Research interests

- Mental health and well-being
- Emotion dynamics (i.e., fluctuations in emotions, measured multiple times a day)
- Depressive symptoms
- Open Science

Employment

Post-doc
Other Scientific Research Staff
Developmental Psychology
University of Groningen
Netherlands
1-Jan-2019 → present

Postdoctoral Research Fellow
KU Leuven
Leuven, Belgium
1-Jan-2018 → 1-Jan-2019

Research outputs

Personalized lifestyle advice alters affective reactivity to negative events in anhedonic young adults

Psychopathology and positive emotions in daily life

A multiverse analysis of early attempts to replicate memory suppression with the Think/No-think Task

Open Research Award: Celebrating openness ... and randomness?
Heininga, V. E. & Masselink, M., 1-Jul-2020, Open Science Community Groningen (OSCG).

OSCG interview about ORCID interview Tiemen Folkers
Heininga, V. E. & Folkers, T. C., Jun-2020, Open Science Community Groningen (OSCG).

Emotion-Based Learning by Iowa and Bangor Gambling Tasks: Similar but not the same?

Domains Of Pleasure Scale (DOPS): Assessing pleasure across domains
Correction: I Just Ran a Thousand Analyses: Benefits of Multiple Testing in Understanding Equivocal Evidence on Gene-Environment Interactions

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

The dynamical signature of anhedonia in Major Depressive Disorder: Positive emotion dynamics, reactivity, and recovery

Emoties, depressie en (verlies van) plezier in het dagelijks leven
Heininga, V. E., van Roekel, E., Vrijen, C., Masselink, M. & Oldehinkel, T., 2019, In: In-Mind. 4

Inauguration of the Open Science Community Groningen (OSCG)
Heininga, V. E., 2019.

Sociomarkers of anhedonia in MDD


The happy, the sad, and the anhedonic: op weg naar het begrijpen van veranderd beloningsgerelateerd functioneren vanuit een micro-niveau perspectief

Reward and punishment learning in daily life: A replication study

Positive affective functioning in anhedonic individuals' daily life: Anything but Flat and Blunted

An exploratory randomized controlled trial of personalized lifestyle advice and tandem skydives as a means to reduce anhedonia

The happy, the sad, and the anhedonic: Towards understanding altered reward function from a micro-level perspective

The effects of a personalized lifestyle advice and tandem skydive on pleasure in anhedonic young adults

Study protocol for a randomized controlled trial to explore the effects of personalized lifestyle advices and tandem skydives on pleasure in anhedonic young adults
I just ran a thousand analyses: benefits of multiple testing in understanding equivocal evidence on gene-environment interactions

De N=1 statistiek achter het patiënt volg systeem in het FPC Dr. S. van Mesdag

Activities
Fostering creativity when working from home
Maaike Engels (Organiser), Anne Marthe Bles, van der (Organiser) & Vera Heininga (Organiser)
17-Jun-2020

Weekend van de Wetenschap 2019
Susan Niessen (Organiser), Marcus Span (Organiser), Ralf Cox (Organiser), Vera Heininga (Organiser) & Sander Lien, van (Organiser)
5-Oct-2019

Grote GMW Quiz
Klaas Veen, van (Speaker) & Vera Heininga (Speaker)
5-Sep-2019

Ieder kind is anders
Anne Margit Reitsema (Speaker), Bertus Jeronimus (Speaker) & Vera Heininga (Speaker)
5-Sep-2019

University of Groningen Library (Organisational unit)
Vera Heininga (Advisor)
Sep-2019 → Sep-2020

Every Child is Different: Do you feel what I feel?
Anne Margit Reitsema (Speaker), Vera Heininga (Speaker) & Bertus Jeronimus (Speaker)
21-Aug-2019

Open Science Adventure: The dynamical signature of anhedonia in Major Depressive Disorder: Positive emotion dynamics, reactivity, and recovery
Vera Heininga (Speaker)
21-Jun-2019

Open Science Community Groningen (External organisation)
Vera Heininga (Member of board)
Mar-2019 → …

network of Young Enthusiastic Social Scientists at the Behavioural and Social Sciences faculty (YESS BSS) (External organisation)
Vera Heininga (Member)
Jan-2019 → Jun-2020

Advanced Methods for Reproducible Science
Vera Heininga (Attendee)
7-Apr-2017 → 12-Apr-2017
Masterclass on research reproducibility, by John P.A. Ioannidis
Vera Heininga (Attendee)
18-Nov-2016

Department of Clinical Psychology, Seattle Pacific University, USA.
Vera Heininga (Visiting researcher)

Prizes

Academy Ter Meulen Grant
Heininga, Vera (Recipient) & Kuppens, P. (Recipient), 23-Jun-2017

Early Career Travel Award Program
Heininga, Vera (Recipient), 2017

ECNP Travel bursary Bristol
Heininga, Vera (Recipient), Feb-2017

Full-time postdoctoral fellowship
Heininga, Vera (Recipient) & Kuppens, P. (Recipient), 12-Jul-2017

ISRCAP Scholarship 2015
Heininga, Vera (Recipient), 2015

Preregistration challenge
Heininga, Vera (Recipient) & Kuppens, P. (Recipient), 31-Dec-2018

UG BSS Internet Research Fund
Ackermans, M. (Recipient), Heininga, Vera (Recipient) & Jonker, Nienke (Recipient), 26-Nov-2020

Press/Media

Academy Ter Meulen Grants Awards 2017
Vera Heininga
23/06/2017
1 Media contribution

Anhedonie is te genezen
Vera Heininga
11/09/2015
1 item of Media coverage

Big study to understand the experience of happiness in Dutch children and adolescents
Anne Margit Reitsema, Bertus Jeronimus, Ando Emerencia, Vera Heininga, Marijn Dijk, van & Peter Jonge, de
29/04/2020
1 item of Media coverage

Cheerleaders van de wetenschap
Jojanneke Bastiaansen, Maurits Masselink & Vera Heininga
15/10/2019
1 item of Media coverage
Government be transparent in the fight against coronavirus
Caspar Van Lisse, Maarten Derksen, Vera Heininga & Bertus Jeronimus
27/04/2020
1 Media contribution

IN LOVE WITH A COLLEAGUE: No kissing in the workplace
Vera Heininga
11/02/2020
1 Item of Media coverage

Maar jij lacht toch altijd?
Vera Heininga
17/01/2017
1 Item of Media coverage

Masterclass John Ioannidis
Vera Heininga
22/05/2017
1 Item of Media coverage

Mensen met anhedonie ervaren ook plezier
Vera Heininga
17/01/2018
1 Item of Media coverage

Mensen met anhedonie hebben best plezier, alleen niet zo vaak
Vera Heininga
04/12/2017
1 Item of Media coverage

Open Science, preprints, ethical boards and fast research in "the COVID era"
Vera Heininga & Tina Kretschmer
08/07/2020
1 Media contribution

Parachutesprong maakt niet gelukkiger
Vera Heininga
16/11/2016
1 Item of Media coverage

People with Anhedonia Do Experience Pleasure, Just Not As Often
Vera Heininga
09/12/2017
1 Item of Media coverage

Plezier van parachutesprong duurt maar kort
Vera Heininga
30/11/2016
1 Item of Media coverage

RUG heeft enige gamma-faculteit tijdens Weekend van de Wetenschap
Vera Heininga
07/10/2019
1 Media contribution
Sprong voor vreugde
Vera Heininga
29/08/2015
1 Item of Media coverage

Too much work, too little time: The laborious transition to open access
Vera Heininga
26/02/2020
1 Item of Media coverage

UMCG zet parachutesprong in bij onderzoek
Vera Heininga
16/11/2016
1 Media contribution

Datasets
I just ran a thousand analyses
Heininga, V. (Creator), Plos one, May-2015