Research output

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

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

Detecting Impending Symptom Transitions Using Early-Warning Signals in Individuals Receiving Treatment for Depression

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

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

Predicting recurrence of depression using cardiac complexity in individuals tapering antidepressants

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

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

Feasibility, usability and clinical value of intensive longitudinal diary assessments in older persons with cognitive impairment and depressive symptoms

Transitions in depression: if, how, and when depressive symptoms return during and after discontinuing antidepressants
Critical slowing down in momentary affect as early warning signal of impending transitions in depression

A Web-Based Application for Personalized Ecological Momentary Assessment in Psychiatric Care: User-Centered Development of the PETRA Application

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

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

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

A Narrative Review of Network Studies in Depression: What Different Methodological Approaches Tell Us About Depression

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

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

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

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

Single-Subject Research in Psychiatry: Facts and Fictions

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

The effect of virtual reality cognitive behavioral therapy on paranoia and mood states

Transitions in Depresssion (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

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

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

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

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

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

What Do Centrality Measures Measure in Psychological Networks?

Capturing the risk of persisting depressive symptoms: A dynamic network investigation of patients' daily symptom experiences
Explaining variability in therapist adherence and patient depressive symptom improvement: The role of therapist interpersonal skills and patient engagement

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

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

Explaining Variations in Mindfulness Levels in Daily Life

The reciprocity of prosocial behavior and positive affect in daily life

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

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


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

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

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

Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective: a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease
HowNutsAreTheDutch (HoeGekIsNL): A crowdsourcing study of mental symptoms and strengths
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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., Boeij, S. H., Viechtbauer, W., Delespaul,

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

Voor wie en waarom werken cognitieve gedragstherapie en mindfulnesstraining?

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

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

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

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

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

Mindfulnesstraining in perspectief

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.
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