

CURRICULUM VITAE

PUBLICATIONS

PORTFOLIO

DISSERTATION SERIES

CURRICULUM VITAE

Ellen Generaal was born on the 26th of October in 1986 in Utrecht, the Netherlands. She completed her secondary school (Gymnasium) at the Mendel College in Haarlem in 2004. Afterwards, she followed Spanish courses for 9 months in Spain. In 2005, Ellen started her studies 'Human Movement Sciences' at the VU University in Amsterdam. She finished her bachelor thesis in collaboration with the Royal Naval Institute (Dutch Marine) on ear injuries during SCUBA diving. Then she completed her master thesis on leg muscle activity during standing at the Physiology department of the University of Colorado in Boulder (USA). Ellen obtained a second master at the VU University, the European Master of Sports and Exercise Psychology, which she finished with an internship on parental support in youth sport at the Universitat Autònoma in Barcelona. In 2011, she started working at the Department of Psychiatry (GGZinGeest) as a research assistant for the 'Levenslust' project, a health care program for elderly people. She subsequently became a fieldwork coordinator on this project. In January 2013, she started her 3-year PhD project at the Department of Psychiatry and the EMGO Institute of the VU Medical Center in Amsterdam, under the supervision of Prof. dr. Dekker, Prof. dr. Penninx and dr. Vogelzangs. Ellen examined the role of biological and psychosocial factors in chronic pain using data of the Netherlands Study of Depression and Anxiety (NESDA), which resulted in this thesis. During her PhD, she collaborated with Prof. dr. Macfarlane at the University of Aberdeen (UK), Prof. dr. Nater at the University of Marburg (Germany), and Prof. dr. Geenen at the UMC Utrecht. Ellen gained teaching experience and endorsed the Basic Qualification Education (Basis Kwalificatie Onderwijs) at the VU University.

PUBLICATION LIST

Published

Generaal E, Vogelzangs N, Macfarlane GJ, Geenen R, Smit JH, de Geus EJ, Penninx BWJH, Dekker J. Biological stress systems, adverse life events and the onset of chronic multisite musculoskeletal pain: a 6-year cohort study. *Annals of the Rheumatic diseases*, 2015. doi: 10.1136/annrheumdis-2014-206741.

Generaal E, Vogelzangs N, Macfarlane GJ, Geenen R, Smit JH, Dekker J, Penninx BWJH. Basal inflammation and innate immune response in chronic multisite musculoskeletal pain. *Pain* 2014; 155(8):1605-12. doi: 10.1016/j.pain.2014.05.007

Generaal E, Vogelzangs N, Macfarlane GJ, Geenen R, Smit JH, Penninx BWJH, Dekker J. Reduced hypothalamic-pituitary-adrenal axis activity in chronic multi-site musculoskeletal pain: partly masked by depressive and anxiety disorders. *BMC Musculoskeletal disorders* 2014;15:227. doi: 10.1186/1471-2474-15-227.

Submitted

Generaal E, Vogelzangs N, Macfarlane GJ, Geenen R, Smit JH, de Geus EJ, Dekker J, Penninx BWJH. Biological stress systems, adverse life events and the remission of chronic multi-site musculoskeletal pain across a 6-year follow-up.

Generaal E, Milaneschi Y, Jansen R, Elzinga BM, Dekker J, Penninx BWJH. The brain-derived neurotrophic factor pathway, life stress and chronic multi-site musculoskeletal pain.

Generaal E, Vogelzangs N, Penninx BWJH, Dekker J. Insomnia, sleep duration, depressive symptoms and the onset of chronic multi-site musculoskeletal pain.

Other publications

Generaal E, Stins JF, van Hulst RA. Ear barotrauma in SCUBA-divers. *Nederlands Militair Geneeskundig Tijdschrift* 2011;64:160-165 (Article in Dutch).

PhD PORTFOLIO Ellen Generaal – PhD period January 2013 until December 2015

PhD training	Year(s)	ECTS credits
<i>Courses</i>		
Epidemiological research: design and interpretation, EpidM, VUmc, Amsterdam.	2013	4.00
Regression techniques, EpidM, VUmc, Amsterdam.	2013	5.00
Longitudinal data-analysis, EpidM, VUmc, Amsterdam.	2014	3.00
Writing a scientific article, Taalcentrum VU, Amsterdam.	2013	3.00
		Subtotal: 15.00
<i>Seminars, workshops and symposia</i>		
Scientific integrity, Module by Lex Bouter, VUmc, Amsterdam.	2014	1.00
How to publish a world class paper, UBVU, VU Amsterdam.	2015	0.50
Effectieve pijnrevalidatie, Nederlands Instituut van Psychologen, Utrecht.	2015	0.50
Aanpassing aan ziekte en resilience, VUmc, Amsterdam.	2015	0.50
Valerius Symposium, Psychotherapie, VUmc, Amsterdam.	2015	0.50
		Subtotal: 3.00
<i>Teaching</i>		
Supervisor tutor groups, Bachelor Medicine, VUmc, Amsterdam.	2014-2015	8.00
Basic Qualification Education (BKO), VUmc, Amsterdam.	2014-2015	6.00
		Subtotal: 14.00
<i>Congresses – international</i>		
European League Against Rheumatism, Paris, France. Poster presentation.	2014	1.25
European League Against Rheumatism, Rome, Italy. Poster presentations.	2015	1.25
International Congress of Behavioural Medicine, Groningen. Poster presentations.	2014	1.25
Dutch Congress of Rehabilitation Medicine (DCRM), Rotterdam. Oral presentation.	2015	1.25
Conference American Psychosomatic Society, Savannah, USA. Oral presentation.	2015	1.25
		Subtotal: 6.25
<i>Congresses – national</i>		
Congres chronische pijn, LANNOO campus, Utrecht. Participant.	2013	0.50
Soma & Psyche, VUmc, Amsterdam. Oral presentation.	2014	0.50
Annual NESDA meeting. Participant.	2013-2015	1.50
Annual EMGO+ Science meeting. Participant.	2013-2015	1.50
Annual VUmc Science meeting. Poster presentations.	2013-2015	1.50
		Subtotal: 5.50
<i>Other</i>		
Monthly paperclub, VUmc, Amsterdam.	2013-2015	1.50
Monthly scientific meeting Department of Psychiatry, VUmc, Amsterdam.	2013-2015	1.50
Monthly scientific meeting Soma&Psyche, VUmc, Amsterdam.	2013-2015	1.50
		Subtotal: 4.50
		TOTAL ECTS: 48.25

DISSERTATION SERIES

Department of Psychiatry, VU University Medical Center

N.M. (Neeltje) Batelaan (2010). Panic and Public Health: Diagnosis, Prognosis and Consequences. Vrije Universiteit Amsterdam. ISBN: 978-90-8659-411-5.

G.E. (Gideon) Anholt (2010). Obsessive-Compulsive Disorder: Spectrum Theory and Issues in Measurement. Vrije Universiteit Amsterdam.

N. (Nicole) Vogelzangs (2010). Depression & Metabolic Syndrome. Vrije Universiteit Amsterdam. ISBN: 978-90-8659-447-4.

C.M.M. (Carmilla) Licht (2010). Autonomic Nervous System Functioning in Major Depression and Anxiety Disorders. Vrije Universiteit Amsterdam. ISBN: 978-90-8659-487-0.

S.A. (Sophie) Vreeburg (2010). Hypothalamic-Pituitary-Adrenal Axis Activity in Depressive and Anxiety Disorders. Vrije Universiteit Amsterdam. ISBN: 978-90-8659-491-7.

S.N.T.M. (Sigfried) Schouws (2011). Cognitive Impairment in Older Persons with Bipolar Disorder. Vrije Universiteit Amsterdam. ISBN: 978-90-9025-904-8.

P.L. (Peter) Remijnse (2011). Cognitive Flexibility in Obsessive-Compulsive Disorder and Major Depression – Functional Neuroimaging Studies on Reversal Learning and Task Switching. Vrije Universiteit Amsterdam. ISBN: 978-90-6464-449-8.

S.P. (Saskia) Wolfensberger (2011). Functional, Structural, and Molecular Imaging of the Risk for Anxiety and Depression. Vrije Universiteit Amsterdam. ISBN: 978-90-8659-536-5.

J.E. (Jenneke) Wiersma (2011). Psychological Characteristics and Treatment of Chronic Depression. Vrije Universiteit Amsterdam. ISBN: 978-94-9121-150-8.

P.D. (Paul David) Meesters (2011). Schizophrenia in Later Life. Studies on Prevalence, Phenomenology and Care Needs (SOUL Study). Vrije Universiteit Amsterdam. ISBN: 978-90-8659-563-1.

R. (Ritsaert) Lieveise (2011). Chronobiopsychosocial Perspectives of Old Age Major Depression: a Randomized Placebo Controlled Trial with Bright Light. Vrije Universiteit Amsterdam. ISBN: 978-90-8570-858-2.

A. (Adrie) Seldenrijk (2011). Depression, Anxiety and Subclinical Cardiovascular Disease. Vrije Universiteit Amsterdam. ISBN: 978-94-6191-052-3.

Y. (Yuri) Milaneschi (2012). Biological Aspects of Late-life Depression. Vrije Universiteit Amsterdam. ISBN: 978-90-8659-608-9

L. (Lynn) Boschloo (2012). The Co-occurrence of Depression and Anxiety with Alcohol Use Disorders. Vrije Universiteit Amsterdam. ISBN: 978-94-6191-327-2

D. (Didi) Rhebergen (2012). Insight into the heterogeneity of depressive disorders. Vrije Universiteit Amsterdam. ISBN: 978-94-6191-387-6

- T.M. (Michiel) van den Boogaard (2012). The Negotiated Approach in the Treatment of Depressive Disorders: the impact on patient-treatment compatibility and outcome. Vrije Universiteit Amsterdam. ISBN: 978-90-8891-495-9.
- M. (Marjon) Nadort (2012). The implementation of outpatient schema therapy for borderline personality disorder in regular mental healthcare. Vrije Universiteit Amsterdam. ISBN: 978-94-6191-463-7.
- U. (Ursula) Klumpers (2013). Neuroreceptor imaging of mood disorder related systems .Vrije Universiteit Amsterdam. ISBN: 978-94-6191-575-7.
- E. (Ethy) Dorrepaal (2013). Before and beyond. Stabilizing Group treatment for Complex posttraumatic stress disorder related to child abuse based on psycho-education and cognitive behavioral therapy. Vrije Universiteit Amsterdam. ISBN:978-94-6191-601-3.
- K. (Kathleen) Thomaes (2013). Child abuse and recovery. Brain structure and function in child abuse related complex posttraumatic stress disorder and effects of treatment. Vrije Universiteit Amsterdam. ISBN:978-94-6191-600-6.
- K.M.L. (Klaas) Huijbregts (2013). Effectiveness and cost-effectiveness of the implementation of a collaborative care model for depressive patients in primary care. Vrije Universiteit Amsterdam. ISBN: 978-90-9027404-1.
- T.O. (Tessa) van den Beukel (2013). Ethnic differences in survival on dialysis in Europe. The role of demographic, clinical and psychosocial factors. Vrije Universiteit Amsterdam. ISBN: 978-94-6108410-1.
- A.(Agnes) Schrier (2013). Depression and anxiety in migrants in the Netherlands. Population studies on diagnosis and risk factors. Vrije Universiteit Amsterdam ISBN: 978-94-6191-719-5.
- B. (Barbara) Stringer (2013). Collaborative Care for patients with severe personality disorders. Challenges for the nursing profession. Vrije Universiteit Amsterdam ISBN: 978-94-6191-809-3.
- C.M. (Caroline) Sonnenberg (2013). Late life depression: sex differences in clinical presentation and medication use. Vrije Universiteit Amsterdam ISBN: 978-94-6191-866-6.
- Z. (Zsuzsika) Sjoerds (2013). Alcohol dependence across the brain: from vulnerability to compulsive drinking. Vrije Universiteit Amsterdam. ISBN: 978-90-8891-695-3.
- V.J.A.(Victor) Buwalda (2013). Routine Outcome Monitoring in Dutch Psychiatry: Measurement, Instruments, Implementation and Outcome. Vrije Universiteit Amsterdam. ISBN: 978-94-6191-905-2.
- J.G. (Josine) van Mill (2013). Sleep, depression and anxiety: an epidemiological perspective.Vrije Universiteit Amsterdam. ISBN: 978-94-6108-525-2.
- S.(Saskia) Woudstra (2013). Framing depression in a SN[a]Pshot: Imaging risk factors of MDD. Vrije Universiteit Amsterdam. ISBN: 978-90-8891-751-6.
- N.C.M. (Nicole) Korten (2014). Stress, depression and cognition across the lifespan. Vrije Universiteit Amsterdam. ISBN: 978-94-6108-748-5.
- M.K. (Maarten) van Dijk (2014). Applicability and effectiveness of the Dutch Multidisciplinary Guidelines for the treatment of Anxiety Disorders in everyday clinical practice. Vrije Universiteit Amsterdam. ISBN: 978-94-92096-00-5.

I.M.J. (Ilse) van Beljouw (2015). Need for Help for Depressive Symptoms from Older Persons Perspectives: The Implementation of an Outreaching Intervention Programme. Vrije Universiteit Amsterdam. ISBN: 978-94-6259-496-8.

A.M.J. (Annemarie) Braamse (2015). Psychological aspects of hematopoietic stem cell transplantation in patients with hematological malignancies. Vrije Universiteit Amsterdam. ISBN: 978-94-6259-594-1.

A. (Annelies) van Loon (2015). The role of ethnicity in access to care and treatment of outpatients with depression and/or anxiety disorders in specialised care in Amsterdam the Netherlands. Vrije Universiteit Amsterdam. ISBN: 978-94-90791-34-6.

C. (Chris) Vriend (2015). (dis)inhibition: imaging neuropsychiatry in Parkinson's disease. Vrije Universiteit Amsterdam ISBN: 978-94-6295-115-0.

A.M. (Andrea) Ruissen (2015). Patient competence in obsessive compulsive disorder. An empirical ethical study. Vrije Universiteit Amsterdam. ISBN: 978-90-6464-856-4.

H.M.M. (Henny) Sinnema (2015). Tailored interventions to implement guideline recommendations for patients with anxiety and depression in general practice. Vrije Universiteit Amsterdam. ISBN: 978-94-6169-653-3.

T.Y.G. (Nienke) van der Voort (2015). Collaborative Care for patients with bipolar disorder. Vrije Universiteit Amsterdam. ISBN: 978-94-6259-646-7.

W.(Wim) Houtjes (2015). Needs of elderly people with late-life depression; challenges for care improvement. Vrije Universiteit Amsterdam. ISBN: 978-94-6108-985-4.

M. (Marieke) Michielsen (2015). ADHD in older adults. Prevalence and psychosocial functioning. Vrije Universiteit Amsterdam. ISBN: 978-90-5383-132-8.

S.M. (Sanne) Hendriks (2016). Anxiety disorders. Symptoms dimensions, course and disability. Vrije Universiteit Amsterdam. ISBN: 978-94-6259-963-5.

E.J. (Evert) Semeijn (2016). ADHD in older adults; diagnosis, physical health and mental functioning. Vrije Universiteit Amsterdam. ISBN: 978-94-6233-190-7.

N. (Noera) Kieviet (2016). Neonatal symptoms after exposure to antidepressants in utero. Vrije Universiteit Amsterdam. ISBN: 978-94-6169-794-3.

W.L.(Bert) Loosman (2016). Depressive and anxiety symptoms in Dutch chronic kidney disease patients. Vrije Universiteit Amsterdam. ISBN: 987-94-6169-793-6.

E. (Ellen) Generaal (2016). Chronic pain: the role of biological and psychosocial factors. Vrije Universiteit Amsterdam. ISBN: 978-94-028-0032-6.