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Developing e-health applications to promote a patient-centered approach to medically unexplained symptoms

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ABOUT THE AUTHOR

Anne van Gils (1986) was born in Rotterdam, the Netherlands. After completing her secondary education in 2005 (gymnasium, SG Ubbo Emmius, Stadskanaal), she studied Medicine at the University of Groningen. Anne wrote her Master thesis on the influence of childhood family disruption on the development of medically unexplained symptoms (MUS) at the Interdisciplinary Center Psychopathology and Emotion regulation (ICPE), University Medical Center Groningen (UMCG) under the supervision of prof. Judith Rosmalen. She obtained her Master's degree in Medicine *cum laude* in 2011. Subsequently, Anne started working as a resident in psychiatry at the University Center for Psychiatry, UMCG. From 2012 onwards, she combined her residency training with PhD research under the supervision of prof. Judith Rosmalen and prof. Robert Schoevers at the ICPE, UMCG. During her PhD trajectory, Anne was involved in the development of an e-health intervention for patients with MUS ('Grip') and the development of an online course for healthcare providers on MUS. In 2016, Anne visited the Department of Clinical Neurosciences of the Western General Hospital in Edinburgh, United Kingdom for three months to collaborate with prof. Alan Carson and prof. Jon Stone on the development of a self-help website for patients with a mild traumatic brain injury. Anne presented the results of her research at various international conferences and received a number of awards for her work. In order to advance her psychotherapeutic skills, Anne started a 3-year postdoctoral training program to become a licensed psychotherapist in 2017. In the future, Anne aspires to specialize in psychotherapy for patients with MUS. She is also committed to disseminating knowledge and clearing up misconceptions on MUS through the writing of articles and blogs (see <https://wetenschap.nu/auteur/anne-van-gils/>).

