

## Employment

### Full Professor

Public and occupational health  
VU University medical center  
18 Aug 2019 → 31 May 2020

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## Research outputs

### Bewegen en vitaliteit bij ouderen

Hopman-Rock, M., 14 Jun 2019, In : *Geron*. 21, 1, Vol21, issue 1.

### EFFORT-D: Results of a randomised controlled trial testing the EFFECT of running therapy on depression

Kruisdijk, F., Hopman-Rock, M., Beekman, A. T. F. & Hendriksen, I., 10 Jun 2019, In : *BMC Psychiatry*. 19, 1, 170.

### EFFORT-D study process evaluation: Challenges in conducting a trial into the effects of running therapy in patients with major depressive disorder

Kruisdijk, F., Hendriksen, I., Tak, E., Beekman, A. J. & Hopman-Rock, M., 24 Feb 2018, In : *Annals of General Psychiatry*. 17, 1, 10.

### Activities of daily living in older community-dwelling persons: a systematic review of psychometric properties of instruments

Hopman-Rock, M., van Hirtum, H., de Vreede, P. & Freiburger, E., 2018, In : *Aging Clinical and Experimental Research*. 31, 7, p. 917-925

### Measurement of physical activity among older people

Aguilar-Farias, N. & Hopman-Rock, M., 2018, *The Palgrave Handbook of Ageing and Physical Activity Promotion*. Springer International Publishing, p. 631-652 (The Palgrave Handbook of Ageing and Physical Activity Promotion).

### Subgrouping and TargetEd Exercise pRogrammes for knee and hip OsteoArthritis (STEER OA): a systematic review update and individual participant data meta-analysis protocol

Holden, M. A., Burke, D. L., Runhaar, J., van Der Windt, D., Riley, R. D., Dziedzic, K., Legha, A., Evans, A. L., Abbott, J. H., Baker, K., Brown, J., Bennell, K. L., Bossen, D., Brosseau, L., Chaipinyo, K., Christensen, R., Cochrane, T., de Rooij, M., Doherty, M., French, H. P. & 18 others, Hickson, S., Hinman, R. S., Hopman-Rock, M., Hurley, M. V., Ingram, C., Knoop, J., Krauss, I., McCarthy, C., Messier, S. P., Patrick, D. L., Sahin, N., Talbot, L. A., Taylor, R., Teirlinck, C. H., van Middelkoop, M., Walker, C., Foster, N. E. & OA Trial Bank, 22 Dec 2017, In : *BMJ Open*. 7, 12, p. e018971

### Changes in disability in older adults with generalized radiographic osteoarthritis: A complex relationship with physical activity

Tak, E. C. P. M., van Meurs, J. B., Bierma-Zeinstra, S. M. A., Hofman, A. & Hopman-Rock, M., 1 Dec 2017, In : *Musculoskeletal Care*. 15, 4, p. 364-372 9 p.

### Physical activity and quality of life in longterm hospitalized patients with severe mental illness: a cross-sectional study

Deenik, J., Kruisdijk, F., Tenback, D., Braakman-Jansen, A., Taal, E., Hopman-Rock, M., Beekman, A., Tak, E. C. P. M., Hendriksen, I. & van Harten, P., 18 Aug 2017, In : *BMC Psychiatry*. 17, 298.

### Accelerometer-measured sedentary behaviour and physical activity of inpatients with severe mental illness

Kruisdijk, F., Deenik, J., Tenback, D., Tak, E., Beekman, A. J., van Harten, P., Hopman-Rock, M. & Hendriksen, I., 1 Aug 2017, In : *Psychiatry Research*. 254, p. 67-74 8 p.

**The theory of planned behavior and physical activity change: Outcomes of the aging well and healthily intervention program for older adults**

Stolte, E., Hopman-Rock, M., Aartsen, M. J., Van Tilburg, T. G. & Chorus, A., 1 Jul 2017, In : Journal of Aging and Physical Activity. 25, 3, p. 438-445 8 p.

**Ouderen in beweging brengen en houden: Wat kan de fysiotherapeut doen?**

Hopman-Rock, M., 12 Jun 2017, In : Physios. 2017, 2

**A novel method to promote physical activity among older adults in residential care: An exploratory field study on implicit social norms**

Koeneman, M. A., Chorus, A., Hopman-Rock, M. & Chinapaw, M. J. M., 6 Jan 2017, In : BMC Geriatrics. 17, 1, 8.

**Development and preliminary validation of an Observation List for detecting mental disorders and social Problems in the elderly in primary and home care (OLP)**

Tak, E. C. P. M., van Hesperen, A. T. H., Verhaak, P. F. M., Eekhof, J. & Hopman-Rock, M., Jul 2016, In : International Journal of Geriatric Psychiatry. 31, 7, p. 755-764

**Hebben wij een blinde vlek voor het belang van bewegen door ouderen? Do we have a blind spot for the importance of physical activity in older adults?**

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**Equity-specific effects of 26 Dutch obesity-related lifestyle interventions**

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**Prevention of onset and progression of basic ADL disability by physical activity in community dwelling older adults: A meta-analysis**

Tak, E. C. P. M., Kuiper, R., Chorus, A. M. J. & Hopman-Rock, M., 2013, In : Ageing Research Reviews. 12, 1, p. 329-338

**The association of pre-operative physical fitness and physical activity with outcome after scheduled major abdominal surgery**

Dronkers, J. J., Chorus, A. M. J., Van Meeteren, N. L. U. & Hopman-Rock, M., 2013, In : Anaesthesia. 68, 1, p. 67-73

**Adherence to Exercise Programs and Determinants of Maintenance in Older Adults With Mild Cognitive Impairment**

Tak, E. C. P. M., van Uffelen, J. G., Chin A Paw, M. J. M., van Mechelen, W. & Hopman-Rock, M., 2012, In : Journal of Aging and Physical Activity. 20, 1, p. 32-46

**Does improved functional performance help to reduce urinary incontinence in institutionalized older women? a multicenter randomized clinical trial**

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**Do major life events influence physical activity among older adults: the Longitudinal Aging Study Amsterdam**

Koeneman, M. A., Chinapaw, M. J., Verheijden, M. W., van Tilburg, T. G., Visser, M., Deeg, D. J. H. & Hopman-Rock, M., 2012, In : International Journal of Behavioral Nutrition and Physical Activity. 9, 147.

**Effect of running therapy on depression (EFFORT-D). Design of a randomised controlled trial in adult patients [ISRCTN 1894]**

Kruisdijk, F. R., Hendriksen, I. J. M., Tak, E. C. P. M., Beekman, A. T. F. & Hopman-Rock, M., 2012, In : BMC Public Health. 12, 50.

**Falls incidence underestimates the risk of fall-related injuries in older age groups: a comparison with the FARE (Falls risk by Exposure)**

Etman, A., Wijlhuizen, G. J., van Heuvelen, M. J. G., Chorus, A. M. J. & Hopman-Rock, M., 2012, In : Age and Ageing. 41, 2, p. 190-195

**Performance-based physical function in older community-dwelling persons: a systematic review of instruments**

Freiberger, E., de Vreede, P., Schoene, D., Rydwick, E., Mueller, V., Frandin, K. & Hopman-Rock, M., 2012, In : Age and Ageing. 41, 6, p. 712-721

**Policy assessment and policy development for physical activity promotion: results of an exploratory intervention study in 15 European Nations**

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**Response Conversion for Improving Comparability of International Physical Activity Data**

Hopman-Rock, M., Dusseldorp, E., Chorus, A. M. J., Jacobusse, G., Ruetten, A. & van Buuren, S., 2012, In : Journal of Physical Activity & Health. 9, 1, p. 29-38

**What determines walking of older people in their neighborhood?**

Hopman-Rock, M., de Vries, S. I., Bakker, J. & Ooijendijk, W. T. M., 2012, In : Open Journal of Preventive Medicine. 02, 03, p. 279-286

**Better in and better out (the hospital) physical training: exciting developments for older people waiting for an operation**

Hopman-Rock, M., 2011, In : Active Ageing Today. 2, 5

**Determinants of physical activity and exercise in healthy older adults: a systematic review**

Koeneman, M. A., Verheijden, M. W., Chin A Paw, M. J. M. & Hopman-Rock, M., 2011, In : International Journal of Behavioral Nutrition and Physical Activity. 8, 142.

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**Senior games: challenging older people to keep their sportive shape**

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**What predicts exercise participation of older adults?**

Stiggelbout, A. & Hopman-Rock, M., 2011, *Lifelong Engagement in sport and physical activity; participation and performance across the lifespan*. UK: Routledge, p. 166

**A call to walk the talk despite proven benefits, walking remains an underprescribed and underused activity for seniors**

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**A hard lesson in intervention implementation not having a comprehensive plan on how to institute your initiative can stop an effective program in its tracks**

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**Built environmental correlates of walking and cycling in Dutch urban children: results from the SPACE study**

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**Can playing cards stimulate physical activity? Discover how a Dutch program uses bridge to spur relationships-and more exercise**

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**Comprehensive health services in Australia reach thousands of older adults weekly. Community physiotherapy in Perth delivers programs that help clients better manage their own health**

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**Exploring the public health impact of an intensive exercise program for patients with rheumatoid arthritis: a dissemination and implementation study**

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**Fit en fun, over de voordelen van bewegen bij het ouder worden**

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**Genomica en beweeggedrag: belofte of belemmering?**

Cluitmans, J., Hopman-Rock, M. & Schoone, M., 2010, In : Tijdschrift voor gezondheidszorg en ethiek. 20, 2, p. 57-63

**Groningen Active Living Model (GALM) moves more than 50,000 older adults. A researcher discusses the best-disseminated physical activity intervention in the Netherlands**

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**Introducing physical activity to diabetes patients and those at risk: learning point from the Netherlands**

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**Ouderen die blijven bewegen, winnen gezonde levensjaren**

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**Playgrounds for older adults: fun or funny?**

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**The FARE: a new way to express FALLS Risk among older persons including physical activity as a measure of exposure**

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**Feasibility and effectiveness of a walking program for community-dwelling older adults with mild cognitive impairment**

van Uffelen, J. G. Z., Chin A Paw, J. M. M., Hopman-Rock, M. & van Mechelen, W., 2009, In : Journal of Aging and Physical Activity. 17, 4, p. 398-415 18 p.

**Meeting the 60-min physical activity guideline: effect of operationalization**

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**Validity and reproducibility of motion sensors in youth: a systematic update**

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**Entry correlates and motivations of older adults participating in organized exercise programs**

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**Fragility, fear of falling, physical activity and falls among older persons: some theoretical considerations to interpret mediation**

Wijlhuizen, G. J., Chorus, A. M. J. & Hopman-Rock, M., 2008, In : Preventive Medicine. 46, 6, p. 612-614

**Ouderen met verhoogde valkans worden inactief. Een valkuil voor henzelf en voor preventie**

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**The 24-h distribution of falls and person-hours of physical activity in the home are strongly associated among community-dwelling older persons**

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**The effects of exercise on cognition in older adults with and without cognitive decline: a systematic review**

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**Walking or vitamin B for cognition in older adults with mild cognitive impairment? A randomized controlled trial**

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**The effect of walking and vitamin B supplementation on quality of life in community-dwelling adults with mild cognitive impairment: a randomized, controlled trial**

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**Effect evaluation of a multifactor community intervention to reduce falls among older persons.**

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**Automatic registration of falls and other accidents among community dwelling older people: feasibility and reliability of the telephone inquiry system.**

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**Determinants of participation in a health education and exercise program on television**

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**The effects of an exercise program for older adults with osteoarthritis of the hip**

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**Assessment of readiness to change in patients with osteoarthritis. Development and application of a new questionnaire**

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**The effects of physical therapists' guidance on improvement in a strength-training program for the frail elderly**

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**The effects of a widely implemented group-based exercise program for older adults on health related quality of life and functional status**

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**An implementation study of two evidence-based exercise and health education programmes for older adults with osteoarthritis of the knee and hip**

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**Assessing comparability of dressing disability in different countries by response conversion**

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**Promotion of health and physical activity improves the mental health of elderly immigrants: Results of a group randomised controlled trial among Turkish immigrants in the Netherlands aged 45 and over**

Reijneveld, S. A., Westhoff, M. H. & Hopman-Rock, M., 1 Jun 2003, In : Journal of Epidemiology and Community Health. 57, 6, p. 405-411 7 p.

**Bewegen en oxidatieve stress**

Hopman-Rock, M., 1 Sep 2002, In : Tijdschrift voor Gerontologie en Geriatrie. 33, 4, p. 179-180 2 p.

**Gezondheidsvoorlichting en bewegingsstimulering voor ouderen: Ontwikkeling en evaluatie van het programma "Gezond & Vitaal"**

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**The onset of generalized osteoarthritis in older women: A qualitative approach**

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**Development and validation of the observation list for early signs of dementia (OLD)**

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**Polytomous Rasch analysis as a tool for revision of the severity of disability code of the ICDH**

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**Vers la realisation de programmes d'activite physique: Approche de la promotion de la sante**

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**Coping with pain in the hip or knee in relation to physical disability in community-living elderly people**

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**The pattern of health care utilization of elderly people with arthritic pain in the hip or knee**

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**Young people and sex: Behaviour and health risks in dutch school students**

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