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A sad day's night

Bouwmans, Maria

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Document Version

Publisher's PDF, also known as Version of record

Publication date:
2017

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Bouwmans, M. (2017). *A sad day's night: The dynamic role of sleep in the context of major depression*. [Thesis fully internal (DIV), University of Groningen]. Rijksuniversiteit Groningen.

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Dankwoord



About the author and list of publications



About the author

Mara Bouwmans was born on August 12, 1988 in Deurne, the Netherlands. After completing secondary education in 2006 (St. Willibrord Gymnasium, Deurne), she moved to Tilburg in 2007 to study Psychology and Health. During the bachelor program she developed a special interest in research, and got involved in an extracurricular research internship with the topic brain serotonin and emotional crying (Department of Psychiatry, Erasmus Medical Center) under the supervision of Ad Vingerhoets and Freddy van der Veen. Next to this internship, during her studies she was involved in several committees of the psychology student association Complex, and she was a board member of the student delegation of the Dutch Institute for Psychologists (SPS-NIP) in Tilburg. After Mara graduated with a master degree in Psychology and Mental Health (2011, with distinction) from Tilburg University, she travelled to Kenya and worked as a volunteer in the orphanage Hope Home for two months.

In 2012, Mara started working as a PhD researcher at the Interdisciplinary Center Psychopathology and Emotion regulation (ICPE, Department of Psychiatry, UMCG) under the supervision of Peter de Jonge, Tineke Oldehinkel, Elske Bos and Henk Jan Conradi. During her PhD program, she investigated the dynamic role of sleep in the context of major depression in two large longitudinal studies with multiple repeated measures. She specialized in person-specific time series methods and multilevel analyses, and to further develop her statistical skills she visited the Pennsylvania State University (Quantitative Developmental Systems Methodology, Department of Human Development and Family Studies) to work with Peter Molenaar and Adriene Beltz. During her time at the ICPE Mara was involved in teaching and supervising medical and psychology students. She further developed her skills as a researcher by presenting at national and international conferences and by completing the PhD program of the SHARE Graduate School of Medical Sciences.

List of publications

Bouwman MEJ, Beltz AM, Bos EH, Oldehinkel AJ, de Jonge P, Molenaar PCM. The dynamic interplay of melatonin, affect, and fatigue in the context of sleep and depression. (*under review*)

De Vos S, Wardenaar KJ, Bos EH, Wit EC, Bouwman MEJ, de Jonge P. An investigation of symptom dynamics in major depressive disorder patients and healthy persons using sparse longitudinal networks. (*under review*)

Oude Oosterik N, Bouwman MEJ, de Groot IW, Bos EH, de Jonge P. De bidirectionele relatie tussen beweging en slaap bij depressieve en niet-depressieve personen. (*forthcoming, Tijdschrift voor Psychiatrie*).

Bouwman MEJ, Conradi HJ, Bos EH, Oldehinkel AJ, de Jonge P. The bidirectional relationship between sleep symptoms and core depressive symptoms and their long-term course in major depressed primary care patients. (*forthcoming, Psychosomatic Medicine*)

Bouwman MEJ, Bos EH, Hoenders HJR, Oldehinkel AJ, de Jonge P (2017). Sleep quality predicts positive and negative affect but not vice versa. An electronic diary study in depressed and healthy individuals. *Journal of Affective Disorders*: 207; 260-267. doi: 10.1016/j.jad.2016.09.046.

Bouwman MEJ, Oude Oosterik N, Bos EH, de Groot IW, Oldehinkel AJ, de Jonge P (2016). The temporal order of changes in physical activity and subjective sleep in depressed versus non-depressed individuals: findings from the MOOVD study. *Behavioral Sleep Medicine*: jun 2:1-15 [Epub ahead of print]. doi: 10.1080/15402002.2016.1180521.

Booij SH, Bos EH, Bouwman MEJ, van Faassen M, Kema IP, Oldehinkel AJ, de Jonge P (2015). Cortisol and α -amylase secretion patterns between and within depressed and non-depressed individuals. *PLoS ONE*: 10(7); e0131002. doi:10.1371/journal.pone.0131002.

Bouwman MEJ, Bos EH, Booij SH, van Faassen M, Oldehinkel AJ, de Jonge P (2015). Intra- and inter-individual variability of longitudinal daytime melatonin secretion patterns in depressed and non-depressed individuals. *Chronobiology International*: 32(3);441-446. doi:10.3109/07420528.2014.973114.

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Research Institute SHARE

This thesis is published within the Research Institute SHARE (Science in Healthy Ageing and healthcaRE) of the University Medical Center Groningen / University of Groningen. Further information regarding the institute and its research can be obtained from our internetsite: <http://www.share.umcg.nl/>. More recent theses can be found in the list below, (co-)supervisors are between brackets.

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(*prof CK van der Sluis, dr RM Bongers*)

Smit R

Health economics of tick-borne diseases
(*prof MJ Postma, prof K Poelstra*)

Norder-Kuper L

Common mental disorders; prediction of sickness absence durations and recurrences
(*prof U Bültmann, prof JLL van der Klink, dr CAM Roelen*)

Kamstra JI

Trismus secondary to head and neck cancer; risk factors and exercise therapy
(*prof PU Dijkstra, prof JLN Roodenburg, dr H Reintsema*)

Bruins J

Metabolic risk in people with psychotic disorders; no mental health without physical health
(*prof GHM Pijnenborg, prof ER van den Heuvel, dr F Jorg, dr R Bruggeman*)

Holtman GA

Diagnostic strategies in children with chronic gastrointestinal symptoms in primary care
(*prof MY Berger, dr Y lisman-van Leeuwen, dr PF van Theenen*)

Lopez Angarita A

Self-compassion; a closer look at its assessment, correlates and role in psychological wellbeing
(*prof R Sanderman, dr MJ Schroevers*)

Zandstra ARE

Psychosocial adversity and adolescents' mental health problems; moderating influences of basal cortisol, resting heart rate and Dopamine Receptor D4
(*prof J Ormel, dr CA Hartman*)

Armbrust W

The impact of juvenile idiopathic arthritis; moving beyond the joint
(*prof PJJ Sauer, prof JHB Geertzen, prof NM Wulffraat*)

Roy A

The development of depression in children and adolescents with ADHD
(*prof AJ Oldehinkel, dr CA Hartman*)

Holubcikova J

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(*prof SA Reijneveld, dr JP van Dijk, dr A Madarasova-Geckova, dr P Kolarcik*)

Nguyen TPL

Health economics of screening for hypertension in Vietnam
(*prof MJ Postma, dr CCM Schuilinga-Veninga, dr TBY Nguyen, dr EP Wright*)

Mihajlovic J

Health economics of targeted cancer therapies; a comparative analysis for Serbia and the Netherlands
(*prof MJ Postma, dr P Pechlivanoglou*)

Darvishian M

Real-world influenza vaccine effectiveness; new designs and methods to adjust for confounding and bias
(*prof E Hak, prof ER van den Heuvel*)

Berm EJJ

Optimizing treatment with psychotropic agents through precision drug therapy; it is not about the mean
(*prof B Wilffert, prof E Hak, dr JG Maring*)

Fugel H-J

Economics of stratified medicine
(*prof MJ Postma, dr M Nuijten, dr K Redekop*)

Salavati M

Assessing gross motor function, functional skills, and caregiver assistance in children with cerebral palsy (CP) and cerebral palsy impairment (CPI)
(*prof CP van der Schans, prof B Steenbergen, dr A Waninge, dr EAA Rameckers*)

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