

Vera Heininga
Researcher

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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

Schmitter, M., van Roekel, E., Heininga, V. E. & Oldehinkel, A. J., 1-Aug-2021, In: Journal of Affective Disorders. 291, p. 118-125 8 p.

Psychopathology and positive emotions in daily life

Heininga, V. E. & Kuppens, P., Jun-2021, In: Current Opinion in Behavioral Sciences. 39, p. 10-18 9 p.

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

Wessel, I., Albers, C. J., Zandstra, A. R. E. & Heininga, V. E., 8-Aug-2020, In: Memory. 28, 7, p. 870-887 18 p.

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?

Heininga, V. E., Nederhof, E., Roekel, van, E., Laceulle, O. & Oldehinkel, T., 2-Sep-2019, 13 p.

Domains Of Pleasure Scale (DOPS): Assessing pleasure across domains

Masselink, M., van Roekel, G., Heininga, V. E., Vrijen, C. & Oldehinkel, T., 13-Jun-2019, (Submitted) In: OSF Preprints.

Correction: I Just Ran a Thousand Analyses: Benefits of Multiple Testing in Understanding Equivocal Evidence on Gene-Environment Interactions

Heininga, V. E., Oldehinkel, A. J., Veenstra, R. & Nederhof, E., 7-Mar-2019, In: PLoS ONE. 14, 3, 1 p., e0213750.

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.

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

Heininga, V. E., Dejonckheere, E., Houben, M., Obbels, J., Sienaert, P., Leroy, B., van Roy, J. & Kuppens, P., 8-Feb-2019, In: BMC Psychiatry. 19, 59, 11 p.

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

Heininga, V. E., Dejonckheere, E., Houben, M. & Kuppens, P., 2019, (Accepted/In press) In: PsyArXiv Preprints.

Concurrent and Predictive Validity of the Instrument for Forensic Treatment Evaluation: From Risk Assessment to Routine, Multidisciplinary Treatment Evaluation

Schuringa, E., Heininga, V. E., Spreen, M. & Bogaerts, S., Apr-2018, In: International Journal of Offender Therapy and Comparative Criminology. 62, 5, p. 1281-1299 19 p.

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

Heininga, V. E., Dec-2017, *GGzet: Wetenschappelijk*. 2 ed. Lentis, Vol. 21. (GGzet Wetenschappelijk; vol. 21, no. 2).

Reward and punishment learning in daily life: A replication study

Heininga, V. E., van Roekel, E., Wichers, M. & Oldehinkel, A. J., 4-Oct-2017, In: PLoS ONE. 12, 10, 18 p., e0180753.

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

Heininga, V. E., Van Roekel, E., Ahles, J. J., Oldehinkel, A. J. & Mezulis, A. H., 15-Aug-2017, In: Journal of Affective Disorders. 218, p. 437-445 9 p.

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

Van Roekel, E., Vrijen, C., Heininga, V. E., Masselink, M., Bos, E. H. & Oldehinkel, A. J., Jan-2017, In: Behavior Therapy. 48, 1, p. 76-96 21 p.

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

Heininga, V. E., 2017, [Groningen]: University of Groningen. 197 p.

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

van Roekel, E., Vrijen, C., Heininga, V. E., Masselink, M., Nederhof, E. & Oldehinkel, A. J., Jul-2016, In: Bipolar Disorders. 18, p. 171-172 2 p.

Study protocol for a randomized controlled trial to explore the effects of personalized lifestyle advices and tandem skydives on pleasure in anhedonic young adults

van Roekel, E., Masselink, M., Vrijen, C., Heininga, V. E., Bak, T., Nederhof, E. & Oldehinkel, A. J., 4-Jun-2016, In: BMC Psychiatry. 16, 16 p., 182.

I just ran a thousand analyses: benefits of multiple testing in understanding equivocal evidence on gene-environment interactions

Heininga, V. E., Oldehinkel, A. J., Veenstra, R. & Nederhof, E., 27-May-2015, In: PLoS ONE. 10, 5, 16 p., e0125383.

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

Schuringa, E., Heininga, V. E. & Spreen, M., 2011, In: GGZet Wetenschappelijk. 14, 2, p. 70-77 8 p.

Activities

Fostering creativity when working from home

Maaïke 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)
Jun-2015 → Jul-2015

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