

Annual Report 2022

Department of Psychiatry,
Amsterdam UMC, location VUmc



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Preface

Aartjan T.F. Beekman
*Head of the Department of Psychiatry,
Amsterdam UMC, location VUmc*

Wencke de Wildt
Board of Directors, GGZ inGeest

Dear reader,

Thank you for your interest in the work of our Department of Psychiatry, Amsterdam UMC, location VUmc. As you will see, 2022 has been both an interesting and a highly productive year for our research group. We have finalized the organisational transition of our research group which is now fully embedded in the Department of Psychiatry, Amsterdam UMC, location VUmc. The long lasting collaboration between VUmc and GGZ inGeest is continued intensively, with a joint ambition to better understand, prevent and treat psychiatric disorders.

Over the past decades, mental health has gradually gained significant public awareness, is increasingly prioritized by policy makers and is the topic of public debate. The pandemic has hastened this process, as it has become painfully clear how much impact our fight against COVID-19 has had, especially on the mental health of young people. Since many organisations are experiencing shortage of qualified people it is increasingly recognized to come to terms with the high numbers of people sidelined because of mental health problems. Developing efficient treatments for common mental disorders and – better still – means to prevent disorders is as important as ever.



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At the same time, many unresolved fundamental issues around mental illness remain that should be studied and tackled in concert with public mental health concerns. Combating stigma and the resulting inertia and lack of commitment to act, starts with ourselves. Self-stigma is pervasive and common among our patients, but no less so among those who work in mental health care. Examples abound and – as participant observers – we probably fail to see many examples due to being part of the problem. Two examples here. The first is the ongoing debate and uncertainty as to where normal variation ends and psychopathology starts. This debate will never be resolved by a hard, gold-standard type referee, given the fact that all symptoms of mental illness exist on continua of severity with no natural divisions in their dispersion. Diagnosing mental illness will always depend on combining data about symptoms, well-being and functioning of our patients and it will always involve consensus based guidelines as to where to draw the lines. Is this a reason to invalidate diagnoses? And is it a reason for invalidating hundreds of thousands of people who seek help for mental illness? Surely not. It does require good diagnostic epidemiological research and thorough diagnostic workups before we embark on treatment. Incessant attacks on using clinical data to guide treatment planning and resource allocation are one example where self-stigma surrounding our ability to measure ends up extremely damaging. The second example is prediction. Briefly mentioning it here, but some field experts believe that the difficulties inherent in predicting mental health outcomes imply that all forms of prediction are futile, leaving everyone feeling powerless.

These issues are at the heart of our work and you will be able to read what happened in 2022 in this annual report. In his book 'Civilization', Niall Ferguson asks how it came to be that the Western world changed from a stagnant backwater in the 14th century into a dominant and leading force by the early 20th century. Amongst others, science and institutions are his answer. In the emancipation of our own field, similar things apply. Science that develops in concert with strong ties to the clinical mental health field and our training of young professionals is the key to development.

Hopefully, reading our annual report will be inspiring. Please feel free to contact any of us if you would like to discuss or – better – collaborate with us.



Aartjan Beekman,
Head of the Department of Psychiatry,
Amsterdam UMC, location VUmc



Wencke de Wildt,
Board of Directors, GGZ inGeest

Summary

The Department of Psychiatry, 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 disorders. In this report, we are proud to give an overview of our scientific accomplishments in 2022. We highlight both new and ongoing research projects and publications that illustrate both the width and depth of our scientific research by giving examples of our excellent research activities. We present all of our academic workplaces that integrate science with clinical care, the PhD theses defended in 2022 and the societal impact of our research. Our research group has consistently performed very well, and 2022 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.

Management Team

Aartjan Beekman, Brenda Penninx, Annette Boenink and Merijn Eikelenboom

- ✔ A total of 273 papers were published in 2022 in international peer-reviewed journals
- ✔ Thirteen PhD degrees were awarded in our department in 2022 after a successful defense of their theses
- ✔ We currently have 81 ongoing PhD trajectories, which illustrates the vitality of our research group
- ✔ 660 thousand euros of research funding was obtained for two new-to-start projects
- ✔ There was an abundant media coverage of the expertise and science coming from our department
- ✔ Education and residency were an integrative part of our academic effort

Management Team



Prof. Aartjan T.F. Beekman
Head of the Department of Psychiatry, Amsterdam UMC, location VUmc



Prof. Brenda W.J.H. Penninx
Research Portfolio Department of Psychiatry, Amsterdam UMC, location VUmc



Dr. Annette Boenink
Head of consultation liaison Department of Psychiatry, Amsterdam UMC, location VUmc



Merijn Eikelenboom
Head of Operations of the Department of Psychiatry, Amsterdam UMC, location VUmc

Scientific Research

The research group of the Department of Psychiatry, Amsterdam UMC, location VUmc, and GGZ inGeest intensively collaborate in their conduct of scientific research of psychiatric disorders. In 2022, we have finalized the organisational transition of our research group which is now fully embedded in the Department of Psychiatry, Amsterdam UMC, location VUmc. The long lasting collaboration between VUmc and GGZ inGeest is continued intensively, with a joint ambition to better understand, prevent and treat psychiatric disorders. The central focus is on the most common psychiatric disorders: (unipolar and bipolar) depressive disorders and anxiety disorders. The key question is: 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 cardio metabolic diseases. Related clinical aspects such as stress and sleep are important overarching research topics.

We conduct translational 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.

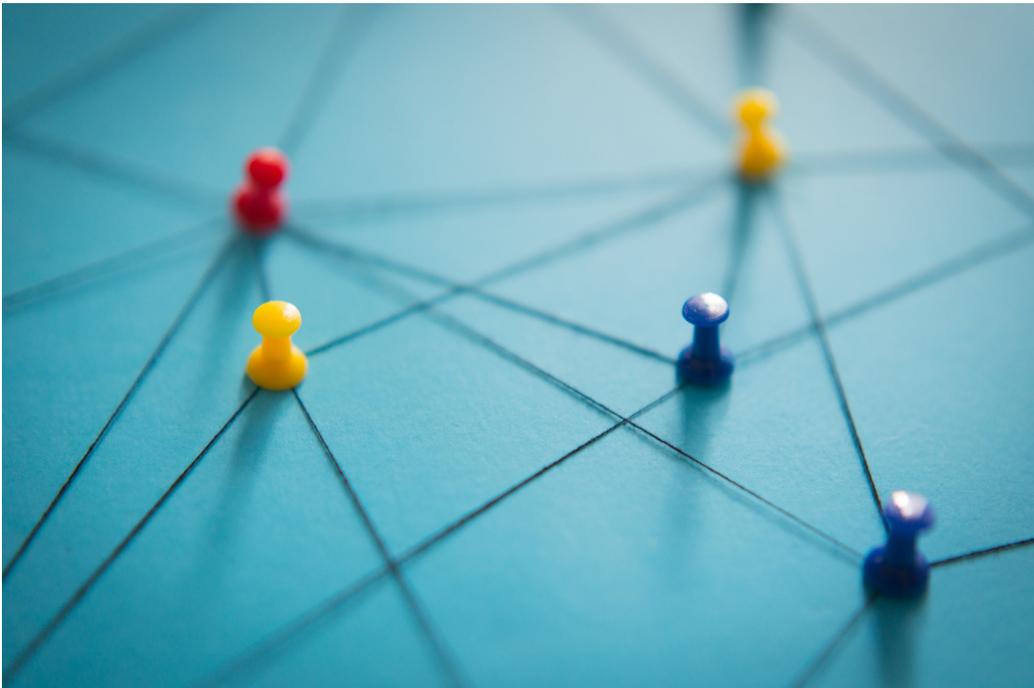
Embedding and collaboration

Our clinical research is embedded within four academic workplaces at GGZ inGeest: anxiety disorders, depressive disorders, bipolar disorders, and old age psychiatry, and one academic workplace at Amsterdam UMC, location VUmc: Soma & 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 in GGZ inGeest have all received the quality mark TOPGGz. This is a label for high quality care being provided to patients with complex psychiatric disorders and for combining this care with research activities.

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 the departments of e.g. Epidemiology & Data Science, Biological and Clinical Psychology and General Practice. 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.

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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 centres 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, NOEDA and NESDO. These research infrastructures are also useful assets for starting novel intervention studies within a randomized controlled trial (RCT) design such as the RESET study and TETRO. Both our interventions and projects are supported through a strong support staff such as data management and fieldwork teams.



Our research and research group

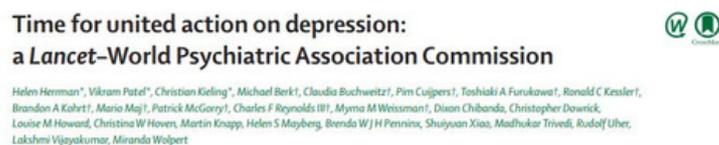
All our research results are the result of a strong research group, consisting of many persons with great expertise and enthusiasm, and strong collaboration, both national and international. For an up-to-date overview of our staff members and research projects, we refer to the website: psychiatryamsterdam.nl.

Highlights 2022

Time for united action on depression: a Lancet-World Psychiatric Association Commission

In 2019 through 2022, we have contributed to the Lancet-World Psychiatric Association Commission in terms of researcher expertise (prof. dr. Brenda Penninx) as well as research data (NESDA, NESDO studies). This Commission was set up to promote concerted and united action to reduce the burden of depression and ensure that greater attention is paid to the millions of people who live with depression across the globe. After various face-to-face and/or online discussion meetings, subgroup writing committees and meetings with patients and other stakeholders, our extensive report was published in the Lancet.

The Lancet Commissions 



The core message of the paper is that evidence has accumulated over decades that depression is a leading cause of avoidable suffering in the world. Yet, too few people in communities, governments, and the health sector understand or acknowledge depression as distinct from the other troubles that people face. Not enough is done to avoid and alleviate the suffering and disadvantages linked with depression, and only few governments acknowledge the brake that depression places on social and economic development.

By aligning knowledge about depression from many fields, this Commission has synthesized evidence from diverse contexts and, in consultation with people with lived experience, generated action-oriented recommendations for a variety of stakeholders: communities and those affected by depression and their families; clinicians and public health practitioners, and researchers who work to understand and address it; policy makers and financiers of health and long-term care; and those responsible for motivating decision makers and politicians to act on the evidence.

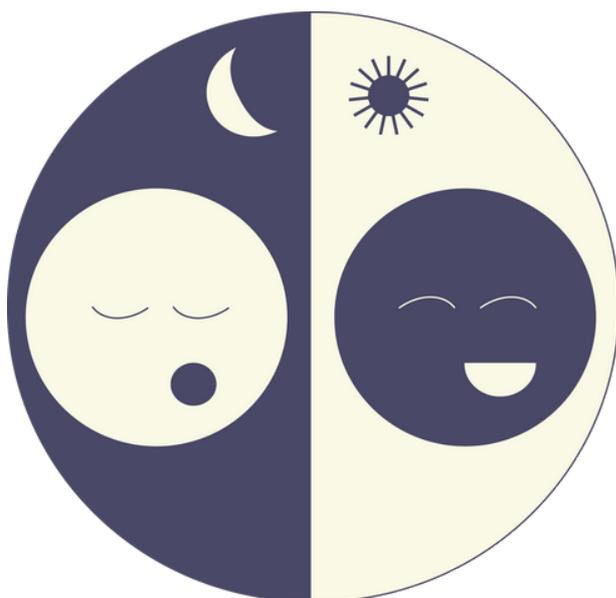
Our task has never felt more urgent. Because of the COVID-19 pandemic the potentiation of adverse societal factors such as deep-rooted structural inequalities and personal impacts such as social isolation, bereavement, sickness, uncertainty, impoverishment, and poor access to health care has had negative impacts on the mental health of millions of people. It has generated a so-called perfect storm that requires responses at multiple levels. The consequences of the pandemic thus emphasize the need to make the prevention, recognition, and treatment of depression an immediate global priority.

Better Nights, Better Days?

Insomnia is not only the most prevalent psychiatric disorder, but also the primary factor determining risk, severity, treatment resistance and relapse of disorders like anxiety, depression, post-traumatic stress and borderline personality. Treatment of these disorders does not work equally well for everyone and, after recovery, relapse often occurs. Improvement of treatment and prevention of relapse is therefore urgent. Attention to sleep could offer the best chance to achieve this. We know that good sleep is essential for emotion regulation and learning new cognitions and behaviours: the core components on which regular treatments are built. Moreover, recent experimental studies suggest a causal role of insomnia in impeding overnight adaptation of emotional distress. Given these epidemiological and experimental findings, one may hypothesize that treatment of insomnia increases effectiveness of subsequent treatment for disorders of anxiety, depression, post-traumatic stress and borderline personality.

Under the umbrella project "Better Nights, Better Days?" (BNBD), multiple researchers at GGZ inGeest and the Department of Psychiatry, Amsterdam UMC, location VUmc harmonized their randomized controlled studies on the effects of a guided eHealth sleep intervention prior to - or during - the initial stage of regular cognitive behavioural treatment for disorders of anxiety, post-traumatic stress and borderline personality. Joining forces to harmonize assessment and intervention provides the possibility to evaluate treatment success prediction from individual differences in multiple traits, disease type, severity and comorbidity, and treatment stage (i.e. untreated, initial basic care and specialized care).

The BNBD project is paralleled by a methodologically largely overlapping study in major depression named EINSTEIN.



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Overall, we expect that better sleep enhances the effectiveness of regular treatment for psychological problems. Mechanistic insights will be obtained from repeated extensive measurements, including multiple overnight assessments of wake and sleep EEG (electroencephalography), cardiac pulse and subjective distress.

Sleep also plays a significant role in several of our other studies. Focusing specifically on PTSD, two other experimental studies within the Department of Psychiatry and GGZ inGeest aim to identify the role of sleep in ongoing PTSD treatment by relating daily treatment outcome to post-treatment EEG-sleep parameters (REST-study) and augment PTSD treatment by deepening post-treatment sleep using EEG-guided acoustic stimulation (SLEEP-DEEP study).

Consortium: Amsterdam UMC, GGZ inGeest, Netherlands Institute for Neuroscience (NIN), University of Amsterdam and VU Amsterdam.

Involved members from the Department of Psychiatry, Amsterdam UMC, location VUmc:

Neeltje Batelaan, Mathijs Bergers, Judith Bosmans, Els Dozeman, Merijn Eikelenboom, Eva Fris, Adriaan Hoogendoorn, Oti Lakbila-Kamal, Hein van Marle, Patricia van Oppen, Anneke van Schaik, Eus van Someren (also NIN) and Shanna van Trigt.

Note that a large number of researchers at NIN is also supporting BNBD.

PI's: Hein van Marle, Patricia van Oppen, Anneke van Schaik and Eus van Someren (also NIN)

PhD students: Joyce Reesen (NIN), Amrah Schotanus and Shanna van Trigt

Funding: ERC, HealthHolland, Hersenstichting and ZonMw

Study period: 2020-2024

Trial registration: International Clinical Trial Registry Platform: NL9776 and NL8955

Website: www.slaapregister.nl/beter, <https://wetenschapsdesk.nl/onderzoek-bij-ingeest>

TEMPO: Trial Examining Methods of Antidepressant Discontinuation



Over 1 million people are prescribed antidepressants in the Netherlands for different indications, of which roughly half for a depressive disorder. The amount of long-term users of antidepressants is estimated at 250.000. Many patients discontinue their medication at some point, either because of lack of efficacy, side effects or stable remission. About half of patients discontinue their antidepressants (SSRI) within six months after initiation. A substantial proportion of patients encounter problems like antidepressant discontinuation symptoms (30-55%). Some of these patients are unable to discontinue their antidepressant because of these symptoms, which occurs particularly in paroxetine and venlafaxine users. Evidence on how to discontinue is sparse, and a major question in the field remains whether the method of discontinuation determines the chances of discontinuation success.

The TEMPO study aims to address this paucity of data and this major research question in a multicentre, randomized controlled trial (RCT). It compares two different methods of antidepressant discontinuation. This trial is conducted in Amsterdam UMC and Radboudumc and is led by prof. dr. Christiaan Vinkers and dr. Eric Ruhé. The TEMPO study has officially started in 2022, recruitment of patients will start in 2023.

Patients with a remitted depression using either paroxetine (20-50 mg) or venlafaxine (75-375 mg) will be randomized over one of the two methods of antidepressant discontinuation and discontinue their antidepressant over the course of 16-26 weeks, depending on their starting dosage. After discontinuation, patients are followed up to 38 weeks to identify whether they experience a recurrence or relapse in depression. If participants drop out of the double-blind phase, a second, open-label discontinuation plan is offered to these participants. This plan is guided by the patients' pharmacist, and participants will be monitored prospectively.

We aim to include 200 patients with stable remission of major depressive disorder (MDD) and confirmed use of paroxetine (20-50 mg) or venlafaxine (75-375 mg). The main endpoint is the rate of failure to successfully discontinue the antidepressant. This may be either because the patient is 1) discontinuing their medication, 2) experiencing significant antidepressant withdrawal symptoms on multiple measurements (as measured with the Discontinuation-Emergent Signs and Symptoms Scale), or 3) having used 'rescue' medication (a fixed dose of paroxetine or venlafaxine) for 5 days or more. Furthermore, factors associated with risk of MDD recurrence, including discontinuation method, are studied.

Consortium: Amsterdam UMC and Radboudumc Nijmegen

PI's: Eric Ruhé and Christiaan Vinkers

PhD students: Jakob van Gaalen and Paul van Haaren

Involved members from Amsterdam UMC:

Pierre Bet, Jakob van Gaalen, Jacqueline Hugtenburg, Otto Maarsingh and Christiaan Vinkers.

Funding: ZonMw, Goed Gebruik Geneesmiddelen (Total €1.5M)

Website: www.tempo-project.nl

IHT Study: Intensive Home Treatment

Intensive Home Treatment (IHT) is an innovative community-based intervention which concentrates psychiatric crisis care in the home situation of the patient. This means high frequency contact in collaboration with family and friends of the patient. IHT serves as an alternative to inpatient care, designed for patients experiencing severe psychiatric crises.

The IHT study proved to be a successful collaboration between Emergency Psychiatry Amsterdam (Spoedeisende Psychiatrie Amsterdam), various treatment departments of Arkin and GGZ inGeest, and the research departments of both organisations. The involvement and support of a wide range of stakeholders in this research was critical to the successful conduct of this research. The strong collaboration proved fruitful in this research and therefore improving care for vulnerable groups of patients. Moreover, an enthusiastic research field and belief in the intervention contributed greatly to the success of the intervention.

The main question is whether IHT care could prevent or shorten admission to clinical care in people who were in crisis and had an indication to admission. In this study a total of 246 patients were included. Patient recruitment took place from 2016 to 2018, with a follow-up period of 12 months. In a [2022 publication](#) the study group has shown that IHT can prevent and shorten admission. Participants who were offered IHT after randomization were found to have 36.6% fewer days admission in hospital in the year following the crisis. In contrast, the results showed that within the first six weeks after being assigned IHT, a high percentage of patients (62.3%) were admitted.

Recovery can be defined as the degree of occurrence of psychiatric symptoms. The results show that participating patients reported as much reduction of symptoms and psychosocial problems as the patients who were not offered IHT. Also, no significant differences were found in terms of suicide, suicidal behaviour or quality of life between IHT patients and patients who did not receive IHT.

In addition to the goal of preventing or shortening admission, IHT aims to increase patients' confidence in their ability to take control of their functioning and social environment. This is related to the concept of self-efficacy. However, the study found that patients' self-efficacy did not change and made no difference between IHT and conventional psychiatric crisis care.



Overall, the findings show that IHT is an equivalent alternative to inpatient psychiatric crisis care for a broad spectrum of highly acute and severely ill patients who would otherwise be treated in psychiatric hospital wards. IHT enables professionals working in psychiatric crisis care to expand their services with IHT; with comparable clinical outcomes to conventional psychiatric crisis care and likely at a lower cost when considering health care.

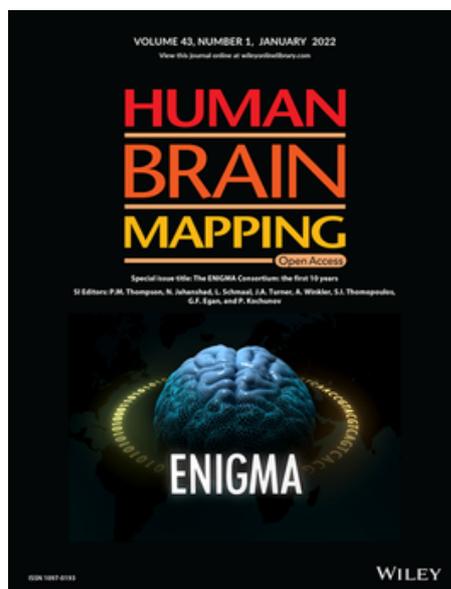
Special Issue: ENIGMA

The Enhancing Neuroimaging and Genetics through Meta-Analysis (ENIGMA) consortium is a worldwide collaboration focusing on studying the human brain from around the world through neuroimaging and genetics. ENIGMA is proud to have published a special issue celebrating 10 years of the consortium, with over 2000 members in 45 countries and 50 working groups.

The Department of Psychiatry, Amsterdam UMC, location VUmc is part of the ENIGMA-OCD working group. ENIGMA-OCD is a working group of the ENIGMA consortium aimed at bringing OCD research groups together to share neuroimaging and genetic databases. Prof. dr. Odile van den Heuvel is chair of this working group. The ENIGMA-OCD working group is an international collaboration including 32 research groups from 16 different countries worldwide. ENIGMA-OCD performed the largest study to date of brain structure in adult and pediatric OCD, employing both meta- and mega-analysis.

In 2022 the ENIGMA consortium published the special issue on 10 years ENIGMA in the journal Human Brain Mapping which is entirely dedicated to the ENIGMA consortium. This special issue provides a nice summary of key findings and themes in ENIGMA and its working groups. The issue contains an overview publication on the first five years of the OCD working group: 'The power of worldwide collaboration'.

The Department of Psychiatry is also collaborating in the ENIGMA-MDD working group and ENIGMA-Parkinson working group.



Academic Workplaces

Academic Workplace Depression

The Academic Workplace on Depression (AWD) is a collaboration between the Department of Psychiatry, 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 centered around depression. The aim of the AWD 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 an Academic Workplace with the TOPGGz quality mark where the treatment and research of long-term, therapy-resistant and complex depression is central. In 2022 this TOPGGz quality mark was renewed after a successful visitation process, showing that the AWD is successful in innovative patient care, research, and education in the field of depression, particularly for chronic and therapy-resistant depression.

In 2022, several major clinical research projects were running on different topics that are directly relevant for depression. These included studies on the treatment of depression and comorbid problems, such as: sleep problems (EINSTEIN study), suicidality (GRIP study) and childhood trauma (RESET studies). In addition, we continued the successful specialized clinic for discontinuing antidepressants ([Afbouwpoli](#)). This multidisciplinary initiative is an example of shared decision making and personalized medicine to directly advise and help patients that want to discontinue their antidepressant, but also aims to learn from the current clinical experience. This is of great importance to many patients. The results of the first 51 patients of this clinic were [published](#) in 2022. In this topic, the ZonMw-funded TEMPO study started, aiming to learn how to best discontinue the often-used antidepressants paroxetine and venlafaxine.

Another goal of the AWD is to bring clinicians and researchers together in an interactive online meeting every six weeks. In 2022 we invited both internal and external speakers to these meetings covering the topics of, among others, depression and autism, children of parents with a psychiatric problem (KOPP), depression and personality disorders, and cultural sensitivity.

The cross-pollination between scientists and clinicians has led both to the [publication](#) of a retrospective cohort study of intensified cognitive behavioural therapy (CGT+) at the outpatient clinic by a clinician/non-researcher, and to the implementation of running therapy at the outpatient clinic following the successful trial of the [MOTAR study](#).

The long-term goal of the AWD is to learn more about complex and chronic depression, to improve personalized treatment strategies and thereby the prognosis of people with severe depression. To this end, the AWD 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.

Academic Workplace Anxiety

The Academic Workplace Anxiety disorders (AWA) is a partnership between the Department of Psychiatry of Amsterdam UMC, location VUmc, and the outpatient Department for Anxiety disorders of GGZ inGeest. This fruitful partnership is reflected in the TOPGGz qualification of our outpatient clinic. A successful visitation process in 2022 has resulted in continued TOPGGz certification.

AWA conducts clinically relevant research with the aim to better understand and improve the course of anxiety disorders. Many clinically relevant articles have been published by our senior researchers, PhD students, and clinicians who conduct research as part of their training and are supervised by our staff. In 2022, we finished the pilot study of schema focused therapy for difficult-to-treat patients. In addition, the inclusion of patients in the TIPICCO study (exposure with Repetitive Transcranial Magnetic Stimulation (rTMS) for patients with obsessive compulsive disorder (OCD)) was completed, and we started recruitment for the multicentre TETRO-trial, which examines the clinical benefits of adding rTMS to exposure therapy in OCD (PI: prof. dr. Odile van den Heuvel). Thanks to supervision by OCD experts Patricia van Oppen and Willemijn Scholten, this trial also allows various trainees to obtain excellent skills in cognitive behaviour therapy. The transdiagnostic trial 'Better Nights, Better Days?' (PI: prof. dr. Eus van Someren) has included many patients with anxiety and sleeping problems. This study examines not only the benefits of treating sleeping problems with cognitive behavioural therapy, but also whether better sleep allows for faster recovery from anxiety disorders.

Moreover, to transfer our clinical experience in exposure techniques to colleagues in the field, we produced brief educational videos on Psyflix. Finally, after years of psychiatry training and research, Ruth Waumans obtained her PhD on help seeking behaviour in adolescents and adults. Thanks to her work, we are aware of patient values and preferences in help seeking. Implementation of this knowledge in clinical practice will be a next step forward to serve adolescents reaching out with mental health problems.



PhD defense Ruth C. Waumans, November 9, 2022,

'Factors impacting on treatment-seeking and treatment engagement in adolescents and adults with anxiety and depressive disorders' (promotor Ton van Balkom, co-promotors Neeltje Batelaan / Anna Muntingh)

Academic Workplace Bipolar Disorder

The Academic Workplace Bipolar Disorder includes the Academic outpatient clinics of GGZ inGeest for bipolar disorders that are based in Amsterdam (De Nieuwe Valerius) and Hoofddorp (Spaarnepoort) and together treat about 700 patients with bipolar spectrum disorder. We have a long tradition in diagnosing and treating this complex mood disorder and its often comorbid conditions, using pharmacotherapy, psychotherapy and specialized psychosocial interventions. Acute manic and depressive episodes both have major challenges, as has long-term prophylactic treatment. In addition, every year we do about 40 second opinions for complex diagnostics or treatment resistance, which are referred from all over the country.

Our research portfolio of the past years has focused on psychological interventions in the post-acute phases of the illness (applying positive psychology, and using an innovative cognitive remediation program). Also, together with the Department of Nephrology of Radboudumc (Nijmegen), and the Jeroen Bosch Hospital ('s-Hertogenbosch), we rekindled a multicentre study on the effects of lithium treatment on renal functioning, which remains a major challenge in the maintenance treatment of bipolar disorders. This study had a first round in 2012, and in 2022 a follow-up was initiated, also in the search of biomarkers for the risk of lithium nephropathy. A study on the staging of bipolar disorder was finalized in 2022. Our clinical research is mostly carried out in close collaboration with a network of specialized clinics in the Netherlands, resulting in many publications.

Given this combination of high-quality specialized patient care, clinical research, and teaching, in 2022 we were recognised as a TOPGGz centre for bipolar disorders. We have a close collaboration with the TOPGGz Centres of Altrecht (Utrecht) and Dimence (Deventer).

In June 2022, professor Ralph Kupka received the 'Fred Bos Award' from the patient organisation PlusMinus, for many years being an advocate for the perspective of patients and caregivers, and building a bridge between patient (PlusMinus) and professional (KenBiS) organisations that aim to improve the care for people with bipolar disorder.



Members of the 'Bipolar Team', receiving the TOPGGz certificate, September 22, 2022

Academic Workplace Old Age Psychiatry

The Academic Workplace Old Age Psychiatry (AWOP), consists of a group of researchers who - largely based on clinical experience - perform both observational studies and randomized controlled trials in adult and middle aged patients. The research questions in our research group can be grouped into three themes.

Which aspects of biological, psychological and social function loss play a role in the development and course of depression in the elderly?

We study this by continuation of ongoing studies such as clinical cohort studies (e.g. NESDO, RECALL, MODECT, PROSPECT and the Swedish ECT Register) and a population study (LASA). The RECALL study was completed in 2022. PROSPECT was started in 2022, which consists of a large retrospective study and a prospective study, to determine the effect and cost effectiveness of Electro Convulsive Therapy (ECT). In 2021 we started the Transdiagnostic Older Psychiatry cohort (TOP cohort), which includes all new patients at the elderly outpatient clinic. For this study, diagnostic and clinical data are registered and collected in a systematic manner and used for regular patient care. Similarly, we started a cohort study on the effect of repetitive Trans Cranial Magnetic Stimulation (rTMS) in adults and the elderly. In addition the 3-year follow-up measurements of the DOBi cohort (Dutch Older Bipolar patients) was finished in 2022. Finally, together with the Alzheimer Centre Amsterdam we investigate the contribution of neurodegenerative processes in the development and course of depression and other psychiatric disorders in the elderly.

What new treatment methods for depression and catatonia are there for the elderly?

In three randomized controlled trials using three different interventions we study the effect of:

- Neuromodulation on outcome of bipolar depression using rTMS (T-BIDE study),
- Ketamine (RESET TRD study) in which we want to determine whether ketamine in depressed patients is as effective as ECT, this study is in collaboration with UMC Groningen,
- Sodium oxybate, a drug which is the precursor of GABA, in patients with catatonia. In this study we test whether sodium oxybate in catatonic patients could lead to a rapid relief of catatonia. If this is true this would contribute to a novel treatment in the field of catatonia, since currently catatonic patients only improve with high doses of lorazepam or ECT.

Implementation research into strengthening primary care in the recognition and treatment of depression.

In 2022 we finished the BLOK study (Beter sLapen Op maat bij Klachten). In this pilot study we showed that cognitive behavioural therapy (CBT) aimed at improving sleep, indeed improves sleep, but also contributes to the remission of anxiety and depression. By implementing studies such as the BLOK study in primary care, fewer healthcare professionals will be needed in our outpatient clinics. This will enable us to become more cost effective, which will be necessary in the next decades since the number of elderly patients will grow substantially.

Hospital Psychiatry

As Hospital Psychiatry staff (Psychiatry Consultation Liaison Service, Medical Psychiatric Unit, Centre for Soma & Psyche) we were working in the dynamic context of the merger of two University Medical Centers (AMC and VUmc) into one Amsterdam UMC in a bi-location model in 2022. Many movements of patient care have taken place in 2022, and this influences the clinical content of our consultation-liaison psychiatry work.

The collaboration with the psychiatrists working in Hospital Psychiatry in Amsterdam UMC, location AMC, was fostered by the implementation of intervision sessions on a regular basis between hospital psychiatrists of location AMC and location VUmc.

JCI Accreditation

In October 2022, the JCI accreditation committee visited Amsterdam UMC. The committee highly praised our Medical Psychiatric Unit (MPU):

"You have an innovative model that we haven't seen anywhere else in the world. And your nurses who are specifically trained in medical as well as psychiatric care, is fantastic. You have been pioneering in this field and this model is something we want to share with the world."

Centre for Soma & Psyche

In our Centre for Soma & Psyche, where most of our outpatient care is concentrated, we deliver integrated multidisciplinary care from a biopsychosocial perspective for patients with comorbidity of somatic and psychiatric disorders and patients with persistent physical symptoms.



Projects

We continued working on several projects, focusing on projects that integrate patient care, educational and evaluation/research goals from the perspective of personalized bio-psycho-social care.

Sitters

During 2022, the 'Sitters' project continued in the MPU (with a grant from the VU Association). The aim of this project is to reduce the number of Freedom Restricting Interventions through the use of sitters. Sitters, most often medical students, were recruited and trained by a multidisciplinary team. During the training sitters were taught how to deal with risk behaviour of patients, such as runaway or wandering behaviour, distress and danger of falling. Sitters were deployed for patients with delirium or acquired brain injury, or syndromes such as catatonia. In 2023 the 'Sitters' project will be evaluated by interviews with nurses and sitters and by analyzing risk behaviour registration lists which have been filled out by the sitters.

Multidisciplinary COBRA project for interprofessional learning

In 2022 the 'COBRA' project (COmplex patient care, Better by Reflection and Alliance) continued. The Federation of Medical Specialists (FMS) funded this project as a way to improve interprofessional collaboration and learning for residents in clinical practice. Klaas Nauta, senior clinical staff psychiatrist, and Camille ten Velden redesigned an existing multidisciplinary patient case discussion format to facilitate interprofessional learning. The method they used was a continuous evaluation of interprofessional learning that took place during the meetings in participants by focus group discussions, interviews and questionnaires, enriched by observations from members of a special workgroup. In an iterative process new insights and potential improvements were identified, directly implemented and further evaluated. A definitive design for the meeting was established, and a protocol was written that described organization, structure and process of the meeting in detail. This protocol is used by (psychiatry) residents, supervisors and other medical specialists. Furthermore, 'COBRA' has been piloted at Amsterdam UMC, location AMC and is now being implemented at GGZ inGeest. More hospitals have shown interest in our redesigned multidisciplinary patient discussion. Currently, psychiatry residents are trained to become facilitator 'COBRA'.

Social Internship in Education for Psychiatry residents

In 2022 we started to offer the opportunity to residents to perform part of their residency (the mandatory social internship) in a teaching program. This teaching program entails lectures and trainings for medical students during the introduction to their psychiatry internship.

Persistent Physical Symptoms

We have been working on the document "Profiling Persistent Physical Symptoms", a project of the working group Persistent Physical Symptoms. The document was published online in 2021 (on the [NALK website](#)). This year, as a sequel, a manual for general practitioners and therapists will be published, incorporating directions and advice about the care for this patient group.

Centre of Expertise Genderdysphoria

The Department of Psychiatry has a longstanding collaboration with the Centre of Expertise Genderdysphoria at Amsterdam UMC, location VUmc, both in patient care and education and research. We offer psychiatric consultation to adult patients (18+y) with genderdysphoria and co-occurring mental illness. In recent years we have observed a substantial increase in numbers of people who apply for psychological and medical support from gender identity clinics, additionally we observe a change in the type of care needed. Current research projects have a strong multidisciplinary character, and are closely related to the changing demands by patients and society.

'Ethical challenges in decision-making regarding gender-affirming medical care' is the PhD project of Karl Gerritse (Psychiatry), supervised by Prof. B. Kreukels (Medical Psychology), Prof. B. Molewijk (Ethics, Law & Medical humanities) and M. Bremmer (Psychiatry). Amid polarization in the 'Gender Debate', we sought to bring together and encourage deliberation among healthcare professionals and clients combining a participatory research design, qualitative methods, and ethics. The aim of this project is to gain insight into the moral and conceptual landscape of shared decision-making in this specific care practice. Second, to co-create an ethics support tool that helps with good shared decision-making and handling related ethical challenges in Gender Affirming Medical Care. Expected promotion date: June 2023.

'Changing healthcare needs in transgender and gender diverse individuals during and after transition' is the PhD project of Iris de Brouwer (Psychiatry), supervised by Prof. B. Kreukels (Medical Psychology) and M. Bremmer (Psychiatry). The aim of this project is to estimate the prevalence of detransition, retransition and regret among individuals who have undergone Gender Affirming Medical Care and to provide more understanding of potential predictors for discontinuation and regret. Project started in December 2022.

Examples of educational activities include the yearly well evaluated workshop 'Genderdysforie voor Psychiaters' at the Voorjaarscongres of the NVvP, participation of staff in the master GGZ Verpleegkunde at the Hogeschool van Amsterdam, and participation in Psychiatry Residency (1 keuze-AIOS).

Highlights of clinical developments

In 2022 the group of Birit Broekman initiated a multidisciplinary outpatient clinic in the OLVG hospital, (the MOPP poli: Multidisciplinaire Overgangs Problematiek Poli) where gynecologists and psychiatrists work together to treat patients with complex climacteric and psychiatric problems, in close collaboration with gynaecology (D. van Dijken). The clinic offers an integrated treatment plan from both the gynaecology and psychiatric perspective. A research project was started linked to this outpatient clinic, aiming to assess predictors and monitoring clinical outcomes. It involves a longitudinal follow-up study that thoroughly examines mental symptoms, sleep, and climacteric symptoms over time. Furthermore, a Patient-Reported Experience Measures (PREMs) project at the POP clinics of OLVG and Amsterdam UMC started to assess the experience of patients at the POP clinics.

Neuropsychiatry

The Centre for Neuropsychiatry Parkinson (CNP), specialized outpatient clinic, part of the Centre for Soma & Psyche (location VUmc), moved to location AMC as a result of the merger of Amsterdam UMC. Bringing all people (neurologists, neurosurgeons, psychiatrists, psychologists, specialized nurses) working on Parkinson's disease and other neurological movement disorders to one location. Since November 2022 the psychiatrists Odile van den Heuvel and Sonja Rutten, psychologist Tim van Balkom, and resident-psychiatrists welcome their patients at the Meibergdreef, Amsterdam UMC location AMC. The research team remains located in the O|2 building at the VU campus.

Team Neuropsychiatry (led by prof. dr. Odile van den Heuvel), on the border of the departments of Psychiatry, Anatomy & Neuroscience, and Neurology of Amsterdam UMC.



In 2022 we started two new MRI studies in Parkinson and related disorders.

- REMIND - REM sleep in neurological disorders, i.e. Parkinson's disease and Dementia with Lewy Bodies,
- MRI substudy in ProPark - Profiling Parkinson's disease, a multicentre longitudinal cohort study.

In 2022 we finished data collection for three randomized controlled trials with pre-post treatment MRI designs embedded in the team.

- TIPICCO - TMS Induced Plasticity Improving Cognitive Control in OCD,
- arrIBA - Inference based approach, toward personalized care in OCD,
- PROSPER - Prediction of treatment outcome in patients with PTSD and comorbid personality disorder.

In 2022 we finished study preparation and started patient recruitment for three randomized controlled trials on neuroplasticity using transcranial magnetic stimulation (TMS) and high intensity interval training (HIIT).

- TETRO - TMS for Exposure therapy Resistant OCD, a multicentre trial in the Netherlands,
- T-bide - TMS in bipolar depression, a multicentre trial in the Netherlands,
- HersenFit - Movement interventions (among others HIIT) in Parkinson's disease and Multiple Sclerosis.

In 2022 we finished data collection for two studies.

- Global OCD 'biosignatures' study at 3 Tesla MRI,
- SPECTROS study on functional spectroscopy in OCD at 7 Tesla.

Education & Training

Education

The Department of Psychiatry, Amsterdam UMC, location VUmc 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' and the course 'Psychological functioning and cognition' take place. Students can also learn more about research in collaboration with the academic workplaces, are supervised by tutors and write a Bachelor's thesis. In the Master's phase, Vrije Universiteit and GGZ inGeest offer about 200 students the opportunity to do their internship in psychiatry. In addition, enthusiastic future doctors can do their semidoctoral or scientific internship at the Department of Psychiatry or GGZ inGeest.

Both the Bachelor and Master program of psychiatry education have been highly valued for many years. We aim to continue our positive contribution to the development of students into professionals who are receptive to the needs of patients with psychiatric vulnerabilities.

Training

Each year, the Department of Psychiatry, Amsterdam UMC, location VUmc offers a specialist training for 8-10 psychiatry residents. For many years a close collaboration exists with GGZ inGeest, specifically with regard to the mandatory 6 month consultation-liaison internship. At GGZ inGeest, each year 9 additional trainees start, selected out of many applicants. Together with external trainees, GGZ inGeest and Amsterdam UMC provide training to over 50 doctors annually. The training programs are highly valued, as has been concluded by visiting committees in 2020 (GGZ inGeest) and 2021 (Amsterdam UMC, location VUmc).

We share knowledge and best practices in training programs, for example in interdisciplinary learning and in transferring information efficiently using the COBRA (COmplex patient care, Better by Reflection and Alliance) and SBAR (Situation, Background, Assessment, Recommendation) methodology. We safeguard the academic content by sharing knowledge at Amsterdam UMC, at the academic workplaces at GGZ inGeest with the TOPGGz quality mark and at several initiatives in elderly psychiatry in which GGZ inGeest and Amsterdam UMC collaborate. In addition, we offer opportunities to build an academic profile in research and education and professors conduct second opinions with trainees.

In 2022 we have set major steps in implementing the new national training program and have trained our staff to use the EPA's (Entrustable Professional Activities). Proven successful, the liaison with Psychiatry in Bonaire and a combined training program with clinical pharmacology are now added to our large variety of training options.

Scientific Output & Acquisition

In 2022, 273 international papers have been published by the Department of Psychiatry, Amsterdam UMC, location VUmc. We had 81 PhD students working on their theses in 2022, of which 13 PhD candidates have successfully defended their thesis, and our researchers additionally supervised the dissertations of 3 PhD candidates from other departments.

In collaboration with (international) partners, 660 thousand euros of research funding have been obtained. In the upcoming years, the combination of research funding, our dedicated staff and PhD students will facilitate the continuation of the success of the Department of Psychiatry.

All publications can be found on our website:

[Publications – Psychiatry Amsterdam](#)

The quantity of our scientific output is illustrated in the tables and figure on this page and the next.

Figure 1 displays the number of publications from 2012-2022.

Table 1 shows the number of PhD trajectories and dissertations from 2015-2022. In table 2, research funding obtained in 2022 is displayed, specification of funding over projects is given.

PUBLICATIONS

273

PEER-REVIEWED
INTERNATIONAL
PUBLICATIONS

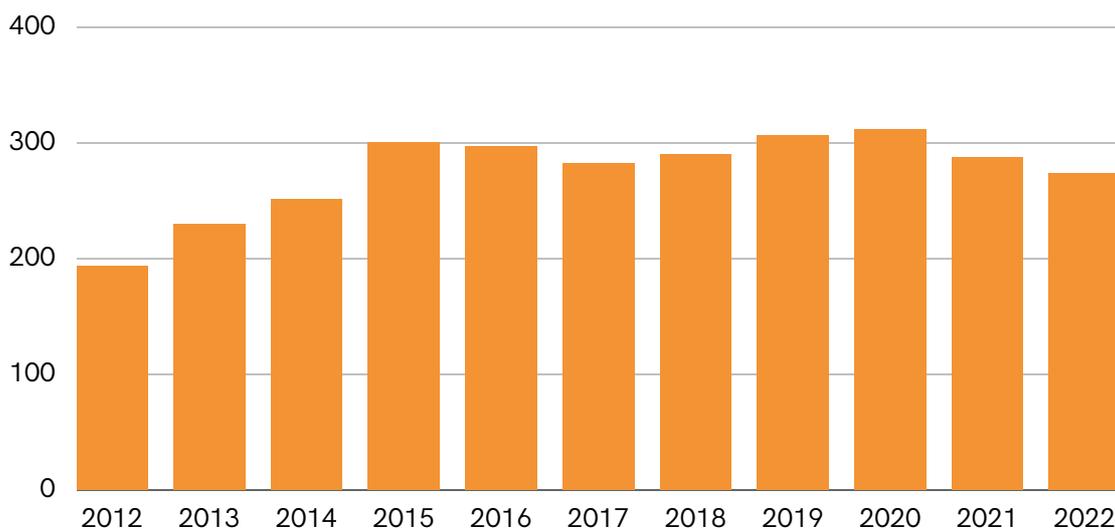


Figure 1. Number of peer-reviewed international publications 2012-2022, (in 2022 N=273)

Table 1. Number of PhD trajectories and dissertations 2015-2022

	2015	2016	2017	2018	2019	2020	2021	2022
PhD trajectories (active)	90	91	95	94	100	102	90	81
VUmc Psychiatry dissertations	11	12	15	9	12	5	15	13
VUmc (other) / VU* dissertations	6	3	8	7	5	6	2	3
External* dissertations	6	8	6	4	1	1	2	0

*Researcher at the Department of Psychiatry, Amsterdam UMC, location VUmc is involved as (co-)supervisor.

FUNDING

€660.168

ACQUISITION IN 2022

Table 2. Funding and Acquisition in 2022, Department of Psychiatry, Amsterdam UMC, Location VUmc

NAME	PROJECT	FUNDING	AMOUNT €
Meijel, B.	Improving physical health and lifestyle behaviours	ZonMw	€574.680
Vinkers, C.	Afbouw Medicatie	Stichting AKWA	€85.488
Total			€660.168*

*In 2023 various large-scale projects will start with a total of at least €21.808.643 of research funding.

Highlighted publications

Predicting the naturalistic course in anxiety disorders using clinical and biological markers: A machine learning approach.

Bokma, W. A., Zhutovsky, P., Giltay, E. J., Schoevers, R. A., Penninx, B. W. J. H., Van Balkom, A. L. J. M., Batelaan, N. M., & Van Wingen, G. A. (2022). *Psychological Medicine*, 52(1), 57-67.



Symptoms of depression and insomnia in older age: A within-individual analysis over 20 years.

Brouwer, A., van de Ven, P. M., Kok, A., Snoek, F. J., Beekman, A. T. F., & Bremner, M. A. (2022). *Journal of the American Geriatrics Society*, 70(7), 2051-2059.

The role of depressive symptoms and symptom dimensions in actigraphy-assessed sleep, circadian rhythm, and physical activity.

Difrancesco, S., Penninx, B. W. J. H., Riese, H., Giltay, E. J., & Lamers, F. (2022). *Psychological Medicine*, 52, 2760-2766.

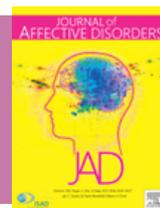


Complications and Healthcare Consumption of Pregnant Women with a Migrant Background: Could There be an Association with Psychological Distress?

Heller, H. M., de Vries, A. V. R., Hoogendoorn, A. W., Scheele, F., Kop, W. J., de Groot, C. J. M., Honig, A., & Broekman, B. F. P. (2022). *Maternal and Child Health Journal*, 26(8), 1613-1621.

Mental health and perceived impact during the first Covid-19 pandemic year: A longitudinal study in Dutch case-control cohorts of persons with and without depressive, anxiety, and obsessive-compulsive disorders.

Kok, A. A. L., Pan, K-Y., Rius-Ottenheim, N., Jörg, F., Eikelenboom, M., Horsfall, M., Luteijn, R., van Oppen, P., Rhebergen, D., Schoevers, R. A., Giltay, E. J., & Penninx, B. W. J. H. (2022). *Journal of Affective Disorders*, 305, 85-93.



Childhood Trauma Meta-Analysis Study Group (2022). Treatment efficacy and effectiveness in adults with major depressive disorder and childhood trauma history: a systematic review and meta-analysis.

Kuzminskaite, E., Gathier, A. W., Cuijpers, P., Penninx, B. W. J. H., Ammerman, R. T., Brakemeier, E. L., Bruijniks, S., Carletto, S., Chakrabarty, T., Douglas, K., Dunlop, B. W., Elsaesser, M., Euteneuer, F., Guhn, A., Handley, E. D., Heinonen, E., Huibers, M. J. H., Jobst, A., Johnson, G. R., ... *The Lancet Psychiatry*, 9(11), 860-873.

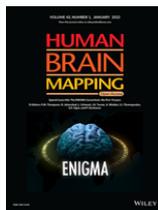


How COVID-19 shaped mental health: from infection to pandemic effects.

Penninx, B. W. J. H., Benros, M. E., Klein, R. S., & Vinkers, C. H. (2022). *Nature Medicine*, 28(10), 2027-2037.

Associations of three major physiological stress systems with suicidal ideation and suicide attempts in patients with a depressive and/or anxiety disorder.

Wiebenga, J. X. M., Heering, H. D., Eikelenboom, M., van Hemert, A. M., van Oppen, P., & Penninx, B. W. J. H. (2022). *Brain, Behavior, and Immunity*, 102, 195-205.

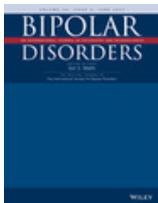


An overview of the first 5 years of the ENIGMA obsessive-compulsive disorder working group: The power of worldwide collaboration.

ENIGMA OCD Working Group (2022). *Human Brain Mapping*, 43(1), 23-36.

Sleep as a window to target traumatic memories.

Van der Heijden, A. C., van den Heuvel, O. A., van der Werf, Y. D., Talamini, L. M., & van Marle, H. J. F. (2022). *Neuroscience and Biobehavioral Reviews*, 140, [104765].

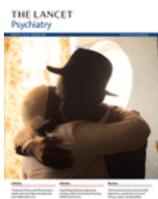


Clinical profiles of subsequent stages in bipolar disorder: Results from the Dutch Bipolar Cohort.

Van der Markt, A., Klumpers, U. M. H., Dols, A., Boks, M. P., Vreeker, A., Beekman, A. T. F., & Kupka, R. W. (2022). *Bipolar Disorders*, 24(4), 424-433.

Effects of dietary interventions on depressive symptom profiles: Results from the MoodFOOD depression prevention study.

Vreijling, S. R., Penninx, B. W. J. H., Bot, M., Watkins, E., Owens, M., Kohls, E., Hegerl, U., Roca, M., Gili, M., Brouwer, I. A., Visser, M., Beekman, A. T. F., Jansen, R., & Lamers, F. (2022). *Psychological Medicine*, 52(15), 3580-3589.



The effectiveness of intensive home treatment as a substitute for hospital admission in acute psychiatric crisis resolution in the Netherlands: a two-centre Zelen double-consent randomised controlled trial.

Cornelis, J., Barakat, A., Blankers, M., Peen, J., Lommerse, N., Eikelenboom, M., Zoeteman, J., van, H., Beekman, A. T. F., & Dekker, J. (2022). *The Lancet Psychiatry*, 9(8), 625-635.

Inflammation and depression in young people: a systematic review and proposed inflammatory pathways.

Toenders, Y. J., Laskaris, L., Davey, C. G., Berk, M., Milaneschi, Y., Lamers, F., Penninx, B. W. J. H., & Schmaal, L. (2022). *Molecular Psychiatry*, 27(1), 315-327.



Societal impact

Frans Banninck Cocqpenning for Rose-Marie Dröes

The municipality of Amsterdam has awarded prof. dr. Rose-Marie Dröes the Frans Banninck Cocqpenning. She is complimented on her commitment to improving the quality of life of people with dementia. The Frans Banninck Cocqpenning is awarded to individuals who have distinguished themselves for Amsterdam during a period of at least twelve years.

Dröes has been conducting pioneering research on the effective treatment of people with dementia since 1992. Her goal is to keep the quality of life of people with dementia as good as possible, aiming to give them more of a prospect and to keep enjoying life. This can be done by keeping people moving, and by making their activities fit their daily life, their personality and preferences, as well as the circumstances and support of the environment. In 1993, Dröes started establishing meeting centres in Amsterdam: accessible social facilities in the neighborhood, where psychosocial interventions were applied.

In addition to her academic achievements, Rose-Marie Dröes has inspired many students, professionals and volunteers with her experiences and visions.

In de ban van burn-out by Christiaan Vinkers

After publishing his first book in 2021, prof. dr. Christiaan Vinkers wrote a new book 'Captivated by burnout' published in September 2022. 'Captivated by burnout' addresses the rise of burnout symptoms, burnout coaches and media attention to this phenomenon. But what is burnout?

Christiaan Vinkers explains the scientific basis of burnout is flimsy: it is poorly measurable, not to be diagnosed with certainty and, moreover, there are few proven effective treatments. But if we understand so little about burnout, how should we proceed? This book is about Vinkers' search for the sense and nonsense of burnout, and the role of stress in its onset. There seems to be spectrum, from mild symptoms of stress to long-term sickness and dropping out. And how to diagnose burnout? Don't we need to look at burnout in a fundamentally different way to get a grip on it?

Christiaan Vinkers suggests: we should focus less on burnout as a result and more on the stressful road leading up to it. How does someone become overworked? In whom does this happen and when? Who suffers from it and how can we prevent it?



Brenda Penninx named vice president KNAW

As of 1st of September 2022 Brenda Penninx is named vice president of the Royal Netherlands Academy of Arts and Sciences (KNAW). She succeeds Marileen Dogterom, who becomes president of the Academy.

Penninx became a member of the Academy in 2016. She chairs the Medical Sciences Council and is vice chairperson of the Medical, Biomedical and Health Sciences domain. As vice president, she intends to focus on encouraging and facilitating interdisciplinary cooperation in science, for example with respect to climate change and open science. She also plans to engage in discussions about stability and regularity in science, with Recognition and Rewards (Erkennen en Waarderen), science communication and science funding as important themes.



Website and Twitter

The Department of Psychiatry, Amsterdam UMC, location VUmc communicates to an external audience through the website and Twitter. The website PsychiatryAmsterdam.nl provides an overview of all researchers and staff at the department, descriptions of ongoing projects and above all news updates and information on relevant events. The website is also used for internal communication. Thus, a variety of information can be found regarding research support.

Through the Twitter account [@PsychRes](https://twitter.com/PsychRes) we spread the latest news on psychiatry research and events from the department. In 2022 the account grew from 720 to 846 followers. With an average of 13 tweets monthly we are proud to call this Twitter account a success in the department. Sharing frequent news updates to our increasing amount of followers is done by a small group of colleagues with passion for social media and sharing science.



In the media

In 2022, many clinicians and scientists from our department featured in newspapers, radio, websites and other media, indicating the relevance and impact of the research at our department. Among others, Brenda Penninx, Sandra Kooij, Christiaan Vinkers, Wouter van Ballegooijen, Didi Rhebergen and Sisco van Veen were covered in the media.

Brenda Penninx & Christiaan Vinkers

**'COVID-19 did not lead to increased somberness',
Het Parool, October 3, 2022**

The COVID-19 pandemic has significantly disrupted our society in recent years. The isolation measures and consequences of COVID-19 contamination had major social consequences. It was therefore expected that psychological complaints would have increased. Brenda Penninx and Christiaan Vinkers and colleagues studied the outcomes of 150 studies that examined thousands of people's reactions to the COVID-19 crisis. Their analysis proved that, people showed very little increase in somberness and anxiety symptoms. It seems the COVID-19 crisis did not have a major effect on their mental status in the short term.

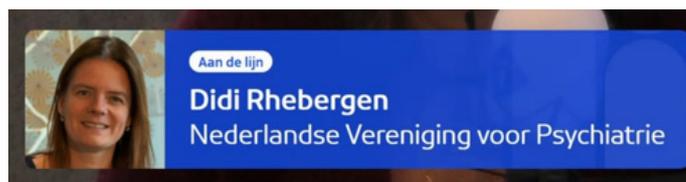
Nieuws

**Amsterdams onderzoek:
corona leidde toch niet
tot meer somberheid**

Didi Rhebergen

'Depression in elderly not recognized', NPO Radio 1, AD and NOS , November 2, 2022

Psychiatric problems in the elderly are not always recognized and as a result these elderly people often end up in the emergency room unnecessarily. Psychiatrists expect the problem to get worse in the coming years due to the aging population. Research shows that one in five over-75s have depressive symptoms. Among women, it is even a quarter. Psychiatrists believe the group is even larger. The complaints are caused by things such as loneliness, loss of loved ones and physical illnesses.



Sandra Kooij

'Understanding, Assessing & Treating Adult ADHD', Thoughts on Record: Podcast of the Ottawa Institute of Cognitive Behavioural Therapy, June 13, 2022

Sandra Kooij talks about the main symptoms of Attention Deficit Hyperactivity Disorder (ADHD) in adults. In the podcasts various aspects of adult ADHD is discussed, for example: under and over diagnosis, comorbidity in relation to ADHD, challenges of differential diagnosis, and women and ADHD. Additionally Kooij shares her thoughts on the role of cognitive testing in ADHD assessment. This episode touches on all aspects of Sandra Kooij's research on ADHD.



Wouter van Ballegooijen

Interview, ZonMw, December 2022



Can mobile apps increase the safety of people with suicidal thoughts? Clients and practitioners find suicide prevention apps useful, the ZonMw-funded CASPAR study shows. Wouter van Ballegooijen and colleagues looked at the feasibility of using mobile apps to treat suicidal mental health patients. They examined the use of two apps: the BackUp app and the Ecological Momentary Assessment (EMA) app.

Christiaan Vinkers

'Solicited advice from Christiaan Vinkers', Zelfspodcast, June 6, 2022

In the popular podcast 'Zelfspodcast' Christiaan Vinkers has been invited to talk about burnout and stress. He talks about the rise of burnout and the scientific and clinical start of studying burnout and its symptoms. How does stress build up into burnout? How to diagnose burnout? In an easy and informal way Vinkers talks about this phenomenon in layman's terms.



Brenda Penninx

'Millions for scientific research into stress', NPO Radio 1, May 3, 2022

The Dutch Research Council (NWO) has announced the awarded projects of the Gravitation Grant. One of the Gravitation projects is Stress in Action, led by prof. dr. Brenda Penninx. Stress in Action will receive 19,6 million euros for the next 10 years. Stress in Action aims to measure stress in daily life and to learn more about stress on a personal level, looking at various factors like emotional, cognitive, physiological and behavioural stress responses. The Stress in Action consortium is a collaboration of Amsterdam UMC, VU Amsterdam, UMC Groningen, University of Groningen, University of Twente, Utrecht University and Erasmus MC. The official start of the 10-year project will be in 2023.



Sisco van Veen

'As psychiatrists, we barely think about when to stop treating', NRC, June 12, 2022

In his dissertation 'The art of letting go' Sisco van Veen discusses euthanasia in psychiatry. Van Veen finds that euthanasia in psychiatry is very complicated. Although the law on euthanasia is also intended for patients with hopeless psychological suffering, only few psychiatrists are willing to perform euthanasia. Van Veen wanted to understand the reluctance in fellow psychiatrists and to understand why hopelessness is such a complicated concept in psychiatry. He also introduced a new approach to better assess euthanasia requests for psychiatrists: when determining hopelessness, psychiatrists should look more to the past than to (theoretically) possible treatment.

Interview

'Wij psychiaters denken amper na over wanneer we moeten stoppen met behandelen'

Sisco van Veen | psychiater Euthanasieverzoeken worden in de psychiatrie sporadisch ingewilligd. „Er is een sterke prikkel om te blijven behandelen.“

Dissertations 2022

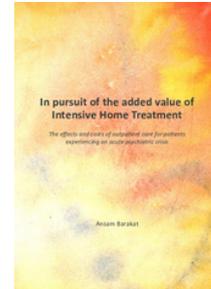
A. Barakat - November 10, 2022.

In pursuit of the added value of Intensive Home Treatment

Vrije Universiteit Amsterdam

Supervisors: prof. dr. A.T.F. Beekman, prof. dr. J.J.M. Dekker

Co-supervisor: dr. M. Blankers



G.M.F.C. Dautzenberg - December 13, 2022

Trust me, I'm a validated test!? Unseen mild (cognitive) impairment and the use of the MoCA in an old age psychiatry setting

Vrije Universiteit Amsterdam

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

Co-supervisor: dr. J. Lijmer

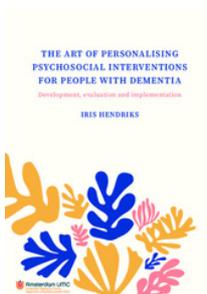
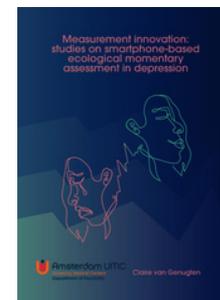
C.R. van Genugten - November 25, 2022

Measurement innovation: studies on smartphone-based ecological momentary assessment in depression

Vrije Universiteit Amsterdam

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

Co-supervisors: dr. J. Schuurmans, dr. A. Hoogendoorn



I.H. Hendriks - June 17, 2022.

The art of personalising psychosocial interventions for people with dementia. Development, evaluation and implementation

Vrije Universiteit Amsterdam

Supervisors: prof. dr. R.M. Dröes, prof. dr. D.L. Gerritsen

Co-supervisor: dr. F.J.M. Meiland

J. van der Lee - November 22, 2022

Burden in primary caregivers of people with dementia: a clinical-empirical exploration of its determinants and treatment

Vrije Universiteit Amsterdam

Supervisors: prof. dr. R.M. Dröes, prof. dr. E.J. Finnema

Co-supervisors: dr. T.J.E.M. Bakker, dr. H.J. Duivenvoorden



L.D. de Mooij - November 14, 2022

Just enough for the city? How patients with severe mental illness have fared since deinstitutionalization

Vrije Universiteit Amsterdam

Supervisors: prof. dr. J.J.M. Dekker, prof. dr. A.T.F. Beekman

Co-supervisor: dr. M.J. Kikkert

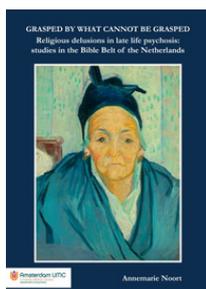
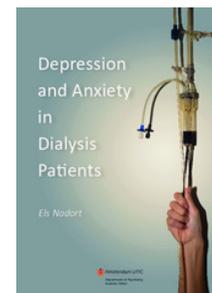
E. Nadort - January 19, 2022

Depression and anxiety in dialysis patients

Vrije Universiteit Amsterdam

Supervisors: prof. dr. P.C. van Oppen, prof. dr. F.W. Dekker

Co-supervisors: dr. C.E.H. Siegert, dr. B.F.P. Broekman



A. Noort - November 15, 2022

Grasped by what cannot be grasped. Religious delusions in late life psychosis: studies in the Bible Belt of the Netherlands

Vrije Universiteit Amsterdam

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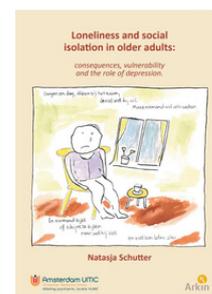
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Loneliness and social isolation in older adults: consequences, vulnerability and the role of depression

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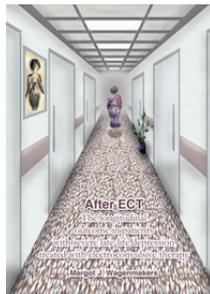
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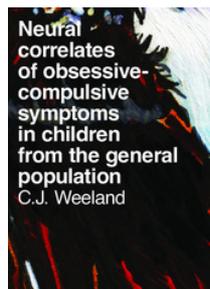
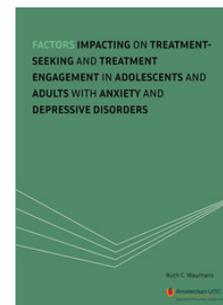
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Factors impacting on treatment-seeking and treatment engagement in adolescents and adults with anxiety and depressive disorders

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C.J. Weeland - November 21, 2022

Neural correlates of obsessive-compulsive symptoms in children from the general population

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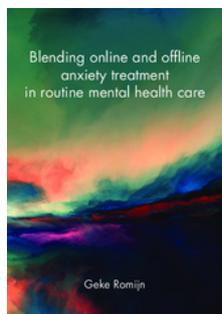
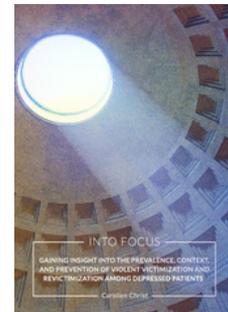
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Co-supervisors: dr. M.J. Kikkert, dr. D.J.F. van Schaik



G.A. Romijn – October 13, 2022

Blending online and offline anxiety treatment in routine mental health cares

Vrije Universiteit Amsterdam

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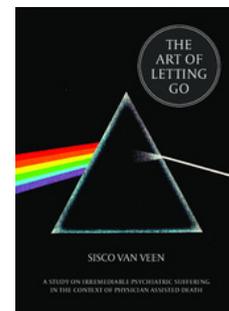
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The art of letting go: A study on irremediable psychiatric suffering in the context of physician assisted death

Vrije Universiteit Amsterdam

Supervisors: prof. dr. G.A.M. Widdershoven, prof. dr. A.T.F. Beekman

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