

CURRICULUM VITAE DR. JEROEN RUWAARD

Senior Researcher at GGz InGeest / Vrije Universiteit Medical Center (VuMC), Oldenaller 1, 1081 HJ, Amsterdam, the Netherlands

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SUMMARYS



Dr. Jeroen Ruwaard (1970) is a senior researcher affiliated with Dutch specialised mental health organisation GGZ InGeest (GiG) and the Vrije Universiteit Medical Center Amsterdam, the Netherlands. He is a specialist in the development, validation and implementation of eHealth applications for mental health disorders, and has a special interest in routine practice big data research. He is one of the co-founders of the Interapy research group, which played a seminal role in the acceptance of guided online psychotherapy in the Netherlands and abroad. He participates in various national and EU-funded eMental Health projects such as E-COMPARED, CASPAR, and Implementall. In addition, he explores Smartphone-based Ecological Momentary Assessment (EMA) and datamining techniques for automated internet-based treatment personalisation.

WORK EXPERIENCE / EMPLOYMENT HISTORY

GGZ InGeest, Amsterdam / Vrije Universiteit Medical Center (VuMC) – department of psychiatry Senior Researcher	2017-present
Vrije Universiteit Amsterdam, Faculty of Behavioural and Movement Sciences, Department of Clinical, Neuro- and Developmental Psychology, section Clinical Psychology <i>Assistant Professor</i>	2015-2017
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 BV, Amsterdam, the Netherlands <i>System Architect, Scientific advisor.</i>	2000-2011
Lost Boys Interactive, Amsterdam <i>Web Programmer / Team leader</i>	1998-2000
University of Amsterdam, Faculty of Social and Behavioural Sciences <i>Web Programmer</i>	1995-1998

EDUCATION AND QUALIFICATIONS

Netherlands Federation of University Medical Centers Basic course on Regulations and Organisation for Clinical Investigators (<i>BROK</i>)	2016
University of 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
University of 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>Foundation degree (piano/improvisation)</i>	1988-1990

Marnix College, Ede, the Netherlands
Gymnasium

1982-1988

PUBLICATIONS

- Becker, D., van Breda, W., Funk, B., Hoogendoorn, M., **Ruwaard, J.**, & Riper, H. (2018). Predictive modeling in e-mental health: A common language framework. *Internet Interventions*, *12*, 57-67. doi: 10.1016/j.invent.2018.03.002
- Hill, C., Creswell, C., Vigerland, S., Nauta, M. H., March, S., Donovan, C., ..., **Ruwaard, J.**, ..., Kendall, P. C. (2018). Navigating the development and dissemination of internet cognitive behavioral therapy (iCBT) for anxiety disorders in children and young people: A consensus statement with recommendations from the #iCBTLorentz Workshop Group. *Internet Interventions*, *12*, 1-10. doi: 10.1016/j.invent.2018.02.002
- Karyotaki, E., Ebert, D. D., Donkin, L., Riper, H., Twisk, J., Burger, S., ..., **Ruwaard, J.**, ..., Cuijpers, P. (2018). Do guided internet-based interventions result in clinically relevant changes for patients with depression? An individual participant data meta-analysis. *Clinical Psychology Review*, *63*, 80-92. doi: 10.1016/J.CPR.2018.06.007
- Mikus, A., Hoogendoorn, M., Rocha, A., Gama, J., **Ruwaard, J.**, & Riper, H. (2018). Predicting short term mood developments among depressed patients using adherence and ecological momentary assessment data. *Internet Interventions*, *12*, 105-110. doi: 10.1016/j.invent.2017.10.001
- Nuij, C., van Ballegooijen, W., **Ruwaard, J.**, de Beurs, D., Mokkenstorm, J., van Duijn, E., ... Kerkhof, A. (2018). Smartphone-based safety planning and self-monitoring for suicidal patients: Rationale and study protocol of the CASPAR (Continuous Assessment for Suicide Prevention And Research) study. *Internet Interventions*, *13*, 16-23. doi: 10.1016/j.invent.2018.04.005
- Rocha, A., Camacho, R., **Ruwaard, J.**, & Riper, H. (2018). Using multi-relational data mining to discriminate blended therapy efficiency on patients based on log data. *Internet Interventions*, *12*, 176-180. doi: 10.1016/j.invent.2018.03.003
- Provoost, S., **Ruwaard, J.**, Neijenhuijs, K., Bosse, T. & Riper, H. (2018). Mood Mirroring with an Embodied Virtual Agent: A Pilot Study on the Relationship Between Personalized Visual Feedback and Adherence. In: Bajo J. et al. (eds) *Highlights of Practical Applications of Agents, Multi-Agent Systems, and Complexity: The PAAMS Collection. PAAMS 2018. Communications in Computer and Information Science, vol 887*, pp 24-35. Springer, Cham. Cham: Springer.
- Vos, R., Glashouwer, K.A. & **Ruwaard, J.J.** (2018). Hoofdstuk 13: E-health interventies voor eetstoornissen [e-Health interventions for eating disorders]. In: Annemarie van Elburg & Greta Noordenbos (red). *Handboek Eetstoornissen (3^e druk)*, Utrecht: de Tijdstroom. isbn: 9789058982506
- Provoost, S., Lau, H. M., **Ruwaard, J.**, & Riper, H. (2017). Embodied conversational agents in clinical psychology: A scoping review. *Journal of Medical Internet Research*. doi: 10.2196/jmir.6553
- Ruwaard, J.** (2017). Technologische vernieuwingen in de geestelijke gezondheidszorg [Technological innovation in mental healthcare]. *Tijdschrift voor Klinische Psychologie*, *47*, 1.
- Van de Ven, P., O'Brien, H., Henriques, R., Klein, M., Msetfi, R., Nelson, J., ..., **Ruwaard, J.**, Riper, H. (2017). ULTEMAT: A mobile framework for smart ecological momentary assessments and interventions. *Internet Interventions*, *9*, 74-81. doi: 10.1016/j.invent.2017.07.001
- Asselbergs, J., **Ruwaard, J.**, Ejdy, M., Schrader, N., Sijbrandij, M., & Riper, H. (2016). Mobile Phone-Based Unobtrusive Ecological Momentary Assessment of Day-to-Day Mood: An Explorative Study. *Journal of medical Internet research*, *18*(3), e72. doi:10.2196/jmir.5505
- Ebert, D. D., Donkin, L., Andersson, G., Andrews, G., Berger, T., Carlbring, P., ..., **Ruwaard, J.**, ..., Cuijpers, P. (2016). Does Internet-based guided-self-help for depression cause harm? An individual participant data meta-analysis on deterioration rates and its moderators in randomized controlled trials. *Psychological medicine*, *46*(13), 2679-2693. doi:10.1017/S0033291716001562
- Kleiboer, A., Smit, J., Bosmans, J., **Ruwaard, J.**, Andersson, G., Topooco, N., ... Riper, H. (2016). European COMPARative Effectiveness research on blended Depression treatment versus treatment-as-usual (E-COMPARED): study protocol for a randomized controlled, non-inferiority trial in eight European countries. *Trials*, *17*(1), 387. doi:10.1186/s13063-016-1511-1
- Kooistra, L. C., **Ruwaard, J.**, Wiersma, J. E., van Oppen, P., van der Vaart, R., van Gemert-Pijnen, J. E., & Riper, H. (2016). Development and initial evaluation of blended cognitive behavioural treatment for major depression in routine specialized mental health care. *Internet Interventions*, *4*, 61-71. doi:10.1016/j.invent.2016.01.003
- van Ballegooijen, W., **Ruwaard, J.**, Karyotaki, E., Ebert, D. D., Smit, J. H., & Riper, H. (2016). Reactivity to smartphone-based ecological momentary assessment of depressive symptoms (MoodMonitor): protocol of a randomised controlled trial. *BMC psychiatry*, *16*(1), 359. doi:10.1186/s12888-016-1065-5
- van Breda, W., Pastor, J., Hoogendoorn, M., **Ruwaard, J.**, Asselbergs, J., & Riper, H. (2016). Exploring and Comparing Machine Learning Approaches for Predicting Mood Over Time. In: Chen YW., Tanaka S., Howlett R., Jain L. (red.) *Innovation in Medicine and Healthcare 2016. Smart Innovation, Systems and Technologies*, vol 60. Springer, Cham
- Schuurmans, J., van der Linden, J. L., van Ballegooijen, W., **Ruwaard, J.**, Stek, M. L., Smit, J. H., & Riper, H. (2016). Tablet-based support for older adults with severe mood disorders treated in an ambulatory geriatric psychiatry setting: Protocol of a feasibility study of the eCare@Home platform. *Internet Interventions*, *6*, 22-28. doi:10.1016/j.invent.2016.09.001
- Ruwaard, J.**, & Lange, A. (2016). Online Structured Writing Therapy for Post-traumatic Stress Disorder and Complicated Grief. In N. Lindefors & G. Andersson (Eds.), *Guided Internet-Based Treatments in Psychiatry* (pp. 121-141). Cham: Springer International Publishing. doi:10.1007/978-3-319-06083-5_7
- 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.** (2015). Book Review of 'The Internet and CBT: A Clinical Guide' by G. Andersson. *Tijdschrift voor Psychotherapie*, *41* (5).
- 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.
- Ruwaard, J.** (2014). Wild West in de e-health: eerst invoeren, dan pas valideren. *Kind en Adolescent praktijk*, *13*, 1.
- Ruwaard, J.** (2013). *E-health in de jeugd-ggz - baat het of schaadt het?* Amsterdam: Landelijk Kenniscentrum Kinder- en Jeugdpsychiatrie.

- Ruwaard, J. (2013). *The efficacy and effectiveness of online CBT (proefschrift)*. Amsterdam: Department of Clinical Psychologie, 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. *Directieve Therapie*, 30(1), 17-34.
- Lange, A., Ruwaard, J., & Schrieken, B. (2009). Hulpverlening voor psychische problematiek via het world wide web. *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. *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)'. *Directieve Therapie*, 27(3), 213-217.
- Ruwaard, J., & Lange, A. (2007). Recensie van 'Programmeringstudie E-Mental Health: High Tech, High Touch, High Trust'. *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. *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. (2016, November). *Big Data GGZ: Prachtige Next-Gen eHealth (met Kinderziekten)*. Presentatie op het 2016 Netherlands Society of Internet Interventions (NSRII) Symposium, Groningen, Nederland.
- Ruwaard, J. (2016, November). Blended & Beyond. eHealth in de praktijk: de stand van zaken. Symposium op het VGCT najaarscongres 2016, Veldhoven, Nederland.
- Ruwaard, J. (2016, April). eCare@home - Tablet-based Ambient Assistance For Older Adults With Bipolar Disorder Or Recurrent Depressive Episodes.. Presentatie op the 9e congres van the International Society of Research on Internet Interventions (ISRII), Seattle, USA.
- Ruwaard, J. (2015, December). *Big Data: Wat moet je er mee?*. Presentatie op het InPreze Congres "Niet Denken, Maar Doen?", Utrecht, Nederland.
- Ruwaard, J. & Asselbergs, J. (2014 October). 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, Spain.
- 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, October). *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, June) *Effecten eGZZ [Effects of internet-based mental health care]*. Presented on 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. (2011, June) *The Efficacy and effectiveness of Online CBT: a decade of Interapy research*. Presentation at 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, June). *Towards a framework for eMental health*. Presented at the online conference "Web-based Research 4 Beginners", University of Manitoba. Winnipeg, Canada.
- Ruwaard, J. (2009, October). *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, January). *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.

GRANTED FUNDING APPLICATIONS

- Amsterdam Public Health (2017) Ecological Ambulaotry Assessment – € 50 K
- EU H2020 (2016) ImplementAll (<http://www.implementall.eu>) - ~€ 6 M
- ZonMW (2016): Continuous Assessment for Suicide Prevention and Research – ZonMw ~€ 300 K

PEER REVIEW

Anxiety, Stress & Coping, BMC Psychiatry, British Journal of Clinical Psychology, Cognitive Behaviour Therapy, Clinical Psychology & Psychotherapy, Depression & Anxiety, F1000 Medicine Reports, Internet Interventions, 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).