



NEWS

Invitation upcoming iLab meeting

Monday 8 May 2017: 16-00 – 17:00

Room 3.14 ERIBA building (3d floor)

MOVE WITH THE TIMES: automatic actigraphy data processing. With presentations of Stefan Knapen en Yoram Kunkels, PhD students @ ICPE.

Discussed will be:

- The use of actigraphy in research.
- Examples of actigraphy studies.
- Development of an R-package for automatically creating sleep, circadian, and activity variables from raw actiwatch data.

You are all very welcome to come and listen and discuss with us.

Work-group actigraphy

From within the iLab a work-group actigraphy has started. Ando Emerencia, Yoram Kunkels, Stefan Knapen, Jennifer Klop-Richards, Sanne Booij, Harriëtte Riese and Marij Zuidersma take part in it.

Actigraphy is more and more used in research. Also within the iLab several different studies in which actigraphy was used are ongoing and finished. Actigraphy is a relatively non-invasive method to measure sleep, circadian (24hrs) rhythm and physical activity in daily life. Within the iLab a work-group has started to gather information about the use of actigraphy in research. They do this by searching the literature and gather information and experiences from their own and colleagues research with actigraphy.

- What type of actiwatches exist, and which is the best to use for a specific study?
- What sleep, circadian and activity variables can be extrapolated from actigraphy?
- To what extent are these variables validated in different populations?
- The development of an r-package to automatically create sleep and activity variables from raw actiwatch data. The development of this r-package will be presented in a scientific paper.

Is there something you would specifically like to know about actigraphy, or what the work group is doing? Send your question in an e-mail to m.zuidersma@umcg.nl.

Belgisch-Nederlands ESM network

In November 2016, a large group of ICPE ESM-researchers travelled all the way to the University of Leuven in Belgium to meet with ESM researchers from Leuven and Maastricht. During an interactive program which included lectures and scientific speed dating sessions we got to know each other, and each other's work better. Moreover, the *Belgisch-Nederlands ESM* network was established to further catalyze the fruitful collaboration between our research groups. The goals of the network is to collaborate more on specific ESM topics, submit symposia for congresses together, collaborate on grant applications and create opportunities for work visits for (PhD) students. More information about the network can be obtained from Marieke Wichers, Tineke Oldehinkel or Harriëtte Riese. The next annual meeting will be on November 24th 2017 in Groningen.

Work-group multiple analysts

An iLab work-group started meeting in February, consisting of Klaas Wardenaar, Jojanneke Bastiaansen, Bertus Jeronimus, Yoram Kunkels, Harriëtte Riese, and Laura Bringmann. The goal of this work-group is to evaluate the variations across analysts in the way they process and analyze time-series data and the effects of analytical choices on the eventual results and interpretations. For this purpose, different analysts will be asked to independently analyze the same dataset with the same research question in mind. When completed, their analytical choices, results and conclusions will be compared. This will provide important insights into how the choice of analysis methods can influence the results obtained from diary studies in individual patients.

NEW PEOPLE

In our last newsletter of November 2016 we introduced Marieke Wichers' new project: the transitions in depression (TRANS-ID) project: a project aiming to identify early warning signals for critical transition from a healthy state into a clinic depression, or vice versa. We introduced Yoram Kunkels, Robin Groen and Arnout Smit as PhD students on this project. On November 1 2016 another PhD student started on this project: Marieke Helmich. Below, she introduces herself.

My name is Marieke Helmich and I'm currently working as a PhD student on the TRANS-ID Recovery sub-project of Marieke Wichers' ERC grant. For this project, I'll be looking at detecting early warning signals of a critical change to recovery in depressed patients, using experience sampling methodology. I'm very excited to have found a research topic that has explorative, theoretical approach, as well as clinical implications.



I started in November 2016, and I moved to Groningen from London, where I had been living for 2 years. In fact, my studies have taken me to quite a few different places. I got my bachelor degree at University College Utrecht, where I majored in psychology, with two minors: in philosophy and statistics. I also spent 4 months living in Singapore, where I studied for one semester before travelling around in Asia for another month. Next, I obtained my research master degree in cognitive and clinical neuroscience, with a specialization in psychopathology in Maastricht. Given that it was a two-year master programme, it included 9 months of research internship. I found a spot at King's College London's Institute of Psychiatry, Psychology and Neuroscience, at the department of psychosis studies. My MSc project focused on examining the relationship between theory of mind and social engagement in schizophrenia patients. I stuck around in London for another year, and worked a night-shift job testing video games – I checked and corrected the Dutch translations in-game. After 6 years of moving around, Groningen and the people here have been very welcoming and wonderful, and I feel right at home.

UPCOMING CONFERENCES/MEETINGS

Society for ambulatory assessment

The upcoming meeting of the Society for Ambulatory Assessment (SAA) will be in Luxembourg city, Luxembourg from June 15th 2016 to June 17th 2016. Please also note that you can become a member of the SAA if you are involved in ambulatory assessment for free, for more information please visit their website: <http://www.saa2009.org/> .

i-LAB staff

Robert Schoevers: r.a.schoevers@umcg.nl

Gerda Bloem: g.m.bloem@umcg.nl

Harriette Riese: h.riese@umcg.nl

Klaas Wardenaar: k.j.wardenaar@umcg.nl

Marij Zuidersma: m.zuidersma@umcg.nl

NB I The link to the internal Google Drive platform only works after you have logged into the platform with your @rgoc.nl account

NB II If you want to be removed from our mailing list, please send a mail to iLAB@icpe.nl.

Website ilab: <http://ilab-psychiatry.nl>

NEW PUBLICATIONS

The relationship between 63days of 24-h urinary free cortisol and hair cortisol levels in 10 healthy individuals. van Ockenburg SL, Schenk HM, van der Veen A, van Rossum EF, Kema IP, Rosmalen JG. Psychoneuroendocrinology. 2016 Nov;73:142-147. doi: 10.1016/j.psyneuen.2016.07.220.

Sleep quality predicts positive and negative affect but not vice versa. An electronic diary study in depressed and healthy individuals. Bouwmans ME, Bos EH, Hoenders HJ, Oldehinkel AJ, de Jonge P. J Affect Disord. 2017 Jan 1;207:260-267. doi: 10.1016/j.jad.2016.09.046.

Coping with a life event in bipolar disorder: ambulatory measurement, signalling and early treatment. Knapen SE, Riemersma-van der Lek RF, Haarman BC, Schoevers RA. BMJ Case Rep. 2016 Oct 13;2016. pii: bcr2016216123. doi: 10.1136/bcr-2016-216123.

Bidirectionality Between Sleep Symptoms and Cores Depressive Symptoms and Their Long-Term Course in Major Depression. Bouwmans ME, Conradi HJ, Bos EH, Oldehinkel AJ, de Jonge P. Psychosom Med. 2016 Nov 1.

An actigraphy study investigating sleep in bipolar I patients, unaffected siblings and controls. Verkooijen S, van Bergen AH, Knapen SE, Vreeker A, Abramovic L, Pagani L, Jung Y, Riemersma-van der Lek R, Schoevers RA, Takahashi JS, Kahn RS, Boks MP, Ophoff RA. J Affect Disord. 2017 Jan 15;208:248-254. doi: 10.1016/j.jad.2016.08.076.

Differential association between affect and somatic symptoms at the between- and within-individual level. Schenk HM, Bos EH, Slaets JP, de Jonge P, Rosmalen JG. Br J Health Psychol. 2017 Jan 13. doi: 10.1111/bjhp.12229.

The Reciprocity of Prosocial Behavior and Positive Affect in Daily Life. Snippe E, Jeronimus BF, Aan Het Rot M, Bos EH, de Jonge P, Wichers M. J Pers. 2017 Jan 17. doi: 10.1111/jopy.12299.

Mental disorders as networks: some cautionary reflections on a promising approach. Wichers M, Wigman JT, Bringmann LF, de Jonge P. Soc Psychiatry Psychiatr Epidemiol. 2017 Feb;52(2):143-145. doi: 10.1007/s00127-016-1335-z.

Do you miss your publication? Send it to m.zuidersma@umcg.nl and it will be presented in the next newsletter.