

Annual Report 2008

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

Annual Report 2008©
Research Institute for Psychology & Health
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PREFACE

It is a pleasure to present the annual report of the Research Institute for Psychology & Health.

As the report shows, the year 2008 has been a year full of activities, both in the area of activities specifically designed for the training of Ph.D. students and in the area of more general activities both for Ph.D. students and senior members of the institute. The deputy director of P&H for eight years, Dr. Pascale Le Blanc, has stepped down this year and has been succeeded by Dr. Henriët van Middendorp. We would like to take the opportunity to thank Dr. Pascale Le Blanc for her devotion to and valuable work for P&H in all these years.

We certainly hope that you will enjoy reading the report and that it will provide good insight in the importance of the contributions of all researchers involved in the Research Institute for Psychology & Health.

Denise de Ridder, Ph.D.
Scientific Director

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 2008. 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, 2008, the board, including the chair, consisted of 7 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. T. van Tilburg	VU University Amsterdam

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 2008, 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. Pascale Le Blanc, Department of Social and Organizational Psychology, Utrecht University (from 01-01 to 01-09).

Dr. Henriët van Middendorp, Department of Clinical and Health Psychology, Utrecht University (from 01-09 through 31-12).

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, 2008, the Research Committee consisted of the following members:

Prof.dr. L. van Doornen (chair)	Utrecht University
Prof.dr. A. Kaptein (vice chair)	Leiden University
Dr. H. Schut	Utrecht University
Dr. E. Smets	University of Amsterdam
Dr. M. Smeets	Utrecht University
Prof.dr. J. de Wit	Utrecht University
Prof.dr. Bram Orobio de Castro	Utrecht University
Prof.dr. A. Vingerhoets	Tilburg University

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, 2008, the Training Committee consisted of the following members:

Dr. E. Eurelings-Bontekoe (chair)	Leiden University
Dr. Jos Brosschot	Leiden University
Prof.dr. R. Geenen	Utrecht University
Drs. I. Henselmans	Groningen University
Drs. W. Oerlemans	Utrecht University
Dr. M. Peeters	Utrecht University
Prof.dr. A. Ranchor	Groningen University
Prof.dr. H. Schaalm	Maastrich 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, 2008, the council was represented by the following members:

Drs. Jos Akkermans	Utrecht University
Drs. Akke Albada	NIVEL
Drs. Elsbeth Bloem	University of Amsterdam
Drs. Mariana Cordovil	University of Louvain
Drs. Magalie Lahaye	University of Louvain
Drs. Geert Smid	Foundation Centrum '45
Drs. Corine van Wijhe	Utrecht University

1.7 Expert Group coordinators

The research program of P&H has been divided into 5 research lines, the (research) areas:

Area I.	Neurocognition and Psychophysiology of Health
Area II.	Critical Life Events and Mental Health
Area III.	Work, Stress, and Health
Area IV.	Health Behavior: Determinants, Consequences, and Strategies of Change
Area V.	Psychological and Psychophysiological Factors in Adaptation to Chronic Illness

Since P&H has grown strongly throughout the years, some of these Areas have become very large and heterogeneous. As of September 1, 2003, P&H members have, resultantly, also been subsumed in smaller, more homogenous Expert Groups (see below). Each Expert Group has a coordinator who is responsible for the implementation of the research program of P&H and its development within the specific subarea, by means of exchanging information on current and future research projects among the members, planning of research, initiating new joint research projects, and organizing of research seminars, symposia, and lectures.

On the website (www.psychologyandhealth.eu), information on activities planned by the different expert groups can be found.

At the end of 2008, the coordinators of the 10 Expert Groups were:

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:	Planned health behaviour change

Prof.dr. Herman Schaalma	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, 2008, 112 senior researchers and postdoctoral fellows (15 affiliate members and 3 pro memori 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	46	41
Leiden University	15	13
Tilburg University	8	7
Maastricht University	8	7
NIVEL	7	6
University of Leuven	7	6
Groningen University	6	5
Ghent University	4	4
University of Amsterdam	3	3
VU University Amsterdam	2	2
Helen Dowling Instituut	2	2
Erasmus University Rotterdam	2	2
Catholic University of Louvain-la-Neuve	2	2
Total	112	100

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 2008, 29 new Ph.D.-projects were started, 10 at Utrecht University (2 external Ph.D. students at Foundation Centrum '45), 4 at Twente University, 3 at the University of Louvain-la-Neuve, 2 at Leiden University, Ghent University, Erasmus University Rotterdam, and University of Leuven, and 1 at Maastricht University, NIVEL, University of Amsterdam, and UMC St. Radboud Nijmegen.

On December 31, 2008, 67 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 11 projects that were successfully completed in 2008 with the public defense of the Ph.D.-thesis: 3 at Leiden University, 2 at Utrecht University, Tilburg University, and Maastricht University, and 1 at Groningen University and the Erasmus University Rotterdam.

Table 2. Ph.D.-projects by research institute, 2008

	projects	% projects
Utrecht University	26	39
Leiden University	7	10
Maastricht University	4	6
Ghent University	4	6
University of Twente	4	6
Tilburg University	3	4
VU University Amsterdam	3	4
Groningen University	3	4
NIVEL	3	4
University of Louvain-la-Neuve	3	4
University of Amsterdam	2	3
Erasmus University Rotterdam	2	3
University of Leuven	2	3
UMC St. Radboud Nijmegen	1	1
Total	67	100

2.2. Ph.D.-projects completed in 2008

Dr. Geertje van Daalen, Organization and Strategy, Tilburg University

Examining the relationship between social support, work-family conflict and well-being

Defended: 14-03-2008, Tilburg University

Promotor: Prof.dr. T.M. Willemsen & Prof.dr. K. Sanders

Expert group: 5

Dr. Else Zantinge, NIVEL

Doctor, can you spare some time? The role of workload in general practitioners' involvement in patients' mental health problems

Defended: 12-06-2008, Utrecht University

Promotor: Prof.dr. J.M. Bensing & Prof.dr. K. van der Meer

Co-promotor: Dr. P.F.M. Verhaak & Dr. D.H. de Bakker

Expert group: 8

Dr. Esther Papies, Social & Organizational Psychology, Utrecht University

The allure of forbidden food: A goal conflict perspective on dieting

Defended: 20-06-2008, Utrecht University

Promotor: Prof.dr. W. Stroebe & Prof.dr. H. Aarts

Expert group: 3

Dr. Krista van den Broek, Medical Psychology, Tilburg University

Anxiety and implantable defibrillator treatment: Vulnerability factors and clinical consequences

Defended: 19-08-2008, Tilburg University

Promotor: Prof.dr. J.K.L. Denollet

Co-promotor: Dr. I. Nyklicek & Dr. A. Meijer

Expert group: 7

Dr. Jochen Mikolajczak, Experimental Psychology, Maastricht University

Promoting HIV-testing among MSM in the Netherlands: The systematic development of an online HIV-prevention intervention

Defended: 19-08-2008, Maastricht University
Promotor: Prof.dr. G. Kok & Prof.dr. H. Hospers
Expert group: 9

Dr. Geeske ten Wolde, Clinical and Health Psychology, Leiden University
Does tailoring really make a difference? The development and evaluation of tailored interventions aimed at benzodiazepine cessation

Defended: 18-09-2008, Leiden University
Promotor: Prof.dr. S. Maes & Prof.dr. A. Dijkstra (Groningen University)
Expert group: 6

Dr. Giorgio Barbareschi, SHARE, Groningen University
Socioeconomic status and the course of quality of life in coronary heart disease and cancer. From description toward an explanation

Defended: 06-10-2008, Groningen University
Promotor: Prof.dr. R. Sanderman
Co-promotor: Dr. A.V. Ranchor & Dr. T. Tuinstra
Expert group: 7

Dr. Saskia Mérelle, Clinical and Health Psychology, Erasmus University Rotterdam
Migraine trainers as models: The effectiveness of lay trainers with migraine for behavioural attack prevention

Defended: 03-12-2008, Erasmus University Rotterdam
Promotor: Prof.dr. J. Passchier, Prof.dr. M.J. Sorbi (UU) & Prof.dr. L. van Doornen (UU)
Expert group: 7

Dr. Sasja Huisman, Clinical and Health Psychology, Leiden University
Finding balance. Self-regulation in overweight patients with type 2 diabetes: From theory to a pilot intervention study

Defended: 11-12-2008, Leiden University
Promotor: Prof.dr. C.M.J.G. Maes
Expert group: 6

Dr. Eveline Maris, Social and Organizational Psychology, Leiden University
The social side of noise annoyance

Defended: 17-12-2008, Leiden University
Promotor: Prof.dr. P.J.M. Stallen
Co-promotor: Dr. H. Steensma & Dr. R. Vermunt
Expert group: 5

Dr. Gjalt Jorn Peters, Experimental Psychology, Maastricht University
Determinants of ecstasy use and harm reduction strategies

Defended: 19-12-2008, Maastricht University
Promotor: Prof.dr. G. Kok
Co-promotor: Prof.dr. C. Abraham
Expert group: 6

2.3 Ph.D.-projects started in 2008

Jos Akkermans, M.Sc., Social and Organizational Psychology, Utrecht University
Prevention of absence at work and inability to work with young employees

Promotor: Prof.dr. R. Blonk & Prof.dr. W.B. Schaufeli
Co-promotor: Dr. V. Brenninkmeijer
Expert group: 5

Benjamin de Boer, M.Sc., Institute for Psychology, Erasmus University Rotterdam

Discerning two types of self-control, using Regulatory focus theory

Promotor: Prof.dr. A. Bakker

Co-promotor: Dr. A.J. van Hooft

Expert group: 5 & 3

Johan Bresseleers, M.Sc., Psychology, Stress, Health, and Well-being, University of Leuven

Hyperventilation, cerebral blood flow and neuropsychological complaints

Promotor: Prof.dr. O. Van den Bergh

Expert group: 1

Laurien Buitinga, M.Sc., Psychology and Communication of Health and Risk, University of Twente

Valuation of health related quality of life in patients with rheumatic diseases

Promotor: Prof.dr. M.A.F.J. van de Laar

Expert group: 9 & 7

Elisa van Ee, M.Sc., Foundation Centrum '45, Utrecht University (external Ph.D. student)

Breaking the cycle: The impact of intergenerational transmission of wartrauma on the development of the young child

Promotor: Prof.dr. R. Kleber

Expert group: 2

Delphine Grynberg, M.Sc., Research Unit for Emotion, Cognition and Health, University of Louvain-la-Neuve

Impact of individual differences in emotional abilities on perspective taking: Mediation by attention and executive processes

Promotor: Prof.dr. O. Luminet

Expert group: 10 & 7

Jackie June ter Heide, M.Sc., Foundation Centrum '45, Utrecht University (external Ph.D. student)

Eye Movement Desensitisation and Reprocessing versus stabilization in the outpatients treatment of traumatized asylum seekers and refugees: A randomized controlled trial

Promotor: Prof.dr. R. Kleber

Co-promotor: Dr. T.M. Mooren

Expert group: 2

Marij Hillen, M.Sc., Medical Psychology, University of Amsterdam

Cancer patients' trust in their physician

Promotor: Prof.dr. J.C.M. de Haes

Co-promotor: Dr. E.M.A. Smets

Expert group: 8

Marie Housiaux, M.Sc., Research Unit for Emotion, Cognition and Health, University of Louvain-la-Neuve

Effects of the level of Emotional Awareness on glycaemic control in a population of type 1 diabetic children: Emotional Awareness as a possibly protective factor in chronic illness management

Promotor: Prof.dr. O. Luminet

Expert group: 10 & 7

Keegan Knittle, M.Sc., Clinical and Health Psychology, Leiden University

Increasing physical exercise among patients with rheumatoid arthritis

Promotor: Prof.dr. S. Maes

Co-promotor: Dr. V. de Gucht

Expert group: 7

Jojanneke Korte, M.Sc., Psychology and Communication of Health and Risk, University of Twente

Prevention of depression and anxiety in later life: A randomised trial of integrative reminiscence versus no prevention

Promotor: Prof.dr. E. Seydel

Co-promotor: Dr. E. Bohlmeijer
Expert group: 9

Tamara Lacourt, M.Sc., Clinical and Health Psychology, Utrecht University
Medically unexplained symptoms: A role for brain cytokines?

Promotor: Prof.dr. L. van Doornen
Co-promotor: Dr. J.H. Houtveen
Expert group: 1

Magali Lahaye, M.Sc., Research Unit for Emotion, Cognition and Health, University of Louvain-la-Neuve
Impact of emotional personality traits of asthmatic children and their parents on their quality of life and on their adherence to treatment

Promotor: Prof.dr. O. Luminet
Expert group: 10 & 7

Jaap Lancee, M.Sc., Clinical and Health Psychology, Utrecht University
Cognitive behavioural self-help treatment for nightmares and insomnia: Three randomized controlled trials

Promotor: Prof.dr. J. van den Bout
Co-promotor: Dr. V.I. Spoormaker
Expert group: 2

Karin Landsbergen, M.Sc., UMC St. Radboud, Nijmegen University
Psychosocial impact of genetic risk assessment in newly diagnosed colorectal cancer patients and barriers for family communication of genetic cancer risk

Promotor: Prof.dr. J. Prins
Co-promotor: Dr. M. Rijken
Expert group: 7

Esther Meerman, M.Sc., Clinical, Health, and Neuropsychology Department, Leiden University
Health worry and subjective health complaints

Promotor: Prof.dr. C.M.J.G. Maes
Co-promotor: Dr. F.J. Brosschot
Expert group: 1

Stephanie Nikolaus, M.Sc., Psychology and Communication of Health and Risk, University of Twente
Fatigue in rheumatoid arthritis patients

Promotor: Prof.dr. M.A.F.J. van de Laar
Co-promotor: Dr. E. Taal
Expert group: 7, 9 & 4

Gera Noordzij, M.Sc., Institute for Psychology, Erasmus University Rotterdam
The role of goal orientation in reemployment counselling

Promotor: Prof.dr. M. Born
Co-promotor: Dr. E.A.J. van Hooft & Dr. H. van Mierlo
Expert group: 5

Else Ouweneel, M.Sc., Social and Organizational Psychology, Utrecht University
Vitality: Validation, evaluation and optimization of the use of the Vitality Scan

Promotor: Prof.dr. W.B. Schaufeli
Co-promotor: Dr. P.M. Le Blanc
Expert group: 5

Meike Pappens, M.Sc., Psychology, Stress, Health, and Well-being, University of Leuven
Interceptive fear conditioning to respiratory cues

Promotor: Prof.dr. O. Van den Bergh
Expert group: 1

Rilana Prenger, M.Sc., Psychology and Communication of Health and Risk, University of Twente
Assessing outcomes and cost-effectiveness of behavioural interventions
Promotor: Prof.dr. E.R. Seydel
Co-promotor: Dr. M.E. Pieterse & Dr. L.M.A. Braakman-Jansen
Expert group: 7 & 9

Sarah Stutterheim, M.Sc., Work and Social Psychology, Maastricht University
PLUS: HIV-related stigma and taboo
Promotor: Prof.dr. G. Kok & Prof. J. Pryor
Co-promotor: Dr. A. Bos
Expert group: 7 & 10

Dimitri Van Ryckeghem, M.Sc., Experimental-Clinical and Health Psychology, Ghent University
When and how does directing attention away from pain affect the experience of pain? A meta-analysis and experimental approach
Promotor: Prof.dr. G. Crombez
Expert group: 7

William Verheul, M.Sc., NIVEL
The role of physician-patient communication in the placebo effect
Promotor: Prof.dr. J. Bensing
Expert group: 8

Katrien Verhoeven, M.Sc., Experimental-Clinical and Health Psychology, Ghent University
When and how does directing attention away from pain affect the experience of pain in children and adolescents? An experimental approach
Promotor: Prof.dr. G. Crombez
Expert group: 7

Iris Voorneman, M.Sc., Clinical and Health Psychology, Utrecht University
Beyond Expectations: The effectiveness of a theory-driven intervention to achieve and sustain optimal self-management in patients with Type 2 diabetes
Promotor: Prof.dr. D.T.D. de Ridder
Expert group: 3

Corine van Wijhe, M.Sc., Social and Organizational Psychology, Utrecht University
Understanding and treating workaholism
Promotor: Prof.dr. W.B. Schaufeli
Co-promotor: Dr. M.C.W. Peeters
Expert group: 5

Jessie de Witt Huberts, M.Sc., Clinical and Health Psychology, Utrecht University
Eating for emotional comfort or misregulation of negative emotions? Reconsidering emotional eating as an explanation for overeating
Promotor: Prof.dr. D.T.D. de Ridder
Expert group: 3 & 10

Hanna Zijlstra, M.Sc., Hogeschool van Amsterdam (Opleiding Voeding), Clinical and Health Psychology, Utrecht University (external Ph.D. student)
Cognitive-emotional processes that obstruct a successful outcome after bariatric surgery for morbid obesity
Promotor: Prof.dr. R. Geenen
Co-promotor: Dr. J.K. Larsen
Expert group: 3 & 9

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

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:

Dr. E.R. Bossema (UU)
Dr. A.N. Brand (UU)
Drs. J. Bresseleers (KUL/B)
Dr. J. Brosschot (UL)
Dr. S. De Peuter (KUL/B)
Prof.dr. L.J.P. van Doornen (UU)
Prof.dr. C. Heijnen (UU)
Dr. J. Houtveen (UU)
Drs. T. Lacourt (UU)
Drs. E. Meerman (UL)
Prof.dr. H.A.M. Middelkoop (UL)
Dr. H. van Middendorp (UU)
Drs. M. Pappens (KUL/B)
Dr. M. Smeets (UU)
Prof.dr. M.J. Sorbi (UU)
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Dr. P.F.M. Verhaak (NIVEL)
Drs. B. Verkuil (UL)
Prof.dr. J. de Wit (UU)

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Expert group 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.

Coordinator: Prof.dr. R. Kleber (Utrecht University)

Members of expert group 2:

Drs. E. Alisic (UU)
Dr. H. Boeije (UU)
Dr. P. Boelen (UU)
Prof.dr. J. van den Bout (UU)
Drs. A. Drogendijk (UU)
Drs. E. van Ee (UU, Foundation Centrum '45)
Prof.dr. O. van der Hart (UU)
Drs. J.J. ter Heide (UU, Foundation Centrum '45)
Drs. H.K. van der Houwen (UU)
Prof.dr. R. Kleber (UU)
Dr. J. Knipscheer (UU)
Drs. J. Lancee (UU)
Prof.dr. V.J. Pop (UT)
Drs. A. Rademaker (UU)
Dr. H. Schut (UU)
Drs. G. Smid (UU, Foundation Centrum '45)
Prof.dr. M.J.M. van Son (UU)
Prof.dr. M.S. Stroebe (UU)
Dr. L. Wijngaards (UU)

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Expert group 3. Eating behavior

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.

Coordinator: Prof.dr. D. de Ridder (Utrecht University)

Members of expert group 3:

Drs. F.J. Aarts (UU)
Drs. M. Adriaanse (UU)
Prof.dr. M.H.J. Bekker (UvT)
Dr. U. Danner (UU)
Dr. C. Evers (UU)
Dr. W. Gebhardt (UL)
Drs. J. Gerrits (UU)
Drs. F.M. Kroese (UU)
Dr. C. Ouwehand (UU)
Dr. E. Papies (UU)
Prof.dr. D. de Ridder (UU)
Prof.dr. W. Stroebe (UU)
Drs. I. Voorneman (UU)
J. de Witt Huberts, MSc (UU)
Drs. H. Zijlstra (UU)

Scientific publications (English, refereed):

Danner, U.N., Aarts, H. & Vries, N.K. de (2008). Habit and intention in the prediction of behaviors: The role of frequency, stability and accessibility of past behavior. *British Journal Social of Psychology*, *47*, 245-265.

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Ouwehand, C., De Ridder, D.T.D., & Bensing, J. (2008). Individual differences in the use of proactive coping strategies by middle-aged and older adults. *Personality and Individual Differences, 45*, 28-33.

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Dissertations:

Papies, E.K. (2008, June 20). *The allure of forbidden food: A goal conflict perspective on dieting*. Utrecht University (138 pag.). Promotors: **Prof.dr. W. Stroebe** & Prof.dr. H. Aarts.

Expert group 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.

Coordinator: Prof.dr. T.G. van Tilburg (VU)

Members of expert group 4:

Drs. B.A. Bloem (VU)
Dr. C. Bode (UT)
Dr. E. Bohlmeijer (UT)
Dr. M.I. Broese van Groenou (VU)
Drs. R. Cozijnsen (VU)
Prof.dr. W. Koops (UU)
Prof.dr. B. Orobio De Castro (UU)
Dr. N. Steverink (RUG)
Prof.dr. T.G. van Tilburg (VU)
Drs. N. Tolkacheva (VU)
Dr. B. Van den Bergh (KUL/B)

Scientific publications (English, refereed):

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Korporaal, M., **Broese van Groenou, M.I.**, & **Van Tilburg, T.G.** (2008). Effects of own and spousal disability on loneliness among older adults. *Journal of Ageing and Health*, 20, 306-325.

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Pot, A.M., Melenhorst, A., Onrust, S., & **Bohlmeijer, E.** (2008). (Cost)effectiveness of life review for Older Adults: Design of a randomized controlled trial. *BMC Public Health*, 8, 211.

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Van den Bergh, B.R.H., Van Calster, B., Lagae, L., & Van Huffel, S. (2008). Self-reported symptoms of depressed mood, trait anxiety and aggressive behavior in post-pubertal adolescents: Associations with diurnal cortisol profiles. *Hormones and Behavior*, 54, 253-257.

Van den Bergh, B.R.H., Van Calster, B., Smits, T., Van Huffel, S., & Lagae, L. (2008). Antenatal maternal anxiety is related to HPA-axis dysregulation and self-reported depressive symptoms in adolescence: A prospective study on the fetal origins of depressed moods. *Neuropsychopharmacology*, 33, 536-545.

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Scientific publications (non-English, refereed):

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De Jong Gierveld, J. & **Van Tilburg, T.G. (2008).** De ingekorte schaal voor algemene, emotionele en sociale eenzaamheid. *Tijdschrift voor Gerontologie en Geriatrie*, 39, 4-15.

Kootte, M. & **Steverink, N. (2008).** Psychologen en openheid over de diagnose dementie aan de patiënt: Een verkennend onderzoek. *Tijdschrift voor Gerontologie en Geriatrie*, 39, 90-99.

Pinna Puissant, S., **Van den Bergh, B.R.H., Van Calster, B., & Van Huffel, S. (2008).** Relación del perfil del cortisol salival en adolescentes de 14-15 años de edad, con la depresión, ansiedad y reactividad emocional [Saliva cortisol profile in 14-15 years old adolescents in relation to depression, anxiety and emotional reactivity]. *Revista Mexicana de Psicología*, 25, 249-258.

Van den Bergh, B.R.H. (2008). De continuïteit tussen pre- en postnatale ontwikkeling. In C. Braet & P. Prins (Eds.), *Handboek Klinische Ontwikkelingspsychologie* (pp. 85-111). Houten: Bohn Stafleu van Loghum

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Bergsma, A., **Bode, C., Pouwels, M., & De Ridder D.T.D. (2008).** *Succesvol ouder worden*. Amsterdam: Boom.

Broese van Groenou, M.I. & Horn, L. (2008). De sociaal-maatschappelijke positie van ouderen en hun gezondheid. In H. van Herwaarden & N. van 't Leven (Eds.), *Paramedische zorgverlening aan ouderen* (pp. 35-46). Den Haag: Lemma.

De Jong, E., **Bode, C., Brugmans, E. (2008).** *Voedsel en globalisering: De grenzen in zicht*. Nijmegen: Valkhof Pers.

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Van Tilburg, T.G. & Van der Pas, S. (2008). The intergenerational care potential of Dutch older adults in 1992 and 2002. In C. Saraceno (Ed.), *Families, ageing and social policy: Generational solidarity in European welfare states* (pp. 217-235). Cheltenham, UK: Edward Elgar.

Expert group 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.

Coordinator: Dr. P.M. Le Blanc (UU)

Members of expert group 5:

Drs. J. Akkermans (UU)
Dr. M. Bal (VU)
Dr. P.M. Le Blanc (UU)
Prof.dr. R. Blonk (UU)
Drs. B. de Boer (EUR)
Dr. V. Brenninkmeijer (UU)
Prof.dr. H. De Witte (KUL/B)
Dr. E. Demerouti (UU)
Dr. M.P. van der Doef (UL)
Dr. R. van Doorn (UM)
Dr. H. van Emmerik (UU)
Dr. Z. Gurabardhi (UM)
Dr. E. van Hooft (EUR)
Dr. U. Hülshager (UM)
Dr. M. Kools (UM)
S. Lagerveld (TNO)
Dr. A. de Lange (RUG)
Drs. S. van der Linden (UU/Zorgcirkel Waterland)
Dr. M. Mikolajczak (KUL/B)
Drs. Ph. Miles (UU/Mercer HR Consulting)
Drs. G. Noordzij (EUR)
Drs. W. Oerlemans (UU)
Drs. A.P.E. Ouweneel (UU)
Dr. M. Peeters (UU)
Prof.dr. W.B. Schaufeli (UU)
Dr. B. Schreurs (UU)
Dr. E. van Steenbergen (UU)
Dr. H.O. Steensma (UL)
Dr. A. de Voogt (UM)
Drs. C.I. van Wijhe (UU)
Dr. D. Xanthopoulou (EUR)
Prof.dr. F. Zijlstra (UM)

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Van Doorn, R.R.A. & **Zijlstra, F.R.H.** (2008). Everyday mistakes: Confidence or cognition? In D. de Waard, F.O. Flemisch, B. Lorenz, H. Oberheid, & K.A. Brookhuis (Eds.), *Human factors for assistance and automation* (pp. 389-400). Maastricht, the Netherlands: Shaker Publishing.

Dissertations:

Bresó, E.. *Well-being and performance in academic settings: The predicting role of self-efficacy*. Universitat Jaume I (Castelon, Spain). Promotors: Prof.dr. M. Salanova & **Prof.dr. W.B. Schaufeli**.

6. Planned health behavior 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.

Coordinators: Prof.dr. Herman Schaalma (Maastricht University)

Members of expert group 6:

Scientific publications (English, refereed):

Brug, J., Tak, N., Te Velde, S., Bere, E., & **De Bourdeaudhuij, I.** (2008). Taste preferences, liking and other factors related to fruit and vegetable intake among school children. *British Journal of Nutrition*, 99 (Suppl. 1), S7–S14.

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Dissertations:

Peters, G.-J.Y. (2008). *Determinants of ecstasy use and harm reduction practices: Informing evidence-based intervention development*. Universiteit Maastricht. Promotors: **Prof.dr. G. Kok & Prof.dr. H. Schaalma.**

7a. Adjustment to chronic illness

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.

Coordinator: 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.

Coordinators: Dr. Mieke Rijken. (NIVEL)

Members of expert group 7:

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Scientific publications (English, refereed):

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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.

Coordinator: Prof.dr. J.M. Bensing (NIVEL)

Members of expert group 8:

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Prof.dr. J.C.J.M. de Haes (UvA)
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Drs. M. Prins (NIVEL)
Dr. E. Smets (UvA)
Dr. K. Tates (NIVEL)
Drs. W. Verheul (NIVEL)
Dr. E. Zantinge (NIVEL)

Scientific publications (English, refereed):

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Zantinge, E.M. (2008). *“Doctor, can you spare some time? The role of workload in general practitioners' involvement in patients' mental health problems”*. Universiteit Utrecht. Promotors: **Bensing, J.**, De Meer, K., Verhaak, P.F.M., De Bakker, D.H.

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.

Coordinator: Dr. Henk van Stel (UMC - Utrecht University)

Members of expert group 9:

Drs. E.F. Bloem (UvA)
Drs. M. de Bruin (UM)
Drs. L. Buitinga (UT)
Drs. M. Kool (UU)
Dr. H.M. Koopman (UL)
Drs. J. Korte (UT)
Dr. M.M. Kuyvenhoven (UU)
Drs. K. Lemmens (UM)
Dr. J. Mikolajczak (UM)
Prof.dr. J.J. Rasker (UT)
Dr. H. van Stel (UU)
Drs. J. Trappenburg (UU)
Prof.dr. J. de Vries (UvT)

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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).

Coordinators: Prof.dr. Olivier Luminet (University of Louvain, BE)

Members of expert group 10:

Drs. M. Cordovil de Sousa (Univ. of Louvain)

Dr. E.H.M. Eurelings (UL)

Prof.dr. R. Geenen (UU)

Drs. D. Grynberg (Univ. of Louvain)

Drs. M. Housiaux (Univ. of Louvain)

Drs. M. Lahaye (Univ. of Louvain)

Prof.dr. O. Luminet (Univ. of Louvain)

Drs. M. van Oers (UU)

Prof.dr. A.J.J.M. Vingerhoets (UvT)

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Books/Chapters/Non-refereed publications:

Duymaer van Twist, L., **Geenen, R.**, Fluit, M., Wassenberg, L., Taal, E., Breedveld, H., Terwindt, S.T.M., Verhoef, J., Voorneveld, H., & Abraas, I. (2008). Professionalisering en internationalisering van de Nederlandse Health Professionals in de Reumatologie. *Nederlands Tijdschrift voor Reumatologie*, *11*, 62-63.

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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 2008, P&H organized lectures by:

Professor Julian Thayer (The Ohio State University, USA) on *Beyond heart rate variability: Vagal regulation of allostatic systems*. March 20, 2008, lecture no. 51.

Professor Bas Verplanken (University of Bath, GB) on *Habit: From overt action to mental events*. June 19, 2008, lecture no. 52.

Professor Theresa M. Marteau (King's College, London, GB) on *How do risk perceptions influence preferences for ways to reduce risk?* September 18, 2008, lecture no. 53.

Professor Gerd Gigerenzer (Max Planck Institute for Human Development, Berlin, Germany) on *Risk perception and decision-making in health and medicine: Helping doctors and patients make sense of health statistics*. December 11, 2008, lecture no. 54.

4. PUBLICATIONS

Publications 2008	number	average per member (excl. Ph.D.-candidates)
Scientific (English)	372	3.3
Scientific (Non-English)	78	0.7
Professional publications	113	1.0
Total	563	5.0

* On December 31, 2008, the Research Institute included 112 senior researchers and postdocs

Scientific publications (English, refereed):

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Bode, C., Taal, E., Emons, P.A.A., Galetzka, M., **Rasker, J.J.**, Van de Laar, M.A.F.J. (2008). Limited results of Group self-management education for rheumatoid arthritis patients and their partners: explanations from the patient perspective. *Clinical Rheumatology*, 27, 1523-1528.

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