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positions

2023 **Assistant Professor**, University of Amsterdam

As assistant professor in Clinical Methodology I aim to bridge the clinical and methodological departments, building on my expertise in both areas. I focus on the role of sleep to promote well-being. In addition, I continue the work on human behaviour simulation (www.hubs-lab.com).

2021-2023 **Postdoctoral Researcher**, University of Amsterdam

I continued my work on two research lines: on human behaviour simulation to contribute to societal problems, and on the complex interplay between insomnia and depression.

2020-2021 **Postdoctoral Researcher**, Netherlands Institute for Neuroscience and University of Amsterdam

At the start of my postdoc, the COVID-19 pandemic started, which drastically changed my work. I continued to work on insomnia and depression, linking the brain and behavioural level. In addition, I co-founded science versus corona and set-up and led the Human Behaviour Simulation Lab.

experience

2026-present **Co-chair**, European Insomnia Network

2023-present **Amsterdam Young Academy**, member and board-member

2023-present **Social and Behavioural Data Science Centre**, representative Psychology

2023 **Science Sisters**, initiator and co-founder, www.scisis.nl

Initiator and co-founder of the Science Sisters - a peer support network of early/ish career women working in academia to address the lack of support structures for women in the early stages of their career.

2020 **Science versus Corona**, co-founder, www.scienceversuscorona.com

Co-founder of the interdisciplinary platform Science versus Corona to unite experts, knowledge, and perspectives in our fight against corona. Project was funded €50,000 by the Netherlands Organisation for Scientific Research (NWO).

education

2015-2020 **PhD**, Netherlands Institute for Neuroscience, *cum laude*

Dissertation "Changing perspectives on insomnia and depression: From symptoms to system", supervised by prof.dr. Eus van Someren and prof.dr. Denny Borsboom.

2013-2015 **Research Master in Psychology**, University of Amsterdam, *cum laude*

Major in Psychological Methods and Minor in Clinical Psychology. (Average: 8.9/10)

2010-2013 **Bachelor in Psychology**, University of Amsterdam, *cum laude*

Specialisation in Psychological Methods. (Average: 8.8/10)

grants & awards

2026 Co-applicant ANR JCJC: "SLEEPECAN: A digital proof-of-concept for clinician-guided modeling of sleep complaints" (€277k)

2025 Co-applicant Hanarth Fonds: "FAIR-CARE: From AI-powered symptom networks to relief in cancer related fatigue" (€500k)

2024	Veni, NWO: “Sleep well, sleep tight: Unravelling sleep restriction therapy to promote sleep health and well-being” (€320k)
	Co-applicant Healthy Future Seed Grant: “Beyond one size fits all: Navigating a network approach towards personalised treatment for adolescents with eating disorders” (€40k)
	Co-applicant Impact Grant: “Improving treatment outcomes for adolescents with eating disorders: leveraging network approaches to overcome maladaptive eating habits” (€25k)
	Co-applicant Impact Grant: “Advancing PsySys as a network-informed psychoeducative tool for research and practice” (€25k)
2023	Co-applicant Research Priority Area, Faculty of Social and Behavioral Sciences, University of Amsterdam: “Society and behavior through the lens of data science” (€1.5M)
	Co-applicant ZonMw Grant Programme Pandemische Paraatheid: "BEhavioural and social sciences and pandemic PREPAREDness: the BePrepared Consortium" (€1.2M)
	Co-applicant ZonMw Programme COVID-19, open ronde COVID-19 besmetting en verspreiding: "Contributions of indoor social spaces to overall SARS-CoV-2 transmission - Intersecting models with behavioral and epidemiological data for informed decision making" (€250k)
	PI Interdisciplinary Data Science Project, Social and Behavioural Data Science Centre (€10k)
	PI Impact Grant: “Linking behavioural to virus spread models” (€22.3k)
	Main applicant Science4All: “Science Sisters” (€5k)
2022	Co-PI ABC Project Grant: “More than the sum of parts: Exploiting the synergy between psychological and brain networks” (€250k)
2021	Co-applicant Innovation Grant Personalised Medicine, APH: “Linking symptom and brain network structure to understand heterogeneity in treatment response in ADHD” (€28k)
	Co-applicant eScience center open call for Small-scale Initiatives in Software Performance Optimization: “Minds for mobile agents” (€28k)
	SURF cooperative grants (EINF-813, EINF-2268, EINF-4496) to support the e-infrastructure of our relational MySQL database
2020	Hilbert Kamphuisen prize for best dissertation 2019-2020 awarded by the Dutch Society for Sleep Wake Research
	PI Bial Foundation grant: “The whole is more than the sum of its parts: Elucidating the link between sleep quality and well-being by integrating cross-modal networks” (€40k)
	Co-applicant Innovation Exchange Amsterdam (IXA) proof-of-concept valorisation grant: “BEhavioral COntact Networks (BECON)” (€99.9k)
2018	Runner-up Best Poster Award, 3rd Annual Meeting Amsterdam Public Health Research Institute
2017	IOPS Best Poster Award, Interuniversity Graduate School of Psychometrics and Sociometrics
2016	VU-University Research Fellow 2016-2017 (€10k)

publications

first/ senior author

- Klau M, Lancee J, […], **Blanken TF**. From night-to-night and person-to-person: Dynamic phenomena of insomnia. *Sleep Adv* 2026; zpag035.
- Looman MI*, Klau M, […], **Blanken TF***, Lancee J. The adherence conundrum of sleep restriction therapy for insomnia. *J Sleep Res* 2026; 70339.
- **Blanken TF***, Meijers MHC*, Boerman SC*. The impact of educational videos on children’s plastic consumption: a field study on attitudes, intentions, and behavior in a science museum setting. *Appl Environ Educ Commun* 2026.
- Parragi FK, Vissers GCWP, Tanis CC, **Blanken TF**. Beyond self-reports: Exploring the disconnect between subjective behavioural correlates, self-reported adherence, and objective behaviour using network analysis. *Journal of Health Psychology* 2026.
- Wang SB*, **Blanken TF***, Van der Maas HLJ, Borsboom D. Path asymmetry in complex dynamic systems of psychopathology. *JAMA Psychiatry* 2026;83:99-100.
- Klau MM, […], Baumgartner SE*, **Blanken TF***. Problematic pornography use: uncovering symptom importance and differences between women and men through Bayesian analysis of networks. *Journal of Sexual Medicine* 2026.

- Looman MI, […], **Blanken TF***, Lancee J*. Understanding sleep restriction therapy: A network intervention analysis of symptom- and process-level change. *Sleep* 2025: zsaf360.
- Van der Pal Z, […], Schrantee A*, **Blanken TF***. Tell me why: A scoping review on the fundamental building blocks of fMRI-based network analysis. *NeuroImage Clin* 2025; 46: 103785.
- **Blanken TF**, Kok R, Obbels, J, et al. Prediction of electroconvulsive therapy outcome: A network analysis approach. *Acta Psychiatr Scand* 2024; 1-8.
- Freichel R, […], Walter H*, **Blanken TF***. Unraveling robust brain-behavior links of depressive complaints through granular network models for understanding heterogeneity. *J Affect Disord* 2024;359:140-144.
- Van der Pal Z, […], **Blanken TF***, Schrantee A*. Stimulant medication and symptom interactions in attention-deficit/hyperactivity disorder. *Eur Child Adolesc Psychiatry* 2025;34:1917-1929.
- Gauld C, **Blanken TF**. Clinical sleep staging for insomnia disorder. *Eur Neuropsychopharmacol* 2025;91:47-49.
- Lancee J, Morin CM, […], **Blanken TF**. Symptom-specific effects of zolpidem and behavioral treatment for insomnia: A network intervention analysis. *Sleep* 2023;46:zsad240.
- Lunansky G*, Hoekstra RHA*, **Blanken TF**. Disentangling dynamic affect trajectories for distinct depression courses during the COVID-19 pandemic. *Collabra* 2023; 9: 74841.
- Tanis CC, Nauta FH, […], **Blanken TF**. Practical behavioural solutions to COVID-19: Changing the role of behavioural science in crises. *PloS One* 2022; 17: e0272994.
- Lancee J, Harvey AG, […], **Blanken TF**. Network Intervention Analyses of cognitive therapy and behavior therapy for insomnia: process measures and symptom specific effects. *Behav Res Ther* 2022; 153: 104100.
- Burger J*, Isvoranu A*, […], **Blanken TF**. Reporting standards for psychological network analyses in cross-sectional data. *Psych Methods* 2022; 28: 806-824.
- Dablander F*, **Blanken TF***, Tanis CC*, et al. A multidisciplinary perspective on COVID-19 exit strategies. PsyArXiv 2022; doi:10.31234/osf.io/3jz8e. [non peer reviewed]
- Tanis CC, Leach NM, […], **Blanken TF**. Smart Distance Lab's art fair, experimental data on social distancing during the COVID-19 pandemic. *Sci Data* 2021; 8:179.
- **Blanken TF**, Tanis CC, Nauta FH, et al. Promoting physical distancing during COVID-19: A systematic approach to compare behavioral interventions. *Sci Rep* 2021; 11:19463.
- **Blanken TF**, Bathelt J, Deserno MK, Voge L, Borsboom D, Douw L. Connecting brain and behavior in clinical neuroscience: A network approach. *Neurosci Biobehav Rev* 2021; 130: 81-90.
- **Blanken TF**, Jansson-Fröjmark M, Sunnhed R, Lancee J. Symptom specific effects of cognitive therapy and behavior therapy for insomnia: A network intervention analysis. *J Consult Clin Psychol* 2021; 89: 364-370.
- **Blanken TF**, Courbet O, Franc N, et al. Is an irritable ADHD profile traceable using personality dimensions? Replicability, stability, and predictive value over time of data-driven profiles. *Eur Child Adolesc Psychiatry* 2021; 30: 633-645.
- **Blanken TF**, Borsboom D, Penninx BWJH, Van Someren EJW. Network Outcome Analysis identifies difficulty initiating sleep as primary target for prevention of depression: A six-year prospective study. *Sleep* 2020; 43: zsz288.
- Kocevska D*, **Blanken TF***, Van Someren EJW, Rösler L. Sleep during the COVID-19 pandemic: Not one size fits all. *Sleep Med* 2020; 76: 86-88.
- **Blanken TF**, Benjamins JS, Borsboom D, et al. Robust insomnia disorder subtypes revealed by non-sleep-related traits and life history. *Lancet Psychiatry* 2019; 6: 151–63.
- **Blanken TF**, Van Someren EJW. Subtyping insomnia disorder – Authors' reply. *Lancet Psychiatry* 2019; 6: 285–86.
- **Blanken TF***, Van der Zweerde T*, Van Straten A, et al. Treating co-occurring insomnia and depression symptoms: Introducing Network Intervention Analysis to reveal sequential, symptom-specific effects of online insomnia treatment. *Psychother Psychosom* 2019; 88: 52–54.
- **Blanken TF***, Deserno MK*, Dalege J, et al. The role of stabilising and communicating symptoms given overlapping communities in psychopathology networks. *Sci Rep* 2018; 8: 1–8.
- Dekker K*, **Blanken TF***, Van Someren EJW. Insomnia and personality – A network approach. *Brain Sci* 2017; 7: 28.

collaborations

- Robinaugh DJ, **Blanken TF**, Bridger EK, et al. The future of the biopsychosocial model: Toward a transdisciplinary systems science of mental health. *Clinical Psych Science* 2026.
- Bijlenga D, **Blanken TF**, de Boer JJ, et al. Network analysis in central disorders of hypersomnolence: Insight into relationships between symptoms, mental health, and quality of life. *J Sleep Res* 2026.
- Sanders JG, Zomer CL, Hoekstra RHA, et al. The effect of proximity of COVID-19 test facilities on test uptake: Two quasi-experimental trials. *BMC Public Health* 2026.

- Bresser T, De Lange SC, Rösler L, et al. Hyperarousal transdiagnostically dissected: different dimensions characterize mood, anxiety, insomnia, posttraumatic stress and attention deficit hyperactivity disorders. *eClinicalMedicine* 2026; 103810.
- Zandstra MG, Lunansky G, Scheepers FE, et al. Vital-affective symptom connectivity during electroconvulsive therapy distinguishes depression remission outcomes: A cross-lagged panel network study. *Brain Stimul* 2026; 103058
- Vogel F, **Blanken TF**, Burger J, et al. How perceived causal networks can complement case conceptualization, diagnostic classification, and data-based networks: An introduction to a method for constructing personalized networks. *J Psychopathol Clin Sci* 2025; 134: 844-854.
- Sekulovski N, **Blanken TF**, Haslbeck JMB, Marsman M. The impact of dichotomization on network recovery. *Behav Res Methods* 2025; 57: 342.
- Runge N, Goossens Z, De Baets L, et al. Understanding the complex relationship between sleep and pain symptoms in people with chronic musculoskeletal pain - A pre-registered network analysis. *J Pain* 2025; 36: 105555.
- Meijers MHC, Lemmens JS, Lu Y, et al. Let's talk about climate change: How immersive media experiences stimulate climate conversations. *J Environ Psychol* 2025; 104.
- Van den Bulck CMM, Van Emmerik A, **Blanken TF**, et al. Mapping vulnerability factors of chronic emotional and social loneliness: A. network analysis. *J Affect Disord* 2025; 378: 293-300.
- Gauld C, **Blanken TF**, Klintwall L, Micoulaud-Franchi JA. Introducing perceived causal networks in sleep medicine. *J Sleep Res* 2025; e70035.
- Looman MI, **Blanken TF**, Schoenmakers T, et al. Telephone-guided sleep restriction for insomnia: A randomised sleep-diary controlled trial. *Psychother Psychosom* 2025; 94: 147-161.
- Van den Bergh D, Douw L, Van der Pal Z, et al. Jointly estimating individual and group networks from fMRI data. *Netw Neurosci* 2025; 1-17.
- Zhao W, Van Someren EJW, Van der Lande, et al. One size fits null: Attentional brain responses differ depending on insomnia subtype. *Sleep* 2025; zsaf056.
- Den Bleijker NM, Van Schothorst MME, Blanken TF, et al. A network approach to lifestyle behaviors and health outcomes in people with mental illness: The MULTI+ study III. *Eur Psych* 2025; 68: e53.
- Reid MJ, Kettner H, Blanken TF, et al. Preliminary evidence of sleep improvements following psilocybin administration, and their involvement in antidepressant therapeutic action. *Curr Psychiatry Rep* 2024.
- Briganti G, Scutari M, Epskamp S, et al. Network analysis: An overview for mental health research. *Int J Methods Psychiatr Res* 2024; e2034.
- Bresser T, **Blanken TF**, De Lange S, et al. Insomnia subtypes have distinguishing deviations in brain structural connectivity. *Biol Psychiatry* 2024
- Lunansky G, Bonanno GA, **Blanken TF**, et al. Bouncing back from life's perturbations: Formalising psychological resilience from a complex systems perspective. *Psych Review* 2024.
- Diallo D, Schönfeld J, Blanken TF, Hecking T. Dynamic contact networks in confined spaces: Synthesising micro-level encounter patterns through human mobility models from real-world data. *Entropy* 2024; 26: 703.
- Looman MI, Schoenmakers TM, Blanken TF, et al. Efficacy of acceptance and commitment therapy as a stand-alone treatment for insomnia: Protocol of a randomized waitlist controlled trial. *JBCT* 2024. 100499.
- Schouwenaars IMG, Magnée MJCM, Geurts HM, et al. Sleep and daytime functioning in autistic teenagers: A psychological network approach. *Res Autism Sepctr Disord* 2024; 112: 102332.
- Burger J, Andikkhash V, Jäger N, et al. A novel approach for constructing personalized networks from longitudinal perceived causal relations. *Behav Res Ther* 2024; 173: 104456.
- Pieters L, **Blanken TF**, van Lunteren et al. A Network Model of Health-Related Changes after a Lifestyle-Enhancing Treatment in Patients with Severe Mental Illness: the MULTI Study VI. *Int J Clinical and Health Psychology* 2024; 24: 100436.
- Van der Wal JM, Haslbeck JMB, Slofstra C, et al. Differential impact of preventive cognitive therapy while tapering antidepressants versus maintenance antidepressant treatment on affect fluctuations and individual affect networks and impact on relapse: A secondary analysis of a randomised controlled trial. *eClinicalMedicine* 2023; 66: 102329.
- Chattrattrai T, Aarab G, Su N, et al. The association of self-reported-awake bruxism and sleep bruxism with temporomandibular pain and dysfunction in an adult TMD-patient population. *Clin Oral Invest* 2023.
- Reesen JE, Hoogendoorn AW, Leerssen J, et al. A call for transdiagnostic attention to insomnia and its treatment in mental health care. *J Sleep Res* 2023.
- Chattrattrai T, Aarab G, **Blanken TF**, et al. Network analysis of sleep bruxism in the EPISONO adult general population. *J Sleep Res* 2023.
- Cox R, Rösler L, et al. The first-night effect and the consistency of short sleep in insomnia disorder. *J Sleep Res* 2023.

- Röttgering JG, Varkevisser TMCK, Gorter M, et al. Symptom networks in glioma patients: Understanding the multidimensionality of symptoms and quality of life. *J Cancer Surviv* 2023.
- Kuang B, Aarab G, Wei Y, et al. Associations between signs of sleep bruxism and insomnia: A polysomnographic study. *J Sleep Res* 2023.
- Pröpper HYL, Geiger SJ, **Blanken TF**, Brick C. Truth over identity? A conceptual weak replication of cultural cognition across 23 countries. *J Exp Psych* 2022; 83: 101865.
- De Feijter M, Kocevska D, **Blanken TF**, et al. The network of psychosocial health in middle-aged and older adults during the first COVID-19 lockdown. *Soc Psychiatry Psychiatr Epidemiol* 2022.
- Borsboom D, **Blanken TF**, Dablander F, et al. The lightning of the BECONs: A behavioural data science approach to tracking interventions in COVID-19 research. *J Behav Data Sci* 2022.
- Riemann D, Benz F, Dressle RJ, et al. Insomnia Disorder: State of the science and challenges for the future. *J Sleep Res* 2022.
- Chattrattrai T, **Blanken TF**, Lobbezoo F, et al. A network analysis of self-reported sleep bruxism in the Netherlands Sleep Registry: its associations with insomnia and several demographic, psychological, and life-style factors. *Sleep Med* 2022; 93: 63-70.
- Dekker MM, **Blanken TF**, Dablander F, et al. Quantifying agent impacts on contact sequences in social interactions. *Sci Rep* 2022; 12:3483.
- Leerssen J, Lakbila-Kamal O, Dekkers LMS, et al. Treating insomnia to prevent depression with therapist-guided digital cognitive, behavioral and chronobiological interventions: A randomized controlled trial. *Psychother Psychosom* 2021; 6: 1-12.
- Sanders J, Zomer C, Hoekstra R, et al. Verhogen van testdeelname tijdens de pilot grootschalig testen in de gemeente Dronten en de gemeente Bunschoten. Rijksinstituut voor Volksgezondheid en Milieu. doi:10.21945/RIVM-2021-0089. [non peer reviewed]
- Leerssen J, **Blanken TF**, Pozzi E, et al. Brain structural correlates of insomnia severity in 1,053 adults with Major Depressive Disorder: Results from the ENIGMA Major Depressive Disorder Working Group. *Transl Psychiatry* 2020; 10: 425.
- De Mooij S, **Blanken TF**, Grasman RPPP, et al. Dynamics of sleep: Exploring critical transitions and early warning signals. *Comput Meth Prog Bio* 2020; 193: 105448.
- Schmaal L, Pozzi E, Ho T, et al. ENIGMA MDD: Seven years of global neuroimaging studies of Major Depression through worldwide data sharing. *Transl Psychiatry* 2020; 10: 172.
- Leerssen J, Foster-Dingley JC, Lakbila-Kamal O, et al. Internet-guided cognitive, behavioral and chronobiological interventions in depression-prone insomnia subtypes: protocol of a randomized controlled prevention trial. *BMC Psych* 2020; 20:163.
- Te Lindert BHW, **Blanken TF**, Van der Meijden WP, et al. Actigraphic multi-night home-recorded sleep estimates reveal three types of sleep misperception in Insomnia Disorder and good sleepers. *J Sleep Res* 2019; 00: e12937.
- Letina S, **Blanken TF**, Deserno MK, Borsboom D. Expanding network analysis tools in psychological networks: Minimal spanning trees, participation coefficients, and motif analysis applied to a network of 26 psychological attributes. *Complexity* 2019; 2019: 9424605.
- Wei Y, **Blanken TF**, Van Someren EJW. Insomnia really hurts: Habitual insomnia increases the acute effect of a bad night's sleep on pain. *Front Psychiatry* 2018; 9: 377.
- Benjamins JS, Migliorati F, Dekker K, et al. Insomnia heterogeneity: Characteristics to consider for data-driven multivariate subtyping. *Sleep Med Rev* 2017; 37: 71–81.
- Hammerschlag AR, Stringer S, De Leeuw CA, et al. Genome-wide association analysis of insomnia identifies novel risk genes and genetic overlap with psychiatric and metabolic traits. *Nat Genet* 2017; doi.org/10.1038/ng.3888.
- Krypotos A-M, **Blanken TF**, Arnaudova I, et al. A primer on Bayesian analysis for experimental psychopathologists. *J Exp Psychopathol* 2017; 8: 140–57.
- Wei Y, Colombo MA, Ramautar JR, et al. Sleep stage transition dynamics reveal specific stage 2 vulnerability in insomnia. *Sleep* 2017; 40: doi.org/10.1093/sleep/zsx117.
- Van Borkulo CD, Borsboom D, Epskamp S, et al. A new method for constructing networks from binary data. *Sci Rep* 2014; 4: 1–10.

* shared first/last authorship

book chapters

first/senior author

- **Blanken TF**, Isvoranu AM, Epskamp E. Estimating network structures using model selection. In Isvoranu AM, Epskamp S, Waldorp LJ, Borsboom D (Eds.) *Network Psychometrics with R: A guide for behavioral and social scientists*. Routledge, Taylor & Francis Group. (In press).
- Deserno MK, Isvoranu AM, Epskamp E, **Blanken TF**. Descriptive analysis of network structures. In Isvoranu AM, Epskamp S, Waldorp LJ, Borsboom D (Eds.) *Network Psychometrics with R: A guide for behavioral and social scientists*. Routledge, Taylor & Francis Group. (In press).

presentations

invited presentations

"Prediction of ECT outcome: A network analysis approach." Invited talk at EFFECT Annual Meeting, October 2025, Leuven.

"From Covid-19 to the Human Behaviour Simulation Lab: Modelling behaviour for practical behavioural solutions to societal problems". Invited talk at SIAS, May 2024, University of Amsterdam

"Human Behaviour Simulation Lab: To measure, explain, and model human behaviour for practical behavioural solutions to societal problems". Invited talk at the joint CCSS-UvA Workshop on Computational Social Science and Intelligent Systems, March 6th 2024, University of Amsterdam

"Networks in psychology: idea, application, future directions". Invited talk at Digicomlab, November 2023, University of Amsterdam.

"Network Intervention Analysis: Using network analysis to explore sequential and symptom-specific treatment processes and effects". Keynote presentation at the Experimental Psychopathology graduate school, December 2022, Driebergen, The Netherlands.

"Network approaches to psychopathology: idea, application, future directions". Invited talk for the Brain & Cognition labmeeting, December 2022, Amsterdam.

"Network Intervention Analysis: Using network analysis to explore sequential and symptom-specific treatment processes and effects". Invited symposium presentation at the International Conference for Urban Mental Health, October 2022, Amsterdam, The Netherlands.

"Een nieuw perspectief op slapeloosheid en depressie: Van symptoom naar systeem" Refereerbijeenkomst Netwerkpsychiatrie GGz Centraal, June 2022, online.

"Changing perspectives on insomnia and depression: From symptoms to system". Keynote presentation at the New Science of Mental Disorders network meeting, April 2021.

"An introduction to networks in psychology". Invited workshop for Research Seminar Amsterdam UMC, January 2021.

"Insomnia disorder subtypes derived from life history and traits of personality and affect." Invited symposium presentation at German Society for Sleep Medicine, November 2019, Hamburg, Germany.

"Overlapping communities in psychopathology networks." Invited talk at Tamas Vicsek lab at the Department of Biological Physics, Eötvös University Budapest, November 2018, Budapest, Hungary.

organised symposia

Chair of the symposium "Behandeling van slapeloosheid ontrafelen" at Slaap2023, December 2023, Arnhem, The Netherlands. Presented "Een uitleg en illustratie van Netwerk Interventie Analyse in het identificeren van sequentiële en symptoom-specifieke behandeleffecten".

Chair of the "European Insomnia Network session" symposium at the 25th Congress of the European Sleep Research Society, September 2020, online. Presented "Predicting, preventing, and alleviating depression: network analyses point towards the primary importance of insomnia".

other presentations

"A computational model of sleep restriction therapy: Exploring treatment mechanisms and informing clinical practice." Symposium presentation at the 27th Congress of the European Sleep Research Society, September 2024, Sevilla, Spain.

"Reflections on studying and working in interdisciplinary research", presentation for the Career Day organised by the VSPA, the student association of Psychology, February 2023.

"Insomnia disorder subtypes derived from life history and traits of affect and personality – a system's perspective". Symposium presentation at the World Sleep Congress, March 2022, Rome, Italy.

"Behavioral data science solutions to COVID-19", partner pitch on behalf of UvA Data Science Centre at ADS Highlights event, December 2021.

"Science versus Corona", pitch at Data Science Day, UvA Data Science Centre, October 2021.

"Insomnia disorder subtypes and the role of hyperarousal". Symposium presentation at the 25th Congress of the European Sleep Research Society, September 2020, online.

"Novel network intervention and outcome analyses point towards the primary role of insomnia in predicting, preventing, and alleviating depression." 32nd APS Annual Convention, May 2020, Chicago, United States of America. [cancelled due to the corona virus]

"Voorspellen, voorkomen en verlichten van depressie: nieuwe netwerk analyses wijzen op het primaire belang van insomnie." Symposium presentation at Slaap2019, November 2019, Ermelo, The Netherlands.

"Subtyperen van slapeloosheid toegankelijk voor iedereen." Symposium presentation at Slaap2019, November 2019, Ermelo, The Netherlands.

"Insomnia heterogeneity and its link to depression: insights from an observational, prospective, and intervention study." Symposium on 'Insomnia treatment for preventing cardiovascular diseases and mental disorders', October 2019, Hannover, Germany.

"The link between insomnia and depression: What we can learn from behaviour, brain structure, and treatment of insomnia." Neuroscience Symposium at the Netherlands Institute for Neuroscience, October 2019, Amsterdam, The Netherlands.

"Insomnia heterogeneity and its link to depression: insights from an observational, prospective, and intervention study." Interuniversity Graduate School of Psychometrics and Sociometrics summer conference, June 2019, Utrecht, The Netherlands.

"Big data en netwerk interventie analyse onthullen subtypen van slapeloosheid en hoe behandeling op depressieve symptomen aangrijpt." Symposium presentation at NVvP voorjaarscongres, April 2019, Maastricht, The Netherlands.

"Introducing Network Intervention Analysis (NIA) to investigate sequential, symptom-specific treatment effects. A demonstration in co-occurring insomnia and depression." European Insomnia Network Meeting, December 2018, Oxford, United Kingdom.

"Trait and life history profiles reveal stable insomnia subtypes." Symposium presentation at the 24th Congress of the European Sleep Research Society, September 2018, Basel, Switzerland.

"Het Nederlands slaapregister: Hoe het Nederlands slaapregister het mogelijk maakt om subtypen van slapeloosheid te ontdekken." Slaap 2017, November 2017, Ermelo, The Netherlands.

"Slapeloosheid vanuit een netwerkbenadering: De samenhang tussen dag- en nachtklachten." Symposium presentation at VGCT najaarscongres, November 2017, Veldhoven, The Netherlands.

"Netwerkbenadering van verschillende subtypen onder slapelozen." Symposium presentation at VGCT najaarscongres, November 2017, Veldhoven, The Netherlands.

"Insomnia profiles: from heterogeneous insomnia to (more) homogeneous subtypes." Third Wintersymposium on Sleep, Cognition, and Consciousness, March 2017, Kaprun, Austria.

"Insomnia profiles: preliminary results of a latent class cluster analysis." European Insomnia Network Meeting, December 2016, Amsterdam, The Netherlands.

panel discussion & round table

Moderator of the event and panel discussion "The societal impact of AI and data science" organised by the Data Science Centre of the University of Amsterdam, March 2023, Amsterdam, The Netherlands.

Selected commentary at the book presentation of "What is a complex system?" by James Ladyman and Karoline Wiesner at the Institute for Advanced Studies, September 2022, Amsterdam, The Netherlands.

Panel discussion on networks and experimental manipulations at the EPP Lustrum & New Science of Mental Disorders Symposium, July 2022, Maastricht, The Netherlands.

posters

"Network Intervention Analysis. Investigating sequential, symptom-specific treatment effects: A demonstration in co-occurring insomnia and depression" 3rd Annual Meeting of the Amsterdam Public Health Research Institute, November 2018, Amsterdam. Awarded second place of the Best Poster Award.

"Robust Insomnia Disorder subtypes revealed by non-sleep-related traits and life history." NSWO Najaarssymposium, November 2018, VU University, Amsterdam.

"Robust Insomnia Disorder subtypes revealed by non-sleep-related traits and life history." Post presented at the Annual Meeting Amsterdam Neuroscience, October 2018, Amsterdam.

"Insomnia profiles: from heterogeneous insomnia to (more) homogenous subtypes." Poster presented at the Summer Conference of the Interuniversity Graduate School of Psychometrics and Sociometrics summer conference, June 2017, KU Leuven, Belgium. Awarded the Best Poster Award.

non-scientific

"The Societal Impact of AI & Data Science". Interview together with UvA's Rector Magnificus Peter-Paul Verbeek for the university's Data Science Centre.

Documentary by Faculty of Social and Behavioural Science about the multidisciplinary NEMO project (2023)

Media coverage on Smart Distance Lab: The Art Fair (August 2020) and Smart Distance Lab: Supermarket (March 2021).

"Value track: High tech for people flows" Ministry of Economic Affairs and Climate Policy, European Entrepreneurship Summit.

"Smart Distance Lab talks" Felix Meritis, October 16 2020 and Huis Ter Duin, October 28 2020; Huis Ter Duin, April 20 2021.

"Identification of robust, clinically relevant insomnia subtypes". Interview with Neurology Live, September 2018.

teaching, memberships, service

organisation

Co-organiser of the European Insomnia Network Meeting, June 12-13 2025, Amsterdam

Co-organiser of the ABC Day "The past, the present, the future", June 30th 2023, Amsterdam

Co-organiser of the Lorentz Workshop "Dynamics of infectious disease spread and health-related behaviours", May 2022, Leiden, The Netherlands.

workshop

Co-organiser and lecturer of the five-day Psychological Network Analysis Winter School, January 2023, 2024; and the Psychological Network Analysis Summer School, June 2023. (30 participants)

Co-organiser and lecturer of the two-day workshop "Networks in psychology", February 2020, Belfast, Northern-Ireland. (18 participants)

Co-organiser and lecturer of the two-day workshop "Network analysis for psychology using R", December 2019, Trondheim, Norway. (12 participants)

teaching & guest lectures

Coordinator and lecturer of the Psychology Research Master course "Network Analysis", November-December 2022-2026. (±40 students)

"Network approaches to psychopathology: An overview." Guest lecture within the Master Brain and Cognitive Sciences course "Milestones, Promises, and Pitfalls", September 2021-2026. (±60 students)

"Big behavioural data." Guest lecture within the first-year bachelor Psychology course "Behavioural data science", June 2021-2023. (±300 students)

"Networks in psychology." Guest lecture within the second-year bachelor Psychology course "Scientific and statistical reasoning", November 2019. (±200 students)

"Model selection, accuracy, stability & replicability in psychological networks." Lecture given at the Psychological Networks Amsterdam Winter School, January 2019, 2020, 2023; and the Psychological Networks Amsterdam Summer School, June 2019, 2023. (±30 participants)

supervision

PhD students

2026 - Sayo Stefflbauer. Promotores: Prof.dr. M Kindt, dr. RM Visser. Copromotores: TF Blanken, MK Deserno.

2026 - Iris Rapoport. Promotores: Prof.dr. M Kindt, dr. RM Visser. Copromotores: TF Blanken, MK Deserno.

2024 - Mona Klau. "Levarging system's thinking to optimize insomnia treatment". Promotores: Prof.dr. HLJ van der Maas, dr. J Lancee. Copromotores: dr. RM Visser, dr. TF Blanken

2022 - Güldehan Durman. "Emotional memory: latent, absent, or integrated in symptom networks of psychopathology." Promotores: Prof.dr. M Kindt and Prof.dr. AA Arntz. Copromotor: dr. TF Blanken

2022 - Mathilde Looman. "Controleren of loslaten? Een onderzoek naar de mechanismen van een gedragstherapeutische en een acceptatiegerichte behandeling voor insomnie". Promotores: Prof.dr. JH Kamphuis, dr. J Lancee. Copromotores: dr. TM Schoenmakers, dr. TF Blanken

2019-2024 Thiprawee Chattrattrai. "Sleep bruxism: Associations and comorbid conditions". Promotores: Prof.dr. F Lobbezoo, Prof.dr. G Aarab. Copromoters: Prof.dr. E van Someren, dr. TF Blanken

Bachelor and Master students

The Behavioural Data Science Master thesis by Jonne Zomerdijk received the award for best UvA Psychology master thesis 2021.

2022-2024 10 bachelor theses, Psychology Bachelor, UvA

2017-2026 6 theses and 1 internship, Research Master Psychology, UvA

2021-2023 2 research projects, Cognitive Neurobiology and Clinical Neurophysiology Master, UvA

2020-2023 4 theses and 5 internships, Behavioural Data Science Master, UvA

2022 3 internships, Psychology Honours Program, UvA

editorial activities, memberships

2022 - Fellow of New Science of Mental Disorder gravitation consortium

2021 - Guest editor *Journal of Behavioral Data Science*

2021 - Member Social and Behavioural Data Science Center, University of Amsterdam

2021-2023 Member Data Science Center, University of Amsterdam

2021 - Junior staff member Interuniversity graduate school of sociometrics and psychometrics (IOPS)

service

2021 Accreditation Committee (alumnus) Research Master Psychology, University of Amsterdam

2018 Accreditation Committee (PhD student) Netherlands Institute for Neuroscience

extracurricular education

2024 Clinical internship at SEIN (50 hours)

2023 Introduction to Agent Based Modelling, Santa Fe Institute (online)

Introduction to Deep Learning, Netherlands eScience Center

2022 Introduction to Programming and Plotting with Python, Data Science Centre, University of Amsterdam

2021 Oxford School of Climate Change, Oxford Climate Society (online)

2020 Machine Learning and Data Mining using Python, Maastricht School of Management (online)

2019 Introduction to Dynamical Systems and Chaos, Santa Fe Institute (online)

Modeling the Dynamics of Intensive Longitudinal Data, Utrecht University

2018 Lean Six Sigma, Yellow Belt

What is Psychometrics?, University of Amsterdam

Causal Inference, Erasmus University

2017 Human Connectome Summer School, Utrecht University

Statistical Learning, Leiden University

Generalized Latent Variable Modeling, Tilburg University

2016 Optimisation and Numerical Methods, KU Leuven, Belgium

Sleep and Chronobiology Summer School, The Sleep and Circadian Neuroscience Institute (SCNi), University of Oxford, United Kingdom

Statistical Learning, Stanford University (online)

2014 Erasmus Intensive Program on Mathematical Statistics, Sagadi, Estonia