

Curriculum Vitae Nicole Ezendam



Personal details

Name: Nicole P.M. Ezendam, PhD MPH
Male/female: Female
Date and place of birth: November 19, 1976 - Hengelo
Nationality: Dutch

Masters

University: Rotterdam University, Netherlands Institute for Health Sciences, The Netherlands
Date: August 2007
Main subject: Master of Public Health

University: University of Leiden, The Netherlands
Date: August 2000
Main subject: Master in Biomedical Sciences

Doctorate (PhD)

University: Rotterdam University, The Netherlands
Date: September 29, 2011
Supervisors: Prof.dr. J Brug, Prof.dr. J Mackenbach, dr. A Oenema
Title of thesis: VETisnietVET, prevention of excessive weight gain among adolescents (ISBN: 978-94-6169-113-2)

Work experience since graduating

- 2011-present Postdoctoral researcher
Tilburg University, Dept. of Medical and Clinical Psychology, Tilburg and Comprehensive Cancer Center South, Eindhoven
- Survivorship of patients with gynaecological cancers
 - Trial to study the effects of an automatically generated survivorship care plan on perceived information provision, satisfaction with information and quality of life
 - Follow-up care in hospital and by GPs of cancer survivors
 - Role of health literacy in cancer survivorship
 - Healthy lifestyle during survivorship
 - Supervision of PhD, master and bachelor students
- 2009-2011 Research Project Coordinator
Erasmus MC, Dept. of Public Health, Rotterdam
- Coordinator National project CIAO (Consortium Integrated Approach Overweight) with five participating consortia.
- 2010-2011 Researcher
Erasmus MC, Dept. of Public Health, Rotterdam
- Self-financed project to adjust the FATaintPHAT (VETisnietVET) intervention based on trial outcomes of my PhD project

- Pilot test of the adjusted intervention elements
- 2008 Research fellow (3 months)
University of Texas, Austin, USA
- Participated in a study on the SPAN study, where I examined if behavioural trends accompanied a declining obesity trend in a geographical part of Texas
 - Collaborated in a study on cognitive and home environmental predictors of change in sugar-sweetened beverage consumption among adolescents
- 2006-2010 PhD student
Erasmus MC, Dept. of Public Health, Rotterdam
- Development of the computer-tailored FATaintPHAT (VETisnietVET) intervention which targets seven energy balance related behaviours: i.e. the consumption of snacks, sugar-sweetened beverages, fruit, vegetables, and fibre, as well as physical activity, television viewing and computer use.
 - Setting up and conducting a cluster randomized trial among 20 secondary schools with a four-month and two-year follow-up. Outcome measures were objectively measured height, weight, weight circumference, fitness and physical activity (using a pedometer), and self-reported behaviours and determinants of the behaviours.
 - Lecturing medical and NIHES master students on a variety of topics
 - Supervising bachelor and master students
- 2006 Internship for Master of Public Health
Erasmus MC, Dept. of Public Health, Rotterdam
- Supervisor: A.E. Kunst, PhD
 - Project on socio-economic inequalities in cancer mortality in North and East Europe
- 2003-2005 Researcher
LUMC, Dept. of Medical Statistics and Bioinformatics, Leiden
- Project on fall prevention in elderly (SeniorGezond, in English SeniorHealth).
 - Development and formative evaluations of a website on fall prevention and health care access for elderly
 - Methods used: cognitive walkthroughs via scenario's; usability testing using observations, focus group interviews, and think aloud methods.
 - Lecturing medical students
- 2002-2003 Policy associate
Regional Bureau for Health Care
- Project manager on the Stroke Service Zuid-Holland Noord. Responsible for creating coordinated care for stroke patients in the region.
 - Development of content for the SeniorGezond website on fall prevention and create support for the initiative
- 2000-2002 Project manager
Netherlands Heart Foundation
- Organization of conferences and development of newsletters for health professionals in stroke care
 - Coordination of a health education team for stroke education to the general public

Additional non-academic activities

2008-2011 Member of the Early Career Committee of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA)

Teaching experience

2011-2013 Supervision of several bachelor and master students, Tilburg University and Comprehensive Cancer Centre South

2010 Supervision Master Student, Erasmus MC

2007 - 2010 Lecturer Competence Education medical students
Lecturer, NIHES Master of Public Health education
Erasmus MC

2005 Lecturer Medical Informatics for medical students

PhD Students

I am the co-promotor of one PhD student:

Kim Nicolaije: The impact of a cancer Survivorship Care Plan on patient reported outcomes and health care providers. A pragmatic cluster randomized controlled trial (2010-2014)

Grants

2011 ZonMw and the Netherlands Heart Foundation: CIAO (Consortium Integrated Approach Overweight, co-applicant (€2.000.000)

2010 Nederlands Instituut voor Sport en Bewegen (NISB): Continued development VETisnietVET intervention, Principal Investigator (€38.000)

2008 Erasmus University Trust Fund: travel grant for visit Austin, Texas, United States for three months, Principal Investigator (€10.000)

Reviewing responsibilities

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

- European Journal of Cancer
- Health Promotion International
- Patient Education Counseling
- International Journal Behavioural Nutrition and Physical Activity
- Health Education

Post-doctoral courses

2012 Basics in Oncology, Dutch Cancer Society

2011 Quality of Life, Symptom Research and Patient Reported Outcomes in Cancer Clinical Trials, EORTC

2008 Didactics course, Erasmus University

2007 Planning Health Promotion Programs: an intervention mapping approach, Research Institute for Psychology & Health, Maastricht

2006 Course Multilevel analysis, Postinitieel masteronderwijs Epidemiologie, VUMC

2006	Course Intervention Mapping, University Maastricht
2004	Course "Questionnaire design and Pretesting", IOPS: Interuniversity Graduate School of Psychometric and Sociometrics, Utrecht
2001	Course Introduction in Health Care, part of the masters education Health Policy and Management, Erasmus University
2001	Projectmanagement
1999-2000	One year course in Policy in Health Sciences, VU University, Amsterdam

Publications

Nicolaije KA, **Ezendam NP**, Vos MC, Boll D, Pijnenborg JM, Kruitwagen RF, Lybeert ML, Van de Poll-Franse LV. Follow-up practice in endometrial cancer and the association with patient and hospital characteristics: A study from the population-based PROFILES registry. *Gynecol Oncol* 2013

Oldenburg CS, Boll D, Nicolaije KA, Vos MC, Pijnenborg JM, Coebergh JW, Beijer S, van de Poll-Franse LV, **Ezendam NP**. The relationship of body mass index with quality of life among endometrial cancer survivors: A study from the population-based PROFILES registry. *Gynecol Oncol*. 2013 Jan 5

Nicolaije KA, Husson O, **Ezendam NP**, Vos MC, Kruitwagen RF, Lybeert ML, van de Poll-Franse LV. Endometrial cancer survivors are unsatisfied with received information about diagnosis, treatment and follow-up: A study from the population-based PROFILES registry. *Patient Educ Couns*. 2012 Sep;88(3):427-35.

Ezendam NPM, Brug J, Borsboom G, Van Empelen P, Oenema A. Differential effects of the computer-tailored FATaintPHAT program on dietary behaviors, according to socio-demographic, cognitive and home environmental factors. *Public Health Nutr*. 2012 Dec 21:1-9

Ezendam NPM, Oenema A, Brug J. Predictors of the intention to prevent excessive weight gain in youth. *Am J Health Behav*. 2012 Jul;36(4):472-82.

Ezendam NP, Noordegraaf VS, Kroeze W, Brug J, Oenema A. Process evaluation of FATaintPHAT, a computer-tailored intervention to prevent excessive weight gain among Dutch adolescents. *Health Promot Int*. 2012 Jun 11.

Van Grieken A, **Ezendam NP**, Paulis WD, van der Wouden JC, Raat H. Primary prevention of overweight in children and adolescents: a meta-analysis of the effectiveness of interventions aiming to decrease sedentary behaviour. *Int J Behav Nutr Phys Act*. 2012 May 28;9(1):61.

Ezendam NPM, Brug J, Oenema A. Evaluation of the Web-based computer-tailored FATaintPHAT intervention to promote energy balance among adolescents: results from a school cluster randomized trial. *Arch Pediatr Adolesc Med*. 2012 Mar;166(3):248-55.

Van de Poll-Franse LV, Nicolaije KA, Vos MC, Pijnenborg JM, Boll D, Husson O, **Ezendam NPM**, Boss EA, Hermans RH, Engelhart KC, Haartsen JE, Pijlman BM, Feijen HW, Mertens HJ, Nolting WE, van Beek JJ, Roukema JA, Kruitwagen RF. The impact of a cancer Survivorship Care Plan on gynecological cancer patient and health care provider reported outcomes (ROGY Care): study protocol for a pragmatic cluster randomized controlled trial. *Trials*. 2011 Dec 5;12:256.

Ezendam NPM, Springer AE, Brug J, Oenema A, Hoelscher DH. Do trends in physical activity, sedentary, and dietary behaviors support trends in obesity prevalence in 2 border regions in Texas? *J Nutr Educ Behav.* 2011 Jul-Aug;43(4):210-8

Ezendam NP, Evans AE, Stigler MH, Brug J, Oenema A. Cognitive and home environmental predictors of change in sugar-sweetened beverage consumption among adolescents. *Br J Nutr.* 2010 Mar;103(5):768-74.

Ezendam NPM, Stirbu I, Leinsalu M, Lundberg O, Kalediene R, Wojtyniak B, Martikainen P, Mackenbach J, Kunst A. Educational inequalities in cancer mortality differ greatly between countries around the Baltic Sea. *European Journal of Cancer.* 2008 44(3): 454-464

Ezendam NPM, Oenema A, Van de Looij-Jansen PM, Brug J. Design and evaluation protocol of "FATaintPHAT", a computer-tailored intervention to prevent excessive weight gain in adolescents. *BMC Public Health.* 2007 7(1):324

Ezendam, NPM, Alpay, LL, Rövekamp, AJM, Toussaint, PJ Experimenting with Case-Based Reasoning to present educative health information on the Internet: The example of SeniorGezond. *Stud Health Technol Inform.* 2005 116: 867-72

Alpay LL, Toussaint PJ, **Ezendam NPM**, Rovekamp AJM, Graafmans WC, Westendorp RGJ Easing Internet access of health information for elderly users. *Health Informatics Journal.* 2004 10(3): 185-194

Reparon-Schuijt CC, Van Esch WJE, Van Kooten C, **Ezendam NPM**, Levarht EWN, Breedveld FC, Verweij CL Presence of a population of CD20+, CD38- B lymphocytes with defective proliferative responsiveness in the synovial compartment of patients with rheumatoid arthritis. *Arthritis and rheumatism.* 2001 44(9): 2029-37

Dutch and non-peer reviewed papers

Ezendam N, Van Waart H. De PROs en CONs van PROs (Patient-Reported Outcomes). *Psychosociale Oncologie* 2013 21 (1): 12-13

Alpay L, Toussaint P, **Ezendam N**, Rövekamp T, Westendorp R, Verhoef J, Zwetsloot-Schonk B. The Dutch Website 'SeniorGezond': An illustration of a road map for the informed patient. *Managed Care.* 2007 2

Book (chapter)

Nicole P.M. Ezendam, Lonneke V. van der Poll-Franse, Jan-Willem Coebergh. Management of Gynecological Cancers in Older Women. Eds. S.M. Lichtman, R.A. Audisio. Chapter: Background and Epidemiology. Pages 1-20, Springer London, 2013

Oral presentations

Patient Reported Outcomes in an endometrial cancer follow-up trial. KWF werkgemeenschap psychosociaal najaarsvergadering, September 2012.

ROGY Facts and Figures. Symposium Registratie Oncologische Gynaecologie in de IKZ regio: trends en inzichten van vijf jaar ROGY, January 2012 (Invited).

FATaintPHAT: Short and long term impact of a computer-tailored intervention targeted at energy balance-related behaviours and weight in youth. EHPS conference, Cluj, Roemenia September 2010.

Short- and long-term effects of FATaintPHAT, a computer-tailored intervention to prevent unnecessary weight gain among adolescents. ISBNPA Conference, Minneapolis, USA, June 2010.

VETisnietVET, een interventie ter preventie van overmatige gewichtstoename bij adolescenten: korte- en lange-termijn effecten. Nederlands Congres Volksgezondheid, Rotterdam, Netherlands, April 2010.

Cognitive and home environmental predictors of change in sugar-sweetened beverage consumption among adolescents. ISBNPA, Portugal, June 2009.

Short-term evaluation of a computer-tailored intervention targeting multiple energy balance-related behaviours among adolescents. ISBNPA, Banff, Canada, June 2008.

SeniorGezond: Fall prevention via the Internet. ICMCC Amsterdam, Netherlands, 2005.

The use of cases to present educative health information on the Internet MIE, Geneva, Switzerland, 2005.

SeniorGezond: Valpreventie via internet. NCVGZ, Rotterdam, Netherlands, 2005.

Pre-conference workshops

Ezendam NPM, Marci Campbell. Developing computer-tailored behavior change interventions. ISBNPA, Minneapolis, USA, June 2010.

Oenema A, **Ezendam NPM**. Developing computer-tailored behavior change interventions. ISBNPA, Oslo, Norway, June 2007.

Poster presentations

Lonneke esco

Van leerdam....

Reynaers EAEM, **Ezendam NPM**, Frielink L, Van de Poll-Franse LV, Pijnenborg JMA. The prevalence of distant metastasis in early stage, high grade endometrial cancer patients. Biennial Meeting of the International Gynecological Cancer Society, Vancouver, Canada, October 2012

Van der Putten LJM, Geels YP, **Ezendam NPM**, Van der Putten HWHM, Koppe F, Van de Poll-Franse LV, Pijnenborg JMA. Lymphovascular space invasion in early stage endometrial cancer. Biennial Meeting of the International Gynecological Cancer Society, Vancouver, Canada, October 2012

Ezendam NPM, Nicolaije KAH, Van de Poll-Franse LV. Informing general practitioners - A next step for survivorship Care Plans? Biennial Cancer Survivorship Research Conference, Washington, USA, June 2012

Ezendam NPM, Springer AE, Brug J, Oenema A, Hoelscher DH. Do trends in physical activity, sedentary and dietary behaviors support trends in obesity prevalence in two border regions in Texas? ISBNPA, Portugal, June, 2012

Ezendam NPM, Oenema A, Brug J. Psychosocial predictors of the intention to prevention unnecessary weight gain among adolescents: a longitudinal study. ECO, Amsterdam, Netherlands, May 2009

Ezendam NPM, Oenema A, Van de Looij-Jansen PM, Brug J. Design and evaluation protocol of a computer-tailored intervention to prevent excessive weight gain in adolescents. ISBNPA, Oslo, Norway, June 2007