



NEWS

Invitation upcoming iLab meeting 13 November 2017: 16-00 – 17:00

UCP, third floor, K3.18

A flexible interface for personalized diary studies: from science to clinical practice

Prof. Marieke Wichers & Dr. Harriëtte Riese will present and discuss the latest developments on personalized diary assessments for which we are currently developing a flexible interface to personalize diary item selection and automatically generated feedback reports. This tool will enable clinicians and patients to obtain insight in the patient's symptom dynamics.. Interestingly, the ESM tool will also facilitate researchers and students in initiating new Experience Sampling Monitoring (ESM) projects.

New MotionWatches

The iLab was granted €20.000 by the UMCG instrumentation fund ('apparatuur fonds') to purchase twenty new MotionWatches, increasing the total number to 59. These will become available for research by November/December 2017. Registered iLab member can find an overview of the available equipment and reservations here: https://ilab-psychiatry.nl/en_US/employee-pages/reservation-of-equipment/. To make new reservations, please contact G.M.Bloem@umcg.nl.

Laura Bringmann on 'air' about bringing ESM to clinical practice

In a previous iLab newsletter, we announced the start of the "multiple analysts workgroup" coordinated by Jojanneke Bastiaansen, Yoram Kunkels, Casper Alberts and Laura Bringmann. For this project, different groups of researchers are asked to independently analyze the same individual ESM dataset and provide clinical recommendations for this particular patient based on their results. The goal is to investigate how similar these clinical recommendations are and how they are influenced by analytical choices. Recently, Eiko Fried (<http://eiko-fried.com/>) interviewed Laura about his project for his podcast Psych Networks. You can find the podcast here: <http://psych-networks.com/talking-laura-bringmann-esm-data-network-models-exciting-project/>. Results of the project are expected in the Spring of 2018.

€850.000 grant for the research project 'Jointly taking care of better care'

The iLab members Harriëtte Riese and Jojanneke Bastiaansen have received a large research grant from the Stichting tot Steun VCVGZ, which is a national foundation that finances research and innovative projects in mental health care. The research grant supports two highly interconnected clinical trials, which use ESM assessments and personalized reports to increase patient's self-awareness of, and control over, daily life dynamics that impact on depressive feelings. Furthermore, this personalized knowledge can be used by clinicians to better tailor treatments to the individual and enhance shared decision-making. The two projects match with the recommended stepped-care model for depression, in which the least intensive treatment is initially selected, only scaling up to more intensive or specialist services when clinically required. In the ZELF-i project, we investigate the effectiveness of an add-on self-monitoring tool for those who attend basic and specialized care facilities. In the Therap-i project the team, which also includes clinical psychologist Date van der Veen, investigates the effectiveness of incorporating personalized symptom self-monitoring in treatment-trajectories of individuals with complex symptomatology in tertiary care. Together, we hope to change the way treatments for depression are shaped by providing patients and clinicians research tools that can unlock valuable personalized knowledge.

The project "jointly taking care of better care" is a collaboration between the UMCG, mental health organizations GGZ Friesland, Lentis/PsyQ, Synaeda Psychomedisch Centrum, and the Depression Foundation (<http://www.depressievereniging.nl/>).

MAKEOVER iLab WEBSITE

As we wrote previously in the newsletter, the iLab website (<http://ilab-psychiatry.nl>) has undergone both a cosmetic and structural make-over, allowing iLab collaborators to access content in a more user-friendly fashion via dedicated 'employee pages'. To make it easier for users to find what they need, our team is currently working to optimally (re)organize all of the information. To make sure that all information is up-to-date, we would like to request researchers to announce any new research projects to Sanne Booij (s.h.booij@umcg.nl). She will ask for the necessary information to present the project on the iLab website.

The password for the employee pages will be sent to all the registered iLab users by e-mail this week. To access this part of the website, click on the tab 'Employee pages' at the upper right corner. Upon opening a first document in the employee section, the system will ask you to provide a personal iLab e-mail address (@rgoc.nl) and the accompanying password. This is the same address as is used to log in to the iLab google drive.

iLab RESEARCH ON ENMESH IN GRONINGEN

From October 5th to October 8th the conference of the European Network for Mental Health Service Evaluation was organized in Groningen. Two of the main themes of the conference were: "Assessment: Understanding the context" and "Epidemiology: Methodological approaches supporting personalized care". These themes fit the iLab like a glove. Hence, it was no surprise that several iLab researchers were present at the conference. Starting before the conference, a pre-conference workshop providing 'Everything you always wanted to know about Experience Sampling' was given by our researchers. Furthermore, as a keynote speaker, prof. Marieke Wichers stressed the relevance of obtaining personalized models that better capture the dynamic development of psychopathology. There were also two symposia organized by iLab researchers: "Think again: New developments in the field of clinical staging", in which, among other things, the dynamic network approach to psychopathology was highlighted, and, "The use of Experience Sampling as a clinical tool to personalize and contextualize mental health care". Finally, several posters were presented by PhD students on topics like micro-level emotion dynamics and experience sampling for the treatment of bipolar disorder. <https://enmesh2017 Groningen.com/scientific-programme/>

STATISTICAL SUPPORT

Do you need advice or help with your statistics in any stage of your research? Good news! In addition to the information and tutorials on the iLab website there are two available statistical consultants that UCP-affiliated researchers can now turn to.

Rob van den Brink works in the Rob Giel Research center (RGOc) and mainly focuses on providing advice to researchers from the mental health institutions that are affiliated with the RGOc. Part of his job is to organize courses in quantitative data analysis with SPSS for nursing specialists in training.

Contact: r.h.s.van.den.brink@umcg.nl, tel. 050-3612089

Klaas Wardenaar works at the UCP (ICPE and RGOc) as a senior researcher. He is specialized in psychiatric epidemiology and applied complex statistics and has been appointed as statistical consultant for researchers that work in (or have an affiliation with) the UCP. In this capacity, he is available to advice and/or help researchers with more complex analyses (e.g., prediction modeling, psychometrics, datamining, and multilevel analyses). Contact: k.j.wardenaar@umcg.nl, tel 050-3614610

Rob and Klaas will collaborate and coordinate their work as much as possible to make sure that available time and knowledge is used effectively and efficiently.

ACKNOWLEDGEMENTS

If you have used iLab equipment for your study, or if you received financial support from the iLab, 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)."

NEW ILAB PUBLICATIONS

Ahead of print:

- 1: 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.
- 2: Booij SH, Snippe E, Jeronimus BF, Wichers M, Wigman JTW. Affective reactivity to daily life stress: Relationship to positive psychotic and depressive symptoms in a general population sample. *J Affect Disord*. 2018 Jan 1;225:474-481. doi:10.1016/j.jad.2017.08.051.

April – October 2017

- 1: Snippe E, Viechtbauer W, Geschwind N, Klippel A, de Jonge P, Wichers M. The impact of treatments for depression on the dynamic network structure of mental states: Two randomized controlled trials. *Sci Rep*. 2017 Apr 20;7:46523. doi: 10.1038/srep46523.
- 2: Nelson B, McGorry PD, Wichers M, Wigman JTW, Hartmann JA. Moving from static to dynamic models of the onset of mental disorder: A review. *JAMA Psychiatry*. 2017 May 1;74(5):528-534. doi: 10.1001/jamapsychiatry.2017.0001.
- 3: de Vos S, Wardenaar KJ, Bos EH, Wit EC, Bouwmans MEJ, de Jonge P. An investigation of emotion dynamics in major depressive disorder patients and healthy persons using sparse longitudinal networks. *PLoS One*. 2017 Jun 1;12(6):e0178586. doi: 10.1371/journal.pone.0178586.
- 4: Vaessen T, van Nierop M, Decoster J, Delespaul P, Derom C, de Hert M, Jacobs N, Menne-Lothmann C, Rutten B, Thiery E, van Os J, van Winkel R, Wichers M, Myin-Germeys I. Is sensitivity to daily stress predictive of onset or persistence of psychopathology? *Eur Psychiatry*. 2017 Jul 26;45:167-173. doi: 10.1016/j.eurpsy.2017.07.002.
- 5: Hartogs BMA, Bartels-Velthuis AA, Van der Ploeg K, Bos EH. Heart rate variability biofeedback stress relief program for depression*. A replicated single-subject design. *Methods Inf Med*. 2017 Jul 19;56(4). doi: 10.3414/ME16-02-0033.
- 6: van Winkel M, Wichers M, Collip D, Jacobs N, Derom C, Thiery E, Myin-Germeys I, Peeters F. Unraveling the role of loneliness in depression: The relationship between daily life experience and behavior. *Psychiatry*. 2017; Summer; 80(2):104-117. doi: 10.1080/00332747.2016.1256143.
- 7: Pos K, de Wit IE, van Dijk FA, Bartels-Velthuis AA, Bruggeman R, Meijer CJ, de Haan L; for Group; Genetic risk and outcome of psychosis investigators. An experience sampling study on the ecological validity of the SWN-20: Indication that subjective well-being is associated with momentary affective states above and beyond psychosis susceptibility. *Psychiatry Res*. 2017 Aug 18. pii: S0165-1781(16)31386-5. doi: 10.1016/j.psychres.2017.08.017.
- 8: Slofstra C, Nauta MH, Holmes EA, Bos EH, Wichers M, Batalas N, Klein NS, Bockting CLH. Exploring the relation between visual mental imagery and affect in the daily life of previously depressed and never depressed individuals. *Cogn Emot*. 2017 Aug 17:1-8. doi: 10.1080/02699931.2017.1365047.
- 9: Bakker JM, Goossens L, Lange I, Michielse S, Schruers K, Lieveerse R, Marcelis M, van Amelsvoort T, van Os J, Myin-Germeys I, Wichers M. Real-life validation of reduced reward processing in emerging adults with depressive symptoms. *J Abnorm Psychol*. 2017 Aug;126(6):713-725. doi: 10.1037/abn0000294.
- 10: Heininga VE, Van Roekel E, Ahles JJ, Oldehinkel AJ, Mezulis AH. Positive affective functioning in anhedonic individuals' daily life: Anything but flat and blunted. *J Affect Disord*. 2017 Aug 15;218:437-445. doi: 10.1016/j.jad.2017.04.029.
- 11: Heininga VE, van Roekel E, Wichers M, Oldehinkel AJ. Reward and punishment learning in daily life: A replication study. *PLoS One*. 2017 Oct 4;12(10):e0180753. doi: 10.1371/journal.pone.0180753.

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

iLab staff

Robert Schoevers: r.a.schoevers@umcg.nl (head of UCP)

Gerda Bloem: g.m.bloem@umcg.nl (equipment and room reservations)

Harriëtte Riese: h.riese@umcg.nl (Head of iLab)

Klaas Wardenaar: k.j.wardenaar@umcg.nl (newsletters)

Marij Zuidersma: m.zuidersma@umcg.nl (newsletters and iLab website: maternity leave July 2017 – January 2018)

Sanne Booij: s.h.booij@umcg.nl (iLab website)

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 send to him.