

University of Groningen

Metacognition in psychotic disorders

de Jong, Steven

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version

Publisher's PDF, also known as Version of record

Publication date:

2018

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

Citation for published version (APA):

de Jong, S. (2018). *Metacognition in psychotic disorders*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen.

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

ACKNOWLEDGMENTS

ACKNOWLEDGMENTS

Writing the acknowledgment for this thesis has proven much more difficult than it perhaps should have been. Not for lack of people to acknowledge, but because the works in this thesis have depended so heavily on so many people that the few sentences written in the next pages could never be sufficient. In fact, to have a singular name on the cover of this dissertation is a misnomer: nothing in this book could have existed without all the amazing people I have had the luxury of sharing my life with. It has been a time with many ups and downs and I would like to whole-heartedly thank each person who has supported me in the periods when mood, energy, and faith in myself were low, and who were there to celebrate with me in moments of success.

Of course, none of the research presented in this thesis could have been completed without the advice, aid and assistance of a great number of people. First and foremost, I would like to thank all the clients in mental healthcare who were willing to invest their time and energy into completing the many different assessments and interviews. I hope that the works inside this dissertation do you proud.

On my list of specific people to thank, there is one who must be named first, as she was quite literally at the cradle of all the projects within this dissertation: prof. dr. Pijnenborg. Dear Marieke, it is still incredible to me to think of the way you inspired me during my master's thesis track, and how that went onto writing subsidy proposals (at some point literally) overnight. I often think back to those days, to try and recall as many details as possible so I can do the same thing

for my students. Thank you for the limitless patience, energy, faith and dedication you've shown while supervising me. Prof. dr. Aleman, dear Andre, in extension of that I would like to thank you for signing onto the project and working with us in these ventures. I think only those who have worked with you will understand how important your eternally calm, rational demeanor can be. It's not a trait I'm likely to ever acquire to the same degree, but I've had an amazing role model in you as both a person and a scholar. Prof. dr. van der Gaag, dear Mark, thank you for signing aboard this project from the start, sending interesting and relevant articles, and always making time for a phone call or email conversation. Your wealth of knowledge and critical eye has contributed greatly to the quality of this dissertation, and it's been an absolute honor to work with you. Prof. Lysaker, dear Paul. I can't thank you enough for the many nights of conversation, the phone calls, the support and the opportunity to think with you. It's been incredible to work with you, and I'm very honored to have had the chance to work with and learn from a mind such as yours. And, of course, a heartfelt thank you to the assessment committee: prof. Schoevers, prof. de Haan and prof. Brüne. Thank you for your careful reading of the dissertation; I am looking forward, with nervous excitement, to the PhD defense!

Absolutely vital to mention, is dr(s) van Donkersgoed, dear Rozanne, thank you, thank you, thank you for having been crazy enough to have jumped aboard this project with me from day 0. Our collaboration has served as a source of inspiration to me. We may come at matters from a different angle at times, but we've never truly struggled to find each other in the middle. That's an almost magical thing, and I can honestly say that your skills have been absolutely invaluable. Among the many things that I will take away from our collaboration is the "Rozanne stage of manuscript revision", so there will always be a little Rozanne in every article I write.

Dear MERIT therapists: Rahja König, Els Luijten, Dimitri van Wonderen, Maarten Vos, Lia Elenbaas, Henriëtte Horlings, Sanne Swart, Suzanne v.d. Bosch, Ilona v.d. Berg and Inez Oosterholt-Ogink. When we first started thinking about performing the RCT, I had no idea that we would be blessed with such insightful, spirited therapists. We genuinely couldn't have done it without you all – thank you so much for your time and dedication. Also a big thank-you to the many research assistants who have put their time and energy into this project, ensuring its success: Ymie Bakker, Danielle Bandsma, Meryte Dijkstra, Suzanne de Vries, Kim Doodeman, Ann-Katrin Dresemann, Rianne Hiemstra, , Anouk Hoogenboom, Jelle Koehoorn, Christin Koopmann, Merel Loonstra, Edmee Maas, Saskia Rehrmann, Anne Rupert, Bernice Smit, Hilde Span, Maaïke Stumpel, Meike van Dam, Rozemarijn van Kleef, Merel Wattel, Wieke Oosterwijk, Evert Terpstra and Tara Terpstra. Special shout-out furthermore to dr. Slofstra, who has helped a great deal in rating MAS-A transcripts – thank you, Christien!

And, of course, there's all the different mental healthcare institutes that have lent their support, without which this project would not have been possible: GGZ Drenthe, GGZ Friesland, Lentis, Dimence, UMCG and Yulius. From GGZ Drenthe, I would like to particularly thank Johan Arends for supporting a climate within GGZ Drenthe which enables and stimulates research and innovation. I'll always be very proud to have been part of such an excellent institution. Large institutions, however, also come with paperwork, which I could never have completed if it had not been for the help of Annet van Klinken and Gea Veenstra. Thank you both, for helping me so often with forms, but also for the many lovely little chats we had.

From the FPC Dr. S. van Mesdag, I would like to thank Hein Bokern and Koen Koster for helping me design, set up and run the I-AM-ME study reported in chapter 3. The regular meetings at the clinic to discuss the study's progress were always something I would look forward to, also in large part because the conversations we had were so stimulating. In addition, I would like to thank Erwin Schuringa for his daily-supervision efforts of the students working on this project.

Along those same lines, the pieces in this dissertation could, of course, not have existed without my coauthors. In particular, I would like to thank Marieke Timmerman for making complicated statistics accessible, but also making discussing statistics fun (where are you sailing next?). Thank you for all the time and energy you put into the project, from helping to analyze and interpret results to formatting tables. To say it's been a pleasure working with you is an understatement. And of course Marije aan het Rot and Koen Hogenelst: thank you for all of your help with the EAT, and the data-analysis!

Prof. Hasson-Ohayon, dear Ilanit, thank you for the excellent collaboration, your keen insights, your encouragement, and your friendship. It's an amazing opportunity to be able to work with someone you respect as much as I respect you. Being able to stay excited with 'the work' is not always easy, and yet, every time after we have spoken I find myself supplied with renewed energy.

Over the years, I have been very fortunate to have found very special people in the work place around me. Transitioning to a new university isn't always an easy task, but it's been made much easier and more enjoyable thanks to a few people in particular. First, there's prof. Kindt. Dear Merel, thank you for giving me the chance to work at this fantastic

department, supporting me, and being both a professional as well as a personal inspiration, while simultaneously remaining as grounded as you are. Dr. Noordhof, dear Arjen, thank you for always being available to discuss good books, and inspiring me with your many insights. It's happened often that a casual remark from you has taught me a great deal, and I hope to receive a lot more remarks from you. Dr. Boyette, dear Lindy-Lou, thank you for the many times that we have sparred on thoughts surrounding psychosis, and also for being the kind of person I feel I can approach with questions about 'how to do things'. It's hard to overstate how important someone like you can be in the workplace.

Drs. Linnebank, dear Floris, thank you for the many lessons on education and being an educator. Working with you on course coordination is a fantastic experience, but also allows me to learn from a real 'pro'. Along the same vein, it's important to mention dr. Mark Spiering, dr. Marieke Eftting and drs. Marissa van der Sluis, who have helped me find my place at the UvA. Your advice and thoughts have likely meant more to me than has been readily apparent. Of course, the same goes for Sandra Diets and Herman Vinckers, who should each receive a medal for always being ready to offer advice or suggestions on 'how to get things done'. You two are superstars.

While smoking may not be a healthy enterprise, the activities performed during smoking can be remarkably good for one's mental health. Four people spring to mind, in that context: Prof. Bouman, dear Theo. Thank you for the many great conversations, and your guidance in both the professional and the personal realm. There have been many moments when a conversation (cigar?) with you has been just what the doctor ordered, and has helped to keep me (relatively?) sane. Dear dr(s) Lenferink, dear Lonneke. Thank you for being 'smoke buddies' with

me. I'm very lucky to have found someone like you, who is not only fun to hang out and talk with, but also an academic of outstanding quality that I respect so greatly. I genuinely don't know what I would have done without our friendship. And "mevrouw Malda", dear Aaltsje, thank you for all of the many roles you fulfilled throughout my PhD track, ranging from my personal GZ psychologist to closest of friends, to interpersonal adviser and drinking buddy; I'm blessed to count you among my closest friends. Dear Selwyn. Thank you for your friendship, companionship, comradeship and collegiality. When things got really, really crazy in my head it's almost been an instinctual move to immediately call 'the Zen master' so I could rant for a few minutes, only to be cooled down by a few calm side notes from you. Dr. Borg, dear Charmaine, particularly in the early years of a PhD track, having someone who can tell you how things work, or to share a coffee with, is invaluable. Thank you for the many great coffee moments. 'Mister' Pijpker, dear Arjan – you have been with me, as a friend, from the start. Thank you for always being available when I needed you most, and putting things back into perspective for me. Dear "Apeldoorn crew"- Gerben Haverschmidt, Raymondo Boerkamp, Pauline Coppel and Frank ter Voorde: thank you for all the many years of loving support. Mr. Speirs, dear Jeff – thank you for the many enjoyable 'Skype nights' we've shared, and for always being one Skype-call away for a good philosophical discussion – or just to have fun, or lend a supporting ear.

Dear Ashley. What a ride it's been. What. A. Ride. Thank you for your endless support, your endless kindness and your endless generosity in every way possible. I think it's fitting that this dissertation (and its cover) were designed by you, because honestly, you've invested so much of yourself into this whole thing as well.

Acknowledgments

Dear Sarah. Thank you for being in my life, as a daily source of support, advice, warmth and inspiring thoughts and knowledge. It's amazing to share both my professional and my personal life with you. It's incredible to find someone whose mind blends so well with mine that it doesn't surprise either of us how giddy we get because the new edition of Andy has hit the bookstores.

Dear Elly, dear mom. Thank you for making me the person I am today. I am so happy and proud to be your son. Motherly advice may be the most important contributor to mental health, and I'm very lucky that it's someone with your sharp mind who offers that.

Dear Cees, dear dad. It's a shame you're not here anymore to read this entry, but this word of thanks could (literally) not have existed without you. Like any father and son, we haven't always had the easiest relationship, but I'm very proud to be your son and to have managed this accomplishment for the both of us.

