

# Sylvia van Beugen

## *Curriculum Vitae*

### **Personal data**

Sylvia van Beugen, PhD  
Date of birth: March 11<sup>th</sup>, 1984

### **Affiliation**

Leiden University  
Faculty of Social and Behavioural Sciences  
Institute of Psychology  
Health, Medical and Neuropsychology

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PO Box 9555  
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### **Current position**

2018 - Current:     **Assistant professor**  
Leiden University, Institute of Psychology, Health, Medical and  
Neuropsychology unit

### **Previous positions**

2014 - 2017:       **PhD candidate and teacher**  
Leiden University, Institute of Psychology, Health, Medical and  
Neuropsychology unit

Dissertation: Psychodermatology 2.0. towards improved assessment and  
effective internet-based interventions.

Defence: May 10<sup>th</sup>, 2017

Promotors: Prof.dr. A.W.M. Evers (Leiden University) & Prof.dr. P.C.M. van  
de Kerkhof (Radboud university medical center)

Co-promotor: Dr. H. van Middendorp (Leiden University)

2010 - 2014:       **Junior researcher/PhD candidate**  
Radboud university medical center, Department of Medical Psychology

### **Education**

2007 - 2009       **Research Master Social and Behavioural Sciences: Medical Psychology**  
Tilburg University, Faculty of Social and Behavioral Sciences  
Graduated with distinction

- 2006 - 2009    **Master Psychology and Mental Health**  
Tilburg University, Faculty of Social and Behavioral Sciences  
Graduated with distinction
- 2003 - 2006    **Bachelor Psychology, Track Psychology & Health**  
Tilburg University, Faculty of Social and Behavioral Sciences  
Graduated with distinction
- 1998 - 2003    **Atheneum**  
Ds. Pierson College, 's-Hertogenbosch

### Grants and prizes

- 2018    **Association for Researchers in Psychology and Health (ARPH) PhD Award** - Best dissertation of 2017 within the ARPH, for dissertation: *“Psychodermatology 2.0. towards improved assessment and effective internet-based interventions.”*
- 2016    **Herman Musaph Award** - Best publication in the field of psychodermatology in 2014-2015, for publication: *“Body Attention, Ignorance and Awareness Scale (BAIAS): Assessing relevant concepts for physical and psychological functioning in psoriasis.”* (see publications).
- 2015    **European Research Council (ERC) Proof of Concept Grant** (€150.000) for study entitled *“Empowering expectations for health and disease: Development of a pioneering training tool”* (prepared together with Prof.dr. A.W.M. Evers).
- 2013    **Essay Prize** at the 15th Congress of the European Society for Dermatology and Psychiatry (ESDaP) in Roskilde, Denmark, for study entitled *“Implicit tendencies regarding stigmatization in psoriasis patients”*.

### International publications: peer-reviewed

*Mean impact factor international publications (IF) (excluding abstracts): 4.45.*

1. Ferwerda M, **van Beugen S**, van Middendorp H, Visser H, Vonkeman HE, Creemers MCW, van Riel PCLM, Kievit W, Evers AWM. A tailored, therapist-guided internet-based cognitive behavioral intervention as an addition to care as usual for patients with rheumatoid arthritis: economic evaluation. *J Med Internet Res* 2018; XX: doi: 10.2196/jmir.9997. [IF 2018 4.67; Q1 Health Informatics (4)]
2. Spillekom-van Koulil S, Ferwerda M, **van Beugen S**, van Middendorp H, van de Kerkhof PCM, van Riel PLCM, Evers AWM. Tailored therapist-guided internet-based cognitive-behavioural treatment for psoriasis and rheumatoid arthritis: two case reports. *Acta Derm Venereol* 2018; 98: 225-233. [IF 2016 3.65; Q1 Dermatology]
3. **van Beugen S**, van Middendorp H, Ferwerda M, Smit JV, Zeeuwen-Franssen MEJ, Kroft EBM, de Jong EMGJ, Donders ART, van de Kerkhof PCM, Evers AWM. Predictors of perceived stigmatization in patients with psoriasis. *Br J Dermatol.* 2017; 176: 687-694. [IF 2016 4.71; Q1 Dermatology (5)]
4. Ferwerda M, **van Beugen S**, van Middendorp H, Spillekom-van Koulil S, Donders ART, Visser H, van Riel PCLM., Evers AWM. A tailored guided internet-based cognitive-behavioral intervention for patients with rheumatoid arthritis as an adjunct to standard rheumatological care: results of a randomized controlled trial. *Pain.* 2017; 158: 868-878. [IF 2016 5.45; Q1 Anesthesiology (3), Q1 Clinical Neurology, Q1 Neurosciences]

5. **van Beugen S**, Ferwerda M, Spillekom-van Koullil S, Smit JV, Zeeuwen-Franssen MEJ, Kroft EBM, de Jong EMGJ, Otero ME, Donders ART, van de Kerkhof PCM, van Middendorp H, Evers AWM. Tailored therapist-guided internet-based cognitive behavioral treatment for psoriasis: a randomized controlled trial. *Psychother Psychosom.* 2016; 85: 297-307. [IF 2016 8.96; Q1 Psychology (4); Q1 Psychiatry]
6. **van Beugen S**, Maas J, van Laarhoven AIM, Galesloot TE, Rinck M, Becker ES, van de Kerkhof PCM, van Middendorp H, Evers AWM. Implicit stigmatization-related biases in individuals with skin conditions and their significant others. *Health Psychol.* 2016; 35: 861-865. [IF 2016 3.46; Q1 Psychology]
7. Ferwerda M, **van Beugen, S**, van Riel PCLM, van de Kerkhof PCM, de Jong EMGJ, Smit JV, Zeeuwen-Franssen MEJ, Kroft EBM, Visser H, Vonkeman, HE, Creemers MCW, van Middendorp H, Evers AWM. Measuring the therapeutic relationship in internet-based interventions. *Psychother Psychosom.* 2016; 85: 47-49. [IF 2016 8.96; Q1 Psychology (4); Q1 Psychiatry]
8. van Middendorp H, Kool MB, **van Beugen S**, Denollet J, Lumley MA, Geenen R. Prevalence and relevance of Type D personality in fibromyalgia. *Gen Hosp Psychiatry.* 2016; 39: 66-72. [IF 2016 2.28; Q3 Psychiatry]
9. **van Beugen S**, Ograczyk A, Ferwerda M, Smit JV, Zeeuwen-Franssen MEJ, Kroft EBM., de Jong EMGJ, Zalweska-Janowska A, Donders ART, van de Kerkhof PCM, van Middendorp H, Evers AWM. Body attention, ignorance and awareness scale: assessing relevant concepts for physical and psychological functioning in psoriasis. *Acta Derm Venereol.* 2015; 95: 444-450. [IF 2015 3.64; Q1 Dermatology]
10. **van Beugen S**, Ferwerda M, Hoeve D, Rovers MM, Spillekom-van Koullil, S, van Middendorp H, Evers AWM. Internet-based cognitive behavioral therapy for patients with chronic somatic conditions: a meta-analytic review. *J Med Internet Res.* 2014; e88. [IF 2014 3.43; Q1 Medical Informatics (3); Q1 Health Care Sciences & Services]
11. Ferwerda M., **van Beugen S**, van Burik A, van Middendorp H, de Jong EMGJ, van de Kerkhof PCM, van Riel PLCM, Evers AWM. What patients think about E-Health; Patients' perspective on internet-based cognitive behavioral treatment for patients with rheumatoid arthritis and psoriasis. *Clin Rheumatol.* 2013; 32: 869-873. [IF 2013 1.77; Q3 Rheumatology]
12. Nyklíček I, Mommersteeg PMC, **van Beugen S**, Ramakers C, van Boxtel GJ. Mindfulness-based stress reduction and physiological activity during acute stress: a randomized controlled trial. *Health Psychol.* 2013; 32: 1110-13. [IF 2013 3.95; Q1 Psychology]
13. Nyklíček I, **van Beugen S**, Denollet J. Effects of mindfulness-based stress reduction on distressed (Type D) personality traits: a randomized controlled trial. *J Behav Med.* 2012; 36: 361-70. [IF 2013 2.86; Q2 Psychology]

#### **International publications: book chapters**

14. Evers AWM, Schut C, Gieler U, Spillekom-van Koullil S, **van Beugen S**. Itch management: Psychotherapeutic Approach (pp. 64-70). In J.C. Szepietowski, E. Weisshaar (eds.), *Itch management in clinical practice.* *Curr Probl Dermatol.* 2016; 50. Basel: Karger.
15. Evers AWM, Spillekom-van Koullil S, **van Beugen, S.** (2016). Psychological treatments for dermatological conditions. In K Nordlind & A Zalewska-Janowska (Eds.), *Skin and Psyche (E-book).* Berlin: Bentham Science.

### **International publications: published abstracts**

16. van Middendorp H, **van Beugen S**, Ciere Y, Schakel L, Visch V, Kloppenburg M, ... & Evers AWM Empowering expectations for health and disease: Combining eHealth cognitive behavioral treatment with serious gaming. *Psychosom Med.* 2018; 80: A142.
17. Ferwerda M, **van Beugen S**, van Middendorp H, Visser H, Vonkeman H, Creemers M, ... & Evers, AWM. Economic evaluation of a tailored guided internet-based cognitive behavioural intervention for patients with rheumatoid arthritis as an addition to usual care. *Ann Rheum Dis.* 2018; 77(Suppl 2): OPO343-HPR.
18. **van Beugen S**, Ferwerda M, van Middendorp H, Smit J, Zeeuwen-Franssen M, Kroft I, de Jong EMGJ, Donders R, van de Kerkhof PCM, Evers AWM. E-health cognitive behavioral treatment for patients with psoriasis: a randomized controlled trial. *Acta Dermato-Venereologica.* 2016; 96: 125-126.
19. Ferwerda M, Spillekom S, van Middendorp H, **van Beugen S**, Kievit W, Fransen J, *et al.* THU0590 The patient-therapist relationship as an indicator for treatment success in e-health treatments for patients with rheumatoid arthritis and psoriasis. *Annals of the Rheumatic Diseases*, 72(Suppl 3), A364.
20. van Middendorp H, Kool MB, **van Beugen S**, Evers AW, Denollet JK, Lumley MA, Geenen R. THU0585 Over half of patients with fibromyalgia have a type D personality. *Annals of the Rheumatic Diseases*, 72(Suppl 3), A362.

### **International publications: submitted**

21. **van Beugen S**, Ferwerda M, van Middendorp H, Smit JV, Kroft EB, de Jong EMGJ, van de Kerkhof PCM, Kievit W, Evers AWM. Economic evaluation of a tailored therapist-guided internet-based cognitive behavioral treatment (ICBT) for patients with psoriasis: a randomized controlled trial. Under revision.

### **National publications, press, and popular-scientific articles**

1. **van Beugen S**. Het belang van lichaamsbewustzijn bij patiënten met huidaandoeningen. *Nederlands Tijdschrift voor Dermatologie en Venereologie.* 2016; 26: 477-478.
2. Uitreiking Herman Musaph Stichting Literatuurprijs 2016. *Nederlands Tijdschrift voor Dermatologie en Venereologie.* 2016; 26, 476-477.
3. **van Beugen S**, van Middendorp H, van der Vaart R, Ferwerda M, Evers AWM. Ehealth cognitieve gedragstherapie voor patiënten met chronische somatische aandoeningen. *Tijdschrift voor Gezondheidswetenschappen.* 2015; 93: 68-76.
4. **van Beugen S**. e-Coach: online psychologische behandeling. *Psoriasis.* 2016; 6: 12-14.

### **Invited lectures**

**van Beugen S**. *Psychodermatology 2.0: Towards Improved Assessment and Effective Internet-based Interventions*. 7th annual conference of the Association for Researchers in Psychology and Health (ARPH). Tilburg, The Netherlands. January 26<sup>th</sup>, 2018.

**van Beugen S**. *More than skin deep: The psychology behind chronic skin conditions*. LUMI Psychodermatology Seminar. Tallinn, Estonia. September 22<sup>nd</sup>, 2016.

**van Beugen S.** *Psoriasis and psoriatic arthritis: Psychological and psychosocial associations.* 4th World Psoriasis & Psoriatic Arthritis Conference. Stockholm, Sweden. July 9<sup>th</sup>, 2015.

**van Beugen S.** *Treating the whole patient: the importance of psychodermatology.* 4th World Psoriasis & Psoriatic Arthritis Conference. Stockholm, Sweden. July 10<sup>th</sup>, 2015.

**van Beugen S.** *Psychosocial burden of psoriasis.* 3rd World Psoriasis & Psoriatic Arthritis Conference. Stockholm, Sweden. June 28<sup>th</sup>, 2012.

### **Presentations at (inter)national conferences**

Oral presentation: **van Beugen S.** *Tailored therapist-guided internet-based cognitive behavioural treatment for chronic somatic conditions: two randomized controlled trials.* 6<sup>th</sup> conference of the Association for Researchers in Psychology and Health (ARPH). Leiden, The Netherlands. January 2017.

Oral presentation: **van Beugen S.** *Individually-tailored therapist-guided internet-based cognitive behavioural treatment for patients with psoriasis: a multicenter randomized controlled trial.* European Association for Behavioural and Cognitive Therapies (EABCT) conference. Stockholm, Sweden. September 2016.

Oral presentation: **van Beugen S.** *eCoaching voor patiënten met psoriasis: de rol van patiënt-onderzoekspartners.* Psoriasis Association Netherlands (PVN) Symposium in honor of World Psoriasis Day. Arnhem, The Netherlands. October 2015.

Oral presentation: **van Beugen S.** & Ferwerda, M. (2015). *Internet-based tailored cognitive behavioural treatment for patients with chronic somatic conditions.* Netherlands Society for Research on Internet Interventions (NSRII) symposium. Leiden, The Netherlands. October 2015.

Oral presentation: **van Beugen S.** *eHealth cognitive behavioural treatment for patients with psoriasis: a randomized controlled trial.* European Society for Dermatology and Psychiatry (ESDaP) conference. St Petersburg, Russia. June 2015.

Oral presentation: **van Beugen S.** *Attentional and behavioral biases regarding stigmatization in chronic skin conditions.* Experimental Psychopathology (EPP) PhD Day. Utrecht, The Netherlands. March 2015.

Oral presentation: **van Beugen S.** *eHealth cognitive behavioral treatment for patients with chronic somatic conditions: patient improvements, the patient-therapist relationship, and treatment preferences.* 4<sup>th</sup> conference of the Association for Researchers in Psychology and Health (ARPH). Ghent, Belgium. February 2015.

Poster presentation: **van Beugen S.** *Predictors of stigmatization in a chronic skin condition.* 4<sup>th</sup> Conference of the Association for Researchers in Psychology and Health (ARPH). Ghent, Belgium. February 2015.

Oral Presentation: **van Beugen S.** *Internet-based cognitive behavioral treatment for patients with chronic somatic conditions: patient improvements, treatment preferences and the patient-therapist relationship.* International Society for Research on Internet Interventions (ISRII) conference. Valencia, Spain. October 2014.

Oral Presentation: **van Beugen S.** *Body attention and ignorance: new concepts for physical and psychological functioning in psoriasis.* 3<sup>rd</sup> conference of the Association for Researchers in Psychology and Health (ARPH). Groningen, The Netherlands. February 2014.

Oral presentation: **van Beugen S.** *A meta-analytic review of internet-based cognitive therapy for patients with chronic somatic conditions.* Medicine 2.0 Conference. London, United Kingdom. September 2013.

Oral presentation: **van Beugen S.** *Implicit tendencies regarding stigmatization in psoriasis patients.* European Society for Dermatology and Psychiatry (ESDaP) conference. Roskilde, Denmark. June 2013.

Oral presentation: **van Beugen S.** *Implicit tendencies regarding stigmatization in psoriasis patients.* 2nd conference of the Association for Researchers in Psychology and Health (ARPH). Enschede, The Netherlands. January 2013.

Oral presentation: **van Beugen S.** *Patient als E-Partner; online coaching voor patiënten met chronische lichamelijke aandoeningen.* Health Valley Event. Nijmegen, The Netherlands. March 2012.

Oral presentation: **van Beugen S & Ferwerda M.** *E-coaching voor chronische somatische aandoeningen.* Netherlands Society for Researchers on Internet Interventions (NSRII) symposium. Amsterdam, The Netherlands. February 2012.

Oral presentation: **van Beugen S.** *A meta-analytic review of guided internet-based cognitive behavioral therapy for patients with chronic somatic conditions.* 1<sup>st</sup> conference of the Association for Researchers in Psychology and Health (ARPH). Lunteren, The Netherlands. December 2011.

Oral presentation: **van Beugen S.** *The role of Type D in psoriasis patients.* 1th conference of the Association for Researchers in Psychology and Health (ARPH). Lunteren, The Netherlands. December 2011.

Oral presentation: **van Beugen S. & Ferwerda M.** *E-coaching: een tailored cognitief gedragstherapeutische behandeling via internet voor patiënten met reumatoïde artritis en psoriasis.* Vereniging voor Gedragstherapie en Cognitieve Therapie (VGCT) Najaarscongres 2011. Veldhoven, The Netherlands. November 2011.

Oral presentation and session chair: **van Beugen S.** *Effects of Mindfulness Based Stress Reduction (MBSR) on Type-D Personality, Self-perceived stress and negative affect: a randomized controlled trial.* Stress and Anxiety Research Society (STAR) Conference. Budapest, Hungary. July 2009.

### **Other research activities**

2013 - 2014    Coordinator patient participation in research projects  
Psoriasis Association Netherlands (PVN)

### **Committees**

2013 - present    Financial audit committee: Nederlandse Vereniging voor Psychodermatologie (NVPD)  
2012 - present    Executive committee: Netherlands Society for Research on Internet Interventions (NSRII)  
2017                Organising committee: 6th Association for Researchers in Psychology and Health  
(ARPH) Conference, Leiden, The Netherlands (2-3 Feb)  
2016                Organising committee: Annual symposium of the Netherlands Society for Research on  
Internet Interventions (NSRII), Leiden, The Netherlands (15 Oct)  
2010 - 2012      Executive committee: eHealth in Behavioral Medicine (eHBM) workgroup

### **Memberships**

LIBC: Leiden Institute for Brain and Cognition

EPP: Dutch-Flemish post-graduate school Experimental Psychopathology

NCEBP: Nijmegen Centre for Evidence Based Practice  
NVPD: Nederlandse Vereniging voor Psychodermatologie  
ARPH: Association for Researchers in Psychology and Health  
NBMF: Nederlandse Behavioral Medicine Federatie  
NSRII: Netherlands Society for Research on Internet Interventions

### **Peer-review activities**

Acta Dermato-Venereologica; American Journal of Clinical Dermatology; Health Psychology.

### **Teaching activities**

#### *Bachelor Education*

Taught workgroups 'Health and Medical Psychology' and 'Perspectives on Career Orientation' within the Bachelor Psychology at Leiden University; mentor of bachelor students; supervision of bachelor project; graded papers in neuropsychology courses; currently co-developing a new elective in the Bachelor Urban Studies.

#### *Professional Master Education*

Developed course material, taught lectures, graded papers and judged end-product presentations within the Psychology Master course 'Innovations in eHealth Care' at Leiden University; supervised Master theses in tracks Health, Medical and Neuropsychology at Leiden University and Psychology at the Radboud university medical center.

#### *Research Master Education*

Supervised first-year research projects and master theses within the Psychology Research Master of Radboud university medical center.

### **Professional registrations**

Certificate Basiscursus Regelgeving en Organisatie voor Klinisch Onderzoekers (BROK), Radboud university medical center, October 2010 (recertification: 7th May 2014)

Basisaantekening Psychodiagnostiek (BAPD), Tilburg University, 2009.