research

W. van Ballegooijen, J. Smit, H. Riper

Digital tools to support suicide prevention are available, but few of them have been studied before. The CASPAR study tested the feasibility of two mobile applications (apps) in the treatment of depressed patients with suicidal ideation.

The BackUp app, developed in collaboration with Stichting 113 Zelfmoordpreventie and Vlaams Expertisecentrum Suïcidepreventie, enables patients to create a personal safety plan. We also developed mobile self-monitoring of suicidal thoughts, so patients can track several times a day how they are doing and get an overview of their mental health in graphs. Healthcare professionals were trained in using the apps. These professionals invited 17 patients to use and test the apps during 3-6 months.



In general, patients and therapists considered the apps useful and user friendly. In addition, the data gathered by the self-monitoring app give unique insight into the course of suicidal ideation and its risk factors over the medium-term (i.e., 3-6 months).

It was found that the risk factors that are associated with future suicidal ideation (e.g., hopelessness or entrapment) differ per individual. We also found that an increase in suicidal ideation might be detected early on. These results suggest that these apps are safe to use and can be applied more broadly, for example, also for patients who contact crisis services. Results also encourage further development of in-the-moment intervention, such as starting the safety plan automatically when an upcoming crisis is detected. The BackUp app is freely available for Android and iPhone.



Academic Workplaces

Academic Workplace Anxiety Disorder

The Academic Workplace on Anxiety conducts research with the aim of improving the long-term course of anxiety disorders. Last year Renske Bosman obtained her PhD with the thesis "Improving the long-term prognosis of anxiety disorders". She concluded that we are not yet able to predict the course of anxiety disorders well enough to provide patients with a personalized advice. What we can advise is to carefully weigh the advantages and disadvantages of starting with antidepressants before patients start on antidepressants, given the risk of relapse after discontinuing antidepressants and the long-term use of antidepressants.

In addition, during the past year we were engaged in several ongoing studies, such as research on intensive exposure in OCD (the IEP study), schema therapy in long-term anxiety symptoms (SYST study) and the effectiveness of rTMS in OCD (TIPICCO study).

To translate the results from our studies into practical advice for clinical practice, we wrote a number of short articles on relapse in anxiety disorders, tapering antidepressants, and treating comorbidity, and developed the fact sheet "Psychotherapy in Anxiety and Compulsive Disorders" together with NedKAD.



Members of the AW Anxiety Disorders at a research retreat (pre-corona)

Academic Workplace Depression

The Academic Workplace on Depression (ADW) is a collaboration between the Department of Psychiatry at Amsterdam UMC, location VUmc and the Depression Outpatient Clinic at GGZ inGeest. In this growing and flourishing workplace, clinical care and scientific research work closely together. The aim of the ADW is to use clinical practice as a source of inspiration for new research questions on the one hand and to bring the advancing insights of the research world into clinical practice on the other. This results in a depression department with the TOPGGZ quality mark where the treatment and research of long-term, therapy-resistant and complex depression is central.

Within the ADW there are currently quite a few clinical research projects running with different themes. There are several studies on the specific treatment of depression and comorbid problems: 1) sleep problems (Einstein; BLOK), 2) suicidality (GRIP) and 3) childhood trauma (RESET). Another topic is about stopping antidepressants in which patients want to tailor their tapering off antidepressants. This is of great importance to many patients. Two national studies on this topic are being conducted by Amsterdam UMC: the OPERA study and the TEMPO study. As part of this study, an outpatient clinic was opened in De Nieuwe Valerius for advice and assistance in reducing the use of antidepressants in patients with depression who are in complete remission. In the near future, clinical research will start within the ADW into innovative treatment options for therapy-resistant depression patients (ECT/esketamine/rTMS). For these ongoing and future studies, maintaining a good and future-proof data infrastructure is an important focus of the ADW as the recruitment of patients with depression is essential in conducting clinical scientific research.

The long-term goal of the ADW is to better identify patients with depression, predict what patients need in terms of treatment, and improve prognosis so that people with depression are better able to reduce suffering in the future. To this end, the ADW has set up an infrastructure in which research coordinators from all GGZ inGeest outpatient clinics connect clinical practice with scientific research. In addition, there are active links with other Academic Workplaces such as Anxiety Disorders, Bipolar Disorders and Old Age Psychiatry.



Members of the AW Depression

Academic Workplace Bipolar Disorder

The Academic Outpatient Department for Bipolar Disorders is based in Amsterdam (De Nieuwe Valerius) and Hoofddorp (Spaarnepoort) and concurrently treats about 600 patients for shorter or longer periods. We are specialized in diagnosing bipolar spectrum disorders and complex pharmacotherapy combined with psychological interventions. Difficult to diagnose or treatment-resistant patients are referred from all over the Netherlands for second opinion. In 2020 we participated in a multicenter trial of Positive Psychology Group Treatment, and initiated a pilot study of an innovative online cognitive remediation treatment in a combined group and individual format. We initiated the local implementation of the national Care Standard for Bipolar Disorder in a project of care

pathways, in which the nature and amount of multidisciplinary care is specified per phase of treatment (e.g., acute, continuation, maintenance) and treatment setting, to gain a better insight in effectiveness and efficiency of delivered care. This is of importance given the complexity and heterogeneity of bipolar spectrum disorder.

There is a close collaboration with our academic department on Old Age Psychiatry to cover bipolar disorders across the lifespan, and Altrecht Outpatient Center for Bipolar Disorder in Utrecht. PhD students covering various aspects of bipolar disorder affiliated with Amsterdam UMC/VU are based in GGZ inGeest (3) as well as in Altrecht (3), Dimence, Saxion, and GGZ Noord-Holland Noord.



A COVID-proof team meeting with the members of the AW Bipolar Disorders at the DNV.

Academic Workplace Old Age Psychiatry

Our goal for 2020 was to academize our entire patient care flow, in addition, we wanted to successfully complete the ongoing pilot studies (care innovations) and acquire funding for a larger research project.

In 2020, we made preparations for the establishment of a Transdiagnostic Old Age Psychiatry cohort, in which all new patients at DNV's outpatient Old Age clinic will be included. The expected start date for inclusion is April 1, 2021.

The pilot Social Rhythm and Interpersonal Therapy (SPIRIT) as group therapy for uni- and bipolar patients of all ages has been successfully completed. This is a collaboration with Academic Workplaces Depression and Bipolar Disorder.

The BrainFit study on the effect of cognitive training for uni- and bipolar patients over 50 years of age has continued well despite COVID measures. It is an online intervention, but also the whole inclusion procedure was adapted so that it could take place with google-meet. This project is a collaboration with the Department of Neuropsychiatry of VUmc.

The BLOK (Better sLeeping Tailored to Complaints) pilot has been delayed somewhat in 2020 because this is a group intervention that could not be digitized.

Inclusion for the Blzonder study, which examines people with bipolar disorder who have been off medication for more than 5 years, has also begun.

From the NESDO cohort, in-depth interviews were conducted with 25 respondents as part of a research project on resilience after depression in the elderly; this has now been completed.

Furthermore, several research grants were acquired in 2020, which will be carried out in 2021. These include research, in both elderly and adult patients on the use of transcranial magnetic stimulation in patients with bipolar depression; research on alternative treatments for catatonia, including sodium oxybate, research on the effect of ketamine in patients indicated for electroconvulsive therapy; research on the exact place of electroconvulsive therapy in the treatment algorithm of depression and mixed-methods research on the steadiness of resilience after depression during the COVID-19 crisis.

2020 was also the year that Professor Max Stek retired.



Prof. Max Stek, MD, PhD

Academic Workplace Soma & Psyche

Medically Unexplained Physical Symptoms

In 2020, 21 patients from the outpatient clinic Center for Soma & Psyche participated in the study "Person-related predictors of treatment outcome in patients with somatic-symptom disorder: an exploratory study" (Predictor-SSS), a multicenter, observational study initiated by Dimence in collaboration with the University Medical Center Groningen. The aim of the study is to determine which personal characteristics can predict the treatment outcome of a multidisciplinary treatment in patients with somatic-symptom disorder or functional-neurological symptom disorder.

Neuropsychiatry in Parkinson's



The inclusion of the clinical trial Cognitive Training in Parkinson's (COGTIPS) was fully completed in 2020 (PI's Vriend / van den Heuvel, PhD student Tim van Balkom, funded by Brain Foundation Netherlands and Parkinson's Association). A total of 140 people with Parkinson's disease participated. Participants performed an online training course that in half of the participants was adapted to their performance (an adaptive training course) and in the other half consisted of games in which the level remained the same throughout the course. The study found that after eight weeks, those in the adaptive training performed better on tests involving speed of thought. In other areas of thinking ability, such as memory or planning, there was no difference between the 2 types of training.

In 2020, the ParkSpective project was also completed (PI: Rutten, financially made possible by the Parkinson's Association). This project involved a qualitative study on the experience of Parkinson's disease from the perspective of the person with Parkinson's. The project consisted of 1) qualitative analysis of posts from the online patient forum 'Living with Parkinson's', 2) meta-analysis of qualitative studies on the subjective experience of living with the disease, and 3) pilot study of 'thinking out loud' method for comparison of interpretation of patient-narratives by neurologists and patient-researchers.

Transdiagnostic

For the project "Boosting transdiagnostic research within Soma & Psyche through EMA" (short title: "My-EMA-SP", PI's: Bremmer / Boeschoten, made financially possible by a grant from Amsterdam Public Health) an Ecological Momentary Assessment (EMA tool) was designed in 2020. The tool is now running on Ilumivu's platform and was tested in 2020 for usability and feasibility for transdiagnostic research in Soma and Psyche patient population (Diabetes, SOLK, Parkinson's, Gender dysphoria) by Hospital Psychiatry staff members. The inclusion of the patients will be done in 2021.



Pediatrics - Obstetrics - Psychiatry (POP)

In 2020, we started to set up a study that will compare the different POP models used in 7 top clinical and 2 academic hospitals side by side and also look at patient, partner and caregiver satisfaction (PI's: Broekman / Heller).

Gender Dysphoria

The project "Shared decision-making in gender affirmative medical care: Moral and conceptual challenges and the co-creation of ethics support" (PhD research by Karl Gerritse, within collaboration between departments of Psychiatry, Medical Psychology and the Department of Ethics, Law & Humanities) started in 2020. The project investigates the moral dilemmas surrounding shared decision-making in transgender care, with the aim of developing an ethics support tool, which will support caregivers in dealing with moral dilemmas in clinical decision-making, in consultation with the patients involved.

Diabetes Mental

To complete her PhD, Annelies Bouwer describes the data from the Sleep Mood Sugar (SSS) study and the LiDDia study (Light Therapy in patients with Depression and Diabetes, PI: Bremmer). The data from the SSS study confirm the clinical importance of good sleep for patients with diabetes. Around 10% of the variance in HbA1C can be explained by various sleep variables.

With additional blood determinations (metabolomics, inflammatory panel) it is investigated whether respondents with the specific Immuno-Metabolic Subtype of depression respond better to therapies that improve lifestyle (running, diet/nutritional supplement, light therapy).

A new collaboration has been started with the Ursula Clinic around eating disorders in patients with Type-1 Diabetes. In this context, the feasibility and effectiveness of a screening tool will be investigated. A care network will also be created for this specific target group.



Hospital Psychiatry VUmc

2020 was, of course, dominated by the COVID pandemic. Hospital psychiatry VUmc (25 permanent, 10 temporary staff and 11 fte MPU team) showed great flexibility and resilience in the process.

Contribution to 'Psychosocial support'

In the months of March, April and May, many Hospital Psychiatry staff members (psychiatrists, nurses, physician assistants) contributed to the ad hoc organization set up to support the care staff. Service evaluations of ICU staff after each day, evening and night shift were supervised, including weekends and holidays. The appreciation for this was evident at the New Year's Reception 2021 of Amsterdam UMC: the initiative won the (shared) team prize.

Adaptation of patient care

Psychiatric Consultative Service and Medical-Psychiatric Unit:

Frequent consultations were held with the other Amsterdam hospitals, mental health institutions, GGD and police in a ROAZ context to be able to continue to properly help the acute psychiatric patient (with or without COVID). This has worked well and has promoted mutual cooperation.

Outpatient Clinic / Center for Soma & Psyche Amsterdam UMC

Flexibility and creativity were sorely needed when the outpatient clinic at VUmc closed down completely in March, and then partially opened with constantly updated safe-working guidelines. The switch to (partly) digital working was successful. A start was made with working with the online therapy platform

Therapieland. It turned out that the production agreements for 2020 had even been met in full.

Fortunately, it was also possible to realize a number of non-COVID related activities.

Project: Shared decision-making with ROM

Annette Boenink, Iris Keuning, Camille ten Velden

This quality project, for which a Synquest grant was obtained from the Netherlands Healthcare Institute, started. All employees have been trained in the shared decision-making model. An experience expert was involved in the training: a new experience for us that definitely had added value.

The systematic evaluation (qualitative and quantitative) started with interviews with patients.



Project: Sitters

Janneke Bik, Ype van der Brug, Irene Jongerden, Liede Maas, Hansje Heller

The MPU started the "Sitters" project in 2020 (with a grant from the VU Association). The aim of this project is to reduce the number of Freedom Restricting Interventions through the temporary deployment of staff trained for this purpose.

Project: complex patient discussion as an experiment in "interprofessional training" (for FMS)

Klaas Nauta

In 2020, our multidisciplinary complex patient discussion, called the IDIS (Integral Diagnostic and Intervention System), was selected as an experiment for interprofessional training in practice. This experiment is part of the training 2025 project of the FMS (Federation of Medical Specialists), and is subsidized. The experiment will be carried out in 2021 and 2022, both in VUmc and in another hospital.

Training in psychiatry at VUmc

Edu. Annemiek Schadé, plv. Marijke Bremmer, GPedu. Klaas Nauta and Iris Keuning

The psychiatry program at Amsterdam UMC, location VUmc has a maximum of 10 training places for residents. The training is also responsible for the internships at the Antoni van Leeuwenhoek Hospital and the internship on Bonaire. There is also room for 3 general practitioners in training.

Despite corona restrictions, an attempt was made to optimize the training process. From the beginning of May, teaching switched back from digital to real life and this was much appreciated by the AIOs.

The corona time did not only have disadvantages; the AIOs were introduced to a new clinical picture and some of them participated in the poule to mentally support the ICU staff.

In November, the course was digitally audited. The course was rated good to very good by both the visitation committee and the trainees.

Mutual collaboration between clinic staff hospital psychiatry

In the context of maintaining the culture of approach desired in VUmc, the permanent clinic staff in hospital psychiatry held a number of meetings to improve mutual cooperation.

Mission/Vision

In 2020, we defined the vision from which we want to work as follows.

"Good care begins with seeing the human being as a unique entity of body and mind and personal relationships, in a changing world. People want to be seen and known in their entirety - this is the starting point of contact for us."

A patient who was spoken to in the emergency room also articulates this:

"Everyone keeps asking about my psyche, no one asks how I am doing".

And finally, a compliment we received:

"It's nice that you help me put into words what I can no longer do myself".

Education and Training

Education

The Department of Psychiatry and GGZ inGeest together make a major contribution to education, particularly to the bachelor and master phases of the medical program at Amsterdam UMC location VUmc. In the bachelor phase the elective course Hot topics in neurology & psychiatry (HTNP) takes place, and the course Psychological functioning and cognition. Students can also observe research in the workplace, are supervised by tutors and write a bachelor's thesis. In the master's phase, the VUmc and GGZ inGeest offer about 200 students the opportunity to follow their internship in psychiatry. In addition, enthusiastic future doctors can do their semi-doctoral or scientific internship at VUmc or GGZ inGeest.

Being a student during the COVID pandemic



2020 has been a special year for students in many ways. Because of COVID, the minor Hot Topic in Neurology and Psychiatry and the course Psychological Functioning and Cognition had to be rapidly transformed into online teaching. The master's program, including all clerkships, was halted from March through June 2020. The absence of co-assistants on the work floor was certainly noticeable.

The department of psychiatry contributed ideas on how students could make themselves useful in a non-clinical way in order to minimize the study delay. Twenty elective internships were quickly created. These included subjects such as polypharmacy, in which students worked with the pharmacist on medication reviews, or legal aspects in the mental health sector, in which they worked with the medical director.

After the restart of the master phase, the impact of COVID was also noticeable. Grateful use was made of the revised ICT infrastructure of GGZ inGeest. The psychiatry internship became a forerunner in hybrid working methods; this allowed co-assistants to carry out their internship activities partly at home, even if they had to go into quarantine, for example.

Innovation

Medical training is attaching increasing importance to extramural work: after all, a clinical admission is only a temporary interruption in someone's life. Paradoxically, this is still not very popular among medical students and the training program is also very much focused on the hospital. The internship in psychiatry offers a lot of inspiration; 50% of our internships are extramural. For students this is often their first introduction to this way of working. In the article below, a student talks about her educational experience in one of our FACT teams.

[Internship outside the hospital - 2020 - VUmc School of Medical Sciences](#)

Evaluations

The psychiatry education in medical school has been well evaluated for many years. As the ultimate award, Ursula Klumpers was chosen by students as the bachelor coordinator of the third year in the Best Teacher Awards, and the psychiatry internship at GGZ inGeest was chosen as the best internship location in the annual Jan Heijlman prize. In this way, we make a positive contribution to the development of students into doctors and put ourselves on the map as a sound and attractive partner for these potential future colleagues.



Training

Due to the COVID-19 pandemic, the year 2020 was also an eventful year for the psychiatry training program. Everyone has shown extraordinary dedication and a high degree of flexibility to allow patient care, training and education to continue, where necessary and possible in other ways, often via video calls. As trainers we are proud of this.

AIOs

In 2020, there was an average of 50 AIOs, some of whom did an external internship. Several interns from other institutions also did an internship at GGZ inGeest. In April, 9 new trainees enthusiastically started their training with us.

In July, the trainers, chairmen of the AIOs and management assistants welcomed them with a drink outside. In October, 5 "young graduates" were waved goodbye digitally.

Visit

In March, just before the lockdown, the program was visited. The visitation committee judged the program to be of excellent quality, with a pleasant and open educational climate, a very committed and accessible group of trainers and supervisors, and very good teaching, supervision, mentorship, internship and scientific opportunities. Points for improvement were mainly logistical and facility issues within the organization and the design of general reports.

The National Training Plan for the Psychiatrist

In 2020, the implementation of the new training plan The Psychiatrist started, which was launched nationwide. Important new elements are the training according to learning lines and profiles, declaration of competence by means of EPAs (Entrustable Professional Activities) and social internships.

Collaboration with Amsterdam UMC Location VUmc

In 2020, the collaboration with the hospital psychiatry course at the VUmc location was again fruitful. The GGZ inGeest group of interns awarded the annual "plume" for the best internship to the VUmc hospital psychiatry program.

Scientific output and acquisition

In 2020, 325 international papers have been published by our department, of which 47% in the top 25% of journals in Psychiatry based on SCIE/Clarivate metrics. We had more than 100 PhD-students working on their theses in 2020, of which 5 PhD-candidates have successfully defended their thesis, and our researchers additionally supervised the dissertation of 7 PhD-candidates from other departments and universities.

In collaboration with (international) partners, 4.4 million euros of research funding have been obtained. In the upcoming years, the combination of research funding, our

dedicated staff and PhD students, and our well-organized research infrastructure will facilitate the continuation of the success of the department of Psychiatry.

The quantity of our scientific output is illustrated below in several tables and figures. Table 1 shows the number of publications published in 2020. Please see psychiatryamsterdam.nl/results/publications for full references of all published work.

Figure 1 displays the number of publications from 2011-2020. In Table 3, research funding obtained in 2020 is displayed. Finally, Figure 2 shows the acquisition in the past eight years.



Management team department of Psychiatry

*Neeltje Batelaan, MD, PhD; Annete Boenink, MD; prof. Ton van Balkom, MD, PhD; Rianne Hoogewoning
Prof. Aartjan Beekman, MD, PhD; Carla Philippus; prof. Brenda Penninx, PhD, Merijn Eikelenboom (not
in this picture).*

Table 1. Number of publications in 2020

International papers refereed (peer-reviewed)	311
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Table 2. Number of PhD trajectories and dissertations 2011-2020

Year	2012	2013	2014	2015	2016	2017	2018	2019	2020
PhD trajectories (including dissertations)	63	77	81	90	91	95	94	100	102
Dissertations department of psychiatry	5	13	2	11	12	15	9	12	5
Dissertations at VUmc or VU*	6	2	4	6	3	8	7	5	6
External dissertations*	8	7	2	6	8	6	4	1	1

* Researcher department of Psychiatry involved as (co-)supervisor

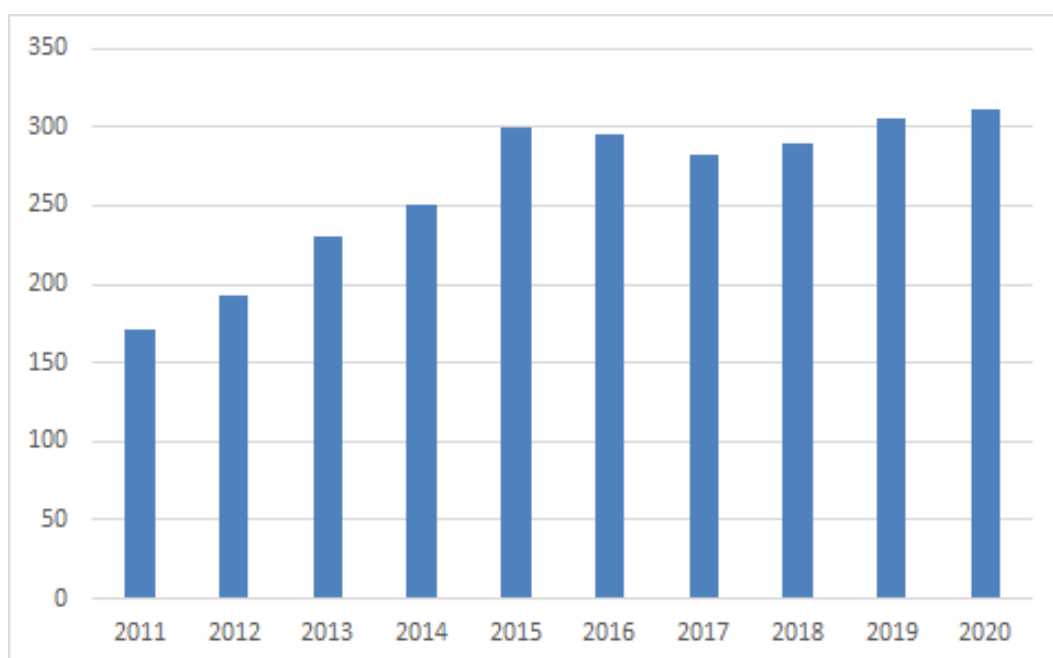
Figure 1. Number of international, refereed publications 2011-2020


Figure 2. Acquisition department of psychiatry 2011-2020

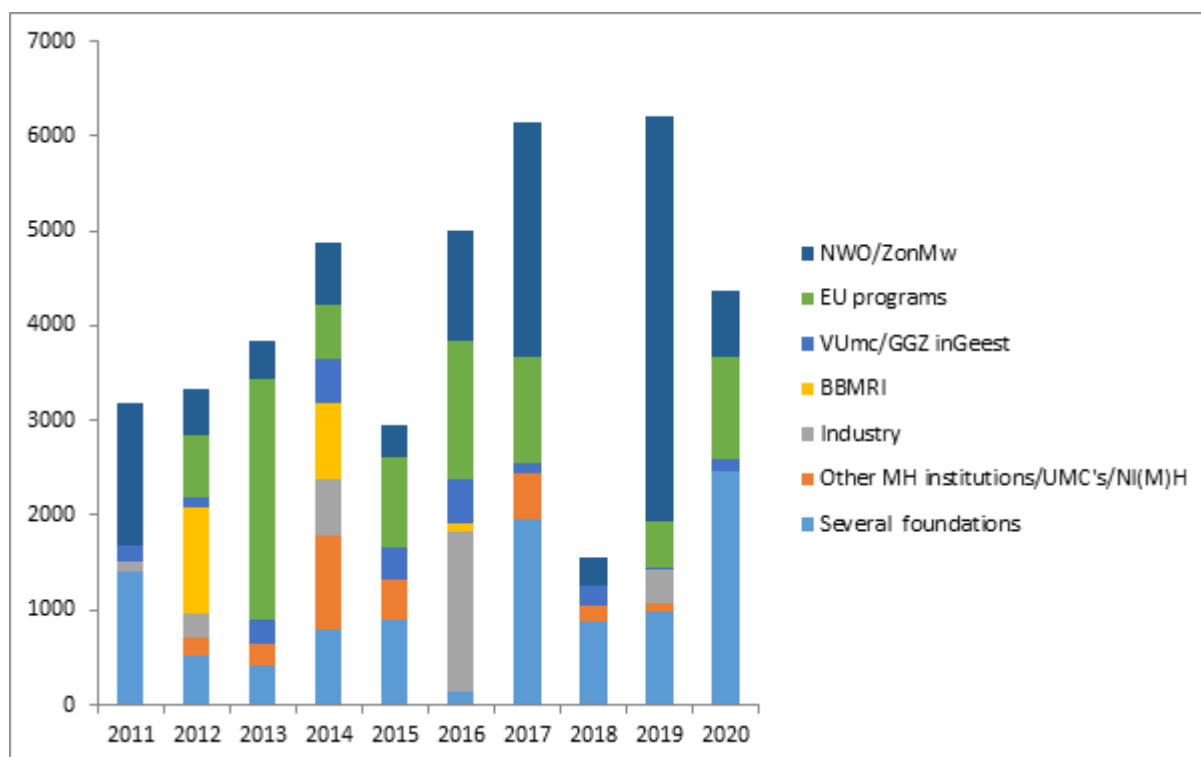


Table 3. Acquisition in 2020

Funding	Amount in €
EU programs	1.068.788
ZonMw/NWO	699.553
Hersenstichting Nederland	1.200.000
Stichting tot Steun	632.790
Health Holland	599.000
Several smaller foundations	28.226
VUmc / GGZ inGeest (Soma & Psyche, APH, Neuroscience)	138.700
Total	4.367.057

Funding 2020 Department of Psychiatry VUmc / GGZ inGeest

Name	Project	Funding	Department	Amount €
Dols A, Beunders A	Leven met een bipolaire stoornis zonder medicatie (RESIBI)	Stichting tot Steun VCVGZ	GGZ inGeest	164.090
Dols A, Oudega M, Wagenmakers M	Kennisdisseminatie (Brainfit)	Stichting Hofje Codde en van Beresteyn	GGZ inGeest	9.426
Dols A	Precision Electroconvulsive therapy (PET): tackling (cost) effectiveness and patient's perspectives	ZonMw	VUmc	600.000
Dröes RM	VIMP OC 3.0	ZonMw	VUmc	49.900
Dröes RM	Distinct RCOAK	RCOAK	VUmc	13.800
Lamers F, Penninx BW, Milaneschi Y, Bosch J (UvA), Idryma Iatroviologikon Ereunon Akademias Athinon (Greece)	To Aition	EU-Horizon 2020	VUmc	429.683
Lamers F, Penninx BW, Milaneschi Y, Universidad Pompeu Fabra (Spain)	Early Cause	EU	VUmc	419.080
Marle H. van, Someren E. van, Olff M.	The role of sleep in PTSD treatment	PoC Amsterdam Neuroscience	GGZ inGeest	68.700
Marle H van	Online slaaptherapie voor borderline persoonlijkheidsstoornis	Hersenstichting Nederland, (Dutch Brain Foundation)	VUmc	300.000
Marle H van	Vergeet roken! Het wissen van rookgeheugen met een gemodificeerd EMDR-protocol	Vereniging EMDR Nederland	Vumc - Div V neuro	5.000
Milaneschi Y, Treur J, Jansen R	Using genomics to examine the causal role of immuno-metabolic alterations in depressive symptoms	Amsterdam Neuroscience alliantieproject	GGZ inGeest	40.000
Penninx BW	The impact of COVID-19 on mental health in persons with and without psychiatric disorders: extension of ongoing large-scale cohort studies	NWO	VUmc	49.653
Penninx BW	RESPOND	EU	VUmc	220.025
Penninx BW	Zwaartekracht aanvraag – Stress in Action	VUmc budget for co-financing Zwaartekracht proposal	VUmc	30.000
Someren E van, Oppen P van	Overnight alleviation of anxiety - Slapend angst verlichten	Hersenstichting Nederland, (Dutch Brain Foundation)	VUmc	300.000
Vinkers CH	Traumabehandeling als nieuwe gerichte behandeling voor depressie na jeugdtrauma	Stichting tot Steun VCVGZ	VUmc	468.700
Vinkers CH	Proof-of-concept RCT met de GR antagonist mifepriston bij depressieve patiënten met jeugdtrauma	Hersenstichting Nederland, (Dutch Brain Foundation)	VUmc	600.000
Vinkers CH	Stress index project	Health Holland	VUmc	599.000
			Total	4.367.057

Highlighted publications in 2020

Psychotherapy and Psychosomatics

Letter to the Editor

Long-Term Outcome of Treatment for Persistent Depressive Disorder: A Naturalistic Follow-Up Study

Emmelkamp J.^a, Kooistra L.^b, Van Oppen P.^{a,c}, Van Schaik D.^{a,c}, Hoogendoorn A.^a, Dekker J.^d, Beekman A.^{a,c}, McCullough Jr. J.^e, Wiersma J.^a

Journal of Clinical Medicine

Article

Experienced Burden of and Adherence to Smartphone-Based Ecological Momentary Assessment in Persons with Affective Disorders

Claire R. van Genugten ^{1,2,*}, Josien Schuurmans ^{1,2}, Femke Lamers ², Harriette Riese ³, Brenda W. J. H. Penninx ^{1,2}, Robert A. Schoevers ³, Heleen M. Riper ^{1,2,4,5} and Johannes H. Smit ^{1,2}

Journal of Affective Disorders

Volume 276, 1 November 2020, Pages 984-990

Research paper

Psychotic late-life depression less likely to relapse after electroconvulsive therapy

Margot J. Wagenmakers MSc^{a,b}, Mardien L. Oudega MD, PhD^{a,c}, Krisof Vansteelandt PhD^d, Harm-Pieter Spaans MD, PhD^a, Esmée Venwijk PhD^{a,b}, Jasmien Obbela MSc^{e,f}, Didi Rhebergen MD, PhD^{a,h,i}, Eric van Ezel MD, PhD^{a,h,i}, Filip Boudaert MD, PhD^d, Max L. Stek^{a,h,i}, Pascal Sienaert^g, Annetielke Dols^{a,h,i}

Psychoneuroendocrinology

Volume 121, November 2020, 104835

Childhood trauma and dysregulation of multiple biological stress systems in adulthood: Results from the Netherlands Study of Depression and Anxiety (NESDA)

Erika Kuzminaite^{a,b}, Christiaan H. Vinkers^{a,b}, Berniet M. Elsinga^{a,b}, Klaas J. Wandenaar^{a,b}, Erik J. Giltay^c, Brenda W.J.H. Penninx^{a,b}

JAMA Network Insights

April 15, 2020

Advice for Clinicians on How to Treat Comorbid Anxiety and Depression

Jan Spijker, MD, PhD^{1,2}, Anna Muntingh, PhD^{3,4}, Neeltje Batelaan, MD, PhD^{3,4}

> Author Affiliations

JAMA Psychiatry. 2020;77(6):645-646. doi:10.1001/jamapsychiatry.2020.0601

BIPOLAR DISORDERS

AN INTERNATIONAL JOURNAL OF PSYCHIATRY AND NEUROSCIENCE

ORIGINAL ARTICLE | Open Access |

Exploring the clinical utility of two staging models for bipolar disorder

Afra van der Mark^a, Ursula M. H. Klumpers, Annetielke Dols, Stasja Draisma, Marco P. Boks, Annet van Bergen, Roel A. Ophoff, Aartjan T. F. Beekman, Ralph W. Kupka

Biological Psychiatry

Volume 88, Issue 5, 1 September 2020, Pages 369-380

Review

Depression Heterogeneity and Its Biological Underpinnings: Toward Immunometabolic Depression

Yuri Milaneschi^{a,b}, Femke Lamers^a, Michael Berk^{c,d}, Brenda W.J.H. Penninx^a

Subcortical Brain Volume, Regional Cortical Thickness, and Cortical Surface Area Across Disorders: Findings From the ENIGMA ADHD, ASD, and OCD Working Groups

Premika S W Boedhoe¹, Daan van Rooij², Martine Hoogman³, Jos W R Twisk⁴, Lianne Schmaal⁵, Yoshinari Abe⁶, Pino Alonso⁷, Stephanie H Ameis⁸, Anatoly Anikin⁹, Alan Anticevic³

Am J Psychiatry. 2020 Sep 1;177(9):834-843. doi: 10.1176/appi.ajp.2020.19030331. Epub 2020 Jun 16.

Travel awards and Prizes

In 2020, even though COVID-19 was around and travel was not possible nor very easy, but travel awards were awarded. Below, you will find a highlight of some of the Travel Award and Prizes that were awarded to members of our department.



On Thursday afternoon 24th, September 2020, **Brenda Penninx** received the senior **Joannes Juda Groen Prijs** for her research. This award is for researchers who have made a great contribution to interdisciplinary behavioral science. Around the award ceremony, a small symposium with (inter)national speakers was held.

Afra van der Markt	Staging Kraepelin's Life Charts, 2020 ISBD Best Poster Awardee
Brenda Penninx	Elected Member , European Academy of Sciences.
Christiaan Vinkers	Travel Award and Associate Membership American College for Neuropsychopharmacology (ACNP), Travel award for the Society of Biological Psychiatry (2020)
Desi Kocavska	Best Poster Award , audience award of the Dutch Society for Sleep-Wake research (NSWO) and Young Scientist Abstract Award , European Sleep Research Society (ESRS), 24th ESRS Congress
Lonneke van Tuijl	Best Oral Presentation Award ARPH , Association for Researchers in Psychology and Health
Rick Wassing	PhD Thesis Prize 2020 , of the Dutch Neurofederation
Tessa Blanken	De Hilbert Kamphuisen proefschriftprijs of the Dutch Society for Sleep-Wake research (NSWO)
Wouter Peyrot	Travel Award International Society of Psychiatric Genetics

In the media

In 2020, many clinicians and scientists from our department featured in newspapers, radio, and television, indicating the relevance and impact of the research at our department. Among others, Aartjan Beekman, Brenda Penninx, Odile van den Heuvel, Annemieke Dols, Christiaan Vinkers, Rosemarie Dröes, Eus van Someren and Sandra Kooij were covered in the news.

NOS • BINNENLAND • 28-10-2020, 12:12

Antidepressiva afbouwen: de een doet het fluitend, een ander krijgt terugval



Psychiatrist **Christiaan Vinkers** and his colleague Eric Ruhe of the Radboud UMC received a grant of 1.5 million euros from science funder ZonMw for their research how to discontinue antidepressants. "We want to know how many people have difficulty tapering, who those people are and when in the process they get into trouble," Vinkers says. "We also want to know whether more patients make it to the finish line if they taper off more slowly and with lower doses than are currently available as standard."

On April 2, **Brenda Penninx** was interviewed by NPO Radio 1 on newly started research on the impact of the Coronavirus on mental health in the Netherlands. From the NESDA Cohort, it was clear that COVID-19 had an impact on mental health, but it particularly showed that the severity and suffering of patients with depression and anxiety already before the pandemic. This, COVID-19 crisis did not lead to a mental health crisis but emphasized the need for a good mental health.

(Interview Brenda Penninx at 6:18)





Toolkit participatie – Interview Rose-Marie Dröes

Printen Delen Lees voor

'Onze aanpak werkt taboe doorbrekend'

'Ontmoetingscentra zijn vanaf het begin opgezet samen met mensen met dementie en mantelzorgers, dus is het vanzelfsprekend om samen op te trekken bij alles wat je daar doet', zegt hoogleraar psychosociale hulpverlening Rose-Marie Dröes van de afdeling Psychiatrie van het VU medisch centrum. Ze vertelt over de verschillende manieren waarop ervaringsdeskundigen bij DementTalent betrokken zijn. Bij dit project wordt gekeken hoe mensen met dementie hun talenten kunnen inzetten als vrijwilliger.



'Meeting centers have been set up from the beginning together with people with dementia and family caregivers, so it's natural to pull together in everything you do there,' says professor of psychosocial support **Rose-Marie Dröes**. She talks about the various ways in which experience experts are involved in DementTalent. This project looks at how people with dementia can use their talents as volunteers.

On April 6, **Christiaan Vinkers** spoke with Queen Maxima about the impact of the corona crisis on the mental health of the Dutch population. During the online conversation, the queen spoke with researchers, psychiatrists, a general practitioner and MIND.



'Insomnia was already a problem before the corona crisis, but since the lockdown good sleepers sleep less well and bad sleepers sleep less badly.' On October 19, **Eus van Someren** was invited to talk about this with experience expert Ozcan Akyol, at Jinek.

Odile van den Heuvel together with Ysbrand van der Werf published their book on 'Neurowetenschappen voor de klinische psychiatrie', which is already a milestone for future psychiatrists and researchers to combine neuroscience with clinical psychiatry.



NOS NIEUWS • BINNENLAND • DO 25 FEBRUARIJ, 08:28

NOS Poli gaat patiënten begeleiden bij het afbouwen van antidepressiva

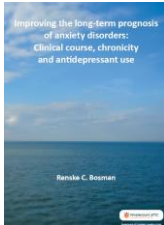


It is not always clear to patients and doctors when and in what way a patient can best stop taking antidepressants. At the first 'Afbouwpoli' in the Netherlands, a multidisciplinary team of GGZ InGeest and Amsterdam UMC work together: nursing specialists, psychologists, psychiatrists and pharmacists. This novel initiative provides care for a group of patients that fear or have experienced problems with antidepressant discontinuation.

Dissertations in 2020

Department of Psychiatry Amsterdam UMC, location VUmc / Department of Research and Innovation GGZ inGeest

Dissertation at VUmc, Department of Psychiatry



R.C. (Renske) Bosman - November 20, 2020

Improving the long-term prognosis of anxiety disorders: Clinical course, chronicity and antidepressant use. Vrije Universiteit Amsterdam.

Supervisor: prof. dr. A.J.L.M. van Balkom

Co-supervisors: dr. N.M. Batelaan, dr. A.D.T. Muntingh

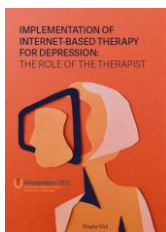
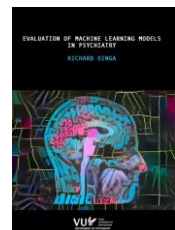
R.D. (Richard) Dinga - September 18, 2020

Evaluation of machine learning models in psychiatry.

Vrije Universiteit Amsterdam.

Supervisors: prof. dr. B.W.J.H. Penninx, prof. dr. D.J. Veltman

Co-supervisors: dr. A.F. Marquant, dr. L. Schmaal



M. (Mayke) Mol - November 3, 2020

Uptake of internet-based therapy for depression: the role of the therapist.

Vrije Universiteit Amsterdam.

Supervisors: prof. dr. J.H. Smit, prof. dr. M.M. Riper

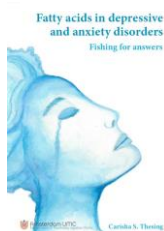
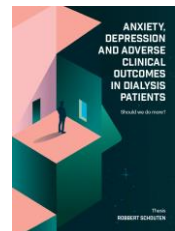
Co-supervisor: dr. D.J.F. van Schaik, dr. E. Dozeman

R.W. (Robbert) Schouten - November 4, 2020

Anxiety, depression and adverse clinical outcomes in dialysis patients. Should we do more? Vrije Universiteit Amsterdam.

Supervisors: prof. dr. A. Honig, prof. dr. F.W. Dekker

Co-supervisor: dr. C.E.H. Siegert



C.S. (Carisha) Thesing - May 13, 2020

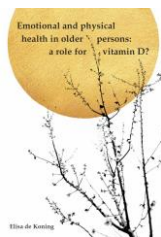
Fatty acids in depressive and anxiety disorders: fishing for answers.

Vrije Universiteit Amsterdam.

Supervisor: prof. dr. B.W.J.H. Penninx

Co-supervisors: dr. M. Bot, dr. Y. Milaneschi, dr. E.J. Giltay

Dissertation at VUmc Medical Sciences



E.J. (Elisa) de Koning - November 2, 2020

Emotional and physical health in older persons: a role for vitamin D?

Vrije Universiteit Amsterdam.

Supervisors: prof. dr. P.T.A.M. Lips, prof. dr. B.W.J.H. Penninx

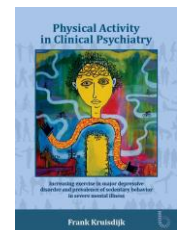
Co-supervisors: dr. N.M. van Schoor, prof. dr. H.W.J. van Marwijk

F.R. (Frank) Kruisdijk - February 5, 2020

Physical Activity in Clinical Psychiatry. Vrije Universiteit Amsterdam.

Supervisor: prof. dr. A.T.F. Beekman

Co-supervisors: prof. dr. M. Hopman-Rock, dr. I.J.M. Hendriksen



Dissertation at VU University



T.F. (Tessa) Blanken - September 18, 2020

Changing perspectives on insomnia and depression.

Vrije Universiteit Amsterdam.

Supervisors: prof. dr. E.J.W. Van Someren, prof. dr. D. Borsboom

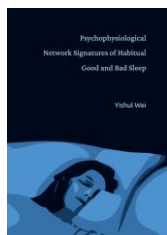
K. (Kim) Dekker - February 4, 2020

Opportunities for optimizing the treatment of Insomnia Disorder.

Vrije Universiteit Amsterdam.

Supervisor: prof. dr. E.J.W. Van Someren

Co-supervisors: prof. dr. A. van Straten, dr. J.S. Benjamins



Y.S. (Yishul) Wei - December 1, 2020

Psychophysiological Network Signatures of Habitual Good and Bad Sleep.

Vrije Universiteit Amsterdam.

Supervisor: prof. dr. E.J.W. Van Someren

L.H.H. (Laura) Winkens - May 18, 2020

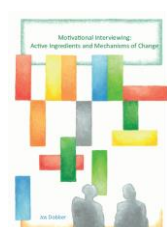
Mindful eating: assessment, online intervention, and associations with depressive symptoms. Vrije Universiteit Amsterdam.

Supervisors: prof. dr. ir. M. Visser, prof. dr. T. van Strien

Co-supervisors: prof. dr. ir. I.A. Brouwer, prof. dr. B.W.J.H. Penninx



External dissertation



J.T.P. (Jos) Dobber - April 1, 2020

Motivational Interviewing: active ingredients and mechanisms of change.

Vrije Universiteit Amsterdam.

Supervisors: prof. dr. R.J.G. Peters, prof. dr. W.J.M. Scholte op Reimer

Co-supervisors: dr. C.H.M. Latour, prof. dr. B.K.G. van Meijel

Contact information

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Camille ten Velden & Milou Abrahams, lay-out

Brigitte Bélanger, photography team members