

Curriculum vitae

Personal details

First name, surname, title: Paula M.C. Mommersteeg, Phd
 Male/female: Female
 Date and place of birth: March 17, 1976, Haarsteeg gem. Heusden the Netherlands
 Nationality: Dutch
 Marital status: Cohabiting, 2 children (2005, 2008)
 E-mail: P.M.C.Mommersteeg@tilburguniversity.edu
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Education

Doctorate

University: Utrecht University, dept. of Health Psychology
 PhD: 06/10/2006
 Supervisor: Prof. dr. Lorenz J.P. van Doornen, Health Psychology, Utrecht University
 Prof. dr. Cobi J. Heijnen, Psychoneuroimmunology, UMC-Utrecht
 Dr. Annemieke Kavelaars, Psychoneuroimmunology, UMC-Utrecht
 Title of thesis: The Psychophysiology of Burnout
 Digital version: <http://igitur-archive.library.uu.nl/dissertations/2007-0228-200158/UUindex.html>

Master's

University: Utrecht University, Faculty of Biology
 MSc: 27/06/2000
 Main subject: Biology
 Research Internships: Functional neurobiology; an electrophysiological catfish model of cisplatin induced hearing loss
 Immunopharmacology; neuro-immune interaction in a rat model of asthma
 Thesis: Endoneuropsychology; the neurobiology of post-traumatic stress disorder

Professional Experience

07/2012 – present	Assitant Professor Center of Research on Psychology in Somatic diseases (CoRPS), Tilburg University (<i>0.9 fte, tenured</i>)
03/2012 – 06/2012	Assitant Professor Center of Research on Psychology in Somatic diseases (CoRPS), Tilburg University (<i>0.9 fte, tenure track</i>)
02/2011 – 02/2012	Assitant Professor Center of Research on Psychology in Somatic diseases (CoRPS), Tilburg University (<i>0.8 fte, tenure track</i>)
05/2007- present:	Post-doc Center of Research on Psychology in Somatic diseases (CoRPS), Tilburg University (<i>0.8 fte, fixed term</i>)
07/2006-04/2007:	Post-doc laboratory for Psychoneuroimmunology UMC-Utrecht (<i>0.8 fte, fixed term</i>)
01/2001-06/2006:	PhD student, Dept. of Health Psychology, Utrecht University

Laboratory for Psychoneuroimmunology UMC-Utrecht (*0.8 fte, fixed term*)

Brief summary of research

As a biologist in our CoRPS research group I am involved in projects which investigate biological mediating mechanisms of personality in heart disease. I have broadened my perspective with a thorough review on quality of life as a risk factor for mortality and hospitalization in patients with cardiovascular disease. This field was further explored in an article on the relation between quality of life and cytokines in patient with heart failure.

These findings strengthen my view that healthy persons differ in personality factors related to their inflammatory profile, which may form the basis to an increased risk for adverse health outcomes. These research ingredients are all represented in the 'TweeSteden stenose study' a project on biochemical risk factors as potential mediators in the relation between Type D personality and cardiovascular disease progression at an early stage.

At the same time, I keep an open mind for research opportunities and collaborations. I am involved in research papers on biological mechanisms explaining the relation between depressive symptoms and diabetes, emotional distress as a predictor for 18 year diabetes incidence, pro-inflammatory cytokines as potential mediators in the relation between Type D personality and health status, and the relation between Type D personality and metabolic syndrome, a combination of risk factors associated with diabetes and cardiovascular disease development. I enjoy working in a challenging, collaborative environment at the interface of biological and psychological research projects.

(Inter)national activities

Conferences:

- 2012: Two poster presentations at the American Psychosomatic Society (APS) 70th Annual scientific Meeting, Athens, Greece
- 2011: Symposium organiser "Psychophysiological associations of health outcomes across the lifespan" and oral presentation at the First ARPH (Association for Researchers in Psychology and Health) Conference, Lunteren, Netherlands
- 2011: Three abstracts and a poster presentation at the American Psychosomatic Society (APS) 69th Annual scientific Meeting, San Antonio, Texas, USA
- 2010: Abstract and poster presentation at the 7th World Conference of Stress', Leiden, Netherlands
- 2010: Abstract presentation European Atherosclerosis Society (EAS), EAS congress 2010, Hamburg, Germany
- 2010: Two posters at the American Psychosomatic Society (APS) 68th Annual scientific Meeting, Portland, OR, USA
- 2009: Two posters at the American Psychosomatic Society (APS) 67th Annual Scientific Meeting, Chicago, Ill, USA
- 2009: Oral presentation at 'CoRPS business: Medical psychological research at the TweeSteden hospital' (04/2009)
- 2006: Oral presentation at the 'Dutch Behavioral Medicine Federation' NBMF
- 2005: Poster presentation at the Dutch 'Endo-Neuro-Psycho meeting'
- 2004: Poster presentation at 11th annual meeting of the psychoneuroimmunology research society (PNIRS), Titisee, Germany
- 2003: Poster presentation at the Dutch 'Endo-Neuro-Psycho meeting'
- 2003: Oral presentation at 'Work, Stress and Health', APA & NIOSH, Toronto, Canada
- 2003, '02: Oral presentations at the NWO research program 'Fatigue at Work' (PVA) conference
- 2000: Oral presentation and poster at the 'International symposium on research and education in the 21st Century: The role of inter-university academic and student exchange', Sendai, Japan
- 2006, '04, '02: Oral presentations at the International conference of the 'Research Institute for Psychology and Health' P&H, Rolduc, Netherlands

Collaboration:

2011-present: Dr. Regien Schoemaker, Drs. Pieter Naudé, Prof. dr. Paul G.M. Luiten, Dept. Moleculaire Neurobiologie & Biologische Psychiatrie

2010-present: Prof. dr. Joachim Fischer, MD, Dr. Adrian Loerbroks, Dr. Raphael Herr, Dr. Sven Schneider, Mannheim Institute of Public Health, Social and Preventive Medicine (MIPH), Medical Faculty Mannheim at Heidelberg University

2010-present: Dr. Jos Bosch, School of Sport and Exercise Sciences at the University of Birmingham

2007-2008: Prof. dr. John Spertus, MD, MPH, Mid-America Heart Institute and University of Missouri–Kansas City, Kansas City, Missouri

Student Exchange Program:

1998: Tohoku University Junior Year Program in English (JYPE), Sendai, Japan

Academic activities**Research:**

2009-present: Principal investigator, setting up, and coordinating implementation of the “TweeSteden Stenose” study, a longitudinal (up to 10 years) study on psychobiochemical risk factors in the development of cardiovascular disease. Including questionnaires and blood collection. Inclusion of >475 participants in November 2012

2008-present: Practical coordinator for the analysis of collected blood samples for three research projects on psychological and biological factors in heart failure

2008-present: Advisor on blood collection for the CoRPS-UMC-Utrecht project on psychological factors on health outcomes in patients treated with cardiac resynchronization therapy

2008-present: Advisor on saliva collection for CoRPS research projects

2006-2007: Execute primary data file aggregation, and analysis of questionnaires, salivary cortisol and inflammatory variables in 304 military personnel before deployment

2003-2005: Setting up, executing and completing a longitudinal (12 months) study on psychophysiological measurements in burnout participants (N=56 and 38 controls). Ambulant data collection, saliva and blood collection. Partial analysis of blood (FACS analysis, White Blood Cell Count, leukocyte cultivation)

2001-2005: Setting up, executing and completing a longitudinal (1.5 years) study on psychophysiological measurements in burnout participants (N=74, and 35 controls) in 7 collaborating private health clinics. Managing three measurements, participant inclusion and contact, including postal saliva collection and questionnaires

Teaching:

2012 – present: Coordinatory, creator and lecturer of Master Medical Psychology course ‘Psychopharmacology Medical Psychology’ (6 ECTS, 50 students, 13 lectures)

<http://tinyurl.com/7bsdkml>

Teacher of the year award: Medical Psychology 2011-2012

2009-present: Lecturer, former coordinator, and co-creator of the bachelor course

'Biological Psychology' (6 ECTS credits, 60 students), a 12 lecture and practical lecture course on biological aspects of psychology. <http://tinyurl.com/3aozwdp>

2008-present: Lecturer and co-creator of the master course
'Psychosomatic Models of Explanation' (6 ECTS credits, 50 students), a 14 lecture course on biological pathways explaining psychological conditions
<http://tinyurl.com/37rgjh4>

2002-present: Supervising bachelor and master students

Reviewing:

2006-present:

American Journal of Psychiatry	Industrial Health
Applied psychology	International Journal of Behavioral Medicine
Biological Psychology	International Journal of Psychophysiology
BMC Pediatrics	Journal of Health Psychology
BMC Public Health	Journal of Endocrinology
Brain Behavior and Immunity	Journal of Psychosomatic Research
Clinical and Health Psychology	Pediatric Research
European Journal of Card. Nursing	Psychoneuroendocrinology
EuroIntervention	Psychosomatic Medicine
Future Cardiology	Stress
Health Psychology	

Membership:

2011-present:	Association for Researchers in Psychology and Health (ARPH)
2010-present:	American Psychosomatic Society (APS)
2010-present:	European Depression in Diabetes (EDID) Research Consortium
2009-2011:	European Atherosclerosis Society (EAS)

Courses:

12/2012: Workshop Teaching Meeting TiU 2012
12/2011: Teaching Meeting TiU 2011
11/2011: workshops Deep Learning Strategies from dr. Mark Weyers.
03/2011: Module Supervise BKO traject
02/2011: Module Test BKO traject
01/2010: Activating groups, CML, Tilburg University
11/2009: Workshop Structural Equation Modeling with AMOS, MTO, Utrecht University
10/2009: The art of presenting science, CML, Tilburg University
11/2008: Workshop 'guiding PhD-students', Eva Wiltingh B.V.
10/2008: Academic Teaching Skills, CLU, Utrecht University
08/2006: KNAW master class: 'Stress Hormones & Post Traumatic Stress Disorder'

Skills:

English language skills: Common European Framework level C2, equivalent of Cambridge English for Speakers of Other Languages 'Certificate of Proficiency in English'.
Multilevel analysis with MIWin
Multiple mediation analysis with WinMICE
Structural Equation Modeling with AMOS

PhD-student Council 2001 – 2004: Secretary of the Ph.D.-student council of the research school Psychology and Health

Publications

International (refereed) journals

- P.M.C. Mommersteeg** & F. Pouwer (2012). Personality as a risk factor for the metabolic syndrome: a systematic review. *Journal of Psychosomatic Research*. 2012;73:326-33. doi:10.1016/j.jpsychores.2012.08.019
- Brouwers C, **Mommersteeg PMC**, Nyklíček I, Pelle AJ, Westerhuis BLWJJM, Szabó BM, & Denollet J. (2012) Positive affect dimensions and their association with inflammatory biomarkers in patients with chronic heart failure. *Biological Psychology* 2012. doi:10.1016/j.biopsycho.2012.10.002
- van Berkel, V. M., Bevelander, S. E., & **Mommersteeg, P.M.C.** (2012). Placebo-controlled comparison of prazosin and cognitive-behavioral treatments for sleep disturbances in US Military Veterans. *Journal of Psychosomatic Research*, 73(2), 153. doi: 10.1016/j.jpsychores.2012.05.005
- Nykliceck, I., **Mommersteeg, P. M. C.**, Beugen, S. v., Ramakers, C., & Boxtel, G. v. (2012) Effects of Mindfulness-Based Stress Reduction on laboratory cardiovascular and cortisol stress responses: A randomized controlled trial *Health Psychology* Accepted for publication
- P.M.C. Mommersteeg**, A.J. Pelle, C. Ramakers, B.M. Szabó, J. Denollet & N. Kupper (2012). Type D personality and course of health status over 18 months in outpatients with heart failure: multiple mediating inflammatory biomarkers. *Brain, Behavior, and Immunity*, 26(2), 301–310. doi: 10.1016/j.bbi.2011.09.010 Impact Factor: 3.956 (2010)
- P.M.C. Mommersteeg**, J. Denollet, E.J. Martens (2011) Type D Personality, Depressive Symptoms and Work-Related Health Outcomes. *Scandinavian Journal of Public Health* 40(1), 34 - 41. doi: 10.1177/1403494811421533 Impact Factor: 1.487 (2010)
- H. Versteeg, K.C. van den Broek, D.A.M.J. Theuns, **P.M.C. Mommersteeg**, M. Alings, P.H. van der Voort, L. Jordaens, S.S. Pedersen (2011) Effect of Cardiac Resynchronization Therapy-Defibrillator Implantation on Health Status in Patients With Mild Versus Moderate Symptoms of Heart Failure. *American Journal of Cardiology*. doi: 10.1016/j.amjcard.2011.06.019 Impact Factor: 3.680 (2010)
- P.M.C. Mommersteeg**, R. Herr, J. Bosch, J.E. Fischer & A. Loerbroks (2011). Type D Personality and Metabolic Syndrome in a 7-year Prospective Occupational Cohort. *Journal of Psychosomatic Research*, 71(5), 357-363. doi: 10.1016/j.jpsychores.2011.05.004 Impact Factor: 2.842 (2010)
- P.M.C. Mommersteeg**, J. Denollet, A. Kavelaars, E. Geuze, E. Vermetten and C.J. Heijnen (2011). Type D personality, temperament and mental health in military personnel awaiting deployment. *International Journal of Behavioral Medicine*. 18(2), 131-138. doi: 10.1007/s12529-010-9096-7 Impact Factor: 1.762 (2010)
- P.M.C. Mommersteeg**, H.M. Kupper, J. Denollet (2010). Type D personality is associated with increased metabolic syndrome prevalence and an unhealthy lifestyle in a cross-sectional Dutch community sample. *BMC Public Health*, **10**:714 doi:10.1186/1471-2458-10-714. Impact Factor: 2.20 (2010)
- P.M.C. Mommersteeg**, N. Kupper, D. Schoormans, W. Emons, S.S. Pedersen (2010). Health-related quality of life is related to cytokine levels at 12 months in patients with chronic heart failure. *Brain, Behavior, and Immunity* 24, 615–622. Impact Factor: 3.956 (2010)

- P.M.C. Mommersteeg**, J. Denollet, J.A. Spertus, and S.S. Pedersen (2009). Health status as a risk factor in cardiovascular disease: A systematic review of current evidence. American Heart Journal, 157(2), 208-218. Impact Factor: 4.357 (2009)
- P.M.C. Mommersteeg**, E. Vermetten, A. Kavelaars, E. Geuze and C.J. Heijnen (2008). Hostility is related to clusters of T-cell cytokines and chemokines in healthy men. Psychoneuroendocrinology, 33(8), 1041-1050. Impact Factor: 3.788 (2008)
- P.M.C. Mommersteeg**, C.J. Heijnen, A. Kavelaars and L.J.P. van Doornen (2006). "Immune and endocrine function in burnout syndrome." Psychosomatic Medicine **68** (6), 879-886. Impact Factor: 3.857 (2006)
- P.M.C. Mommersteeg**, C.J. Heijnen, M.J.P.M. Verbraak and L.J.P. van Doornen (2006). "A longitudinal study on cortisol and complaint reduction in burnout." Psychoneuroendocrinology **31**(7), 793-804. Impact Factor: 4.850 (2006)
- P.M.C. Mommersteeg**, C.J. Heijnen, M.J.P.M. Verbraak and L.J.P. van Doornen (2006). "Clinical burnout is not reflected in the cortisol awakening response, the day-curve or the response to a low-dose dexamethasone suppression test." Psychoneuroendocrinology **31** (2) 216-225. Impact Factor: 4.850 (2006)
- P.M.C. Mommersteeg**, G.P.J. Keijsers, C.J. Heijnen, M.J.P.M. Verbraak and L.J.P. van Doornen (2006). "Cortisol Deviations in People with Burnout Before and After Psychotherapy; a Pilot Study." Health Psychology **25** (2) 243-248. Impact Factor: 3.693 (2006)
- M. Sonnenschein, **P.M.C. Mommersteeg**, J.H. Houtveen, M.J. Sorbi, W.B. Schaufeli and L.J.P. van Doornen (2007). Exhaustion and endocrine functioning in clinical burnout: An in-depth study using the experience sampling method. Biological Psychology **75**(2), 176-184. Impact Factor: 2.715 (2007)
- R.C. Peters, **P.M.C. Mommersteeg** and P.S. Heijmen (1999). "The electroreceptor organ of the catfish, *Ictalurus melas*, as a model for cisplatin-induced ototoxicity." Neuroscience **91**(2): 745-751. Impact Factor: 3.924 (1999)

National (refereed) journals

- P.M.C. Mommersteeg**, C.J. Heijnen, G.P.J. Keijsers, M.J.P.M. Verbraak and L.J.P. van Doornen (2004). "Cortisolontregeling bij werknemers met burnout: een pilotstudy." Gedrag en Organisatie **17**(1): 18-32.

Books, or contributions to books

- P.M.C. Mommersteeg**, L.J.P. van Doornen, C.J. Heijnen (2010) Psychoneuroimmunologie van Burnout. In 'Luisteren naar het lichaam: het dualisme voorbij'. Luyten P, VandenBerghe J, van Houdenhove B (eds). Lannoo uitgeverij [In Dutch].
- P.M.C. Mommersteeg**, C.J. Heijnen, A. Kavelaars and L.J.P. van Doornen (2008). The HPA-axis and immune function in burnout. In E. R. de Kloet, M. S. Oitzl & E. Vermetten (Eds.), Progress in brain research **167**: 267-271, Elsevier. Impact Factor: 3.253 (2008)

Other

- P.M.C. Mommersteeg** (2004). "Spelen cortisol en dehydroëpiandrosteron (DHEA) een rol bij het burn-out-syndroom?" Vademecum Permanente Nascholing Huisartsen **22**.

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