



Amsterdam UMC

ANNUAL REPORT 2025
DEPARTMENT OF PSYCHIATRY



COLOFON

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Coordination annual report

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TABLE OF CONTENTS

4	Preface
6	Introduction care
7	Highlights care
10	Organisation
13	Workplace management Teams (WPMs)
17	Training
18	Education
19	Societal impact
22	Introduction scientific research
23	Research highlights
29	Collaborations
38	Acquisition
40	Dissertations
46	Media

PREFACE

Dear reader,

Before you lies the second annual report of the harmonised department of Psychiatry at Amsterdam UMC. For the joint annual report of 2024, we had to bend the rules a little (as we were still in the process of merging at that time), but 2025 began with an approved reorganisation plan, an organisational chart, and quickly most people started in their new leadership positions. All of this came about after an intensive and productive process, for which thanks are due to many people, both in front of and behind the scenes.

The new organisation of the department is, of course, not an end in itself but a means. A means to deploy our added value as optimally as possible in the areas of care, research, training & education, as well as valorisation. Or, as we have formulated in our new vision: we stand for compassionate academic psychiatry.

In this report, you can read how we try to put this into practice on the work floor every day.

As head of the department, I can only be grateful to play a role in this wonderful collective, and I am already looking forward to the steps we will take in the coming year.

On behalf of the entire management of the department, thank you to all staff and partners. Enjoy reading.

All the best,

Arne Popma,
head of the department of Psychiatry Amsterdam UMC



HIGHLIGHTS 2025

Farewell lecture Aartjan Beekman

Can you call a farewell a highlight in an annual report? We believe you can, especially when it was such a wonderful day, the person leaving has meant so much to the department, they are celebrated in such a special way, and they themselves express so much confidence in us as the next generation taking over. On Thursday 11 December 2025, Aartjan Beekman said farewell as professor of psychiatry at Amsterdam UMC and GGZ inGeest.

The farewell lecture was held in the aula of the Vrije Universiteit Amsterdam. The packed hall and the long procession of the cortège showed just how much Aartjan has been appreciated as a colleague and former head of the department, over the years. For more than 40 years, Aartjan has been involved with VUmc/Amsterdam UMC, the Valeriuskliniek, and GGZ inGeest.

The lecture focused on proactive psychiatry, which Aartjan described using three core values: freedom, wonder, and change. The ceremony in the Aula concluded with a wonderful surprise. Aartjan Beekman received a royal honour from the mayor of Hilversum on behalf of the royal family. He was appointed Officer of the Order van Orange-Nassau. This honour is a fitting tribute to the national impact of Aartjan's work and dedication throughout his impressive career.



Aartjan Beekman after receiving his honour from the mayor of Hilversum

Symposium De Nieuwe Amsterdamse School 2025

For many years, there has been intensive collaboration in Amsterdam between academic psychiatry and the major mental health institutions Arkin, GGZ inGeest, and Levvel. This collaboration covers the entire field of psychiatry and the entire lifespan, and involves patient care as well as scientific research, training, and education.

On the 23rd of January 2025, the department of Psychiatry at Amsterdam UMC, in collaboration with GGZ inGeest, Arkin, and Levvel, organised the symposium 'De Nieuwe Amsterdamse School' at De Meervaart theatre. This symposium was the first step towards developing a joint vision for the coming years, in the context of intensive, valuable, and necessary collaboration in psychiatry in Amsterdam and the region. This collaboration is further developed in 2025, following the harmonisation of the department of Psychiatry at Amsterdam UMC, which progressed rapidly in 2024.

During the symposium, various speakers outlined the collaboration against the backdrop of current developments in science and society. Finally, department head Arne Popma argued how we can shape our compassionate academic psychiatry and focus our joint efforts towards the future.

INTRODUCTION CARE

In 2025, the department of Psychiatry once again made important steps in improving patient-centred and future-proof care as one department. For example, in 2025 we continued the harmonisation of psychiatric care between the locations AMC and VUmc.

The new overarching leadership structure and workplace management (WPM) (p.13) organisation became effective from 2025. This strengthens collaboration between both locations and contributes to the multidisciplinary management of the department. The management team consists of:

- Roel Mocking – Section Head, Outpatient Psychiatrists
- Birit Broekman – Section Head, Hospital/Clinic Psychiatry
- Yak mee Wong – Section Head, Psychologists in Psychiatry
- Marga Jaspers – Outpatient Manager, Psychiatry
- Jolanda de Klerk – Head Nurse, Clinic Psychiatry
- Sophia Sier – Manager Operations Care

In addition, the first steps were taken towards harmonising the outpatient psychiatry clinics in autumn 2025. With the launch of a joint outpatient clinic, we are taking concrete steps towards greater uniformity in working methods and improved accessibility for patients.

The reorganisation of the department has also brought renewed attention to internal collaboration. Within clinical care, the cooperation between High Intensive Care (HIC), Medium Intensive Care (MIC), and outpatient teams has been intensified, contributing to better patient flow and continuity of care. Alongside internal collaboration, there is also a strong focus on partnerships with our external mental health care partners. An important development is the successful launch of the Emergency Psychiatry pilot in the emergency department, in collaboration with Arkin, aimed at providing faster and more appropriate care for patients with acute psychiatric problems (p.7).

We also marked a special milestone: twenty years of deep brain stimulation treatment for patients with obsessive-compulsive disorder. Over the past year, our team treated a record number of patients, further strengthening our international position (p.7).

Despite ongoing development and innovation, challenges such as capacity pressure and staff shortages remain. In 2026, we will continue with ongoing attention to collaboration, innovation, and compassionate, person-centred care.

HIGHLIGHTS CARE

Emergency Psychiatry in the Emergency department Amsterdam UMC

In 2023, the Executive Board of Amsterdam UMC commissioned an investigation into collaboration with Arkin to improve care for psychiatric patients in the Emergency department (ED) at Amsterdam UMC. The aim of the pilot is to ensure that patients with psychiatric problems who do not require admission to Amsterdam UMC receive psychiatric care in the right place more quickly. In this way, we also hope to improve the flow of psychiatric patients through the ED.

From the end of 2024, a project group has been active in preparing the pilot, supported by project leaders from the lateralisation team Amsterdam UMC. The works council of Amsterdam UMC has been consulted, the collaboration agreement with Arkin has been signed, and working arrangements have been made and documented. On the 1st of September 2025, the pilot was launched. Patients with psychiatric problems, without additional somatic issues, are now seen in the ED by a treatment team from the Emergency Psychiatry Amsterdam (SPA).

The driving forces behind the project (from left to right) are Jeroen Zoeteman, psychiatrist and director of clinical affairs at SPA Stichting Arkin; Marloes Oudijn, psychiatrist and medical director at Amsterdam UMC; and Mahi Dzelili, acting WPM ED Amsterdam UMC. The pilot will run until 1 April 2026 and will be closely monitored and evaluated.



DBS care

In 2025, exactly twenty years after the first patient in the Netherlands underwent deep brain stimulation (DBS) for obsessive-compulsive disorder (OCD) at Amsterdam UMC, the multidisciplinary DBS team treated a record number of new patients. This milestone followed a successful implementation process, which led to improved collaboration with (inter)national stakeholders and further strengthened referral pathways and access to this highly specialised care. The national infrastructure was also expanded, as UMCG joined the research protocol and now also offers DBS for OCD. Thanks to these developments, Amsterdam UMC, home to the world's largest number of patients treated with DBS for OCD, continues to lead internationally in this field.

Collaboration HIC/MIC and Arkin Wisselwerking

In 2025, we invested in strengthening collaboration between our department's HIC and MIC units and the teams from Arkin (location Wisselwerking). There is ongoing pressure on bed availability, and patients must be admitted immediately when necessary. For this to work, it is also essential that patients are discharged as soon as possible. Good cooperation between the inpatient clinics and outpatient care is crucial for this.

We started with the agreement to say yes to each other as much as possible, and, if needed, to discuss any issues afterwards (once the patient has already switched treatment teams). In addition, new residents (AIOs) spend a day with the outpatient teams, and there is close communication between the psychiatrists. We try to promote the vision that the day of admission is the first day of working towards discharge. Patients are referred to outpatient care within the first week of admission. If outpatient care is already involved, an appointment is immediately scheduled to discuss the treatment plan. By being flexible with waiting lists where possible, patients need to switch between inpatient wards or outpatient teams as little as possible. A patient recently commented very positively on the collaboration: "It feels like you are one big team. I had to be admitted, but I always knew there were also people who know me from home and who help you take good care of me."

The plan is to build on these basic agreements in 2026 by introducing routine meetings in which patients who are difficult to place can be discussed.

Therapy dog Kiwi

Since spring 2025, the team MPU Child & Adolescent has been strengthened by Kiwi, the therapy dog who is present on the ward three days a week. Kiwi helps patients by placing her paw or head on a patient's lap during moments of panic or difficult mealtimes, or by distracting a patient with Functional Neurologic Disorder (FND) during a non-epileptic seizure. She also visits bedridden patients in their rooms, providing a welcome distraction.

Thanks to a generous grant, we have been able to welcome Kiwi to the ward. Over the course of the year, she has developed well, and the team is also becoming more attuned to working with each other and with Kiwi. Each day, she is paired with a nurse or sociotherapist who is responsible for Kiwi and for communication with her host family.



Therapy dog Kiwi

Innovation funds

In the closed wards of the department of Psychiatry, we regularly treat patients with a significantly increased risk of suicide. For some patients, this risk is so high that safety measures are taken, such as seclusion or restraint. As these measures are considered inhumane, continuous one-to-one supervision by nurses has been introduced as an alternative. However, this is also very intrusive for patients and, moreover, involves high costs, partly due to the use of security staff.

With innovation funds from Amsterdam UMC, Paul Doedens and colleagues are piloting a camera system that analyses images using artificial intelligence (AI) and sends alerts in the event of risky behaviour, which may offer a solution. In its simplest form, the nurse wants to know when a patient gets out of bed or falls. In the case of such “risky behaviour”, the system sends a notification to the nurse’s work phone. The use of AI in healthcare is increasing rapidly, but monitoring patients with AI cameras is still limited to a few organisations in long-term care. An inventory by Division 5 of Amsterdam UMC has shown that several departments have a need for a similar system for various indications. For this reason, our department and IT Service have implemented this system as proof of concept.

Super Chill room

In July, the MPU Child & Adolescent opened a specially designed Super Chill room. This unique space, developed by the Super Chill foundation in collaboration with Rituals, offers young inpatients a low-stimulus oasis of calm, provides them with tools they can use throughout their lives, and brings a touch of normal life to the ward.

A hospital admission is often a time of stress, anxiety, and uncertainty for children. This is also true for the children at the MPU Child & Adolescent, where children with a combination of psychological and physical problems are admitted—sometimes because there is nowhere else for them to go. For these children in particular, a safe place to relax and practice coping skills is invaluable. The Super Chill room is a place where children can briefly escape the medical world around them. In the room, children can use an interactive screen to do various movement, calming, and breathing exercises. What is special is that children in the “normal” world can use these tools, and now children who are admitted in hospital and are temporarily outside of society, can do so too.



Super Chill room in the MPU Child & Adolescent

ORGANISATION

WORKING GROUP DIVERSITY AND INCLUSION

Diversity and inclusion are essential foundations for enabling accessible, culturally sensitive care. Scientific research shows that teams with greater diversity in qualities, identities, and backgrounds are perceived as safer and also perform better. For this reason, it is essential that our department provides a work and care environment where everyone feels welcome. This means there is no room for discrimination based on origin, skin colour, gender, age, sexual orientation, religion, or other characteristics. In this way, we create a safe working environment and guarantee high-quality care, training, and research for everyone.

To achieve this as effectively as possible, staff members from the department of Psychiatry established a Diversity & Inclusion working group in 2024. This working group consists of colleagues from various roles and workplaces within the department. Together, we critically reflect on the functioning of the department. We remain alert to what is happening within the department and in society, and we contribute to policy and the implementation of the vision on diversity and inclusion. In 2025, we formulated a mission statement together. We made progress in ongoing projects and started new projects this year.

One of the projects this year is the card game 'What is acceptable, what is not, what is a grey area'. We are developing this card game ourselves and use our meetings to further refine it and practice difficult conversations using the game.

It is clear that the topic of diversity and inclusion is alive within the department and that there is a need for more attention to it. For this reason, we have decided to continue with the working group in a new form in 2026, with more focus on project-based work to hopefully increase our visibility.

We ended the year 2025 with a walk through the Bijlmermeer, guided by BIMS tours (photo).



Walking tour Bijlmermeer - BIMS tours

ORGANISATION

GREEN TEAM PSYCHIATRY

The Green Team of the department of Psychiatry is actively committed to sustainability and focuses on three main themes: Energy & Transport, Awareness & Education, and Medication. Within Energy & Transport, the emphasis is on reducing emissions and energy consumption, partly by raising awareness and providing practical tools.

Awareness & Education

The theme of Awareness & Education aims to increase the visibility of the Green Team and to embed sustainability within the department. This year, we created an online page on the department's SharePoint with information about the Green Team, and we share green tips in the newsletters. In addition, we are exploring ways to integrate the theme of sustainability into educational activities.



Medication waste



Pill-dispensing robot

Medication

Within the Medication theme, we are working to reduce medication waste. Thanks to funding from the Green Fund (Groene Fonds), we have examined the scale, causes, and costs of medication waste, as well as the impact of introducing the pill-dispensing robot. The implementation of the pill robot has led to a demonstrable reduction in medication waste, CO2 emissions, and associated costs on both the HIC and the MIC/Early Psychosis (VP). The entire project was successfully completed within six months. Based on the results achieved, we are working on a follow-up, including the possibilities for a separate collection of medication waste.

In 2026, the Green Team will continue to inspire and support staff in taking sustainable steps within psychiatry.

ORGANISATION

JUNIOR COUNCIL

The Junior Council proudly looks back on its first year in the department of Psychiatry. Fourteen enthusiastic junior researchers and clinicians came together to create a platform that represents the voice of early-career staff within the department. Our goal has been to act as a sounding board and voice for junior researchers, evaluate and improve existing processes, and initiate new activities with junior colleagues at the centre.

Over the past year, we focused on building a strong foundation, which was solidified by a formal training day where we evaluated our progress in the past year and shaped our vision for 2026. Additionally, several initiatives were set up or are currently underway. These include improving the departmental onboarding process based on a sounding board of novel employees, refining the doctoral school course programme based on PhD student feedback in a survey we set out, and co-organising recurring events such as the Annual Research Meeting and the Scientific Rounds. Next year, the Junior Council will start recruiting members again on the topics of Social Safety, Education, and Harmonisation.



Junior council during the research meeting 2025

WORKPLACE MANAGEMENT TEAMS

HOSPITAL PSYCHIATRY & INPATIENT CARE

In 2025, we launched the workplace management (WPM) teams and merged WPM Hospital Psychiatry and WPM inpatient care. Below, we share the key developments.

Developments within hospital psychiatry

For the hospital psychiatry team, the past year was marked by further collaboration and professionalisation across both Amsterdam UMC locations. We also said farewell to Annette Boenink, who has started working at the Psyche and Soma outpatient clinic. We are very grateful to her for everything she has contributed to hospital psychiatry!

As a team, we have consciously invested in our culture and collaboration. During vision sessions, we actively worked on the question of how we can empower everyone within our teams. This led to concrete agreements about task distribution and cooperation—with room for talent, ownership, and job satisfaction.

We have made the final decision that the MPU-S at the VUmc location will not return, but that the PCD+ will be established from 2026 onwards.

In addition, we have taken important steps in the harmonisation and integration of care. POP and Kadex have been merged into the renewed POP-plus, an important step towards integrated and life-course-oriented care.

Protocols have also been revised, and triage within MPU-S and MPU-P has been further optimised, together with the MPU teams and the nursing team leaders. The aim: to make patient flows clearer and more efficient.

A milestone in 2025 was the collaboration with Spoedeisende Psychiatrie Amsterdam (SPA) in the Emergency Department (ED)(p.8). The SPA pilot was rolled out under the leadership of Marloes Oudijn, in collaboration with the Arkin crisis service and the ED (see photo). The pilot has been a success and was positively evaluated by the ED, SPA, and hospital psychiatry. We are now exploring how this collaboration can be continued on a structural basis.



SPA-pilot in the ED led by Marloes Oudijn

Developments within the inpatient clinics

The review board paid a visit to the High Intensive Care (HIC). The very positive report, with explicit appreciation for our approach and support of patients, confirms what we stand for every day: humane, engaged, and professional care. Internally, we have also successfully invested in reducing coercion and restraint, with positive results!

Paul Doedens received a grant for smart cameras on the HIC, which should contribute to greater freedom and privacy for patients. Panos Tamtakos won the award for best nursing internship. In the Early Psychosis unit, training on substance use for patients has been launched.

Within the MPU Child & Adolescents, great progress has been made. The number of beds has been expanded to eight, and the team has been further strengthened with a team leader, senior staff, sociotherapists, and a new family counsellor. We also welcomed a very special colleague: therapy dog Kiwi (photo)! During the Joint Commission International (JCI) accreditation, Kiwi was mentioned by name as part of our innovative care.



*Therapy dog Kiwi at the MPU
Child & Adolescents*

Collaboration between hospital psychiatry and inpatient care

Another important development was the introduction of the newly improved morning handover. Psychiatrists from the inpatient care and hospital psychiatry now hand over together in person in the same room, led by a chairperson, with specific attention to timing, structure, and content focus. Learning objectives and constructive feedback are used, which is also important in relation to psychiatric training. This has led to more efficient and focused handovers, more valuable interaction between the clinic and hospital psychiatry, and more room for reflection on complex cases. The new morning handover has been positively evaluated by both psychiatrists and residents and will be continued.

Together, we continue to build a sustainable team in which our clinical work, research, and training reinforce each other, and in which we provide compassionate academic psychiatry and integrated psychiatric and somatic care from young to old. We look back with pride on what we have achieved together, and we look forward with confidence to the coming year!

WORKPLACE MANAGEMENT TEAMS

OUTPATIENT CLINIC & DAY TREATMENT

As of 1 January 2025, the outpatient clinics and day treatment at the locations VUmc and AMC have officially been merged. In 2025, we began harmonising the working methods at both locations, so that patients at both sites experience the same clear pathway and quality of care.

We focused on the patient journey, particularly triage and intake: how do patients register, how do we determine what is the right fit, and how does someone enter the right treatment? The teams from both locations compared their working methods and jointly formulated areas for improvement. The first set of agreements and improvements will be implemented step by step in 2026 and 2027.

Harmonisation of outpatient clinics and day treatment

It is encouraging that collaboration between the locations visibly increased in 2025, both in diagnostics and treatment. To facilitate coordination between teams spread across two locations, we work with theme groups: groups of care providers who focus on a specific topic (such as a target group or treatment method) and ensure that questions and ideas are properly addressed and feedback is provided.



Christmas meeting of colleagues in outpatient care

Developments en initiatives

Despite staff shortages, several improvements and new components were prepared or launched in 2025.

For example, the Anxiety/OCD team expanded its offering with Inference-Based Cognitive Behavioural Therapy (I-CBT), a proven effective treatment for patients with treatment-resistant Obsessive-Compulsive Disorder (OCD), in which patients learn to base themselves on their perception in obsessive situations, as they do in non-obsessive situations. The improvement programme “From Standing Still to Progress” was also launched to optimise exposure and response prevention (ERP) as part of OCD day treatment for patients whose symptoms do not sufficiently decrease. In addition, a person-centred psychotherapeutic group was developed for complex OCD/BDD (Body Dysmorphic Disorder) with personality problems. This group will start in 2026. The group treatment for misophonia has also been completed. We are now investigating how this care can (partly) be offered in secondary mental health care.

For patients with Somatic Symptom Disorder (SSD), a plan has been made to start Body-oriented Mentalisation Based Therapy, linked to a pilot study (starting early 2026). An online module has also been developed with Minddistrict for patients with Functional Neurological Disorders (FND), which will be available in 2026.

We have also expanded the psychotherapeutic treatment offering for our target group with Neuropsychiatric Movement Disorders with Acceptance and Commitment Therapy (ACT) and Eye Movement Desensitisation and Reprocessing (EMDR).

At the mood outpatient clinic, care around (es)ketamine was further expanded in 2025. The capacity for esketamine was increased and a new, more comfortable treatment room was opened. Intravenous ketamine treatment was moved to the day centre to allow more patients to be treated.

We reached a milestone in Deep Brain Stimulation (DBS) care (p.7). The DBS team completed an implementation project (ZonMw, National Plan Hoofdzaken) which enabled the number of DBS treatments to be doubled. This led to the expansion of the team with an additional DBS psychiatrist. A jointly developed handbook helps to scale up DBS, so that more severely affected patients have access to this treatment.

Finally, two expansions have been approved: the Hospital Psychiatry Advisory outpatient clinic and the Pregnant Women & Psychiatry outpatient clinic. With additional diagnostic capacity, somatic specialists and patients treated in the hospital can more often make use of our psychiatric expertise.

TRAINING

For the training of psychiatry residents, 2025 was a remarkable year in which important milestones were reached and new initiatives took shape.

Recognition

In March, following the accreditation review, we received the news that our training programme has been granted indefinite recognition. This is a significant milestone for both the training and the organisation team. With this, the review committee expressed its confidence in the self-monitoring and self-regulating capacity of the programme. From now on, the training will be evaluated once every five years, with a particular focus on the functioning of the internal quality management system. Within this structure, the principle of “Residents in the lead” is playing an increasingly prominent role.

Change

In November 2025, the training team experienced some changes. Trainer Dominique Scheepens and training coordinator Leonie Westerman stepped down from their roles. Dominique has dedicated many years to the training programme. The high quality of psychotherapy education and supervision for the residents is largely thanks to her. In recent years, she has brought in experts in insight-oriented psychotherapy and systemic therapy in our plenary teaching sessions. She was also, for many years, the main point of contact for individual residents regarding placement planning and the content of the training. We also thank Leonie Westerman for her excellent organisation and structure of the programme. Both made a crucial contribution to the foundation of the successful merger of the training programmes and the positive accreditation review leading to indefinite recognition, for which we are extremely grateful!

In December 2025, Leonie was succeeded by Ellen Beekman, who previously worked at the department of Anaesthesiology, as training coordinator for ten years. With her extensive experience, we see her as a very valuable addition to the training team. The team of trainers now consists of Marijke Bremmer and Pelle de Koning.



Voorjaarscongres
2025

EDUCATION

With pride, we look back on a year of growth, collaboration, and innovation within psychiatry education in the UvA and VU medical programmes.

Education innovation and looking forward

First and foremost, the major revision of the master's education at the UvA deserves special attention: the teaching week has been moved to directly before the psychiatry clinical rotation. In consultation with the education team, several didactic interventions were implemented to optimise the transition for students. The strong desire of the programme to improve student attendance at teaching sessions also aligned well with Ellen Bosnak's Principal Educator project: student engagement. Linked to the students' experiences, all lessons in the preparatory week are now coordinated with each other and with clinical practice. They are woven into a 'storyline' (image) in the self-study materials: all with the aim of optimising intrinsic motivation for psychiatry education.



Storyline psychiatry education

The introduction of diversity education in the central Clinical Training Education (KTO) at the VU marks an important step towards more inclusive education, in which we pay attention to the unique backgrounds of our students and patients.

Connecting & Harmonisation

The Education Day for coordinators from VU and UvA on 13 September 2025 inspired and strengthened mutual connections. The VR workshop by Abe and Ellen was very educational (photo). The plan is to repeat this annually, with the first part dedicated to sharing 'what you were proud of this year' and the second part filled with a workshop.

The revision and redistribution of the curriculum as part of the harmonisation process is well advanced. This process ensures better alignment between the different programmes and increases the efficiency and quality of our educational offering. Finally, Femke Lamers and Hansje Heller both obtained their Senior Teaching Qualification this year: congratulations! We will maintain this positive energy and take the next steps together towards future-proof education.



Workshop Virtual Reality (VR)

SOCIETAL IMPACT

DepressieNet: Working Together for Better Depression Care

On 1 September 2025, DepressieNet was launched with support from the Dutch Brain Foundation (Hersenstichting). It is not a new layer in healthcare, but a platform that brings together existing and new initiatives around depression care. In this way, there is more coherence between projects, and people and expertise are brought together. Those involved include clinicians, researchers, healthcare organisations, and experts by experience.

Many people with depression still experience long waiting times, regional differences, and a lack of overview. DepressieNet aims to address these problems by sharing knowledge and strengthening initiatives. The focus is on:

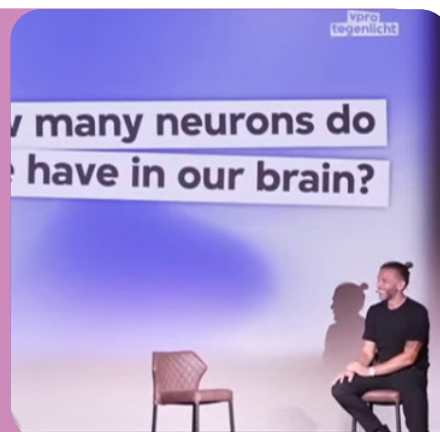
- Faster and more appropriate treatments,
- Greater coherence between care and research,
- Access to up-to-date and reliable information,
- Less relapse and improved quality of life,
- Promoting collaboration throughout the entire care chain.



DepressieNet is an initiative of Christiaan Vinkers (psychiatrist and professor at GGZ inGeest and Amsterdam UMC) and Jeanine Kamphuis (psychiatrist and researcher at UMCG). More information can be found at www.depressienet.nl

Dopamine Machine at Lowlands festival

On Saturday 16th of August, two very special guests took to the stage at the Lowlands music festival. Colleagues Ingo Willuhn and Arne Popma appeared in the ECHO. VPRO Tegenlicht was present at Lowlands with the Dopamine Machine, where Ingo and Arne came to talk about dopamine. What is it? How does it work? And how can we deal with our smartphone addiction? It was a unique platform to share knowledge with a broad and lay audience.



World Mental Health Day in Amsterdam UMC

'Mental health is a human right, for everyone.' That was the theme of World Mental Health Day on the 10th of October 2025. To reinforce this message, the department of Psychiatry organised the Mental Health Festival at the Voetenplein in Amsterdam UMC. It was an afternoon filled with positivity, knowledge, and connection for colleagues, patients, and visitors. We emphasised the importance of openness about mental health, including within our own hospital walls.

On the square, visitors could discover the diversity of the department of Psychiatry in a playful and educational way. They could play the Mindsetter game, experience an rTMS simulation, try out virtual reality (VR), and use the 'super chill' device to focus on relaxation and recovery. There was also plenty to learn about mental health research.

With the Mental Health Festival, the department of Psychiatry showcased all that is happening in care and research, and highlighted the importance of paying attention to yourself and to each other. In our busy society—and in our work—it is important to consciously slow down sometimes: go outside or find ways to relax. After all, your mental health is just as important as your physical health.



INSIST: Implementation of a smoking cessation intervention in standard psychiatric care

Since 2024, the INSIST study has been running at the mood disorders outpatient clinic and the early psychosis clinic and day clinic. Committed and enthusiastic clinicians initiate conversations about quitting smoking using the Very Brief Advice+ approach and refer patients to WeQuit for digital quitting smoking treatment.



Stoptober, every year, is a good opportunity to raise awareness among clinicians and patients about the possibilities for quitting smoking. Stoptober is a national campaign in which smokers quit together for 28 days in the month of October. Those who manage to quit for 28 days are five times more likely to quit for good. In psychiatry, the percentage of smokers is three to four times higher than in the general population. Smoking has a negative impact on both physical and mental health, while quitting smoking has positive effects. That is why we pay extra attention to quitting smoking in this target group.

Nicotine addiction is persistent, but anyone can quit smoking or vaping. The most successful way to quit is through a combination of support from a smoking cessation coach and nicotine replacement therapy or medication. Everyone is entitled to one reimbursed quit attempt per calendar year, which can include the use of a coach and medication.

Giving Back

'Giving back' supports ambitious first-generation students from secondary schools in Amsterdam by providing mentorship and organising a range of development opportunities. Jorien Treur, researcher at the department of Psychiatry, has been involved in Giving back since 2023, acting as a mentor and organising a yearly workshop at Amsterdam UMC, titled "Does your DNA determine who you are?". After a short lecture, the workshop involves several activities, including extracting DNA from your own saliva, discussing ethical dilemmas (e.g., under which conditions should we allow genetic editing of human embryos?), playing a game to learn how environmental influences interact with genetic make-up, and, finally, an exciting tour through a wet lab that does cardiovascular genetic research. All of this is made possible by the enthusiastic commitment of researchers from our department at Amsterdam UMC, the Experimental Cardiology department, and VU Amsterdam. The workshop is highly valuable as it provides insight into how youth view current topics in modern genetic research, while also creating enthusiasm about psychiatry and genetics, inspiring a group of ambitious students in their study and career decisions. So far, collaborating with Giving back has already led to many students doing a short work experience placement at the department of Psychiatry.



INTRODUCTION SCIENTIFIC RESEARCH

The Management Team (MT) Research set itself the primary goal in 2025 of bringing together the strengths of the two former Psychiatry departments (locations VUmc and AMC): the long-standing practices, infrastructures, traditions, and associated cultures.

Room for innovation and growth

The ultimate aim is to create an inspiring and healthy research climate, with space for diversity, the development of young talent, multidisciplinary collaboration, team science, scientific innovation and excellence (visible on the national and international stage), within a broad range of topics relevant to psychiatry. We also pay attention to the reciprocal cross-fertilisation between scientific research, clinical practice, and the wider society. The research themes use a life-course perspective, with intensive collaboration with the departments of Child and Adolescent Psychiatry and Medical Psychology at Amsterdam UMC (p.29). In 2025, we began exploring increased collaboration with our chain partners in the region and shaping experiential expertise in policy.

Specifically, several strategic topics have been elaborated in more detail for implementation:

- Healthy finances with room to invest in emerging young talent;
- Strengthening collaboration and cross-fertilisation across the various research themes;
- More intensive dialogue between science and clinical practice, and joint policy.

To ensure sufficient input from the various levels within the department, a Junior Council has been established (consisting of PhD candidates, clinicians, postdocs, research assistants, and assistant professors) (p.12), whose (vice-)chairs regularly participate in the meetings of the MT Research. The first steps have also been taken to give postdocs a voice within the department, and regular consultations are held with senior researchers, so that policy can be shaped collectively.

Members of the MT Research

The members of the MT Research are Odile van den Heuvel (chair), Merijn Eikelenboom (vice-chair), Arne Popma, Brenda Penninx, Christiaan Vinkers, Guido van Wingen, Ingo Willuhn, Claudi Bockting, Roel Mocking, and from 2026 Paul Doedens, with secretarial support from Muriël Sarphatie. Junior council representation by (vice)chairs Coen Coomans (PhD candidate) and Margot van de Weijer (assistant professor).

RESEARCH HIGHLIGHTS

The highlights of the scientific research in the department of Psychiatry are described using the Principal Investigator (PI) groups.

PI Abdel Abdellaoui, Genetics and social inequality

In March 2025, our group published a Perspective article in [Nature Human Behaviour](#) titled "Socio-economic status is a social construct with heritable components and genetic consequences". The paper reflects on how social stratification both reflects and influences genetic variation in populations, through mechanisms including assortative mating, migration, and differential reproductive success, with implications for the unequal distribution of mental and physical health across populations. These findings attracted wide media coverage, including Het Pa-rool, NRC Handelsblad, and the Financial Times, and generated significant public and scientific discussion on the genetics of social inequality.



NRC Wetenschap cover 10-11
May 2025 (photo Jagoda Lasota)

PI Wouter van Ballegooijen, Metapsy suicide prevention

One of our notable achievements was the publication of the first three papers based on our Metapsy Suicide Prevention project. These papers are published in [JAMA Psychiatry](#), [JAMA Network Open](#) en [Clinical Psychology & Psychotherapy](#). In collaboration with VU Amsterdam and 113 Suicide Prevention, we built a database of published literature on the effect of psychotherapy on suicidal thoughts and behaviour. We also developed the infrastructure required to update this database continuously in the future. The first results of the meta-analyses are now available for all to see and several more papers are in the pipeline. The database and meta-analytic tools are freely accessible online at www.metapsy.org/suicide-prevention.

PI Claudi Bockting, Intervention Lab

An important milestone was the award of the interfaculty research proposal by the University of Amsterdam 'Shaping Interfaces between Science and the Public' as a new research priority. Over the next five years, this new Research Priority Area will bring together five faculties to develop interfaces that connect science with the public, for example in the fields of mental health and AI, but also in other scientific domains. Claudi Bockting is one of the involved board members.

These and other projects contribute to the use of technology and other personalised intervention methods to make access to effective care for mental health conditions available to everyone.

PI Birit Broekman, Women's mental health

In 2025, research into women's mental health placed a strong emphasis on implementation research, with the aim of directly translating knowledge into clinical practice. Initiatives such as Use the MoMentUM and Samen Sterk aan de Start (funded by ZonMw) were central to this effort and were carried out in close collaboration with mental health institutions and MIND. Within Use the MoMentUM, interactive training sessions were developed and rolled out to support healthcare professionals in discussing family planning and the desire to have children within mental health care. In parallel, Samen Sterk aan de Start focused on the development and evaluation of a transmural care pathway for pregnant women with psychiatric vulnerabilities, in which POP clinics, Infant Mental Health, and mental health partners work closely together around mother and child.



Birit Broekman

PI Lieuwe de Haan, Early Psychosis

Within our Early Psychosis research group, two research proposals were awarded funding in 2025, focusing on the theme of brain energy. These projects will investigate the effect of exogenous ketones on cognitive function and clinical symptoms.

PI Irma Hein,

Reliable new trauma screener for children and adolescents

After a traumatic event, children and adolescents may develop symptoms such as intrusive memories, low mood, or heightened alertness: signs of post-traumatic stress disorder (PTSD). Early detection is crucial, and a good screening tool can make all the difference. In 2025, a major Dutch study confirmed the strong reliability and clinical usefulness of the new [Nederlandse Kind- en Jeugd Trauma Screener \(KJTS\)](#). This paper by Lieke Kooij (photo) and colleagues is published in the [Journal of Psychotraumatology](#).

Nearly 600 young people and 650 caregivers completed the screener, showing that the KJTS accurately reflects the four PTSD symptom clusters in the DSM-5 and effectively differentiates who may need further assessment. This makes the KJTS a valuable tool in everyday mental health practice.



Lieke Kooij

PI Odile van den Heuvel, Veni & Vici grant in Team Neuropsychiatrie

This year, Odile van den Heuvel was awarded the prestigious Vici grant for her project 'Neuroplasticity in obsessive-compulsive disorder (OCD): from lifespan changes to better treatment outcomes'. And Tim van Balkom (photo) was awarded a Veni grant for his project 'Personalised neuromodulation for cognitive impairment in Parkinson's disease'. This Veni entails three projects: the first study aims to develop models of variation in normal functional connectivity in aging to assess how deviation from normal connectivity relates to cognitive impairment in individuals with Parkinson's disease (PD).

The second project will study if deviation from normal connectivity in the stimulated brain region predicts efficacy of rTMS intervention, the third project will use the connectivity models to select a personalised target for stimulation and assess its effects in a cross-over proof-of-concept study in PD.



Tim van Balkom and Hans van de Goudoever (chair RvB)



Elseline Hoekzema

PI Elseline Hoekzema, Pregnancy Brain lab

In 2025, we have entered the final stage of data collection for our prospective cohort study at Amsterdam UMC following women from before conception until the late postpartum period. These data will allow answering key questions regarding the effect of pregnancy and motherhood on brain structure and function.

We also hope to find out more about the impact on women's lives, such as the link to disorders of maternal mental health. Analyses of our previous prospective cohort dataset have also rendered several important insights into these topics during our analyses this year, which will be published in 2026. In 2025, Dr. Elseline Hoekzema was awarded a Vidi grant to continue building this research line in the coming years.

PI Femke Lamers, Digitale health and ambulatory assessment

The team of Stress in Action (SiA) in Amsterdam has developed the SENSE-D pilot protocol, a study involving 50 patients initiating new treatment for depression. Utilising the SiA Ambulatory Assessment toolkit the study aims to assess the feasibility of these ambulatory methods and examine how toolkit parameters relate to changes in depressive symptoms over time. Ethics approval was obtained in 2025, and participant recruitment will commence soon. Additionally, George Aalbers and Femke Lamers, together with other researchers of Amsterdam UMC and of the Hyve, secured an APH Mental Health grant to establish the Special Interest Group Ambulatory Assessment Amsterdam (photo), fostering collaboration and infrastructure development across Amsterdam institutes.



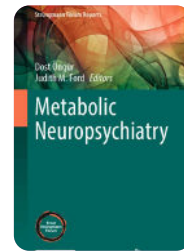
Meeting of the Special Interest Group Ambulatory Assessment Amsterdam

PI Anja Lok, Swammerdam Institute for Life Sciences (SILS)

End of 2025 the collaboration between the department of Psychiatry and the Swammerdam Institute for Life Sciences (SILS) is strengthened by the guest researcher appointment of Dr. Anja Lok, psychiatrist and senior researcher. Anja Lok will be part of the labs of Prof. Stanley Brul (Molecular Biology) and Prof. Paul Lucassen (Brain plasticity).

PI Yuri Milaneschi, Metabolic Psychiatry

2025 marked a breakthrough year for the establishment of Metabolic Psychiatry as an emerging scientific field. This new discipline explores how bioenergetic processes in the body and brain may hold the key to understanding and treating psychiatric disorders. Within this rapidly developing area, our group made several important contributions. We published a major study in [JAMA Psychiatry](#) demonstrating the relevance of energy homeostasis in depression. In addition, a seminal [book \(open-access\)](#) (image) was released summarizing the 2024 Ernst Strüngmann Forum in Germany, where we joined leading experts from around the world to define the research agenda for this exciting new field.



Metabolic Neuropsychiatry, Springer 2025

PI Roel Mocking, Deep Brain Stimulation (DBS)

The highlight of 2025 was the progress made in bringing neuromodulation, such as DBS and ECT, closer to routine care in psychiatry. Syntheses strengthened the clinical evidence: our Individual Participant Data (IPD) meta-analysis of sham-controlled DBS trials in OCD and our umbrella review with updated meta-analysis confirmed clinically relevant improvements. Our meta-analysis of preoperative predictors in depression supports better selection and counselling for DBS. We also developed a model to predict ECT effectiveness and to personalise treatment. The DBS study in treatment-resistant depression completed inclusion; analyses show improvement across multiple symptom domains after DBS. Finally, implementation research, including a mental health knowledge game with 2,200 participants, streamlined DBS referral and organisation; nationally, this led to a doubling of the number of DBS implantations for OCD.

PI Miranda Olf, Center for Psychological Trauma

In 2025 our team [published](#) the first nationwide prevalence estimates of DSM-5 PTSD and ICD-11 PTSD and Complex PTSD in the Netherlands. In collaboration with ARQ National Psychotrauma Centre, we demonstrated that 81.5% of the population reported at least one potentially traumatic event, and that approximately one in nine adults developed PTSD during their lifetime. Only one-third received first-line trauma-focused treatment. In a representative student sample, we additionally identified substantial treatment gaps and help-seeking barriers, published in the [Journal of Interpersonal Violence](#). Together, these findings highlight the urgency of targeted screening, prevention, and public mental health campaigns to reduce stigma and improve access to evidence-based care.



PI group Miranda Olf

PI Brenda Penninx, Stress in Action

In the Stress in Action project, coordinated by Brenda Penninx, over 90 researchers from 7 different academic institutions (photo) collaborate on examining stressors and stress responses (affective, physiological, behavioural, cognitive) in daily life, and how these are related to mental and cardiometabolic health outcomes. One example [paper](#) coming from this project is Marcos Ross-Adelman’s paper on ambulatory cognitive functioning and how this relates both at the across-person and within-person level with depressive symptoms.



Stress in Action consortium in October 2025

PI Erik Rietveld, Change-Ability

There was a major change in Erik Rietveld’s team in 2025. Post-doc Ivar Kolvoort (photo) previously worked on the Vici -project ‘Change-Ability for a World in Flux’. Last year, Ivar started a new job as the Lead Expert AI Literacy & AI Innovation at the Teaching and Learning Centre of the University of Amsterdam (UvA).



Ivar Kolvoort

PI Jorien Treur, Comorbidity & Causality group

In 2025, Jorien Treur was awarded a Vidi grant, initiating an exciting project in which ‘evidence triangulation’ is used to reliably answer difficult causal questions, such as “Does vaping or sedentary behaviour increase mental health problems?”.

As highlighted in a widely read [editorial](#) also published in 2025, evidence triangulation (meaning the combined use and integration of multiple causal methods) has already been successfully applied to show that cigarette smoking can lead to mental health problems. For the Vidi project, the Comorbidity & Causality group is establishing an international triangulation network to develop frameworks and guidelines to improve conducting and reporting of triangulation studies.



PI group Jorien Treur

PI Christiaan Vinkers, Mood & Resilience Lab

In 2025, the Mood & Resilience Lab advanced its interdisciplinary research on stress, resilience, and mood disorders. Our work combines clinical studies with innovative methods to better understand mechanisms of vulnerability and recovery. Several major projects contributed to this effort, including DESTRESS, Stress in Action, HARMONIE, SHIELD, and RECOGNIZE, which investigate stress dynamics in daily life and aim to improve prevention and treatment of mood disorders. A major milestone was the ERC Consolidator Grant awarded to Christiaan Vinkers to study how 24 hour cortisol rhythms shape stress resilience. Together, these initiatives move the field toward more personalised and scalable mental health care.

PI Ingo Willuhn, Neuromodulation and behaviour

Two recent studies advance our understanding of the neural mechanisms underlying compulsive behaviours. In patients with obsessive-compulsive disorder (OCD) undergoing deep-brain stimulation (DBS), intracranial recordings revealed consistent low-frequency electrophysiological signatures of compulsivity across basal-ganglia circuits, linking subcortical activity to symptom severity and supporting the development of biomarker-guided neuromodulation.

Complementing this clinical work, a newly developed Tph2-Cre rat line enabled precise optogenetic manipulation of serotonin neurons, showing that serotonin release sustains movement and reinforces self-stimulation while exerting limited direct effects on compulsive behaviour. Together, these studies provide new tools and candidate biomarkers for probing the neurobiology of compulsivity and improving targeted interventions.



PI group Ingo Willuhn

PI Guido van Wingen, Neuroimaging in Psychiatry

Prevention is better than cure. However, preventing the development of mental health problems has not been very successful so far. Preventive interventions in schools have even led to an increase in anxiety and mood problems. Jiangyun Hou has developed an AI model to predict whether healthy 10-year-old children will have internalising or externalising problems by the age of twelve ([published in Psychological Magazine](#)). The model shows high accuracy in two samples of 3,000–4,000 children from the United States. This enables targeted prevention, where preventive care is specifically directed at children with an increased risk of developing mental health problems.

COLLABORATIONS

STEERING COMMITTEE MENTAL HEALTH AMSTERDAM UMC

Last year, we began to encourage the departments within Amsterdam UMC that primarily focus on mental health to work together as much as possible where it is beneficial. We believe this will enhance the quality of our shared mission, make us more visible and approachable—both within and outside Amsterdam UMC—and ultimately enable us to make a greater contribution to people's mental wellbeing. This ranges from health promotion and prevention to the treatment of severe psychiatric disorders. This year, the first improvements are becoming visible; for example, through new joint care collaborations between different departments, strengthening the role of psychologists within the department of Psychiatry, joint management and implementation of training programmes, and new research projects.



Arne Popma, head of the department of Psychiatry



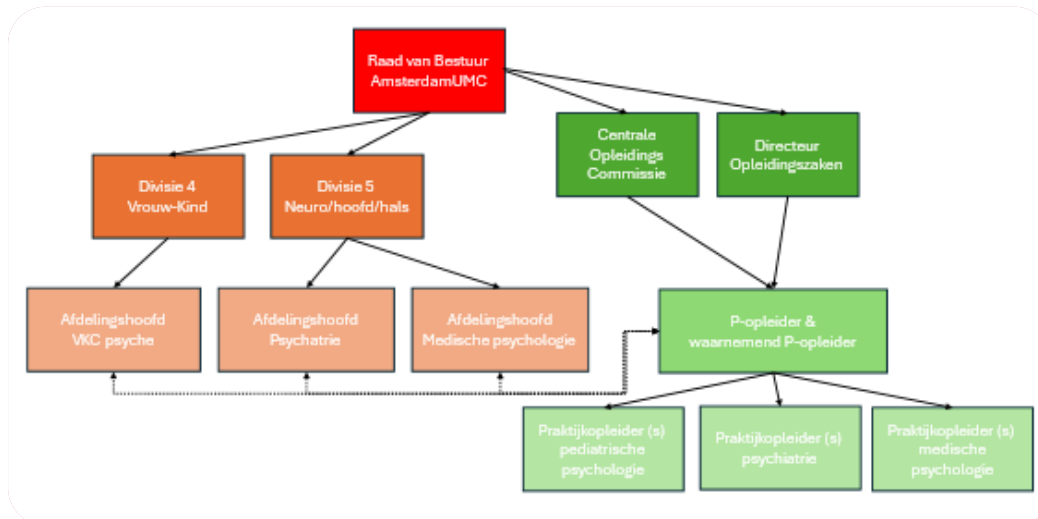
Rudolf Ponds, head of the department of Medical Psychology



Lisette 't Hart, head of the department of Child and Adolescent Psychiatry and Psychosocial Care

Training programmes psychologists

In 2025, the BIG-accredited training programmes for GZ-psychologist and clinical (neuro) psychologist within Amsterdam UMC were merged, across the departments of Child and Adolescent Psychiatry & Psychosocial Care, Medical Psychology, and Psychiatry. The P-trainer team works together from a training management team and in 2025 consisted of Alice van Dijk-Lokkart (P-trainer), Gert Geurtsen (acting P-trainer), Laurien Aben, and Yak Mee Wong. A corresponding organisational chart has been drawn up. This wish has been here for some time, thus this marks an important milestone for further improving the quality of the training programmes and the training climate.



Organisation P-training

Regional exploration

As part of Amsterdam UMC, we are part of the North Holland & Flevoland region. In 2025, we started, together with key partners, to set up a network with the aim of jointly coordinating, implementing, and strengthening research, innovation, data-driven working, and advocacy. There is significant managerial involvement, and during the initial explorations it quickly became clear how many connections already exist between the various institutions, but also how much more could be gained if we could 'align' all these links. In 2025, we formulated all wishes and preconditions; in 2026, we aim to actually implement and further develop our network.



Regional board meeting in Castricum at Parnassia Noord-Holland

Child and Adolescent Psychiatry

The departments of Child and Adolescent Psychiatry & Psychosocial Care and Psychiatry at Amsterdam UMC were tasked in 2025 with developing a future-proof structure and governance for child and adolescent psychiatry within Amsterdam UMC, in collaboration with Levvel and partners. Due to various historical arrangements, fragmentation and inefficiency exist. The assignment includes an inventory of activities in care, research, training, education, and valorisation, with attention to collaboration. Based on this, a joint recommendation will be drawn up in the course of 2026 to improve quality, simplify processes, and increase efficiency, in line with the Amsterdam UMC-wide strategy and regional mandate for sustainable collaboration and clear organisational management for the coming years within Amsterdam UMC.

COLLABORATIONS: ACADEMIC COLLABORATIVE CENTRES

ARKIN



Arkin is a leading organisation for mental health care in the Amsterdam region and beyond. We provide treatment and support to adults and young people with a wide range of psychological problems, from mild complaints to complex psychiatric disorders.

We offer treatments for various problems, like mood disorders, anxiety disorders, addiction, and personality problems, as well as severe psychiatric conditions. We deliver specialist and highly complex care, including forensic psychiatry, addiction care, and emergency psychiatry. Several departments have been awarded the TOPGGz certificate. These five departments focus on innovation, research, and highly specialised treatments within the domains of eating disorders, addiction, personality disorders, chronic psychiatric problems, and trauma-related issues.

In addition, Arkin works closely with partners, including Amsterdam UMC, in the areas of patient care, scientific research, education, and training. In this way, we continuously contribute to improving the quality of mental health care.

Amsterdam Institute for Addiction Research (AIAR)

Arkin/Jellinek collaborating with Dutch Addiction Association, NISPA, department of Psychiatry of Amsterdam UMC, GGZ inGeest, and Brijder Verslavingszorg. The mission of AIAR is conducting cutting-edge research and building bridges between innovative research methods and practice.

In 2025 the main results of a large RCT (2019-2025; N =209) on Treatment of PTSD and Addiction were published (in [Addiction](#) and in the [Journal of Substance Use and Addiction Treatment](#)). We concluded that PTSD can effectively be treated with either Prolonged Exposure, EMDR, or Imagery Rescripting. Furthermore, the vast majority of patients preferred simultaneous treatment, and our results indicate there is no need to postpone PTSD treatment until after substance use disorder treatment (image).

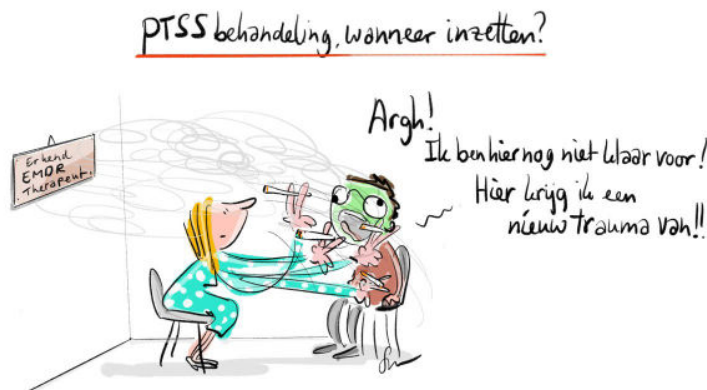


Illustration 'When to start PTSD treatment?' (in Dutch)

In 2025, we received funding from Stichting Volksbond Rotterdam (SVR) for a feasibility study on psilocybin-assisted therapy for severe alcohol use disorder. Aiming to examine the feasibility, safety and preliminary effectiveness of Acceptance and Commitment therapy (ACT) with one psilocybin-assisted treatment session.

Crimelab, Academic collaborative centre forensic psychiatry

Over the past year, several important developments took place within the Crimelab. Jochem Jansen was appointed as the new chair of the academic collaborative centre. The team also secured funding for multiple new research projects, including a social network intervention for forensic psychiatric (TBS) patients, studies on social media use in secure forensic hospitals, and the application of neurodiagnostic procedures during pre-trial assessments. In addition, a paper on the psychometric properties of the HoNOS questionnaires in forensic outpatient care was published. Finally, data collection began for a new study examining the effects of music therapy.



Academic collaborative centre GEZieN

At the European Society for Child and Adolescent Psychiatry conference (photo), we presented a symposium on involving parents in the treatment of children, from various perspectives. We did this together with researchers from Brisbane, Australia, with whom we closely collaborate in GEZieN. The presentations demonstrated how the difficulties and complaints of parents and children mutually influence each other and emphasised the importance of a family-centred approach.

In the FOCUS project, we are implementing a screening for mental health problems in parents of children in youth care or youth mental health services. The results of this screening are incorporated in parental guidance. In preparation, we organised focus groups with parents and clinicians.

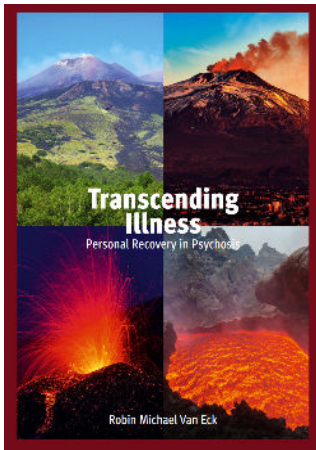


Colleagues of GEZieN at the European Society for child and adolescent psychiatry

Academic collaborative centre Psychosis

In 2025, an important change took place in the management of the academic collaborative centre for Psychosis (AWP): Mariken de Koning and Lieuwe de Haan now jointly lead the AWP. In addition, we welcomed two new members to the AWP: Jentien Vermeulen (Amsterdam UMC) and Annet van Bergen (GGZ inGeest). This year, Thijs Burger and Robin van Eck obtained their PhDs for research conducted within the academic collaborative centre. Their research focused respectively on different perspectives on recovery and on personal recovery in psychosis.

Furthermore, we continued our work on various projects: Een Gedeeld Verhaal; HAMLETT; The Young Ones; Triple P/AGE reader; VIP wordt FIT; Ambulantisering Amsterdam; Naasten studie; Social aging; Je Eigen Ervaring met Psychose; ECT in Inforsa; Thuiskomst; INSIST; KISSes and Passend Meten.



Dissertation Robin van Eck



Dissertation Thijs Burger

Academic collaborative centre Shift Left

The academic collaborative centre Shift Left focuses on interventions both within and outside of mental health care, in the areas of prevention, relapse prevention, suicide prevention, and short-term interventions for common mental disorders. This includes interventions that can be implemented in a timely manner within mental health care, but also by general practice nurses (PoH's), prevention workers, and in the social or commercial domain. For example, in collaboration with the Centre for Urban Mental Health (UvA), Shakuntala Ramnath has worked on social connection as a starting point for interventions for depression (Well Connect). In addition, the 'Listening Hairdresser' acceptability study (photo) was completed, which investigated whether hairdressers could support digital interventions for depression.



Annabel Bunschoten

GGZ INGEEST



The four academic collaborative centres of GGZ inGeest—Anxiety, Bipolar, Depression, and Old Age Psychiatry—had a successful year in 2025. The direct impact that research has on clinical practice is becoming increasingly important. Societal pressure on mental health care is rising due to more complex care, greater urgency, and shrinking capacity. Science and innovation help us to work more effectively and flexibly. This aligns with GGZ inGeest’s multi-year strategy, which has formulated five key points to address societal pressure on mental health care (Accessible referral, Smooth collaboration, Limited treatment, Agile working, & Digital proximity).

The academic collaborative centres of GGZ inGeest are engines for innovation: they connect research, practice, and training. For example, treatment can be shorter through effective intensive programmes, there is better collaboration with GPs and chain partners, and hybrid and data-driven working are being implemented.

Academic collaborative centre Anxiety

In 2025, the academic collaborative centre for Anxiety (AWA) experienced a year of visible impact. Our ‘Verscheur je Angst’ calendar became an unexpected success: 1,000 free copies quickly found their way to people struggling with anxiety. At the same time, we successfully completed inclusion for the ‘relieving anxiety during sleep’ study at the outpatient clinic and included the 100th participant in the KOMMA study (Korte Metten Met Angst – Tackling Anxiety Head-On). An RCT on schema therapy for treatment-resistant anxiety is getting well on the way. Our team was strengthened by the addition of senior researcher MD PhD Sophie Fitzsimmons, further connecting our research and clinical practice. As a final achievement, we received funding at the end of 2025 for an RCT on rTMS for panic disorder, and Eline Eigenhuis’ PhD thesis was approved. We are ready for 2026!



Group photo academic collaborative centre Anxiety

Academic collaborative centre Bipolar Disorder

In June 2025, we organised a themed evening in Amsterdam on substance use in bipolar disorder, attended by 75 clients and their loved ones. We launched an innovative online psychoeducation course for young adults, as part of an implementation and effectiveness study by KenBiS and the patient association PlusMinus. Additionally, important scientific publications were released. In *The Lancet Psychiatry*, we demonstrated that clozapine is effective and safe in patients with bipolar disorder. In a study published in *Nature Mental Health*, we also showed that genetic susceptibility to bipolar disorder is associated with the thickness of the cerebral cortex.



Group photo academic collaborative centre Bipolar disorder

Academic collaborative centre Depression

In 2025, the academic collaborative centre for Depression further strengthened the connection between clinical care, research, and knowledge sharing. Our team provides high-quality depression treatments and works in an increasingly systematic way, with continuous refinement of treatment processes. The antidepressant tapering clinic has now been in place for five years and is a permanent part of the depression outpatient clinic. We systematically collect data to evaluate and improve our approach and actively share our findings with general practitioners and pharmacists. We are also working on outtake and the Cognitive Behavioural Analysis System of Psychotherapy (CBASP). Within the academic collaborative centre, we work closely with Punt P of Arkin, further aligning clinical practice and research.

Academic collaborative centre Old Age Psychiatry

In 2025, our strategic partnership between GGZ inGeest, Arkin, and Amsterdam UMC was intensified. The challenge of "double aging" is significant: we anticipate a 70% increase in the demand for specialist mental health care (SGGZ), since the number of people over the age of 80 is expected to double in the coming years, while capacity remains under pressure.

To address this, we will further strengthen our collaboration with primary care, general practitioners (GPs), and elderly care physicians.

With 21 ongoing research projects and over 100 peer-reviewed publications, we play an important role in the field of Old Age Psychiatry, with expertise focusing on both patient care and research. We specialise in advanced neuromodulation, psychotherapy, and existential issues like resilience and end-of-life decision-making.

COLLABORATIONS: ACADEMIC COLLABORATIVE CENTRES

LEVEL

Level is a specialist in youth and family care. We particularly help children, adolescents and (foster) families for whom previous support has not been sufficient.

Level offers a wide range of assistance, from parenting support to highly specialised youth care, complex psychiatric care and acute help. Our social workers visit children and families in their homes, but we also offer day treatment, outpatient services, foster care, family-style group homes and residential care services.

Academic collaborative centre for Trauma, Attachment and Family

The academic collaborative centre for Trauma, Attachment and Family is a partnership between Level, University of Amsterdam (UvA) and the departments of Psychiatry and Child and Adolescent Psychiatry of Amsterdam UMC.

The Centre for Trauma, Attachment and Family focuses on children and adolescents with difficult to treat, complex or rare disorders relating to trauma and stress symptoms, child abuse and unsafe or problematic family situations.

Some highlights of the research projects in 2025:

- Parent-child interaction therapy using virtual reality (PCIT-VR). PhD thesis I. Scherpbier completed in 2025;
- Brief Intensive Trauma Treatment (KIT); development and execution of the KIT treatment protocol for adolescents with PTSD;
- Integrative Attachment - Enhancing Trauma Therapy for Children (Integratieve Gehechtheids bevorderende Traumaverwerkingstherapie voor Kinderen, IGT-K);
- Evaluation of a new treatment model for child abuse: family focus and EMDR integration.



COLLABORATIONS: ACADEMIC COLLABORATIVE CENTRES

OLVG



Physical and psychiatric disorders frequently co-occur: it is estimated that 30–50% of hospital patients experience combined psychological and somatic problems. This interconnection leads to more complex care, higher morbidity and mortality, and increased healthcare use and costs. At the same time, psychiatric problems in somatic settings are still often recognised late, partly due to overlapping symptoms and fragmented care. This underlines the importance of integrated care, which is the core area of hospital psychiatry.

Both OLVG and Amsterdam UMC have a strong tradition in hospital psychiatry and are complementary in this field. OLVG, as a large top-clinical hospital within the STZ (Santeon network), offers a setting with high patient volumes and broad clinical practice, while Amsterdam UMC, as an academic centre, provides specialist tertiary care and a strong research infrastructure. Within OLVG, there is a particular focus on integrated care at the interface of psyche and soma, with key areas in women's mental health, including the POP and menopause outpatient clinics.

This complementarity forms the basis for the academic collaborative centre Hospital Psychiatry, which was formally established in 2025, in which both institutions join forces in care, education, and research.

Academic collaborative centre Hospital Psychiatry

The academic collaborative centre is led by the professor of hospital psychiatry from Amsterdam UMC, Birit Broekman, in close collaboration with the unit leader of the department of Psychiatry and Medical Psychology at OLVG, Moniek Wassenaar. The appointment of postdoc Dr. Margot Morssinkhof at OLVG strengthens this academic line, with a focus on research into hormonal transitions and mental health.

The aim of the academic collaborative centre is to strengthen integrated psyche-soma care through intensive collaboration between hospitals, mental health care, and the social domain. Research is conducted according to a T-shape model: on the one hand, broad, transdiagnostic research across somatic disciplines, particularly anxiety and depression in chronic physical illnesses, including through Value Based Healthcare projects in, for example, orthopaedics and nephrology. On the other hand, in-depth research into women's mental health, such as studies linked to the Psychiatry Obstetrics and Paediatrics outpatient clinic (POP clinic) and the Multidisciplinary Menopause Problems outpatient clinic (MOP clinic). There is also an emphasis on accelerating implementation and improving access to knowledge and expertise in clinical practice.

With this, the academic collaborative centre offers a strong platform for further academic development of hospital psychiatry, in which clinical practice and science are closely intertwined and together contribute to future-proof, integrated care for patients with complex psyche-soma problems.

ACQUISITION

In this chapter you can find an overview of the grants acquired by the researchers in our department in 2025. Amount is in Euro's.

Name	Project	Funder	Amount
Aalbers, G.	APH Grant 2025	VU Medisch Centrum	5.000
Abdellaoui, A.	Genomics and life paths	Uppsala Universiteit	1.275.304
Balkom, van T.D.	VENI Tim van Balkom	NWO	369.797
Ballegooijen, van W.	Suïcidepreventie in de zorg	ZonMw	47.366
Bastiaanssen, T.F.S.	VENI Thomaz Bastiaanssen	ZonMw	368.748
Bockting, C.L.H.	Accelerating scalable digital meantal health interventions	Wellcome Trust	268.897
Exel, van E.R.	Direct TMS - Clinical trial	ZonMw	23.564
Heering, J.	APH SPARC	Stichting Amsterdam UMC	5.000
Heuvel, van den O.A.	VICI Odile van den Heuvel	ZonMw	1.500.000
Holst, van R.J.	GamblingLess	ZonMw	340.760
Holst, van R.J.	Startsubsidie vorming Thematische Consortia Kansspelverslaving	ZonMw	49.992
Jager, I.	CBASP	Stichting tot Steun VCVGZ	60.678
Kooij, S.	The Bias Breakout	ZonMw	8.000
Lok, A.	BUTY Trial	Stichting Amsterdam UMC	22.000
Lok, A.	Inside Out	Nationaal Regieorgaan Praktijkgericht Onderzoek SIA	39.966

Name	Project	Funder	Amount
Mheen, van der M.	APH Grant 2025	Stichting Amsterdam UMC	5.000
Mocking, R.	ABC Dominika	Universiteit van Amsterdam	2.500
Mocking, R.	Neurocrine studie	Neurocrine	32.121
Okbay, A.	Beyond Nature vs. Nurture	Uppsala University NCDP	126.798
Okbay, A.	Amsterdam UMC Fellowship	Stichting Amsterdam UMC	150.000
Olf, M.	Sterk 3.0	Politie	564.900
Penninx, B.W.J.H.	ERA4HEALTHNUTRIBRAIN	NWO	331.908
Penninx, B.W.J.H.	Mental health research in naturalistic environment	Stichting Amsterdam UMC	5.000
Scheepstra, K.W.F.	Effecten van non-chirurgische hersenstimulatie	ZonMw	199.840
Smit, D.	Unravelling the ENIGMA	NWO	823.886
Treur, J.L.	DNA Cinema	NWO	89.360
Veen, van S.	DORES	ZonMw	375.413
Vermeulen, J.M.	Mocca	Hersenstichting Nederland	371.904
Vermeulen, J.M.	How to insist	Stichting Volksbond Rotterdam	40.000
Verweij, C.J.H.	Establishing polygenic predictions	Stichting Volksbond Rotterdam	100.000
Vinkers, C.H.	RECOGNIZE	Life Sciences Health TKI	896.005
Vinkers, C.H.	Nationaal Netwerk Depressie	Hersenstichting Nederland	1.300.000

DISSERTATIONS

E.M. van Andel, 16 April 2025

Shining a light on sleep in ADHD: ADHD, sleep, circadian rhythm, and health.

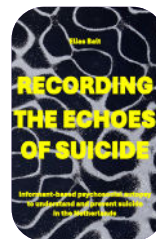
Supervisors: S. Kooij, A.T.F. Beekman,
co-supervisor: D. Bijlenga.



E.M.N. Balt, 28 March 2025

Recording the Echoes of Suicide: Informant-based psycho-social autopsy to understand and prevent suicide in the Netherlands.

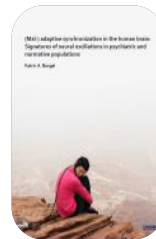
Supervisors: A. Popma, S. Mérelle,
co-supervisors: R. Gilissen, D. Creemers.



K. Bangel, 10 March 2025

(Mal-)adaptive synchronization in the human brain: Signatures of neural oscillation in psychiatric and normative populations.

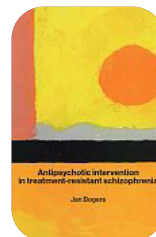
Supervisors: M. Olff, D. Denys,
co-supervisors: D.J.A. Smit, A Mazahari.



J.P.A.M. Bogers, 5 March 2025

Antipsychotic intervention in treatment-resistant schizophrenia.

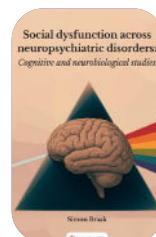
Supervisor: L. de Haan, co-supervisor: J. Vermeulen.



S. Braak, 11 November 2025

Social dysfunction across neuropsychiatric disorders: Cognitive and neurobiological studies.

Supervisors: B.W.J.H. Penninx, Y. Pijnenburg,
co-supervisor: T. Su.



T.A.A. Broeders, 25 March 2025

The dynamic brain: Brain network dynamics in multiple sclerosis and stress-related disorders.

Supervisor: Y.D. van der Werf,

co-supervisors: M.M. Schoonheim, C. Vinkers.



T. Burger, 10 October 2025

Perspective matters in Recovery from fragmented to collaborative care in complex psychosis.

Supervisor: L. de Haan,

co-supervisor: M.B. de Koning, N.F. Schirmbeck.



N. Cakici, 4 July 2025

Peripheral blood compounds in schizophrenia and major depressive disorder.

Supervisors: L. de Haan, B.W.J.H. Penninx,

co-supervisor: J.M. van Beveren.



R. van Eck, 3 October 2025

Transcending Illness: Personal Recovery in Psychosis.

Supervisor: L. de Haan,

co-supervisors: A. Vellinga, N.F. Schirmbeck.

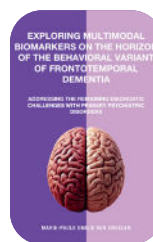


M.P. van Engelen, 26 May 2025

Exploring multimodal biomarkers on the horizon of the behavioral variant of frontotemporal dementia: Addressing the remaining diagnostic challenges with primary psychiatric disorders.

Supervisors: Y.A.L. Pijnenburg, C.E. Teunissen,

co-supervisors: E.G.B. Vijverberg, M.L. Oudega.

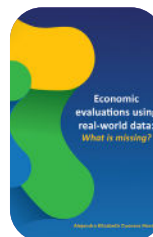


A.E. Guevara Morel, 9 May 2025

Economic evaluations using real-world data: What is missing?

Supervisor: J.E. Bosmans,

co-supervisors: D.J.F. van Schaik, H. van Dongen.



D.C.D. Havermans, 18 December 2025

Forgotten wounds - Recognizing and diagnosing PTSD in older adults and those with dementia.

Supervisor: M. Olff, co-supervisors: S. Sobczak, C.M. Hoeboer.



F. Huider, 27 October 2025

Genetics of Major Depressive Disorder: A Multi-Cohort Investigation.

Supervisors: D. Boomsma, B.W.J.H. Penninx,
co-supervisors: Y. Milaneschi, J.J. Hottenga.



K. Huth, 4 April 2025

Bayesian Graphical Modeling and its Application to Urban Mental Health.

Supervisors: R.J. van Holst, A.E. Goudriaan,
co-supervisors: M. Marsman, J. Luigjes.



J. Karchoud, 25 November 2025

Psychotrauma in Civilians. Towards Accurate Screening for PTSD Risk.

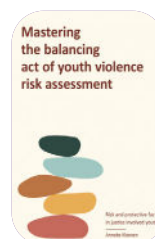
Supervisors: M. Olff, A.G.J. van de Schoot,
co-supervisor: M. van Zuiden.



A.T.H. Kleeven, 21 March 2025

Mastering the balancing act of youth violence risk assessment: Risk and protective factors in justice involved youth.

Supervisor: A. Popma,
co-supervisors: E. Mulder, M. de Vries Robbé.



R.E. Klein Schaarsberg, 12 March 2025

A virtual leap, one practical step: Uncovering the virtual reality of mentalization and ethnic representation in forensic youth care interventions.

Supervisors: A. Popma, R. Lindauer, co-supervisor: L. van Dam.



S. Lange, 3 June 2025

Heterogeneity in schizophrenia spectrum disorders: studies into functional, affective and metabolic outcomes.

Supervisor: B. Penninx,
co-supervisors: D. Rhebergen, P.D. Meesters.



W.A. van Leeuwen, 4 November 2025

CompulSafety. The interplay of stress regulation and attachment style in obsessive-compulsive disorder.

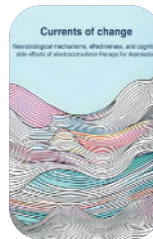
Supervisors: G.A. van Wingen, D.A.J.P. Denys,
co-supervisor: H.J.F. van Marle.



D. Loef, 26 March 2025

Currents of change: Neurobiological mechanisms, effectiveness, and cognitive side-effects of electroconvulsive therapy for depression.

Supervisors: B. Broekman, I. Tendolkar,
co-supervisors: A. Dols, P.F.P. van Eijndhoven.



M. Looijmans, 16 April 2025

Suicide prevention among young people: Exploring different Angles for Effective Policy and Practice.

Supervisor: A. Popma,
co-supervisors: R. Gilissen, S. Mérelle, D.D. van Bergen.



L. van de Mortel, 27 March 2025

Puzzling Patterns. Exploring the potential of diagnostic and prognostic neuroimaging in mental disorders.

Supervisors: G.A. van Wingen, D.A.J.P. Denys,
co-supervisor: R.M. Thomas.



C. Nuij, 24 April 2025

Exploring new ways to assess the suicidal process in practice and research.

Supervisor: H. Ripper,
co-supervisors: A. Kerkhof, W. van Ballegooijen.



L.R. Rappoldt, 16 October 2025

Let misophonia be heard. Advancing recognition, diagnostics and treatment of misophonia in youth.

Supervisors: D.A.J.P. Denys, E.M.W.J. Utens,
co-supervisor: N.C.C. Vulink.



R.D. Robke, 10 April 2025

Serotonin and dopamine. An updated investigation of neurochemical signals surrounding appetitive and aversive stimuli.

Supervisors: I. Willuhn, D.A.J.P. Denys.



N. Runia, 2 April 2025

From Darkness to Light. Exploring deep brain stimulation for treatment-resistant depression.

Supervisors: D.A.J.P. Denys, G.A. van Wingen,
co-supervisors: I.O. Bergfeld, P.R. Schuurman.



I.C.A. Scherpbier, 10 January 2025

Innovate and enhance for impact: Towards a tailored parenting intervention using working elements and virtual reality.

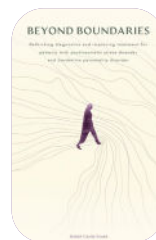
Supervisors: R. Lindauer, A. Popma,
co-supervisors: M. Abrahamse, R. Belleman.



A. Snoek, 14 January 2025

Beyond boundaries: Rethinking Diagnostics and Improving Treatment for Patients with Posttraumatic Stress Disorder and Comorbid Borderline Personality Disorder.

Supervisors: L.F.M. Beekman, J.J.M. Dekker,
co-supervisor: K. Thomaes.



R.S. Soleman, 8 October 2025

Neuroendocrine implications for brain activity: a burden or a blessing: Studies in transgender individuals and women with PCOS.

Supervisors: D. Veltman, C.B. Lambalk,
co-supervisor: B.P.C. Kreukels.



C.P. Souama, 16 December 2025

Traces of trauma: The lasting imprint of childhood trauma on affective and cardiometabolic health.

Supervisor: B.W.J.H. Penninx,

co-supervisors: F. Lamers, Y. Milaneschi, C.H. Vinkers.



J.R.M. Tan, 20 June 2025

Social participation in dementia through artistic photos: Development and evaluation of a person-centered digital Photo-Activity to foster connection between people with dementia living in nursing homes and their carers.

Supervisors: R.M. Droes, R. Gobbens,

co-supervisors: T.P. Ettema, S. Sikkes.



L. de Winter, 15 October 2025

Exploring the long-term course of psychosis.

Supervisors: L. de Haan, W.A. Veling,

co-supervisor: J. van Weeghel.

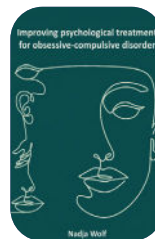


N. Wolf, 5 June 2025

Improving psychological treatment for obsessive-compulsive disorder.

Supervisors: T. van Balkom, P. van Oppen,

co-supervisor: H.A.D. Visser.



MEDIA

In 2025, several colleagues, clinicians and scientists, from our department were featured in newspapers, radio, podcasts, websites and other media, indicating the relevance and impact of the research and practice at our department.

Many more Dutch people are affected by PTSD. [Trouw](#), 17 January 2025.

Dr. Chris Hoeboer discusses his research on PTSD among the Dutch population in [Trouw](#). In 2025, approximately 1.7 million people in the Netherlands are affected by post-traumatic stress disorder (PTSD), with consequences like associated flashbacks, nightmares, and depressive symptoms. Hoeboer compares these figures from his research with an earlier study from twenty years ago. This shows that there are currently 1.5 times as many people with PTSD as were back then.

Thanks to brain implants, Frieda is able to hug her kids again. [Carrie op Vrijdag](#), 31 January 2025.

On the 31st of January, psychiatrist Dr. Nienke Vulink appeared on the TV programme "Carrie op Vrijdag". Together with a patient expert in the field of deep brain stimulation (DBS) for obsessive-compulsive disorder, she talked about DBS in psychiatry. Patient Frieda shared the positive impact that DBS treatment has had on her life.



'Academic psychiatry goes into society'. [DNA Amsterdam UMC](#), June 2025.

The staff magazine of Amsterdam UMC, titled DNA, published a wonderful interview in June 2025 with the head of the department of Psychiatry, Arne Popma. He talks about the mission to improve mental health. He also discusses the harmonisation and vision of the department of Psychiatry: 'From Psychiatry, we want to contribute to the broader objectives of Amsterdam UMC: "A healthy future for everyone". We also need to reduce health disparities in psychiatry. And we must tailor access to and the provision of care to the great diversity of people in the city and region.'



Social inequality leaves genetic traces.
Het Parool, 26 March 2025.

Following a well-received publication in *Nature Human Behaviour*, there has been significant media interest in the research of Dr. Abdel Abdellaoui, including *Parool*. In his research, Abdel-laoui shows that social inequality also leaves genetic traces. Numerous other studies have shown that factors such as poverty, mental health problems, susceptibility to addiction, and other influences ultimately add up to determine socio-economic status, which is often passed down from generation to generation. Abdel and his colleagues have now also investigated this at the micro level – namely, in the genes.



Poetry helps me to face the world.
Medisch Contact, 24 July 2025.

In the summer of 2025, psychiatrist Yasmin Namavar appeared on the cover of *Medisch Contact*. In an extensive interview, she discusses her recently published debut poetry collection 'Verblijf'. The interview also covers her Iranian background and her work as a psychiatrist at Amsterdam UMC. She explains: "But psychiatry is really the field where patients' stories speak the most. What struck me from the very beginning is the authenticity in the contact. Distance, detachment – you simply can't get away with that with a psychiatric patient. You have to make contact, you must, that is the foundation of everything. Uncomfortable contact, yes, but genuinely uncomfortable contact."

What happens in the brain of people with OCD? [NTR Wetenschap](#), 13 August 2025.

NTR Wetenschap has made a short video on YouTube about the findings of Dr. Tara Arbab's research on brain waves in people with OCD. Arbab measured signals of compulsive actions in patients with obsessive-compulsive disorder (OCD). She is the first in the world to have been able to measure these signals with electrodes in the brain. The research was published in Nature Mental Health, and NRC also published an interview with Tara.



Be careful using psychedelics for treatment of depression. [NPO Radio 1, de Nieuws BV](#), 27 November 2025.

Dr. Karel Scheepstra spoke on Nieuws BV on NPO Radio 1 about the use of psychedelics in depression. Together with colleagues, he issued a call in de Volkskrant to be cautious about so-called trip therapists and keta-clinics. Following that opinion piece, Karel is now discussing the topic on the radio.

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AMSTERDAM UMC**