

## University of Groningen

### Temptation and restraint

Jonker, Nienke Christina

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# About the author



Nienke Jonker was born on the 2<sup>nd</sup> of July 1989 in Winschoten, the Netherlands. Nienke always had a keen interest in eating behavior problems. In 2007 she started a bachelor study in nutrition and dietetics at the Hanzehogeschool Groningen. The main focus of her research during this bachelor involved studying characteristics of obese individuals who did not benefit from any treatment so far, even though they expressed a strong motivation to lose weight. She completed this bachelor program in 2010. In 2008 Nienke additionally started the bachelor program of Psychology at the University of Groningen. After completing this bachelor program in 2012, she successfully applied to the research master of Behavioral and Social Sciences. During the regular track of clinical psychology she was able to further specialize in eating disorders and obesity. During the second year of the master program Nienke received a Research Talent grant from NWO for the proposed PhD project “Temptation and restraint: The role of reward and punishment sensitivity in disordered eating” she wrote together with Prof. Dr. Peter de Jong. After graduating with distinction (cum laude) from the research master she started her PhD research in September 2014 under supervision of Prof. Dr. Peter de Jong, Dr. Brian Ostafin and Dr. Klaske Glashouwer. In 2018 Nienke obtained a NWO Replication Studies grant together with Prof. Dr. Peter de Jong, Prof. Dr. Ernst Koster and Prof. Dr. Caroline Braet for the project “May food have your attention please: Do specifically obese individuals show an attention bias for food even when they are satiated?”. Since 2019 Nienke works as a post-doctoral researcher at the department of clinical psychology and experimental psychopathology of the University of Groningen on this project.

