



## Curriculum vitae

### Personal details

Title(s), initial(s), first name, surname: Dr. Dounya Schoormans  
 Male/female: Female  
 Date and place of birth: January 11th 1985, Tilburg, the Netherlands  
 Nationality: Dutch

### Masters

University: Tilburg University  
 Date: September 2008  
 Main subject: Research Master Social and Behavioral Sciences – Medical Psychology

### Doctorate

University: Academic Medical Center Amsterdam/University of Amsterdam  
 Date: December 6th, 2012  
 Supervisor: Prof. dr. M.A.G. Sprangers, Prof. dr. B.J.M. Mulder  
 Title of thesis: "Mind your Heart: Health Care, Quality of Life, and Biological Pathways in Adults with Congenital Heart Disease"

### Work experience since graduating

2013(Aug.)-present Post-doctoral researcher/Fellow of the Dutch Cancer Society, 1.0fte  
 Center of Research on Psychology in Somatic diseases (CoRPS)  
 Tilburg University, the Netherlands

2013(Feb.-Jul.) Post-doctoral researcher, 1.0fte  
 Department of Medical Epidemiology and Biostatistics  
 Karolinska Institutet, Sweden

2008-2012 Ph.D. student, 1.0fte  
 Department of Medical Psychology and Department of Cardiology  
 Academic Medical Center Amsterdam/ University of Amsterdam,  
 the Netherlands

**Teaching**

2013-present Lecturer on the course: Introduction in Psychology and Health  
 2<sup>nd</sup> year course for Bachelor students Psychology at Tilburg  
 University, the Netherlands

2013-present Lecturer on the course: Psychopharmacology  
 Masters course for Medical Psychology students at Tilburg  
 University, The Netherlands

2013-present Daily supervisor of several research interns  
 Primary and secondary supervisor for Bachelor and Master theses  
 at Tilburg University, The Netherlands

2011-2012 Daily supervisor of several research interns  
 Primary supervisor for Bachelor and Master theses at the University  
 of Amsterdam, Amsterdam, the Netherlands

2010 Lecturer on the course: writing a review  
 2<sup>nd</sup> year course for Bachelor student Medicine at the Academic  
 Medical Center, University of Amsterdam, the Netherlands

2008-2012 Lecturer on the courses: communication skills  
 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> year course for Bachelor students Medicine at the  
 Academic Medical Center, University of Amsterdam, the  
 Netherlands

### Additional (non-)academic activities

- 2013-present Dutch Society for Psychosocial Oncology
- 2010-present Member of the International Society for Adult Congenital Heart Disease (ISACHD) - Psychology Section

### (Inter)national internships/activities and collaborations

- 2014-present As part of my fellowship funded by the Dutch Cancer Society I have worked as a research intern at the following institutions:

#### *International institutes*

- University of California, Los Angeles (UCLA), USA (2014). Here I have gained knowledge on the measurement of pro-inflammatory cytokines in cancer populations under supervision of prof.dr. Julie Bower.

- Karolinska Institutet, Stockholm, Sweden (2014). I have looked at the impact of co-morbid conditions on quality of life in breast cancer survivors and healthy women.

#### *National institutes:*

- University of Amsterdam, the Netherlands (2014). Under supervision of prof.dr. Jos Bosch I have learned to analyze cortisol from saliva samples.

- National Cancer Institute, Amsterdam, the Netherlands (2013). During this internship I have gained knowledge on regular clinical practice in a specialized cancer center.

- 2013 I received a stipend of Karolinska Institutet and a travel grant of the Swedish Cancer Society to work as a postdoctoral researcher at the *Department of Medical Epidemiology and Biostatistics at Karolinska Institutet in Stockholm, Sweden*. In close collaboration with prof.dr. Per Hall and and prof.dr. Yvonne Brandberg I studied the genetic basis of quality of life in healthy women.
- 2011 Research fellowship at the *Center for Hospital and Nursing Science, Catholic University Leuven, Belgium*. In collaboration with prof.dr. Philip Moons I conducted secondary data analysis exploring the impact of symptom experience on perceived health in patients with congenital heart disease.
- 2007 During my research master I was a research intern at the *Department of Psychology at the University of Bath, UK*.

### Reviewing responsibilities

I have served as a peer reviewer for the following scientific journals:

- European Journal of Cardiovascular Nursing
- Quality of Life Research
- PlosOne

### Relevant professional courses and training

- 2014 BPS workshop: Immune Influences on Brain & Behaviour: from Psychoneuroimmunology to Immunopsychiatry  
Brighton, UK
- 2011 Attaining external refunds (Alfa en Gamma PhD-students)  
Technology Transfer Office, University of Amsterdam, the Netherlands
- 2012 Endorsement Basic Qualification Education (Basis Kwalificatie Onderwijs, BKO)  
Center for Education, University of Amsterdam, the Netherlands
- 2008-2009 Research Institute for Psychology & Health
- Self-regulation assessment and interventions in chronic disease
  - Do illness representations and behaviors have a role in the onset of medically unexplained illness and the outcome of treatment?
  - Does anger regulation influence acute and chronic pain severity? Examination of cognitive, physiological and genetic mechanisms
- 2008 Teaching Course: Adult Cardiac Disease-what you always wanted to know!  
European Society of Cardiology

**Awards**

2011 Snellen poster price in General Cardiology obtained from the Dutch Society for Cardiology Arnhem, the Netherlands

**Grants**

2013 Fellow of the Dutch Cancer Society (€349.500)

2013 Travel grant – Swedish Cancer Society (€441)

2013 Post-doc stipend (6 months) (€15.000)

**List of publications****International refereed journals***Published*

1. **Schoormans D**, Sprangers MAG, van Melle JP, Pieper PG, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis, LGH, Vliegen HW, Mulder BJM (2014). Illness perceptions of adults with congenital heart disease and their predictive value for quality of life two-years later. *European Journal of Cardiovascular Nursing*, 13(1), 86-94
2. **Schoormans D**, Smets EMA, Zwart R, Sprangers MAG, Veelenturf THM, de Mol BAJM, Hazekamp MG, Koolbergen DR, Sojak V, Bouma BJ, Mulder BJM, Groenink M, Boekholdt MSM, Backx APCM, Mulder BJM (2013). Peri-operative care in adults with congenital heart disease: room for improvement in after care. *Cardiology in the Young*, 2, 1-6
3. **Schoormans D**, Sprangers MAG, Budts W, Mulder BJM, Apers S, Moons P (2013). Perceived health is partially associated with the symptomatological profile in patients with benign and severe conditions: The case of congenital heart disease. *Quality of Life Research*, 22(6), 1295-1304
4. **Schoormans D**, Sprangers MAG, Mulder BJM (2013). Future challenges in providing appropriate care for adults with congenital heart disease. *International Journal of Cardiology*, 168(3), 3115-3116
5. **Schoormans D**, Mager YL, Oort FJ, Sprangers MAG, Mulder BJM (2012). New York Heart Association class assessment by cardiologists and outpatients with congenital heart disease: a head-to-head comparison of three patient-based versions. *Cardiology in the Young*, 22(1), 26-33
6. **Schoormans D**, Sprangers MAG, van Melle JP, Pieper PG, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis, LGH, Vliegen HW, Mulder BJM (2012). Patients with a congenital heart defect and Type D personality feel functionally more impaired, report a poorer health status and quality of life, but use less health care. *European Journal of Cardiovascular Nursing*, 11(3), 349-355
7. **Schoormans D**, Wierenga EA (2012). Letter to the editor: Are adults with congenital heart disease at risk of developing heart failure when feeling depressed? - An immunological mechanism. *Pediatric Cardiology*, 33(7), 1233-1234
8. **Schoormans D**, Radonic T, De Witte P, Groenink M, Azim D, Lutter R, Mulder B, Sprangers M, Zwinderman A (2012). Mental quality of life is related to cytokine genetic pathway. *PLoS ONE*, 7(9), e45126
9. **Schoormans D**, Nyklíček I (2011). Mindfulness and psychological well-being: Are they related to type of meditation technique practiced? *The Journal of Alternative and Complementary Medicine*, 17(7), 629-634
10. Nyklíček I, **Schoormans D**, and Zijlstra WP (2011). Authors' Reply to Response to "Mindfulness and psychological well-being: are they related to type of meditation technique practiced?" *The Journal of Alternative and Complementary Medicine*, 17(12), 1101-1102
11. **Schoormans D**, Sprangers MAG, Pieper PG, van Melle JP, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis, LGH, Vliegen HW, Mulder BJM (2011). The perspective of patients with congenital heart disease: Does health care meet their needs? *Congenital Heart Disease*, 6(3), 219-277
12. **Schoormans D**, Mulder BJM, Sprangers MAG (2011). Letter by Schoormans et al. regarding article, "Recommendations for improving the quality of interdisciplinary care of grown-up with congenital heart disease (GUCH)" *International Journal of Cardiology*, 151(1), 121
13. Mommersteeg PMC, Kupper HM, **Schoormans D**, Emons WHM, Pedersen SS (2010). Health-related quality of life is related to cytokine levels at 12 months in patients with congestive heart failure. *Brain, Behavior and Immunity*, 24(4), 615-622

#### Submitted

1. **Schoormans D**, Sprangers MAG, van Melle JP, Pieper PG, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis LGH, Vliegen HW, Mulder BJM (2014). Clinical and psychological characteristics predict future health-care use in adults with congenital heart disease
2. **Schoormans D**, Li J, Darabi H, Brandberg Y, Sprangers M, Eriksson M, Zwinderman K, Hall P (2014). The genetic basis of quality of life in healthy Swedish women: A candidate gene approach.
3. **Schoormans D**, Darabi H, Li J, Brandberg Y, Sprangers M, Eriksson M, Zwinderman K, Hall P (2014). The genetic basis of quality of life in healthy Swedish women: A GWAS study using the iCOGS custom genotyping array.
4. **Schoormans D**, Czene K, Hall P, Brandberg Y. The impact of co-morbidity on health-related quality of life in short and long-term breast cancer survivors and controls.

#### Abstracts

1. **Schoormans D**, Li J, Darabi H, Brandberg Y, Sprangers M, Eriksson M, Zwinderman K, Hall P (2014). The genetic basis of quality of life in healthy Swedish women: A candidate gene approach. (Abstract 1257). *Psychosomatic Medicine*, 76(3), A28-A28
2. **Schoormans D**, Darabi H, Li J, Brandberg Y, Sprangers M, Eriksson M, Zwinderman K, Hall P (2014). The genetic basis of quality of life in healthy Swedish women: A candidate gene approach. (Abstract RP758/845). *International Journal of Behavioral Medicine*, 21(S1)
3. **Schoormans D**, Sprangers MAG, Budts W, Mulder BJM, Apers S, Moons P (2012). Perceived health status is determined by the symptomatological profile: The case of congenital heart disease (Abstract 958). *Psychosomatic Medicine*.
4. **Schoormans D**, Mulder BJM, Sprangers MAG (2010). The impact of quality of life and other patient characteristics on health care use in patients with congenital heart disease (Abstract 69/1360). *Quality of Life Research*, 19, 1-144

#### Presentations at meetings

#### International activities

1. **Schoormans D**, Czene K, Hall P, Brandberg Y. The impact of co-morbidity on health-related quality of life in short and long-term breast cancer survivors and controls. Oral presentation at the European Cancer Rehabilitation & Survivorship Symposium (ECRS), 2014, Copenhagen, Denmark.
2. **Schoormans D**, Li J, Darabi H, Brandberg Y, Sprangers MAG, Eriksson M, Zwinderman K, Hall P. The genetic basis of quality of life in healthy Swedish women: A candidate gene approach. Poster presentation at the International Congress of Behavioral Medicine, 2014, Groningen, Netherlands.
3. **Schoormans D**, Czene K, Hall P, Brandberg Y. The impact of co-morbidity on health-related quality of life in short and long-term breast cancer survivors and controls. Poster presentation at the 7th Biennial Cancer Survivorship Research Conference, 2014, Atlanta, USA.
4. **Schoormans D**, Li J, Darabi H, Brandberg Y, Sprangers MAG, Eriksson M, Zwinderman K, Hall P. The genetic basis of quality of life in healthy Swedish women: A candidate gene approach. Poster presentation at the American Psychosomatic Society, 72<sup>nd</sup> annual scientific meeting, 2014, San Francisco, USA.
5. **Schoormans D**, Sprangers MAG, Budts W, Mulder BJM, Apers S, Moons P. Perceived health is determined mainly by symptom distress: The case of congenital heart disease. Poster presentation at the American Psychosomatic Society, 70<sup>th</sup> annual scientific meeting, 2012, Athens, Greece.
6. **Schoormans D**, Mulder BJM, Sprangers MAG. Congenital heart patients with a Type D personality, feel functionally more impaired, have a lower quality of life, but use less health-care. Poster presentation at the Annual Conference of the International Society of Quality of Life Research, 2010, London, UK.
7. **Schoormans D**, Mager YL, Oort FJ, Sprangers MAG, Mulder BJM. NYHA class assessment by cardiologist or patient: do they agree? (Abstract 4764). Poster presentation at the Annual Meeting of the European Cardiology Society, 2009, Barcelona, Spain.
8. **Schoormans D**, Sprangers MAG, Pieper PG, van Melle JP, van Dijk APJ, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis LGH, Vliegen HW, Mulder BJM. Does health care meet the needs of adults with a congenital heart disease? Oral presentation at the bi-annual international conference on Psychology and Health Research, 2010, Lunteren, Netherlands.

9. Mommersteeg PCM, Kupper NHM, **Schoormans D**, Pedersen SS. Health-related quality of life as a predictor of cytokine levels at 12 months in patients with chronic heart failure (Abstract 1244). Poster presentation at the American Psychosomatic Society, 67<sup>th</sup> annual scientific meeting, 2009, Chicago, USA.

#### **National activities**

1. **Schoormans D**, Sprangers MAG, Pieper PG, van Melle JP, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis LGH, Vliegen HW, Mulder BJM. Illness Perceptions of Patients with Congenital Heart Disease: Predicting Patients' Quality of Life. Poster presentation at the biannual congress of the Dutch Society of Cardiology, 2012, Noordwijkerhout, Netherlands.
  2. **Schoormans D**, Sprangers MAG, Pieper PG, van Melle JP, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis LGH, Vliegen HW, Mulder BJM. Congenital heart patients with a Type D personality, feel functionally more impaired, have a lower quality of life, but use less health-care. Poster presentation at the biannual congress of the Dutch Society of Cardiology, 2011, Arnhem, Netherlands.
  3. **Schoormans D**, Sprangers MAG, Pieper PG, van Melle JP, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis LGH, Vliegen HW, Mulder BJM. Does health care meet the needs of adults with congenital heart disease? Poster presentation at the biannual congress of the Dutch Society of Cardiology, 2010, Arnhem, Netherlands.
  4. **Schoormans D**, Sprangers MAG, Pieper PG, van Melle JP, van Dijk APJ, Sieswerda GT, Hulsbergen-Zwarts MS, Plokker HWM, Brunninkhuis LGH, Vliegen HW, Mulder BJM. Impaired physical functioning but not emotional functioning is associated with increased outpatient visits in patients with congenital heart disease. Oral presentation at the biannual congress of the Dutch Society of Cardiology, 2009, Amsterdam, Netherlands.
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