



NEWS

Last iLab meeting

On Monday 8 May 2017 the last iLab meeting took place entitled '*MOVE WITH THE TIMES: Automatic actigraphy data processing*'. First, Marij Zuidersma introduced the concept of actigraphy in research: which type of actiwatch should you use, what kind of variables can you extract from actigraphy, and examples of actigraphy studies with a particular focus on idiographic actigraphy studies at the ICPE.

Next, Yoram Kunkels presented about the development of an R-package for automatically creating outcome variables from raw actigraphy data. Finally, Stefan Knapen presented about the application of the R-package on his own actigraphy data. The audience was varied and included clinicians and researchers from the UMCG, the RuG and Hanze Hogeschool.

Development of the R-package 'ACTman'

Actigraphy is more and more used in research. Also, within the iLab several finished and ongoing studies have used actigraphy. Actigraphy is a relatively non-invasive method to measure sleep, circadian (24hrs) rhythm and physical activity in daily life. However, two problems of the conversion of raw actigraphy data to usable variables are that (1) it is a time-exhausting process and (2) it is less easy to replicate because you are dependent on software packages belonging to the actiwatch, which are prone to updates and/or removal. Therefore, Yoram Kunkels (PhD student at the ICPE), Stefan Knapen (PhD student at the ICPE) and Ando Emerencia (post-doc researcher at the RuG) are currently developing the R-Package ACTman. ACTman automatically converts raw actiwatch data into outcome variables related to sleep, circadian rhythm and perhaps in a later stage also physical activity.

Any researcher who uses actigraphy and is interested in using the R-package can contact Yoram, Stefan or Ando for questions and personal wishes concerning the R-package. Their e-mail addresses are: y.k.kunkels@umcg.nl; s.e.knapen@umcg.nl; acemerencia@gmail.com.

ACKNOWLEDGEMENTS

If you have used *iLab* equipment for your study, or if you received financial support from the *iLab*, could you please include one of the following sentences (as applicable) in your manuscript under the *Acknowledgements* section?

- 1) "The <name equipment> were/was kindly provided by the *iLab* of the department of Psychiatry of the UMCG (www.ilab-psychiatry.nl).
- 2) "We acknowledge the financial contribution of the *iLab* of the department of Psychiatry of the UMCG (www.ilab-psychiatry.nl) to the appointment of <name Author>."
- 3) "We acknowledge the financial contribution of the *iLab* of the department of Psychiatry of the UMCG (www.ilab-psychiatry.nl)."

REPORT FROM THE SAA CONFERENCE IN LUXEMBOURG

From June 15th to June 17th 2017 the conference of the Society for Ambulatory Assessment (SAA) took place in Luxembourg city, Luxembourg. Below, Jojanneke Bastiaansen and Date van der Veen give their impressions of the conference.

Conference on Ambulatory Assessment – by Jojanneke Bastiaansen

From the 14th to the 17th of June the corridors of the *iLab* Psychiatry were half empty whilst a delegation of almost 20 *iLab* researchers attended the 5th Biennial Conference of the Society for Ambulatory Assessment (SAA) at the University of Luxembourg. The conference started with a session reminiscent of a Russian nesting doll, with a set of 5 eminent men of decreasing stature welcoming the audience one after the other. Throughout the rest of the conference, researchers from (mainly) Europe and the United States took to the stage in 4 plenary keynote lectures, and parallel sessions comprising 19 symposia with 85 presentations, 23 free-standing oral presentations, 43 poster presentations and 5 workshops. The society focuses quite broadly on the “use of field methods to assess the ongoing behaviour, physiology, experience and environmental aspects of people in naturalistic or unconstrained settings”. This year’s conference programme, however, seemed to favour experience sampling over sensing technology and was consumed more by psychological rather than physical aspects of health. The *iLab* Psychiatry left a clear mark on the programme, providing 20% of the symposium presentations, 13% of the oral presentations and 16% of the poster presentations. Contributions were a testimony to the diversity of the work performed within the *iLab*, showcasing research on statistical, methodological, and clinical aspects of ambulatory assessments by researchers from both Psychology and Psychiatry. The joint symposia with researchers from Leuven and Maastricht originated from the recently established *Belgisch-Nederlands ESM network*, which will have its annual meeting on the 24th of November in Groningen.

Summary in hashtags: [#workhardplayhard](#) [#bbq](#) [#networks](#) [#makeGroningengreatagain](#) [#dynamics](#) [#teepee](#) [#mauritssavestheday](#) [#memetime](#) [#sexyfries](#) [#mariekeforpresident](#) [#onebraveclinician](#) [#fromlabtolife](#)

Conference on Ambulatory Assessment: One Proud Clinician by Date van der Veen

The wonderful overview by Jojanneke outlines an experience of ‘epic proportions’. Though clinicians were a minority the presented endeavours by many researchers shared the same concern: how can we support and bolster the clinical work field. The debate generated during the last symposium of the congress was the result of the synergy that emerged – and in my opinion should be leading in the collaboration between researchers, clinicians and patients. It boils down to *trusting* each other. First of all, implementing new techniques in clinical practice requires trust that the researcher will keep explaining the limitations and potential pitfalls of their work. Second, it requires trust in the clinician that when embracing innovative techniques this will always be embedded in sound clinical reasoning guided by their clinical ‘Fingerspitzengefühl’. Last but definitely not least, it requires trust that our patients know best and are willing to go that extra mile in collecting valuable data through ambulatory assessment. The move from lab to life is rather a jam session than a well-rehearsed play.

Interested in joining the SAA? You can register for a membership here: http://www.saa2009.org/?page_id=36.

STATISTICAL SUPPORT

Good news for those seeking statistical advice or support! A statistical advisor for the RGOC was already present in the person of Rob van der Brink, but in the spring of this year Klaas Wardenaar was also formally appointed as statistical advisor for researchers working in (or that have an affiliation with) the UCP. In this capacity, he will be available to advice and/or help researchers with their analyses, ranging from simple to complex (e.g., prediction modeling, psychometrics, datamining, and multilevel analyses). Contact:

k.j.wardenaar@umcg.nl

STORAGE BIOMATERIALS IN -80°C FREEZERS

A UMCG-wide policy change concerning the storage of biomaterials in -80°C freezers will be effectuated before the end of 2017. The UMCG wants all biomaterials to be stored in the central Eemspoort facility and does not allow departments to facilitate biomaterial storage themselves anymore. Deplorably this has also consequences for the *iLab* as we have to dismantle our biomaterial storage facility. We are currently getting things clear on individual contract and costs for storage of biomaterials currently stored in the *iLab* freezers. Users of the *iLab* freezers have been informed and will be updated when more information on the transfer of their biomaterial and handling of costs for storage in the Eemspoort becomes available. For specific questions please contact Gerda Bloem (g.m.bloem@umcg.nl). Please note that the storage facility of “dry” biomaterials (hair, nails) is available as usual!

ILAB WEBSITE

The *iLab* website http://ilab-psychiatry.nl/en_US/ has a new feature: “The employees Page”. It contains all information and documents which are placed on the Google Drive in a structured and clear way, and it is password protected. The password will be provided to all persons with an *iLab* account soon. Currently we are still working on the site, so it is not yet updated with the newest information about employees and projects. If you have any suggestions about the website please do not hesitate to contact us! Sanne Booij will keep the site updated: s.h.booij@umcg.nl.

NEW PEOPLE

In our last newsletters of November 2016 and March 2017 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, Arnout Smit and Marieke Helmich as PhD students on this project. On April 2017 another PhD student started on this project: Marieke Schreuder. Below, she introduces herself.

Hi, my name is Marieke (the third, as I learned after introducing myself to colleagues). In April, I started as a PhD student in Marieke's group. My project is part of the TRANS-ID study and will focus on critical transitions in psychopathology. Before I moved here, I studied Brain and Cognitive Sciences (research master) in Amsterdam and Clinical Psychology in Leiden. This background led to varying research projects, from investigating habitual (versus goal-directed) behaviour in mice to examining the co-morbidity of psychotic and obsessive-compulsive symptoms in hospitalized patients. During these internships, I discovered that as soon as you gain knowledge about (almost) any topic, it becomes interesting.

Also, I learned that it is the team you work with, rather than the specific subject you study, that makes scientific work engaging and fruitful. These insights motivated me to apply for a PhD position covering research fields in which I had no experience, namely experience sampling methodology, complex dynamic systems and the statistical methods pertaining to both. So far, it has been an educational experience. I feel simultaneously challenged and appreciated, which makes the ICPE in general and Marieke's group in particular an inspiring working environment.



NEW ILAB PUBLICATIONS

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

Servaas MN, Riese H, Renken RJ, Wichers M, Bastiaansen JA, Figueroa CA, Geugies H, Mocking RJ, Geerligs L, Marsman JC, Aleman A, Schene AH, Schoevers RA, Ruhé HG. **Associations Between Daily Affective Instability and Connectomics in Functional Subnetworks in Remitted Patients with Recurrent Major Depressive Disorder.** *Neuropsychopharmacology*. 2017 May 10. doi: 10.1038/npp.2017.65.

Oude Oosterik NA, Bouwmans ME, de Groot IW, Bos EH, de Jonge P. **[The bidirectional relationship between physical activity and sleep in depressed versus non-depressed individuals].** *Tijdschr Psychiatr*. 2017;59(2):78-86. Dutch.

Knapen SE, Druiven SJM, Meesters Y, Riese H. **Chronotype not Associated With Nonremission, but With Current State?** *Sleep*. 2017 Jun 1;40(6).

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 k.j.wardenaar@umcg.nl.

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

iLab staff

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(newsletters and ilab website: maternity leave
July 2017 – January 2018)

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and room reservations)

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

Marij Zuidersma will be on maternity leave from July 2017 till 1 Feb 2018.

During that period, Sanne Booij will keep the website of the iLab updated. Any questions and suggestions about the iLab website, and any new projects/employees can be reported to her. Klaas Wardenaar will send the iLab newsletters during that period. Any input for the newsletter, or questions about the mailing list can be sent to him.