

dr. Evelien Snippe
Postdoctoral researcher
Department of Developmental Psychology
University of Groningen
Email: e.snippe@rug.nl



Research output

The association between anxiety and active behaviour in patients with major depressive Disorder: An ecological momentary assessment study

Hol-Steegstra, A., Helmich, M. A., Riese, H. & Snippe, E., Nov-2026, In: Journal of Behavioral and Cognitive Therapy. 36, 4, 6 p., 100589.

Daily life stress measurement strategies: A scoping review

Myroniuk Myroniuk, S., Roest, A. M., Keuning, A., Eanu, M., Mertins, I., Snippe, E., de Jonge, P. & Jeronimus, B. F., 20-Feb-2026, (Submitted) PsyArXiv Preprints, 62 p. (OSF).

The ambiguous conceptualization of stress: Stressor, stress response, and health outcomes

Snippe, E., Myroniuk Myroniuk, S., Meyer, M., Bültmann, U., Scheibe, S. & Jeronimus, B. F., 19-Feb-2026, (Submitted) PsyArXiv Preprints, 36 p.

Ecological Momentary Assessment for Assessing Affect Patterns Associated With Depression in Cancer Survivors in Primary Care: A Pilot Study

Panjer, J. A. L., Stegmann, M. E. L., Brandenburg, D., Schroevers, M. J., Riese, H., Snippe, E. & Burger, H., Jan-2026, In: Psycho-Oncology. 35, 1, 11 p., e70367.

Sleep Disturbances in the Prodromal Phase of Mood Episodes in Patients with Bipolar Disorder: A Replicated Single-case Design

Knapen, S. E., Snippe, E., Smit, A. C., Schoevers, R. A. & Riemersma-Van der Lek, R. F., 2-Oct-2025, In: Journal for Person-Oriented Research. 11, 3, p. 142-168 27 p.

A Social Support Just-in-Time Adaptive Intervention for Individuals With Depressive Symptoms: Feasibility Study With a Microrandomized Trial Design

Elmer, T., Wolf, M., Snippe, E. & Scholz, U., 26-Aug-2025, In: JMIR mental health. 12, 19 p., e74103.

Revealing state changes in momentary affect during treatment for depression using hidden Markov modeling

Helmich, M. A., Aarts, E., Johnson, S. U. & Snippe, E., 30-Jun-2025, PsyArXiv Preprints.

Using daily diary data to examine the period prior to a suicide attempt: An observational single-case study

Núñez, D., Raposo de Almeida, E., Smit, A. C., Snippe, E., Muller, M. K., van den Berg, D., Wang, Y.-P., Veling, W., Booi, S. H. & Wigman, J. T. W., 1-Jun-2025, In: Psychiatry Research Case Reports. 4, 1, 10 p., 100251.

Critical Slowing Down in Momentary Affect as Early Warning Signal of Impending Transitions in Depression

Smit, A. C., Helmich, M. A., Bringmann, L. F., Oldehinkel, A. J., Wichers, M. & Snippe, E., 2025, (Accepted/In press) In: Clinical Psychological Science.

Slow down and be critical before using early warning signals in psychopathology

Helmich, M. A., Schreuder, M. J., Bringmann, L. F., Riese, H., Snippe, E. & Smit, A. C., Nov-2024, In: Nature Reviews Psychology. 3, p. 767–780 14 p.

The association between anxiety and active behaviour in patients with Major Depressive Disorder: An ecological momentary assessment study

Hol-Steegstra, A., Helmich, M. A., Riese, H. & Snippe, E., 13-Sept-2024, OSF Preprints.

Evidence for mood instability in patients with bipolar disorder: Applying multilevel hidden Markov modeling to intensive longitudinal ecological momentary assessment data

Mildiner Moraga, S., Bos, F. M., Doornbos, B., Bruggeman, R., van der Krieke, L., Snippe, E. & Aarts, E., Aug-2024, In: Journal of psychopathology and clinical science. 133, 6, p. 456-468 13 p.

So You Want to Do ESM? 10 Essential Topics for Implementing the Experience-Sampling Method

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Changing networks: Moderated idiographic psychological networks

Bringmann, L. F., Ariens, S., Ernst, A. F., Snippe, E. & Ceulemans, E., 2024, In: Advances in Psychology. 2, 46 p., e658296.

Monitoring Emotional Intensity and Variability to Forecast Depression Recurrence in Real Time in Remitted Adults

Schreuder, M. J., Schat, E., Smit, A. C., Snippe, E. & Ceulemans, E., 2024, In: Journal of Consulting and Clinical Psychology. 92, 8, p. 505–516 12 p.

The temporal order of emotional, cognitive, and behavioral gains in daily life during treatment of depression

Snippe, E., Elmer, T., Ceulemans, E., Smit, A. C., Lutz, W. & Helmich, M. A., 2024, In: Journal of Consulting and Clinical Psychology. 92, 8, p. 466–478 14 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., Nov-2023, In: Clinical Psychological Science. 11, 6, p. 994–1010 17 p.

Risk Ahead: Actigraphy-Based Early-Warning Signals of Increases in Depressive Symptoms During Antidepressant Discontinuation

Kunkels, Y. K., Smit, A. C., Minaeva, O., Snippe, E., George, S. V., van Roon, A. M., Wichers, M. & Riese, H., Sept-2023, In: Clinical Psychological Science. 11, 5, p. 942-953 12 p.

Real-time monitoring of increases in restlessness to assess idiographic risk of recurrence of depressive symptoms

Smit, A. C. & Snippe, E., Aug-2023, In: Psychological Medicine. 53, 11, p. 5060 - 5069 10 p.

Predicting recurrence of depression using cardiac complexity in individuals tapering antidepressants

George, S. V., Kunkels, Y. K., Smit, A., Wichers, M., Snippe, E., van Roon, A. M. & Riese, H., 30-May-2023, In: Translational Psychiatry. 13, 8 p., 182.

Recurrence of depression can be foreseen by monitoring mental states with statistical process control

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Dagboekmetingen als hulpmiddel in de psychiatrische zorg: beloften, valkuilen en mogelijkheden

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

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

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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., 2022, PsyArXiv Preprints, 44 p.

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

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

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

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Explaining Variations in Mindfulness Levels in Daily Life

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

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

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

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

Ciere, Y., Jaarsma, D., Visser, A., Sanderman, R., Snippe, E. & Fleer, 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

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

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

Snippe, E., Nyklicek, 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. & Fleer, 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., Fleer, J., Snippe, E., Peeters, A. C. T. M., Emmelkamp, P. M. G., Sanderman, R., Links, T. P. & Schroevers, M. J., Sept-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., Fleer, 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

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Mindfulnessstraining in perspectief

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

Press / Media

Before behavioral changes, emotional shifts are typically indicated during a period of depression recovery, as indicated by a study

Snippe, E.

13/12/2024

1 item of Media coverage

Emotional Changes Often Precede Behavioral Shifts During Depression Treatment

Snippe, E.

01/12/2024

1 item of Media coverage

Neurotics Get an Extra Benefit From Being Extra Nice

Snippe, E.

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

Jeronimus, B., Snippe, E., Emerencia, A. C., de Jonge, P. & Bos, E.

01/03/2019

1 item of Media coverage

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

Jeronimus, B., de Jonge, P., Bos, E., Snippe, E., Wardenaar, K., aan het Rot, M., Wigman, J., Blaauw, F., Emerencia, A. C. & Wichers, M.

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