

# Annual Report 2009

## Research Institute for Psychology & Health



Utrecht University - Leiden University - Tilburg University  
Vrije Universiteit Amsterdam – University of Amsterdam  
Groningen University – NIVEL - University of Leuven – Ghent University  
Helen Dowling Institute – Maastricht University  
Université Catholique de Louvain – Erasmus University Rotterdam  
University of Twente

Annual Report 2009©  
Research Institute for Psychology & Health  
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## **1. MISSION, ORGANIZATION, AND MEMBERSHIP**

### **1.1 Organizational structure**

The Research Institute for Psychology & Health is an interuniversity Research Institute accredited by the Royal Dutch Academy of Arts and Sciences (KNAW) in accordance with the Dutch Law on Higher Education (WHW, art. 8.1, 9.23, and 9.55). It was founded on January 1, 1995. In conformity with the WHW and the criteria of the KNAW, the institute has discretion with respect to the development of its research and Ph.D.-training program, and the administration of personnel and material facilities.

The Research Institute for Psychology & Health was established on the basis of a collaborative initiative of the Universities of Utrecht (UU), Leiden (UL), and Tilburg (UvT), and the Dutch Institute for Primary Health Care (NIVEL), including researchers from the field of cognitive, developmental, clinical, health, social, and organizational psychology, and researchers attached to various medical departments. Since the founding in 1995, several other universities (faculties) have joined P&H on the basis of a formal working agreement: in 1997 the Vrije Universiteit Amsterdam (VU, Social and Cultural Sciences), in 1998 the University of Groningen (RUG, the Northern Center for Health Care Research) and the University of Amsterdam (UvA-AMC, Medical Psychology of the University Hospital), in 2000 the Belgian universities of Leuven (Psychology and Pedagogy) and Ghent (Psychology and Pedagogy), and the VU University Amsterdam (VU, Psychology), in 2002, the Helen Dowling Institute in Utrecht, in 2006 Maastricht University (Faculty of Psychology), in 2007 the Catholic University of Louvain-la-Neuve (Faculty of Psychology and Educational Sciences), and in 2009 the Erasmus University Rotterdam (Faculty of Social Sciences). Furthermore, P&H holds affiliate memberships with researchers of the University of Hasselt, Twente University (Faculty of Behavioral Sciences), TNO Prevention & Health in Leiden, and Nijmegen University (Medical Psychology, UMC St. Radboud), and the Université Paris Descartes (Laboratory of Psychopathology and Neuropsychology Clinics). The ‘penvoering’ and secretariat of P&H are located at the Faculty of Social Sciences of Utrecht University.

The sections below summarize the main tasks and responsibilities of the board and committees of P&H, and provide information on their composition and activities in 2009. Tasks and responsibilities are further specified in the Institute’s Regulations and Procedures.

### **1.2 Board**

The board of P&H is responsible for the overall policy of the Research Institute. The board defines: the five-yearly and annual research program; the training program for Ph.D.-candidates, including guidelines for the selection, acquisition, supervision, and evaluation of Ph.D.- and postdoctoral projects and candidates; membership criteria and guidelines for the admission of senior staff, as well as the annual budget plan (in consultation with the participating faculties). The scientific director participates in the meetings of the board with an advisory vote. The office manager is the board’s secretary.

On December 31, 2009, the board, including the chair, consisted of 8 members and one external advisor:

Prof.dr. R. Sanderman (chair)	Groningen University
Prof.dr. J.M. Bensing	Utrecht University/NIVEL
Prof.dr. J. van den Bout	Utrecht University
Prof.dr. G. Crombez	Ghent University
Drs. G. Smid	Foundation Centrum ‘45
Dr. Bert de Jong	External advisor
Prof.dr. Gerjo Kok	Maastricht University
Prof.dr. Wilmar Schaufeli	Utrecht University

### **1.3 Scientific director and staff**

On behalf of the board, the scientific director is responsible for the effectuation of the Institute’s policy and the day-to-day management. This includes: the planning and supervision of the effectuation of the research and training programs; the preparation of the five-yearly research plan; the drafting of the annual budgets; the supervision of selection and evaluation procedures for Ph.D.- and postdoctoral projects and candidates; the development and

effectuation of policy regarding publications; and the management and coordination of the Institute's contacts, activities, and public relations.

In 2009, the scientific director and staff consisted of the following members:

*Scientific director:* Prof.dr. Denise de Ridder, Department of Clinical and Health Psychology, Utrecht University.

*Deputy director:* Dr. Henriët van Middendorp, Department of Clinical and Health Psychology, Utrecht University

*Office manager:* Mrs. Lizet Hoekert

*Secretary:* Mrs. Janet Hurtado

#### **1.4 Research Committee**

In the coordination and effectuation of P&H's research policy, the board and the scientific director are advised by the Research Committee. The major task of this committee is the selection and evaluation of research proposals for Ph.D.- and postdoctoral projects. The scientific director participates in the meetings of this committee with an advisory vote, while the deputy director acts as its secretary.

On December 31, 2009, the Research Committee consisted of the following members:

Prof.dr. E. Demerouti	Utrecht University
Prof.dr. L. van Doornen (chair)	Utrecht University
Prof.dr. A. Kaptein (vice chair)	Leiden University
Dr. H. Schut	Utrecht University
Dr. M. Schroevers	Groningen University
Dr. E. Smets	University of Amsterdam
Dr. M. Smeets	Utrecht University
Dr. I. Van Diest	University of Leuven

#### **1.5 Training Committee**

In the planning and evaluation of the Institute's training program, the board and the scientific director are advised by the Training Committee. The scientific director participates in the meetings of the committee with an advisory vote, while the deputy director acts as its secretary.

On December 31, 2009, the Training Committee consisted of the following members:

Dr. Jos Brosschot	Leiden University
Dr. Cristina Bode	University of Twente
Prof.dr. Rinie Geenen	Utrecht University
Prof.dr. Adelita Ranchor	Groningen University
Drs. Akke Albada	NIVEL
Drs. Jos Akkermans	Utrecht University

#### **1.6 Ph.D. Council**

In matters concerning the training, counseling and supervision of Ph.D.-candidates, the board and scientific director are advised by the Council of Ph.D.-candidates. The council consists of members from the participating faculties and institutes and appoints from its midst one representative in the Board of P&H and three representatives in the Training Committee.

On December 31, 2009, the council was represented by the following members:

Drs. Jos Akkermans	Utrecht University
Drs. Akke Albada	NIVEL
Drs. Mariana Cordovil	University of Louvain

Drs. Magalie Lahaye	University of Louvain
Drs. Geert Smid	Foundation Centrum '45
Drs. Corine van Wijhe	Utrecht University
Drs. Liesbeth van Vliet	NIVEL

### 1.7 Expert Group coordinators

The research program of P&H has been divided into 10 Expert Groups:

Expert group 1: Prof.dr. L. van Doornen	Psychophysiology and Health Utrecht University
Expert group 2: Prof.dr. R.J. Kleber	Psychotrauma and grief Utrecht University
Expert group 3: Prof.dr. Denise de Ridder	Eating behavior: Self-regulation of visceral behaviors Utrecht University
Expert group 4: Prof.dr. Theo van Tilburg	Life span development VU University Amsterdam
Expert group 5: Dr. Pascale Le Blanc	Work, stress, and health Utrecht University
Expert group 6: Dr. Rob Ruiter	Planned health behaviour change Maastricht University
Expert group 7a: Prof.dr. Adelita Ranchor	Adjustment to chronic illness Groningen University
Expert group 7b: Dr. Mieke Rijken	Intervention research NIVEL
Expert group 8: Prof.dr. Jozien Bensing	Patient provider interaction NIVEL
Expert group 9: Dr. Henk van Stel	Health related quality of life (UMC Utrecht, Utrecht University)
Expert group 10: Prof.dr. Olivier Luminet	Emotion regulation (University of Louvain-la-Neuve)

### 1.8 Members

On December 31, 2009, 118 senior researchers and postdoctoral fellows (10 affiliate members, 3 pro memori, and 1 honorary members not included) were attached to the Research Institute for Psychology & Health. Table 1 presents data about the institutional affiliation of the P&H members.

**Table 1.**

	Members	% members
Utrecht University, Soc. Sciences	34	28.81
Leiden University	15	12.71
NIVEL	8	6.77
Tilburg University	7	5.93
Maastricht University	7	5.93
Utrecht University, Medicine	10	8.47

University of Leuven	7	5.93
Groningen University	5	4.23
Ghent University	3	2.54
University of Amsterdam	3	2.54
VU University Amsterdam	2	1.69
Helen Dowling Instituut	3	2.54
Erasmus Rotterdam University	6	5.08
University of Louvain	2	1.69
Twente University	6	5.08
<b>Total</b>	<b>118</b>	<b>100</b>

## 2. TRAINING

### 2.1 Ph.D. training

In the regulations of the KNAW, it has been formalized that P&H Ph.D. students need to follow training for 10% of their time. The design of the P&H training program reflects the aim to offer a comprehensive, broad and internationally oriented program with a clear structure, but tailored as much as possible to the individual needs and expertise of the participants. The program thus offers a wide choice of optional modules in combination with some obligatory courses, i.e., the P&H Introduction, the P&H Lecture series, the Ph.D.-research seminar I, the annual P&H Day, and the Core Module 'Psychology and Health'.

P&H distinguishes 3 types of Ph.D. students:

- 1) The 'regular' "Assistenten in Opleiding" (AiO's), who have an equivalent of 4 years full-time to work on their project
- 2) Junior researchers, who have limited time to work on their project (e.g., 2 or 3 years); N.B.: you are not automatically perceived as a junior researcher by P&H if you work outside of the university.
- 3) External Ph.D. students ("buiten-promovendi"), who work most of their time on another task besides research (e.g., therapy) and in a setting outside of the university

These different types of P&H Ph.D. students have different obligations regarding the training that they should attend. The 'regular' Ph.D. students should attend at least 830 hours of training and 400 hours of individual counseling and supervision during the Ph.D. contract in order to obtain the P&H certificate. Besides a number of optional courses in, for instance, Methodology and Statistics or Academic Skills, some courses are obligatory.

- 1) For 'regular' Ph.D. students of the year groups as of 2008, the following training is obligatory:
  - P&H General Introduction
  - Ph.D. Research I, including presentation
  - P&H Day, 2nd year, including presentation (at least once oral) or organization
  - P&H Day, 3rd year, including presentation (at least once oral) or organization
  - 5 Workshops of the Core Module P&H
  - Attending at least 3 International Research Seminars
  - Attending at least 6 P&H Lectures, in which minimally one presentation of one's own research following the keynote speaker is taken care of
  - 400 Hours ( $\pm$  15 ECTS) of optional courses (methodological or academic skills training, relevant for one's project)
- 2) P&H junior researchers should attend the following in order to obtain an adjusted P&H certificate, and all other training possibilities are available:
  - P&H General Introduction
  - Ph.D. Research I, including presentation
  - P&H Day, 2nd year, including presentation (at least once oral) or organization
  - P&H Day, 3rd year, including presentation (at least once oral) or organization
  - 5 Workshops of the Core Module P&H
- 3) P&H external Ph.D. students are strongly advised to attend 5 Workshops of the Core Module P&H. Participating in the P&H General Introduction, Ph.D. Research I, and P&H Days are highly recommended, and all other training activities are optional.

### 2.2 Ph.D.-student members

In the course of 2009, 22 new Ph.D.-projects were started, 10 at Utrecht University, 2 at Groningen University, 2 at Twente, 1 at Leiden University, 4 at Ghent University, 1 at Erasmus University Rotterdam, 1 at NIVEL, and 1 at University of Amsterdam.

On December 31, 2009, 87 Ph.D.-candidates were attached to the Research Institute for Psychology & Health. Table 2 presents information about their institutional affiliation. Not included in this number are the 10 projects that were successfully completed in 2009 with the public defense of the Ph.D.-thesis: 1 at Leiden University, 3 at Utrecht University, 3 at Tilburg University, 1 at Maastricht University, 1 Vrije Universiteit and 1 at NIVEL.



*Table 2. Ph.D.-projects by research institute, 2009*

	<b>Projects</b>	<b>% projects</b>
Utrecht University	27	31.03
Leiden University	5	5.74
Maastricht University	4	4.59
Ghent University	7	8.04
University of Twente	7	8.04
VU University Amsterdam	3	3.44
Groningen University	6	6.89
NIVEL	4	4.59
University of Louvain-la-Neuve	3	3.44
University of Amsterdam	4	4.59
Erasmus University Rotterdam	5	5.74
University of Leuven	2	2.29
UMC St. Radboud Nijmegen	1	1.14
TNO	2	2.29
Zorgcirkel	1	1.14
St. Maartenskliniek	1	1.14
Instituut voor Psychotrauma	1	1.14
Stichting Centrum '45	3	3.44
MERCER	1	1.14
<b>TOTAL</b>	<b>87</b>	<b>100</b>

### 2.3. Ph.D.-projects completed in 2009

**Dr. Karin Lemmens**, Dept. Of work & social psychology, Maastricht University

*The systematic recruitment of new blood donors*

Defended: 20-03-2009, Maastricht University  
 Promotor: Prof.dr. H.P. Schaalma & Prof.dr. C. Abraham  
 Co-promotor: Dr. R.A.C. Ruiter  
 Expert group: 9

**Dr. Emma Massey**, Leiden University

*Well-being and headache in adolescence: A self regulation perspective*

Defended: 21-04-2009, Leiden University  
 Promotor: Prof.dr. C.M.J.G. Maes  
 Co-promotores: Dr. W.A. Gebhardt & Dr. N. Garnefski  
 Expert group: 7 & 10

**Dr. Jesse Jansen**, NIVEL

*Communicating with older cancer patients: impact on information recall*

Defended: 23-04-2009, Utrecht University  
 Promotor: Prof.dr. J.M. Bensing & Prof.dr. T.J. Heeren  
 Co-promotores: Dr. A.M. van Dulmen & Dr. J.C.M. van Weert  
 Expert group: 8

**Dr. Matthijs Bal**, Management & Organization, VU University

*Age and psychological contract breach in relation to work outcomes*

Defended: 28-05-2009, VU University  
 Promotor: Prof.dr. P.G.W. Jansen  
 Co-promotor: Dr. A.H. de Lange & Prof.dr. M.E.G. van der Velde  
 Expert group: 5

**Dr. Wido Oerlemans**, Sociale & Organisationspsychologie, Utrecht University

*Ethnic diversity at work: About interpersonal relations, well-being and performance in ethnically diverse organizations*

Defended: 29-05-2009, Utrecht University  
Promotor: Prof.dr. W.B. Schaufeli  
Co-promotor: Dr. M.C.W. Peeters  
Expert group: 5

**Dr. Robert Smith**, Psychology and Health, Tilburg University

*Fatigue at the interface between body and mind in chronic heart failure patients*

Defended: 02-10-2009, Tilburg University  
Promotor: Prof.dr. J.K.L. Denollet & Prof.dr. P. de Jonge  
Co-promotor: Dr. H.M. Kupper  
Expert group: 7

**Dr. Aline Pelle**, Clinical & Health Psychology, Tilburg University

*The complexity of psychological factor in cardiac disease*

Defended: 16-10-2009, Tilburg University  
Promotor: Prof.dr. J.K.L. Denollet & Prof.dr. S.S. Pedersen  
Co-promotor: Dr. B.M. Szabó  
Expert group: 7

**Dr. Kim Smolderen**, Clinical and Health Psychology, Tilburg University

*Psychological burden in peripheral arterial disease: A call to action*

Defended: 23-10-2009, Tilburg University  
Promotor: Prof.dr. J.K.L. Denollet  
Co-promotors: Dr. A.E. Aquarius & Dr. P.W. Vriens  
Expert group: 7

**Dr. Arthur Rademaker**, Onderzoekscentrum Militaire GGZ, UMCU, Utrecht University

*Personality and adaptation to military trauma*

Defended: 30-10-2009, Utrecht University  
Promotor: Prof.dr. R.J. Kleber  
Co-promotors: Kol-arts dr. H.G.J.M. Vermetten  
Expert group: 2

**Dr. Karolijne van der Houwen**, Clinical & Health Psychology, Utrecht University

*The psychological aftermath of bereavement: Risk factors, mediating processes, and intervention*

Defended: 04-11-2009, Utrecht University  
Promotor: Prof.dr. M.S. Stroebe-Harrod, Prof.dr. J. van den Bout & Prof.dr. W. Stroebe  
Co-promotor: Dr. H. Schut  
Expert group: 2  
Expert group: 6

## 2.4 Ph.D.-projects started in 2009

**Iona van Beek, M.Sc.**, Social and Organizational Psychology, Utrecht University

*Hard werken: Last of lust? Op zoek naar de arbeidsmotivatie van werkverslaagde en bevlogen werknemers*

Promotors: Prof.dr. W.B. Schaufeli & Prof.dr. T. Taris  
Supervisors: Prof.dr. W.B. Schaufeli & Dr. B. Schreurs  
Expert group: 5

**David Blom, M.Sc.**, Clinical and Health Psychology, Utrecht University  
*The significance of combined (in)validation and (un)controllability for adjustment to rheumatic diseases*

Promotor: Prof.dr. R. Geenen  
Co-promotor: Dr. H. van Middendorp  
Expert group: 1

**Line Caes, M.Sc.**, Experimental Clinical and Health Psychology, Ghent University  
*De reactie van ouders op de pijn van hun kind: Een affectief-motivationale analyse*

Promotor: Prof.dr. L. Goubert  
Supervisors: Prof.dr. L. Goubert & Dr. T. Vervoort  
Expert group: 7

**Annabelle Casier, M.Sc.**, Experimental Clinical and Health Psychology, Ghent University  
*De rol van aanvaarding in het welzijn van adolescenten met cystic fibrosis*

Promotor: Prof.dr. L. Goubert  
Supervisors: Prof.dr. L. Goubert & Prof.dr. G. Crombez  
Expert group: 7

**Meirav Dagan, M.Sc.**, SHARE, Groningen University  
*Supportive nonverbal communication within couples with curative colorectal cancer*

Promotores Prof.dr. M. Hagedoorn & Prof.dr. R. Sanderman  
Expert group: 7

**Lies De Ruddere, M.Sc.**, Experimental Clinical and Health Psychology, Ghent University  
*Waarom pijn onderschat wordt door anderen: een experimentele analyse*

Promotor: Prof.dr. L. Goubert  
Expert group: 7

**Maarten Eisma, M.Sc.**, Clinical and Health Psychology, Utrecht University  
*Project Zon MW Rumination*

Promotores Prof.dr. M. Stroebe-Harroid, Prof.dr. W. Stroebe & Prof.dr. J. van den Bout  
Supervisor: Dr. H. Schut & Dr. P. Boelen  
Expert group: 2

**Franziska Hein, M.Sc.**, SHARE, Groningen University  
*Dyadic coping with renal dialysis and renal transplant*

Promotor: Prof.dr. M. Hagedoorn  
Co-promotor: Prof.dr. A. Ranchor  
Supervisor: Prof.dr. M. Hagedoorn  
Expert group: 7

**Machteld van den Heuvel, M.Sc.**, Social and Organizational Psychology, Utrecht University  
*Personal resources and successful adaptation to organizational change*

Promotor: Prof.dr. W. Schaufeli  
Co-promotor: Prof.dr. A. Bakker  
Supervisor: Dr. E. Demerouti  
Expert group: 5

**Josanne Huijg**, Clinical and Health Psychology, Leiden University  
*Preconditions for effective implementation of tailored interventions to enhance an active life-style among high risk populations*

Promotor: Prof.dr. S. Maes  
Expert group: 3 and 6

**Sanne Lamers, M.Sc.**, Faculty of Behaviour Sciences, University of Twente

*Positive mental health and its relation to physical and mental illness: A one-year longitudinal internet study in the Dutch population*

Promotor: Prof.dr. E. Seydel

Supervisors: Dr. G. Wersterhof and Prof.dr. E. Bohlmeijer

Expert group: 4

**Emelien Lauwerier, M.Sc.**, Experimental Clinical and Health Psychology, Ghent University

*The costs of attempt to control chronic pain: Misdirected problem solving*

Promotor: Prof.dr. G. Crombez

Expert group: 7

**Josje Maas, M.Sc.**, Clinical and Health Psychology, Utrecht University

*Preventie van overgewicht op het werk*

Promotor: Prof.dr. D.T.D. de Ridder

Expert group: 3

**Cate Newsom, M.Sc.**, Clinical and Health Psychology, Utrecht University

*The stratified model of bereavement intervention*

Promotor: Prof.dr. M. Stroebe

Co-promotor: Dr. H. Schut

Expert group: 2

**Ingrid Nota, M.Sc.**, Psychology and communication of health and risk, University of Twente

*Patient involvement in RA-treatment decisions, patient preferences, current practices and the development and evaluation of two computerized patient decision aids (PtDA's)*

Promotor: Prof.dr. E. Seijdel

Co-promotor: Dr. E. Taal

Expert group: 8 and 7

**Paris Petrou, M.Sc.**, Social and organizational Psychology, Utrecht University

*Successful implementation of innovations in organizations: A dynamic approach to (self-)regulation*

Promotor: Prof.dr. W. Schaufeli

Co-promotors: Dr. E. Demerouti and Prof.dr. R. Blonk

Supervisor: Dr. E. Demerouti

Expert group: 5

**Dounya Schoormans, M.Sc.**, Medical psychology, University of Amsterdam

*Predicting health care use and perceived health care needs in patients with congenital heart disease*

Promotor: Prof.dr. M.A.G. Sprangers and Prof.dr. B.J.M. Mulder

Expert group: 7

**Marijn Stok, M.Sc.**, Clinical and health psychology, Utrecht University

*Temptations to eat moderated by personal and environmental self-regulatory tools (TEMPEST project)*

Promotor: Prof.dr. D.T.D. de Ridder

Expert group: 3

**Maria Tims, M.Sc.**, Psychology, Erasmus University Rotterdam

*Zelfsturend gedrag na feedback via de Job Demands-Resources Monitor*

Promotor: Prof.dr. A. Bakker

Co-promotor: Dr. Daantje Derks

Expert group: 5

**Charlotte Vinkers, M.Sc.**, Clinical and health psychology, Utrecht University

*When the going gets tough: Coping plans as a tool for maintaining loss of overweight*

Promotor: Prof.dr. D.T.D. de Ridder

Expert group: 3

**Liesbeth van Vliet, M.Sc.**, NIVEL

*Prognostic disclosure in the palliative phase of cancer: Quality of communication from a patient perspective*

Promotor: Prof.dr. J. Bensing and Prof.dr. Elsen van der Wal

Co-promotor: Dr. S. van Dulmen

Expert group: 8

**Mirjam van Zuiden, M.Sc.**, UMC Utrecht, WKZ, Lab. Psychoneuroimmunology

*PRISMO: prospectie in stress-gerelateerd militair onderzoek (Prospective research into stress in military operations)*

Promotor: Prof.dr. C.J. Heijnen

Co-promotor: Dr. E. Geuze, Dr. A. Kavelaars and Dr. H.G.J.M. Vermetten

Expert group: 1

### 3. RESEARCH

#### 3.1 Scientific mission

The research mission of the Research Institute for Psychology & Health (P&H) is “*the theory-guided study of psychological factors that influence health and illness, and of the psychological consequences of somatic conditions*”. The P&H research program stands out, both nationally and internationally, by integrating three features: (1) health research is approached from a broad psychological perspective, incorporating biological, social, developmental, cognitive, and clinical psychology, (2) the majority of the researchers combine fundamental with applied research approaches, and (3) research focuses on mental as well as physical health. Two psychological sources of health and illness have been identified in our program, namely psychosocial stress and patterns of health behavior. The scientific investigation of these sources of health-impairment or enhancement, and of the psychological and physiological processes by which they affect health, are main research topics of P&H.

#### 3.2 Output by Expert Group

##### 1. Psychophysiology and health

This Expert Group unites researchers conducting psychophysiological research. Psychophysiological parameters - reflecting activity of the autonomic nervous system, the endocrine system, and/or the immune system - are examined in order to obtain a better insight into the different aspects of stress and emotions, and into the question whether exposure to different types of stressors and different emotions are accompanied by specific psychophysiological reaction patterns. In addition, the emphasis is on the putative psychophysiological mechanisms that mediate the effects of psychosocial factors on health. Finally, the possibilities and limitations to condition psychophysiological processes, as far as relevant for health, are explored.

*Coordinator:* Prof.dr. L. van Doornen (Utrecht University)

*Members of expert group 1*

Prof.dr. M.H.J. Bekker (UvT)

Drs. D. Blom (UU)

Dr. E.R. Bossema (UU)

Prof.dr. J. van den Bout (UU)

Dr. A.N. Brand (UU)

Drs. J. Bresseleers (KUL/B)

Dr. J. Brosschot (UL)

Prof.dr. G. Crombez (Univ. Gent)

Dr. S. De Peuter (KUL/B)

Prof.dr. L. van Doornen (UU)  
Dr. A. Evers (KUN)  
Dr. B. Garssen (HDI)  
Prof.dr. R. Geenen (UU)  
Prof.dr. C. Heijnen (UU)  
Dr. J. Houtveen (UU)  
Dr. T. Lacourt (UU)  
Drs. E. Meerman (UL)  
Prof.dr. H.A.M. Middelkoop (UL)  
Dr. H. van Middendorp (UU)  
Prof. I. Nyklicek (UvT)  
Drs. M. Pappens (KUL/B)  
Dr. M. Smeets (UU)  
Prof.dr. M.J. Sorbi (UU)  
Prof.dr. O. Van den Bergh (KUL/B)  
Dr. I. Van Diest (KUL/B)  
Prof.dr. E.L.S. Van Hoof (Hasselt Univ.)  
Dr. P.F.M. Verhaak (NIVEL)  
Drs. J. Vriezেকolk (Sint Maartenskliniek)  
Prof.dr. J. de Wit (UU)  
Dr. M. ter Wolbeek (UU)  
Drs. M. van Zuiden (UU)

#### **Scientific publications (English):**

- Bal, S., **Crombez, G., De Bourdeaudhuij, I.** & Van Oost, P. (2009). Symptomatology in adolescents following initial disclosure of sexual abuse: the role of crisis support, appraisals and coping. *Child abuse & neglect*, 33, 717-727.
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## 2. Psychotrauma and grief

This Expert Group is concerned with the study of the impact, the processes of coping, and the various health outcomes concerning the exposure to and the aftermath of major life events, such as the loss of loved one (a spouse, a child), war, combat, disaster, acts of violence, and migration. Studies are characterized by a strong emphasis on normal coping with experiences of loss and trauma as well as an in-depth analysis of the causes of stagnation of these psychological processes (as manifested in posttraumatic stress disorder and complicated grief). Important issues in the research of the members of this expert group are among others: healthy and unhealthy outcomes of responses to loss and trauma, determinants of normal and disturbed adjustment and related health issues, and the development of relevant assessment procedures as well as effective interventions (counselling as well psychotherapy). Both development of theory and application of acquired expertise in prevention and clinical practice are essential parts of the mission. The scientific work of this expert group is embedded in an intensive collaboration with various mental health institutes around the country.

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Drs. J.J. ter Heide (Centrum '45)  
Drs. H.K. van der Houwen (UU)  
Prof.dr. R. Kleber (UU)  
Dr. J. Knipscheer (UU)  
Drs. J. Lancee (UU)  
Drs. C. Newsom (UU)  
Prof.dr. V.J. Pop (UvT)  
Dr. A. Rademaker (UU)  
Dr. H. Schut (UU)  
Drs. G. Smid (Centrum '45)  
Prof.dr. M.S. Stroebe (UU)  
Dr. L. Wijngaards (UU)

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### 3. Eating behaviour

The main concern in this Expert Group is the study of eating behavior in all its manifestations varying from emotional eating and other mild distortions of food intake to full-blown eating disorders like anorexia and bulimia nervosa. The Expert Group discusses both experimental and clinical approaches to the study of eating behavior as well as survey research, thereby highlighting both normal and abnormal aspects of the psychology of eating. The Expert Group discusses various theoretical approaches but is mostly concerned with the perspective of self-regulation to understand and explain why some people experience problems with controlling their eating. Topics of interest include: decision making about foods, the role of affect in eating, self-control and temptation in eating, psychological aspects of eating in interaction with biological and social components, innovative methods such as data collection by electronic food diaries and naturalistic experimental settings, eating in children and adolescents, and prevention of overweight.

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Drs. N. van der Laan (UU)  
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Drs. M. Stok (UU)  
Prof.dr. W. Stroebe (UU)  
Drs. C. Vinkers (UU)  
Drs. I. Voorneman (UU)  
Drs. J. de Witt Huberts (UU)  
Drs. H. Zijlstra (UU)

#### Scientific publications (English):

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#### 4. Life span development

The focus in this Expert Group is on developmental, psychological and social changes in adulthood and late life in relation to health, well-being and other relevant indicators of quality of life. More specifically, the focus is on changes over time in life-span dynamics and personality development, the impact of major life events (starting and ending a working career, marriage, getting a child, moving, widowhood, physical decline) and the consequences of changes in the (micro/macro) social context of individuals. Basically, life span developmental theories and sociological life course models (cohorts, event history) are used to map out these changes over time, to understand them and their impact on quality of health/life. Insights in age-related changes and processes may contribute to the construction and focussing of policy programmes and intervention procedures to enhance health and well-being.

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Dr. A. de Lange (RUG)

Drs. S. Nikolaus (UT)

#### **Scientific publications (English):**

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#### **Scientific publications (non-English):**

**Westerhof, G. J.** (2009). Persoonlijke zingeving en ouderen: Theorie, onderzoek en toepassing [Personal meaning and older persons: Theory, research and applications]. *Tijdschrift Geestelijke Verzorging*, 51, 23-32.

**Westerhof, G. J.**, & Van Halen, C. (2009). Omggaan met tradities in tijden van verandering: Het psychologisch proces van identiteitsvorming [Dealing with traditions in times of change: The psychological process of identity formation]. *Levend Erfgoed*, 6, 12-18.

#### **Professional publications:**

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Van 't Hof, C.A., Eikelenboom, M., Matthys, W., Van Nieuwenhuijzen, & **Orobio de Castro, B.** (Eds.). (2009). *Samen stevig staan. Gecombineerde ouder- en kindtraining tegen gedragsproblemen bij kinderen met lichterverstandelijke beperkingen. Deel 2, Werkboek*. Utrecht: Coping LVB.

Van Overveld, C.W., Louwe, J.J. & **Orobio de Castro, B.** (2009). Agressie. In G.A. Bakker (Ed.), *Handboek Kinderen & Adolescenten* (26). Houten: Bohn Stafleu van Loghum.

**Westerhof, G. J.** (2009). Identity construction in the third age: The role of self-narratives. In H. Hartung & R. Maierhofer (Eds.), *Narratives of lives: Mediating age* (pp. 55-69). Münster: LIT.

#### **5. Work Stress and health**

Within this Expert Group, the focus is on the psychological processes in the development of work-related stress and illness, and on its positive counterpart engagement. Although studies on occupational stress and engagement have

identified a number of psychosocial resources and risk factors, theoretical understanding of the underlying psychological processes is still limited. Research conducted by members of this Expert Group tries to fill this gap. Its starting points can be found in current theories in the domain of Work & Organizational psychology, Social psychology and Personality psychology. Topics include: work pressure, job stress, burnout, absenteeism, turnover, (dis)satisfaction and engagement. The program includes a variety of research methods, such as (longitudinal) field studies in different types of organizations, survey studies and experimental studies.

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Drs. C.I. van Wijhe (UU)  
Dr. D. Xanthopoulou (EUR)  
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### Scientific publications (English):

**Akkermans, T.J., Brenninkmeijer, V., Blonk, R.W.B. & Koppes, L.L.J.** (2009). Fresh and health? Well-being, health and performance of young employees with intermediate education. *Career Development International*, 14, 671-699.

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**Demerouti, E., Le Blanc, P.M., Bakker, A.B., Schaufeli, W.B. & Hox, J.** (2009). Present but sick: a three-wave study on job demands, presenteeism and burnout. *Career Development International*, 14, 50-68.

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**Heuven, E.M., Schaufeli, W.B. & Bakker, A.B.** (2009). Job insecurity and successful reemployment: Examples from The Netherlands. In T. Kieselbach, S. Bagnara, H. de Witte, L. Lemkow & W.B. Schaufeli (Eds.), *Coping with occupational transitions: An empirical study with employees facing job loss in five European countries* (pp. 169-224). Wiesbaden: VS Verlag für Sozialwissenschaften.

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**Ouweneel, A.P.E., Taris, T.W., Van Zolingen, S & Schreurs, P.J.G.** (2009). How task characteristics and social support relate to managerial learning: empirical evidence from the Dutch home care sector. *Journal of Psychology*, 143, 28-44.

**Peeters, M.C.W. & Oerlemans, W.G.M.** (2009). The relationship between acculturation orientations and work-related well-being: Differences between ethnic minority and majority employees. *International Journal of Stress Management*, 16, 1-24.

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- Stringer, S., Ouweneel, **A.P.E., Le Blanc, P.M., Cheriakova, A. & Smulders, J.** (2009). Emotionele arbeid en psychologisch welzijn van docenten (Emotional labour and well-being of teachers). *Gedrag & Organisatie*, 3, 251-268.
- Taris, T.W. & Schaufeli, W.B.** (03-10-2009). Kabinet grijpt te snel naar verhoging AOW-leeftijd. *Trouw*, pp. 9-9.
- Taris, T.W. & Schreurs, P.J.G.** (2009). Explaining worker strain and learning: How important are emotional job demands? *Anxiety, Stress & Coping*, 22, 245-262.
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- Van Doornen, L.J.P., Houtveen, J.H., Langelaan, S., Bakker, A.B. & Schaufeli, W.B.** (2009). Burnout versus work engagement in their effects on 24-hour ambulatory monitored autonomic function. *Stress and Health*, 25, 323-331.
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#### Scientific publications (non-English) :

- Ouweneel, A.P.E., Schaufeli, W.B. & Le Blanc, P.M.** (2009). Van preventie naar amplitie: interventies voor optimaal functioneren. *Gedrag & Organisatie*, 2, 118-135.
- Schreurs, B., Deros, E., Proost, K., Notelaers, G., & De Witte, K.** (2009). Validatie van een Nederlandstalige vragenlijst over verwachtingen van sollicitanten [Validation of a Dutch questionnaire on applicant expectations]. *Gedrag & Organisatie*, 1, 50-75.
- Zijlstra, F.R.H.** (2009). Taken voor laag-gekwalificeerden: op weg naar een parallelle arbeidsmarkt? In UWV (Ed.), *Innovatieve voorstellen voor Sociaal-Medische Beoordeling van Arbeidsvermogen* (pp. 177-191)

**Zijlstra, F.R.H.,** Mulders, H.P.G., & Nijhuis, F.J.N. (2009). Speciale taken voor speciale groepen. *Tijdschrift voor Bedrijs- en Verzekeringsgeneeskunde*, 17, 298-301.

**Professional publications:**

**Sorbi, M.J.** & Riper, H. (2009). eHealth - gezondheidszorg via internet. *Psychologie & Gezondheid*, 37, 191-201.

**Dissertations:**

**Oerlemans, W.G.M.** (2009, mei 29). *Ethnic diversity at work : About interpersonal relations, well-being and performance in ethnically diverse organizations*. UU Universiteit Utrecht (243 pag.) ( Utrecht University). Prom./coprom.: prof. dr. W.B. Schaufeli & dr. M.C.W. Peeters.

**6. Planned health behaviour change**

This Expert Group focuses on the study of individual and environmental determinants of health behavior, and on the development, implementation and evaluation of health promotion interventions. The focus of this research program is on the primary prevention of illness (e.g., sexual risk behavior, substance use), on secondary prevention (e.g., early detection of illness such as hiv-testing behavior), and on tertiary prevention (e.g., adherence to medication). Behavioral and environmental interventions in these areas are developed in a systematic, evidence-based manner, using methods such as Intervention Mapping.

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**Scientific publications (English):**

Asztalos, M., Wijndaele, K., De Bourdeaudhuij, I., Philippaerts, R., Matton, L., Duvigneaud, N., Thomis, M., Duquet, W., Lefevre, J. and Cardon, G. (2009). Specific associations between types of physical activity and components of mental health. *Journal of Science and Medicine in Sport*, 12, 468-474 (SCI = 1.913)

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- Cardon, G., Haerens, L., Verstraete, S., Declercq, D., **De Bourdeaudhuij, I.** (2009). Perceptions of a School-based Self-management Program Promoting an Active Lifestyle among Elementary Schoolchildren, Teachers, and Parents. *Journal of Teaching Physical Education*, 28, 141-154 (SCI=0.761)
- Cardon, G., Labarque, V., Smits, D., **De Bourdeaudhuij, I.** (2009). Promoting physical activity at the pre-school playground: the effects of providing markings and play equipment. *Preventive Medicine*, 48, 335-340 (SCI=2.757)
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Dalum, P., (10 September 2009). Events for adolescent smoking cessation; the development, implementation and evaluation of a Danish adolescent smoking cessation intervention. Universiteit Maastricht, the Netherlands (H. Schaalma & G. Kok).

Mevisen, F.E.F., (11 September 2009). Bedtime stories; risk communication and risk perception regarding sexually transmitted diseases. Universiteit Maastricht, the Netherlands (**Prof.dr. H. Schaalma, Prof.dr. G. Kok and Dr. R. Ruiter**).

**De Bruin, M.**, (8 October 2009). Theory- and evidence-based interventions to enhance adherence among HIV-infected patients using highly active antiretroviral therapy. Universiteit Maastricht, the Netherlands.

#### **7a. Adjustment to chronic illness/Intervention research**

Studies of members of this Expert Group focus on either adjustment to chronic illness and/or development and evaluation of theory-driven interventions. Self management of chronically ill patients can be considered the central theme of both research lines. Self management activities involve managing symptoms, treating the condition, coping with the physical and psychosocial consequences inherent in living with a chronic condition and making lifestyle changes. Because of the complex nature of many self management tasks, comprehensive self management support provided by healthcare professionals is essential. Research in this area includes theory development, experimental and longitudinal research concentrating on biological, psychological and social factors involved in the adaptation process, development and evaluation of psychological interventions, as well as tools and strategies to strengthen self management support provided by healthcare professionals.

*Coordinators:* Prof.dr. Adelita Ranchor (Groningen University)

#### **7b. Intervention research**

Studies of members of this Expert Group focus on either adjustment to chronic illness and/or development and evaluation of theory-driven interventions. Self management of chronically ill patients can be considered the central theme of both research lines. Self management activities involve managing symptoms, treating the condition, coping with the physical and psychosocial consequences inherent in living with a chronic condition and making lifestyle changes. Because of the complex nature of many self management tasks, comprehensive self management support provided by healthcare professionals is essential. Research in this area includes theory development, experimental and longitudinal research concentrating on biological, psychological and social factors involved in the adaptation process, development and evaluation of psychological interventions, as well as tools and strategies to strengthen self management support provided by healthcare professionals.

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## **8. Patient provider interaction**

The studies that are carried out by members of this Expert Group focus on communication in healthcare. Some concern the unravelling of specific communication behaviours during medical practice visits, others look at the effects of training health professionals on, for instance, the provision of tailored and patient-centered information or on communicating about medication adherence, or focus on developing and testing innovative ICT means to gather patient perspectives or to activate inactive patients. The improvement of the quality of provider-patient communication is a common theme for all.

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Vos, M.S. Promotors: **Haes, C.J.M. de**, Houweligen, J.C. van. Co-promotor: Putter H. *Denial and quality of life in lung cancer patients*. Universiteit van Amsterdam.

## 9. Work Stress and health

This expert group has a focus on investigation of health-related quality of life measurement. Topics range from conceptualization and methodological questions to application of instruments in outcomes research and clinical practice. The expert group works in close cooperation with the Dutch study group for research on health status measurement.

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## **10. Emotion regulation**

The focus of this Expert Group is to provide applications to health psychology of recent developments in emotion research such as emotion regulation. This corresponds to a recent shift in health psychology research and interventions from a focus on cognitive factors to emotional ones. Emotion regulation is defined as all the processes through which the individual appraises, controls, and modifies his/her emotional responses in order to achieve his/her goals or to express an emotional behavior that is socially accepted. Concepts studied within this Expert Group include alexithymia, type D personality, affect intensity, cognitive reappraisal, and emotional suppression/expression. Emotion regulation theories are derived from social, personality, cognitive, and clinical psychology. Both automatic/implicit and controlled/explicit processes are investigated under the three components of the emotional response (physiological, behavioral-expressive and cognitive-experiential). A special focus is on the dysregulations that diseases can cause on the activation of these components (such as the effect of cognitive-experiential inhibition on physiological responses). The applications involve various domains, including health behavior (e.g., eating behaviors, alcohol abuse) as well as chronic diseases (e.g., asthma, cardio-vascular disease, chronic pain, diabetes).

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 Dr. H. van Middendorp (UU)  
 Dr. M. Mikolajczak (U. of Louvain)  
 Drs. M. van Oers (UU)  
 Drs. C. Overman (UU)  
 Dr. R. Ruiter (UM)  
 Dr. S. Sultan (Univ. Paris Descartes)  
 Prof.dr. A.J.J.M. Vingerhoets (UvT)  
 Drs. J. de Witt Huberts

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#### **Dissertations:**

In samenwerking met **Prof. Dr. E. Jonker**, promotor, Theologische Universiteit Kampen Hanneke Schaap-Jonker. *Before the face of God*. Promotie 11 april 2008.

### **3.3 Lecture series**

Since 1994, the Research Institute for Psychology & Health hosts the P&H Lecture series. International leading researchers in the field of psychology and health research are invited to give an address on a specific topic. Before or after the lecture, Ph.D.-candidates can arrange a personal consultation session with the guest speaker. As such, the Lecture series form an integral part of the P&H training program. In 2009, P&H organized lectures by:

*Professor Brian Little*, Harvard University & Carleton University, USA: Personal projects, free traits and health: Reconsidering the quality of lives, 5 March 2009.

*Professor John Burns*, Rosalind Franklin University of Medicine and Science, USA: Does anger regulation influence acute and chronic pain severity? Examination of cognitive, physiological and genetic mechanisms, 23 June 2009.

*Professor Rona Moss-Morris*, School of Psychology, University of Southampton, UK: Do illness representations and behaviours have a role in the onset of medically unexplained illness and the outcome of treatment?, 8 October 2009.

Professor Mark Williams, University of Oxford, UK: Mindfulness-based cognitive therapy, 10 December 2009.

Dr. Amanda Williams, University College, London, UK: Pain behaviour in an evolutionary context, 24 November 2009.

#### 4. PUBLICATIONS

Publications 2009	number	average per member (excl. Ph.D.-candidates)
Scientific (English)	344	2.9
Scientific (Non-English)	70	0.59
Professional publications	46	0.38
Total	460	3.9

\* On December 31, 2009, the Research Institute included 118 senior researchers and postdocs.

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