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Research output

Daily dynamics of negative affect: indicators of rate of response to treatment and remission from depression?

Helmich, M. A., Wichers, M., Peeters, F. & Snippe, E., 1-Nov-2021, PsyArXiv Preprints, 27 p.

Detecting impending symptom transitions using early warning signals in individuals receiving treatment for depression

Helmich, M. A., Smit, A. C., Bringmann, L. F., Schreuder, M. J., Oldehinkel, A. J., Wichers, M. & Snippe, E., 11-Oct-2021, (Submitted) PsyArXiv Preprints, 44 p.

Individual and common patterns in the order of symptom improvement during outpatient treatment for major depression

Snippe, E., Doornbos, B., Schoevers, R. A., Wardenaar, K. J. & Wichers, M., 1-Jul-2021, In: Journal of Affective Disorders. 290, p. 81-88 8 p.

Anticipating manic and depressive shifts in patients with bipolar disorder using early warning signals

Bos, F., Schreuder, M., George, S., Doornbos, B., Bruggeman, R., van der Krieke, L., Haarman, B., Wichers, M. & Snippe, E., Jun-2021, In: Bipolar Disorders. 23, p. 53-54 2 p.

Prospective early warning signals to detect transitions to manic and depressive episodes in bipolar disorder

Bos, F., Schreuder, M., Doornbos, B., Snippe, E., Bruggeman, R., Van der Krieke, L., Haarman, B., Wichers, M. & George, S., Apr-2021, In: European Psychiatry. 64, p. S78-S79 2 p.

Recommendations for the use of long-term experience sampling in bipolar disorder care: a qualitative study of patient and clinician experiences

Bos, F. M., Snippe, E., Bruggeman, R., Doornbos, B., Wichers, M. & van der Krieke, L., 1-Dec-2020, In: International Journal of Bipolar Disorders. 8, 1, 14 p., 38.

Single-Subject Research in Psychiatry: Facts and Fictions

Zuidersma, M., Riese, H., Snippe, E., Booij, S. H., Wichers, M. & Bos, E. H., 13-Nov-2020, In: Frontiers in Psychiatry. 11, 11 p., 539777.

Time to get personal? The impact of researchers choices on the selection of treatment targets using the experience sampling methodology: The impact of researchers choices on the selection of treatment targets using the experience sampling methodology

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Virtual reality based cognitive behavioral therapy for paranoia: Effects on mental states and the dynamics among them

Geraets, C. N. W., Snippe, E., van Beilen, M., Pot-Kolder, R. M. C. A., Wichers, M., van der Gaag, M. & Veling, W., Aug-2020, In: Schizophrenia Research. 222, p. 227-234 8 p.

Transitions in Depression (TRANS-ID) Recovery: Study protocol for a repeated intensive longitudinal n = 1 study design to search for personalized early warning signals of critical transitions towards improvement in depression

Helmich, M. A., Snippe, E., Kunkels, Y. K., Riese, H., Smit, A. C. & Wichers, M., 7-Feb-2020, (Submitted) In: PsyArXiv Preprints.

Sudden Gains in Day-to-Day Change: Revealing Nonlinear Patterns of Individual Improvement in Depression

Helmich, M. A., Wichers, M., Olthof, M., Strunk, G., Aas, B., Aichhorn, W., Schiepek, G. & Snippe, E., Feb-2020, In: Journal of Consulting and Clinical Psychology. 88, 2, p. 119-127 9 p.

Early Warning Signals Based on Momentary Affect Dynamics can Expose Nearby Transitions in Depression: A Confirmatory Single-Subject Time-Series Study

Wichers, M., Smit, A. C. & Snippe, E., 2020, In: Journal for Person-Oriented Research. 6, 1, p. 1-15 15 p.

Feasibility and predictors of change of narrative exposure therapy for displaced populations: a repeated measures design

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Mindfulness Meditation is Associated with Decreases in Partner Negative Affect in Daily Life

May, C. J., Ostafin, B. & Snippe, E., 2020, In: European Journal of Social Psychology. 50, 1, p. 35-45 11 p.

The Relative Impact of 15-Minutes of Meditation Compared to a Day of Vacation in Daily Life: An Exploratory Analysis

May, C. J., Ostafin, B. D. & Snippe, E., 2020, In: Journal of Positive Psychology. 15, 2, p. 278-284 7 p.

Insights of Patients and Clinicians on the Promise of the Experience Sampling Method for Psychiatric Care

Bos, F. M., Snippe, E., Bruggeman, R., Wichers, M. & van der Krieke, L., 1-Nov-2019, In: Psychiatric Services. 70, 11, p. 983-991 9 p.

Acute stress responses after indirect exposure to the MH17 airplane crash

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What Do Centrality Measures Measure in Psychological Networks?

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De netwerkbenadering bij depressie: Veel noten op de zang of heilige graal?

Wichers, M., Snippe, E., Riese, H. & Bos, F., Mar-2019, In: Gedragstherapie. 52, 2, p. 43-68 26 p.

Reciprocal associations between positive emotions and motivation in daily life: Network analyses in anhedonic individuals and healthy controls

van Roekel, E., Heininga, V. E., Vrijen, C., Snippe, E. & Oldehinkel, A. J., Mar-2019, In: Emotion. 19, 2, p. 292-300 9 p.

Capturing the risk of persisting depressive symptoms: A dynamic network investigation of patients' daily symptom experiences

Groen, R. N., Snippe, E., Bringmann, L. F., Simons, C. J. P., Hartmann, J. A., Bos, E. H. & Wichers, M., Jan-2019, In: Psychiatry Research. 271, p. 640-648 9 p.

Explaining variability in therapist adherence and patient depressive symptom improvement: The role of therapist interpersonal skills and patient engagement

Snippe, E., Schroevers, M. J., Tovote, K. A., Sanderman, R., Emmelkamp, P. M. G. & Fleer, J., Jan-2019, In: Clinical psychology & psychotherapy. 26, 1, p. 84-93 10 p.

The Role of State and Trait Positive Affect and Mindfulness in Affective Reactivity to Pain in Chronic Migraine

Ciere, Y., Snippe, E., Padberg, M., Jacobs, B., Visser, A., Sanderman, R. & Fleer, J., Jan-2019, In: Health Psychology. 38, 1, p. 94-102 9 p.

Increasing Restlessness Signals Impending Increase in Depressive Symptoms More than 2 Months before It Happens in Individual Patients

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Explaining Variations in Mindfulness Levels in Daily Life

Suelmann, H., Brouwers, A. & Snippe, E., Dec-2018, In: *Mindfulness*. 9, 6, p. 1895-1906 12 p.

The reciprocity of prosocial behavior and positive affect in daily life

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Exploring the emotional dynamics of subclinically depressed individuals with and without anhedonia: An experience sampling study

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Affective reactivity to daily life stress: Relationship to positive psychotic and depressive symptoms in a general population sample

Booij, S. H., Snippe, E., Jeronimus, B. F., Wichers, M. & Wigman, J. T. W., 1-Jan-2018, In: *Journal of Affective Disorders*. 225, p. 474-481 8 p.

What works best for whom? Cognitive Behavior Therapy and Mindfulness-Based Cognitive Therapy for depressive symptoms in patients with diabetes

Tovote, K. A., Schroevers, M. J., Snippe, E., Emmelkamp, P. M. G., Links, T. P., Sanderman, R. & Fleer, J., 29-Jun-2017, In: *PLoS ONE*. 12, 6, 16 p., 0179941.

The Shape of Change in Perceived Stress, Negative Affect, and Stress Sensitivity During Mindfulness-Based Stress Reduction

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The Impact of Treatments for Depression on the Dynamic Network Structure of Mental States: Two Randomized Controlled Trials

Snippe, E., Viechtbauer, W., Geschwind, N., Klippel, A., de Jonge, P. & Wichers, M., 20-Apr-2017, In: *Scientific Reports*. 7, 10 p., 46523.

Can We Jump from Cross-Sectional to Dynamic Interpretations of Networks? Implications for the Network Perspective in Psychiatry

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Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective: a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease

Schroevers, M. J., Tovote, K. A., Snippe, E. & Fleer, J., Dec-2016, In: *Mindfulness*. 7, 6, p. 1339-1346 8 p.

HowNutsAreTheDutch (HoeGekIsNL): A crowdsourcing study of mental symptoms and strengths

van der Krieke, L., Jeronimus, B. F., Blaauw, F., Wanders, R., Emerencia, A. C., Schenk, H., de Vos, S., Snippe, E., Wichers, M., Wigman, J., Bos, E., Wardenaar, K. & de Jonge, P., Jun-2016, In: *International Journal of Methods in Psychiatric Research*. 25, 2, p. 123-144 22 p.

Change in daily life behaviors and depression: Within-person and between-person associations

Snippe, E., Simons, C. J. P., Hartmann, J. A., Menne-Lothmann, C., Kramer, I., Booij, S. H., Viechtbauer, W., Delespaul, P., Myin-Germeys, I. & Wichers, M., May-2016, In: *Health Psychology*. 35, 5, p. 433-441 9 p.

Preserving subjective wellbeing in the face of psychopathology: Buffering effects of personal strengths and resources

Bos, E. H., Snippe, E., de Jonge, P. & Jeronimus, B. F., 10-Mar-2016, In: *PLoS ONE*. 11, 3, 14 p., e0150867.

Voor wie en waarom werken cognitieve gedragstherapie en mindfulnessstraining?

Snippe, E., Fler, J. & Schroevers, M., Jan-2016, In: De Psycholoog. p. 34-43 11 p.

Time-Series Analysis of Daily Changes in Mindfulness, Repetitive Thinking, and Depressive Symptoms During Mindfulness-Based Treatment

Snippe, E., Bos, E. H., van der Ploeg, K. M., Sanderman, R., Fler, J. & Schroevers, M. J., Oct-2015, In: Mindfulness. 6, 5, p. 1053-1062 10 p.

Studying learning in the healthcare setting: the potential of quantitative diary methods

Ciere, Y., Jaarsma, D., Visser, A., Sanderman, R., Snippe, E. & Fler, J., Aug-2015, In: Perspectives on medical education. 4, 4, p. 203-207 5 p.

The Therapeutic Alliance Predicts Outcomes of Cognitive Behavior Therapy but Not of Mindfulness-Based Cognitive Therapy for Depressive Symptoms

Snippe, E., Fler, J., Tovote, K. A., Sanderman, R., Emmelkamp, P. M. G. & Schroevers, M. J., Aug-2015, In: Psychotherapy and psychosomatics. 84, 5, p. 314-315 2 p.

Patients' Outcome Expectations Matter in Psychological Interventions for Patients with Diabetes and Comorbid Depressive Symptoms

Snippe, E., Schroevers, M. J., Tovote, A., Sanderman, R., Emmelkamp, P. M. G. & Fler, J., Jun-2015, In: Cognitive Therapy and Research. 39, 3, p. 307-317 11 p.

The Temporal Order of Change in Daily Mindfulness and Affect During Mindfulness-Based Stress Reduction

Snippe, E., Nyklíček, I., Schroevers, M. J. & Bos, E. H., Apr-2015, In: Journal of Counseling Psychology. 62, 2, p. 106-114 9 p.

Long-Term Effects of Individual Mindfulness-Based Cognitive Therapy and Cognitive Behavior Therapy for Depressive Symptoms in Patients with Diabetes: A Randomized Trial

Tovote, K. A., Schroevers, M. J., Snippe, E., Sanderman, R., Links, T. P., Emmelkamp, P. M. G. & Fler, J., 2015, In: Psychotherapy and psychosomatics. 84, 3, 2 p.

Individual Mindfulness-Based Cognitive Therapy and Cognitive Behavior Therapy for Treating Depressive Symptoms in Patients With Diabetes: Results of a Randomized Controlled Trial

Tovote, K. A., Fler, J., Snippe, E., Peeters, A. C. T. M., Emmelkamp, P. M. G., Sanderman, R., Links, T. P. & Schroevers, M. J., Sep-2014, In: Diabetes Care. 37, 9, p. 2427-2434 8 p.

Understanding change in psychological treatments for depressive symptoms: The individual matters

Snippe, E., 2014, [S.l.]: [S.n.]. 168 p.

Cognitive behavioral therapy and mindfulness-based cognitive therapy for depressive symptoms in diabetes patients: design of a randomized controlled trial

Tovote, K. A., Fler, J., Snippe, E., Bas, I. V., Links, T. P., Emmelkamp, P. M. G., Sanderman, R. & Schroevers, M. J., 9-Oct-2013, In: BMC Psychology. 1, 10 p., 17.

Discrepancies Between Patients' and Partners' Perceptions of Unsupportive Behavior in Chronic Obstructive Pulmonary Disease

Snippe, E., Maters, G. A., Wempe, J. B., Hagedoorn, M. & Sanderman, R., Jun-2012, In: Journal of Family Psychology. 26, 3, p. 464-469 6 p.

Mindfulnessstraining in perspectief

Schroevens, M., Snippe, E., Bas, I., Tovote, A. & Fler, J., Mar-2011, In: Psychologie & Gezondheid. 39, 1, p. 32-38 7 p.

Press / Media

Neurotics Get an Extra Benefit From Being Extra Nice

Evelien Snippe
18/01/2017
1 item of Media coverage

This diary study just happened to be taking place when disaster struck, providing a rare insight into vicarious experience of traumatic events

Bertus Jeronimus, Evelien Snippe, Armando Celino Emerencia, Peter de Jonge & Elisabeth Bos
01/03/2019
1 item of Media coverage

What we learned in 2018: The individual patient get's more attention

Bertus Jeronimus, Peter de Jonge, Elisabeth Bos, Evelien Snippe, Klaas Wardenaar, Marije aan het Rot, Johanna Wigman, Frank Blaauw, Armando Celino Emerencia & Maria Wichers
21/12/2018
1 item of Media coverage

Education and research appointments

Education

2010 – 2014

PhD | Promotors: Prof. P.M.G. Emmelkamp & Prof. R. Sanderman, University of Groningen. Thesis (29-09-14):
"Understanding change in psychological treatments for depressive symptoms: the individual matters."

2009 – 2010

Master| Clinical and Developmental Psychology| University of Groningen Cum laude degree. 2007 – 2009 Research
Master| Clinical and Psychosocial Epidemiology | University of Groningen, Cum laude degree.

2004 – 2007

Bachelor| Psychology | University of Groningen

Research Appointments 2021-now Senior researcher | University Medical Center Groningen | University of Groningen

2016 -2020

Postdoctoral researcher | University Medical Center Groningen | University of Groningen

2014 -2016

Postdoctoral researcher | Maastricht University

2013 – 2014

Research coordinator | University of Groningen