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| **iLab Newsletter**  ***December 2021***  <https://ilab-psychiatry.nl> |
| **News**Y:\staff\umc\Psy\iLab\Gerda Bloem overdracht\iLab Nieuwsbrief\download.png**JUST OUT! Handbook Experience Sampling Method (ESM), KU Leuven***, freely available for download!* After a lot of hard work, researchers of the Center for Contextual Psychiatry (CCP) and Orange Knowledge Program (OKP) at KU Leuven have published **The Open Handbook of Experience Sampling Methodology**, a step-by-step guide to designing, conducting and analyzing ESM studies This open handbook is *freely available for download*, but if you prefer a paperback version this can be ordered at Amazon, at printing costs. For more information [click here](https://www.kuleuven.be/samenwerking/real/real-book/index.htm) or check out <https://www.kuleuven.be/samenwerking/real/real-book/index.htm>  For more information about the Belgian-Dutch Network for ESM Research in Mental Health [click here](https://esm-network.eu/).  **Psychosomatic Medicine: Call for papers!**  **The Impact of Technological Innovation on Biobehavioral and Psychosomatic Medicine**  The overall scope of this Special Issue of *Psychosomatic Medicine* is to provide a comprehensive overview of technological innovations in psychosomatic research and clinical practice and raise awareness of these innovations so that they may be incorporated into research and clinical practice.  Potential topics for manuscripts submitted to this Special Issue include:   * Use of ambulatory technologies in psychosomatic medicine (e.g., portable psychophysiology, wearable digital sensors, geolocation) * Passive mobile sensing and biobehavioral health * Applying technology to personalize interventions and improve patient and caregiver outcomes * Use and impact of consumer-grade monitoring devices on biobehavioral mechanisms of health and disease * Advances in sensor technology (e.g., smart fabrics, flexible membranes, etc.) * Technological innovations impact on health care disparities and equity * Smart homes and psychosomatic medicine * Augmented and virtual reality * Viewpoints on how technologic innovations will shape biobehavioral psychosomatic medicine over the next decade   If you are interested in submitting a manuscript for consideration, please submit a preliminary abstract by December 15, 2021. Please submit the abstract using [the form available at this link](https://app.smartsheet.com/b/form/e70d8472626c4e8d8fffe69adcb31a82)  **New UMCG Equipment funding**  **In November 2021, the iLab was granted funding of the UMCG Equipment Fund!**  Among other things for three different projects we purchased professional speech recorders, actigraphy watches and laptops. This new equipment is in use in the coming years. Upon finishing the projects the equipment will become available for reservation via the iLab device repository. Equipment reservations can be mailed to Gerda Bloem: [g.m.bloem@umcg.nl](mailto:g.m.bloem@umcg.nl)  **Nomination**  **Fionneke Bos has been nominated for the Willen Nolen Prize 2021 for bipolar disorders with her dissertation. This award is “for groundbreaking research or exceptional initiatives in the care of patients with bipolar disorder and their familes”.** [Read more](https://www.kenniscentrumbipolairestoornissen.nl/category/nieuws/) |
| **New project**  **Boosting antidepressant treatment by personalized ESM-based feedback - a feasibility study in older people**  ***Written bij Marij Zuidersma***  **To date it remains unclear to what extent experience sampling monitoring (ESM) and feedback is feasible for older patients. Richard Oude Voshaar received a grant from ZonMW to perform a pilot study to examine feasibility or ESM in older persons with an affective disorder.**  **Twenty older persons from the UCP with an affective disorder who are starting or switching an antidepressant will fill out a diary for 5 times a day for 16 weeks using the PETRA module. In addition, they will continuously wear an actiwatch. Every 2 weeks during regular consults with their psychiatrist they will receive feedback on their symptoms using the PETRA module. We will to what extent personalised ESM and feedback is feasible for older patients in terms of acceptability (recruitment) and protocol adherence as well as how we can optimise feasibility of ESM for older people. Aside from Richard Oude Voshaar, the study will be performed by Alieke Tieks, Fionneke Bos, Hans Jeuring, Harriëtte Riese and Marij Zuidersma.** |
| **New employees**  Hi everyone! My name is Liam Brouwer and I am taking part in the clinical psychology master at the University of Groningen. I have the privilege of working on the PRoSPECTs project under the supervision of Dr. Sanne Booij for my master’s thesis. In this project I am working together with many others, including Dr. Harriëtte Riese, Prof. dr. Robert Schoevers and Desi Burghoorn as well as Nynke Buwalda and Tessa Metz. The long-term aim of the PRoSPECTs project is to develop a transdiagnostic assessment tool for precision psychiatry. Currently the project is conducting a feasibility study on the feasibility of the assessment tools. My goal is to aid this study by interviewing participants and analysing the acceptability of these participants. I am personally very pleased to be able to work on this project; I have been working as a communication trainer at the UMCG teaching medicine students communication skills, including how to take interviews, so the opportunity to conduct such interviews in a clinical setting is something that I look forward to. I am also a big proponent of more individualized therapy tools and to be able to see an assessment tool that I believe in being developed is really cool to me.    My name is Tessa Metz and I’m a master student clinical psychology at the University of Groningen. I finished my bachelor's degree at the Open University alongside my job as sociotherapist at Verslavingszorg Noord Nederland, where I am still employed.  I’m currently starting my master thesis project under supervision of Sanne Booij. My thesis project aims to aid the PRoSPECTs feasibility study by measuring the participants acceptance and experiences with the daily life measures in the study. I’m very excited about the PRoSPECTS study and I’m looking forward to meet you all soon in real life or online. |
| **Agenda, upcoming symposia, conferences**   * **14-18 March 2022, Chicago. Annual March Meeting of The American Physical Society (APS),** <https://march.aps.org/> * **6-8 April 2022, Maastricht. Voorjaarscongres Nederlands Vereniging voor Psychiatrie,** <https://www.nvvp.net/voorjaarscongres> * **12-13 May 2022, Leuven. Belgian-Dutch Network ESM Research expert meeting** * **13-16 June 2022, Missouri (USA). Society for Ambulatory Assessment (SAA) Conference 2022,** <https://cvent.me/WrPyKG>**,** <https://ambulatory-assessment.org/category/news> * **27-19 June 2022, Tel-Aviv. 14th International Conference of the European Network For Mental Health Service Evaluation (ENMESH),** <https://www.enmesh2022.com/> **Deadline symposium submission December 28, 2021.** * **4-7 September 2022, Sofia, Bulgaria. 17th Conference on Computer Science and Intelligence Systems, FedCSIS 2022,** <https://fedcsis.org/>   **Please let us know which conferences you have planned to attend so we can update each other.** |
| **Recent publications in the spotlight**  *Wichers M, Riese H, Hodges TM, Snippe E, and Bos FM (2021).*  [A Narrative Review of Network Studies in Depression: What Different Methodological Approaches Tell Us About Depression.](https://pubmed.ncbi.nlm.nih.gov/34777038/)  Front. Psychiatry 12:719490,<https://doi.org/10.3389/fpsyt.2021.719490>  **Summary,** by *Fionneke Bos*  In this narrative review, we summarize the literature on network studies in the field of depression. The network theory of psychopathology proposes that mental disorders arise from direct interactions between symptoms. This theory may advance our understanding of the development and maintenance of mental disorders such as depression. In the review, we distinguish between four methodological network approaches: (i) network studies focusing on symptoms at the macro-level vs. (ii) on momentary states at the micro-level, and (iii) network studies based on cross-sectional vs. (iv) time-series (dynamic) data.  Fifty-six studies were identified. We found that different methodological approaches to network theory yielded largely inconsistent findings on depression. To aid future research in this field, we outline the momentary affect dynamics (MAD) network theory. Furthermore, we provide directions for future research and discuss if and how networks might be used in clinical practice.  *Michelle N. Servaas, Robert A. Schoevers, Laura F. Bringmann, Marie-José van Tol, Harriëtte Riese*  [Trapped: rigidity in Psychiatric disorders](https://pubmed.ncbi.nlm.nih.gov/34801115/)  The Lancet Psychiatry, Volume 8, Issue 12, December 2021, Pages, 1022-1024, <https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00353-9/fulltext>, <https://doi.org/10.1016/S2215-0366(21)00353-9>  **Summary,** by *Michelle Servaas*  In this paper, we present a transdiagnostic, cross-level and mechanistic approach informed by clinical observations on rigidity to gain more insight on the development and course of psychiatric disorders. It is still a challenge to predict the development and course of psychiatric disorders. To further research on prediction markers, we propose to step away from the categoric “diagnostic label” point of view and investigate a concept which is a common denominator across psychiatric disorders, namely rigidity. In the clinic, it is observed that rigidity in cognitions, emotions and behavior increases with severity and duration of psychiatric disorders. The transdiagnostic and mechanistic character of this concept is, in our perception, a unique property, which makes it an ideal vehicle to be used to uncover prediction markers. To advance psychiatric research, we strongly believe that rigidity should be investigated using dynamic (i.e. repeated measurements over time) and ecologically valid (i.e. ambulant) measures across multiple levels (i.e. psychological and biological level). In this paper, we delineate this approach and discuss how it can be operationalized in further research. Furthermore, we discuss how rigidity can be used to improve the early detection and treatment of psychiatric disorders.  *Harnas SJ, Knoop H, Bennebroek Evertsz F, Booij SH, Dekker J, van Laarhoven HWM, van der Lee M, Meijer E, Sharpe L, Sprangers MAG, van Straten A, Zweegman S, Braamse AMJ.*  [Personalized versus standard cognitive behavioral therapy for fear of cancer recurrence, depressive symptoms or cancer-related fatigue in cancer survivors: study protocol of a randomized controlled trial (MATCH-study).](https://pubmed.ncbi.nlm.nih.gov/34641961/)  Trials. 2021 Oct 12;22(1):696. doi: 10.1186/s13063-021-05657-z.  **Summary***, by Susan Harnas*  In this paper, we describe the design of the MATCH-study. In the scientific literature, it is assumed that personalization of psychological treatment improves treatment efficacy and patient adherence. However, there is insufficient evidence to support these assumptions. Therefore, we compare the two approaches head-to-head in the MATCH study, which is a multicenter randomized controlled trial comparing the efficacy of personalized cognitive behavioral therapy with standard, non-personalized cognitive behavioral therapy in cancer survivors with moderate to severe fear of cancer recurrence, depressive symptoms, or cancer-related fatigue. Treatment is personalized on four dimensions: (a) the allocation of treatment modules based on ecological momentary assessments and individual time series analyses, (b) treatment delivery, (c) patients’ needs regarding the symptom for which they want to receive treatment, and (d) treatment duration. In total, 190 cancer survivors who experience one or more of the targeted symptoms will be included. Primary outcome is limitations in daily functioning. Secondary outcomes are level of fear of cancer recurrence, depressive symptoms, fatigue severity, quality of life, goal attainment, therapist time, and drop-out rates. Participants are assessed at baseline (T0), and after 6 months (T1) and 12 months (T2). Results are expected in 2023. |
| **Recent publications**  ***Wichers M, Riese H, Hodges TM, Snippe E, Bos FM. (in the spotlight!)***  [A Narrative Review of Network Studies in Depression: What Different Methodological Approaches Tell Us About Depression.](https://pubmed.ncbi.nlm.nih.gov/34777038/)  **Front Psychiatry. 2021 Oct 28;12:719490. doi: 10.3389/fpsyt.2021.719490. eCollection 2021.**  ***Harnas SJ, Knoop H, Bennebroek Evertsz F, Booij SH, Dekker J, van Laarhoven HWM, van der Lee M, Meijer E, Sharpe L, Sprangers MAG, van Straten A, Zweegman S, Braamse AMJ. (in the spotlight!)***  [Personalized versus standard cognitive behavioral therapy for fear of cancer recurrence, depressive symptoms or cancer-related fatigue in cancer survivors: study protocol of a randomized controlled trial (MATCH-study).](https://pubmed.ncbi.nlm.nih.gov/34641961/)  **Trials. 2021 Oct 12;22(1):696. doi: 10.1186/s13063-021-05657-z.**  ***Kramer G, Bos EH, Edwards MJ, Tijssen MAJ, Rosmalen JGM.***  [Daily fluctuations of negative affect are only weakly associated with tremor symptoms in functional and organic tremor patients.](https://pubmed.ncbi.nlm.nih.gov/34619408/)  **J Psychosom Res. 2021 Nov;150:110627. doi: 10.1016/j.jpsychores.2021.110627.**  ***Kuranova A, Booij SH, Oldehinkel AJ, Wichers M, Jeronimus B, Wigman JTW.***  [Reflections on psychological resilience: a comparison of three conceptually different operationalizations in predicting mental health.](https://pubmed.ncbi.nlm.nih.gov/34589174/)  **Eur J Psychotraumatol. 2021 Sep 24;12(1):1956802. doi: 10.1080/20008198.2021.1956802. eCollection 2021.**  ***Rosmalen JGM, Ceulemans E.***  [Putting the spotlight on individual-specific psychosomatic processes: An introduction to the special issue on intensive longitudinal research methods in psychosomatic research.](https://pubmed.ncbi.nlm.nih.gov/34563746/)  **J Psychosom Res. 2021 Nov;150:110623. doi: 10.1016/j.jpsychores.2021.110623**  ***Michelle N. Servaas, Robert A.Schoevers, Laura F.Bringmann, Marie-José van Tol, Harriette Riese (in the spotlight!)***  [Trapped: rigidity in Psychiatric disorders](https://pubmed.ncbi.nlm.nih.gov/34801115/)  **The Lancet Psychiatry, Volume 8, Issue 12, December 2021, Pages, 1022-1024, doi: 10.1016/S2215-0366(21)00353-9,**  <https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00353-9/fulltext>  ***van der Tuin, S., Groen, R. N., Castro-Alvarez, S., Oldehinkel, A. J., Booij, S. H., & Wigman, J. T.***  [Group, Subgroup, and Person-Specific Symptom Associations in Individuals at Different Levels of Risk for Psychosis: A Combination of Theory-based and Data-driven Approaches.](https://academic.oup.com/schizbullopen/article/2/1/sgab047/6390782)  **Schizophrenia Bulletin Open, 2(1), sgab047. (2021).** |
| **Share your research news with us!**  **If you know any topics you think might be of interest to the iLab newsletter please share them with us!** |
| **iLab rooms at the UCP**  **If you want to reserve an iLab room to conduct your iLab research you can mail Gerda Bloem: g.m.bloem@umcg.nl for instructions to get access to the Google reservation calendar.** |
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