

CURRICULUM VITAE DR. JEROEN RUWAARD

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SUMMARY



Dr. Jeroen Ruwaard (1970) is an Assistant Professor at the faculty of Behavioral and Movement Sciences at the Vrije Universiteit Amsterdam, the Netherlands. He is a specialist in the development, validation and implementation of eHealth applications for common mental health disorders. He is one of the co-founders of the Interapy research group, which played a seminal role in the acceptance of guided online CBT in the Netherlands and abroad. At the Vrije Universiteit, he collaborates with international research groups in the context of EU-funded eMental Health and Ambient Assisted Living studies such as eCompared, ICT4Depression and eCare@Home. In addition, he explores Smartphone-based Ecological Momentary Assessment (EMA) and datamining techniques for automated internet-based treatment personalisation. He chairs the Context Sensing Special Interest Group of the International Society for the Research of Internet Interventions (ISRII).

WORK EXPERIENCE / EMPLOYMENT HISTORY

Vrije Universiteit Amsterdam, Faculty of Behavioural and Movement Sciences, Department of Clinical, Neuro- and Developmental Psychology, section Clinical Psychology <i>Assistant Professor</i>	2015-Present
Vrije Universiteit Amsterdam, Faculty of Behavioural and Movement Sciences, Department of Clinical, Neuro- and Developmental Psychology, section Clinical Psychology <i>Senior Researcher</i>	2013-2015
Dutch Knowledge Center for Child and Adolescent Psychiatry <i>Senior Research e-health</i>	2012-2013
Yulius GGZ, Rotterdam (Dutch Mental Health Organization) <i>e-health Consultant</i>	2012-2013
Interapy LTC, Amsterdam, the Netherlands <i>System Architect, Scientific advisor.</i>	2000-2011
Lost Boys Interactive, Amsterdam <i>Web Programmer / Team leader</i>	1998-2000
Universiteit van Amsterdam, Faculty of Social and Behavioural Sciences <i>Web Programmer</i>	1995-1998

EDUCATION AND QUALIFICATIONS

Universiteit van Amsterdam, the Netherlands Faculty of Social and Behavioural Sciences, Department of Clinical Psychology <i>PHD</i> Thesis: "The Efficacy and Effectiveness of Online CBT"	2007-2013
Universiteit van Amsterdam, the Netherlands Faculty of Social and Behavioural Sciences, Department of Brain and Cognition Research <i>Master of Science</i>	1990-1997
Conservatory Hilversum, the Netherlands <i>Propedeuse (piano/improvisatie)</i>	1988-1990
Marnix College, Ede, the Netherlands <i>Gymnasium</i>	1982-1988

PUBLICATIONS & BOOKS

Ruwaard, J. & Lange, A. (in press). Online structured writing therapy for post-traumatic stress disorder and complicated grief. In N. Lindfors and G. Andersson (eds), *Guided Internet-Based Treatments in Psychiatry*. Switzerland, Springer International Publishing, DOI 10.1007/978-3-319-06083-5_7

Ruwaard, J. (in press). Book Review of 'The Internet and CBT: A Clinical Guide' by G. Andersson. Tijdschrift voor Psychotherapie.

Knaevelsrud, C., Brand, J., Lange, A., Ruwaard, J., Wagner, B. (2015). Internet-based psychotherapy for posttraumatic stress disorder in war-traumatized Arab patients: a parallel group randomized controlled trial. *Journal of Medical Internet Research*. doi:10.2196/jmir.3582

Ruwaard, J. & Kok, R.N. (2015). *Wild West eHealth: Time to hold our horses?* The European Health Psychologist, 17(1), 45-49.

Kooistra, L., Wiersma, J., Ruwaard, J., van Oppen, P., Smit, F., Lokkerbol, J., Cuijpers, P. & Riper, H. (2014). Blended vs. face-to-face cognitive behavioural treatment for major depression in specialized mental health care: study protocol of a randomized controlled cost-effectiveness trial. *BMC Psychiatry*, 14, 290, doi:10.1186/s12888-014-0290-z

Unlü, B., Fassaert, T, de Wit, M., Cuijpers, P., Smit, J., Ruwaard, J. & Riper H. (2014). The relationship between acculturation strategies and depressive and anxiety disorders in Turkish migrants in the Netherlands. *BMC Psychiatry*, 5;14(1):252. [Epub ahead of print] PubMed PMID: 25189615.

Ruwaard, J. (2014). Wild West in de e-health: eerst invoeren, dan pas valideren [Wild West eHealth: Shoot first, ask questions later]. *Kind en Adolescent praktijk*, 13, 1.

Ruwaard, J. (2013). *E-health in de jeugd-ggz - baat het of schaad het?* [eHealth in Child- and Adolescent Psychiatry: A blessing or a Bane?] Amsterdam: Landelijk Kenniscentrum Kinder- en Jeugdpsychiatrie.

Ruwaard, J. (2013). *The efficacy and effectiveness of online CBT (thesis)*. Amsterdam: Department of Clinical Psychology, University of Amsterdam.

Ruwaard, J., Lange, A., Schrieken, B., Dolan, C.V., & Emmelkamp, P.M.G. (2012). *The effectiveness of online cognitive behavioral treatment in routine clinical practice*. PLoS ONE, 7 (7).

Ruwaard, J., Lange, A., Broeksteeg, J., Renteria-Agirre, A., Schrieken, B., Dolan, C.V., & Emmelkamp, P.M.G. (2012). Online cognitive behavioral treatment of bulimic symptoms. *Clinical Psychology and Psychotherapy*.

Ruwaard, J., Lange, A., Schrieken, B., & Emmelkamp, P. (2011). Efficacy and effectiveness of online cognitive behavioral treatment: a decade of Interapy research. In B.K. Wiederhold, S. Bouchard & G. Riva (Eds.), *Annual Review of Cybertherapy and Telemedicine 2011. Advanced Technologies in Behavioral, Social and Neurosciences* (pp. 9-14). Amsterdam: The Interactive Media Institute and IOS Press.

Lange, A., & Ruwaard, J. (2010). Ethical dilemmas in online research and treatment of sexually abused adolescents. *Journal of Medical Internet Research*, 12(5), e58.

Ruwaard, J., Broeksteeg, J., Schrieken, B., Emmelkamp, P., & Lange, A. (2010). Web-based therapist-assisted cognitive behavioral treatment of panic symptoms: a randomized controlled trial with a three-year follow-up. *Journal of Anxiety Disorders*, 24, 387-396.

Ruwaard, J., & Lange, A. (2010). Boulimie online overwinnen: resultaten van een gecontroleerd onderzoek [Overcoming Bulimia Nervosa: Results of a controlled trial]. *Directieve Therapie*, 30(1), 17-34.

Lange, A., Ruwaard, J., & Schrieken, B. (2009). Hulpverlening voor psychische problematiek via het world wide web [Treatment of psychological disorders over the internet]. *De Psycholoog*, 44(12), 634-640.

Ruwaard, J., & Lange, A. (2009). Review: Hands-On Help: Computer-Aided Psychotherapy (Maudsley Monograph 49). I. M. Marks, K. Cavanagh, & L. Gega. *Cognitive Behaviour Therapy*, 38(2).

Ruwaard, J., Schrieken, B., Schrijver, M., Broeksteeg, J., Dekker, J., Vermeulen, H., & Lange, A. (2009). Standardized web-based cognitive behavioural therapy of mild to moderate depression: a randomized controlled trial with a long-term follow-up. *Cognitive Behaviour Therapy*, 38(4), 206-221.

Lange, A., Ruwaard, J., Schrieken, B., Broeksteeg, J., Van Tienhoven, S., Jager, J., & Emmelkamp, P.M. (2007). Geprotocolleerde cognitieve gedragstherapie van klinische en subklinische paniekstoornis, via het internet: de behandeling en de resultaten van een gecontroleerde gerandomiseerde trial. [Online Standardised CBT of clinical and subclinical panic disorder: results of a randomised controlled trial] *Directieve Therapie*, 27(2), 37-53.

Ruwaard, J., & Lange, A. (2007). Een onleesbaar overzichtswerk met fouten. Recensie van 'Hands-On Help: Computer-Aided Psychotherapy (Maudsley Monograph 49)' [Book Review]. *Directieve Therapie*, 27(3), 213-217.

Ruwaard, J., & Lange, A. (2007). Recensie van 'Programmeringstudie E-Mental Health: High Tech, High Touch, High Trust'. [Book Review]. *Maandblad voor de Geestelijke Volksgezondheid*, 62(12), 1084-1086.

Ruwaard, J., Lange, A., Bouwman, M., Broeksteeg, J., & Schrieken, B. (2007). E-Mailed standardized cognitive behavioural treatment of work-related stress: A randomized controlled trial. *Cognitive Behaviour Therapy*, 36(3), 179-192.

Lange, A., Schrieken, B., Scheijde, R., Broeksteeg, J., Ruwaard, J., Schrijver, M., Ven, J-P van de, Emmelkamp, P.M.G.. (2005). Interapy: diagnostiek en geprotocolleerde behandeling van welomschreven stoornissen via internet [Interapy: assessment and standardised treatment of well-defined disorders over the Internet]. *Tijdschrift voor Psychotherapie*, 31(5), 355-376.

Bierman, D. J., Roosen, B., & Ruwaard, J. (1998). On-line Exams, from intranet to internet. *Proceedings of the 1998 International BITE conference*, pp. 218-228.

Bredeweg, B., Koopman, P., Ruwaard, J., Lange, A., Schrieken, B., Ven, J-P. van de & Roosen, R. (1998). Designing counseling systems for the WWW. In H. Maurer and R.G. Olson (Eds.), *Webnet World Conference of the WWW, Internet & Intranet* (pp. 86-91). Charlottesville, USA: Association for the Advancement of Computing in Education (AACE).

SELECTED PRESENTATIONS

Ruwaard, J. & Asselbergs, J. (2015 oktober). Smartphone-based Unobtrusive Assessment of Behavioural Markers of Mental Health: A GPS Pilot Study in the General Community. Presented at the 4th conference of the European Society of Research on Internet Interventions (ESRII), Warsaw, Poland.

Ruwaard, J. & Asselbergs, J. (2014 oktober). Does your smartphone know your mood? Preliminary findings with unobtrusive continuous ecological momentary assessment. In J. Ruwaard (Chair), Moving from ecological momentary assessment to ecological momentary interventions: Data mining methods in eMental health research. Symposium conducted at the 7th conference of the International Society of Research on Internet Interventions (ISRII), Valencia, ES.

Ruwaard, J. (2014 april) Aanbod en mogelijkheden van E-mental health: de stand van zaken. Presented at the 2d national study day on eMental Health, Leids congresbureau, Utrecht, the Netherlands.

Ruwaard, J., Warmerdam, L., & Riper, H. (2013, oktober). Web-based, phone-based, sensor-based depression treatment: lessons learned in the ICT4Depression project. Presented at the 2nd conference of the European Society of Internet Interventions. Linköping, Sweden.

Ruwaard, J. (2013, juni) Effecten eGZZ [Effects of internet-based mental health care]. Presented at the 1st conference of the knowledge platform for preventive and curative internet applications in mental health care (INPREZE), Utrecht, the Netherlands.

Ruwaard, J. (2013, april) *E-health in de jeugd-ggz [eHealth in Child- and Adolescent Psychiatry]*. Presented at the spring conference of the Dutch Society of Psychiatry, Maastricht, the Netherlands

Ruwaard, J. (2012, november) *Implementatiestrategieën uit de jeugd-ggz. [eHealth implementation strategies in Child- and Adolescent Psychiatry]*. Presented at the 'Congres Online Hulpverlening', Utrecht, the Netherlands

Ruwaard, J. (2011, juni) *The Efficacy and effectiveness of Online CBT: a decade of Interapy research*. Presentatie op The 16th Annual Cybertherapy & CyberPsychology Conference, Gatineau, Canada.

Ruwaard, J. (2011, november) *Tien jaar online CGT: een overzicht van de Interapy studies [Ten years of online CBT: A review of the Interapy studies]*. Presented at the fall conference of the Dutch Association for Behavioral and Cognitive Therapies (VGCT), Veldhoven, the Netherlands

Ruwaard, J. (2009, Juni). *Towards a framework for eMental health*. Presented at the online conference "Web-based Research 4 Beginners", University of Manitoba. Winnipeg, Canada.

Ruwaard, J. (2009, oktober). *Computerized text analysis in computer-mediated therapy: the Interapy post-traumatic stress corpus*. Presented at the 4th conference of the International Society for Research on Internet Interventions (ISRII), Amsterdam, the Netherlands.

Ruwaard, J. (2008, januari). *Interapy: online indicatiestelling, behandeling en uitkomstmanagement [Interapy: Online assessment, treatment and outcome monitor]*. Presented at the mental health conference "Heel de Mens, Heel de Zorg", Amsterdam, the Netherlands

Ruwaard, J. (2008, november). *Internetbehandeling in de praktijk: Een naturalistische studie onder 1500 cliënten [Internet treatment in routine clinical practice: a naturalistic outcome study among 1500 patients]*. Presented at the fall conference of the Dutch Association for Behavioral and Cognitive Therapies (VGCT), Veldhoven, the Netherlands

Ruwaard, J (2007, november). *Online mental healthcare at the Interapy clinic: A naturalistic outcome study*. Presented at the 3rd conference of the International Society for Research on Internet Interventions (ISRII), Virginia, USA.

PEER REVIEW

Anxiety, Stress & Coping, BMC Psychiatry, British Journal of Clinical Psychology, Cognitive Behaviour Therapy, Clinical Psychology & Psychotherapy, Depression & Anxiety, F1000 Medicine Reports, Journal of Affective Disorders, Journal of Anxiety Disorders, Journal of Medical Internet Research, Journal of Telemedicine and Telecare, The Scandinavian Journal of Psychology, Verhaltenstherapie, The Netherlands Organisation for Health Research and Development (ZonMW).