

Curriculum vitae (Sept 26 2013)

Personal details

Name, title: Gisela Malou (Giesje) Nefs
Male/female: Female
Date and place of birth: January 3, 1985, Halsteren (The Netherlands)
Nationality: Dutch
Contact address: Center of Research on Psychology in Somatic diseases (CoRPS)
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Education

Doctorate (PhD)

University: Tilburg University, The Netherlands
Date: 2009-2012 (defence May 31, 2013)
Supervisors: Prof. Pouwer (PhD), Prof. Denollet (PhD), Prof. Pop (MD, PhD)
Title of thesis: Diabetes and emotional distress: the need for a personalized approach

Master's degree (MSc)

University: Tilburg University, The Netherlands
Date: 2006-2008
Main subject: Medical Psychology (*cum laude*)

Bachelor's degree (BSc)

University: Tilburg University, The Netherlands
Date: 2003-2006
Main subject: Psychology & Health (*summa cum laude*)

Positions and employment

2013-2015 Post doctoral researcher Tilburg University, The Netherlands
2009-2012 PhD student Tilburg University, The Netherlands
2008 Neuropsychologist, St. Elisabeth Hospital, The Netherlands

Nominations, awards and honors

2012 PSAD/Novo Nordisk Science Award
2012 PSAD Junior Scientist Travel Award
2011 Nomination Award Appealing Diabetes Research EASD Highlights
2010 Prof. dr. J. Terpstra Young Investigator Award
2008 Cum laude Master of Science in Medical Psychology
2006 Summa cum laude Bachelor of Science in Psychology & Health
2006 Excellence scholarship, Tilburg University, The Netherlands

Additional work-related activities

2012-2014	Honorary Secretary Psychosocial Aspects in Diabetes (PSAD) Study Group
2013	Internship at Bergen University College, Norway (one week)
2011	Internship at the Australian Centre for Behavioural Research in Diabetes, Melbourne, Australia (six weeks)

Scientific memberships

2013 – present	Member of European Health Psychology Society (EHPS)
2011 – present	Member of European Association for the Study of Diabetes (EASD)
2010 – present	Member of Nederlandse Vereniging voor Diabetes Onderzoek (NVDO)
2009 – present	Member of Psychosocial Aspects of Diabetes (PSAD) Study Group
2009 – present	Member of European Depression in Diabetes (EDID) Research Consortium

Reviewer for

BMC Research Notes, Diabetic Medicine, Journal of Diabetes Investigation, Journal of Psychosomatic Research, PLOS ONE, Research in Developmental Disabilities

Publications

Nefs G, Pop V, Denollet J, Pouwer F. (2013). The longitudinal association between depressive symptoms and initiation of insulin therapy in people with type 2 diabetes in primary care. PLOS ONE (accepted)

Pouwer F, **Nefs G**, Nouwen A. (2013). Adverse effects of depression on glycemic control and health outcomes in people with diabetes: a review. Endocrinology and metabolism clinics of North America, 42(3):529-44

Van Dooren F, **Nefs G**, Schram M, Verhey F, Denollet J, Pouwer F. (2013). Depression and risk of mortality in people with diabetes mellitus: a systematic review and meta-analysis. PLOS ONE, 8(3):e57058

Nefs G, Bot M, Browne J, Speight J, Pouwer F. (2012). Diabetes MILES – The Netherlands: rationale, design and sample characteristics of a national survey examining the psychosocial aspects of living with diabetes in Dutch adults. BMC Public Health, 12:925

Nefs G, Pouwer F, Pop V, Denollet J. (2012). Type D (distressed) personality in primary care patients with type 2 diabetes: validation and clinical correlates of the DS14 assessment. Journal of Psychosomatic Research, 72(4): 251-7

Nefs G, Pouwer F, Denollet J, Kramer H, Wijnands-van Gent C, Pop V. (2012). Suboptimal glycemic control in type 2 diabetes: a key role for anhedonia? Journal of Psychiatric Research, 46(4): 549-54

Nefs G, Pouwer F, Denollet J, Pop V. (2012). The course of depressive symptoms in primary care patients with type 2 diabetes: results from the Diabetes, Depression, Type D personality Zuidoost-Brabant (DiaDDZoB) Study. Diabetologia, 55(3): 608-16

De Cock E, Emons W, **Nefs G**, Pop V, Pouwer F. (2011). Dimensionality and scale properties of the Edinburgh Depression Scale (EDS) in patients with type 2 diabetes mellitus: the DiaDDZoB Study. BMC Psychiatry, 11: 141

Nouwen A, **Nefs G**, Caramlau I, Connock M, Winkley K, Lloyd C, Peyrot M, Pouwer F. (2011). Prevalence of depression in individuals with impaired glucose metabolism or undiagnosed diabetes: a systematic review and meta-analysis of the European Depression in Diabetes (EDID) Research Consortium. Diabetes Care, 34(3): 752-62

Nefs G, Pouwer F, Denollet J, Pop V. (2010). Psychological risk factors of micro- and macrovascular outcomes in primary care patients with type 2 diabetes: rationale and design of the DiaDDZoB Study. *BMC Public Health*, 10: 388

Published abstracts (national and international conferences)

- 2013 **Nefs G, Bot M, Browne J, Speight J, Pouwer F.** Diabetes MILES – The Netherlands: psychosocial aspects of living with diabetes in Dutch adults. *European Health Psychology Society 27th Conference, Bordeaux, France*
- 2013 **Nefs G, Pouwer F, Denollet J, Pop V.** Depressive symptoms, cardiovascular disease and all-cause mortality in people with type 2 diabetes: a focus on depression symptom clusters and potential mechanisms. *The 18th Scientific Meeting of the PSAD Study Group, Zadar, Croatia*
- 2012 **Nefs G, Speight J, Pouwer F, Pop V, Bot M, Denollet J.** Type D personality as a vascular risk factor: a role for suboptimal health behaviors? Results from the Diabetes MILES Study (The Netherlands). *The 17th Scientific Meeting of the PSAD Study Group, Ljubljana, Slovenia*
- 2011 **Nefs G, Pouwer F, Denollet J, Pop V.** The course of depression in primary care patients with type 2 diabetes: results from the DiaDDZOB Study. *47th EASD Annual Meeting, Lisbon, Portugal*
- 2011 **Nefs G, Pouwer F, Denollet J, Kramer H, Wijnands-van Gent C, Pop V.** Depressive symptoms and suboptimal glycemic control: a key role for anhedonia? *American Diabetes Association 71st Scientific Sessions, San Diego, USA*
- 2011 **Nefs G, Pouwer F, Pop V, Denollet J.** Type D (“distressed”) personality in primary care patients with type 2 diabetes: validation of the Type D scale-14 (DS14). *The 16th Scientific Meeting of the PSAD Study Group, Cambridge, UK*
- 2010 **Nefs G, Pouwer F, Denollet J, Kramer H, Wijnands – van Gent C, Pop V.** Association between emotional distress and suboptimal glycemic control in primary care patients with type 2 diabetes: the DIAZOB Primary Care Diabetes study. *Annual Dutch Diabetes Research Meeting, Oosterbeek, The Netherlands*
- 2010 **Nefs G, Pouwer F, Denollet J, Pop V.** Longitudinal associations between depression, Type D personality and micro- and macrovascular outcomes in primary care patients with type 2 diabetes: rationale and design of the DiaDDZoB Study. *The 15th Scientific Meeting of the PSAD Study Group, Cambridge, UK*

Oral presentations (national and international conferences)

- 2013 Diabetes MILES – The Netherlands: psychosocial aspects of living with diabetes in Dutch adults. *European Health Psychology Society 27th Conference, Bordeaux, France*
- 2013 Depression symptom clusters, cardiovascular disease and all-cause mortality in people with type 2 diabetes. *The 18th Scientific Meeting of the PSAD Study Group, Zadar, Croatia*
- 2012 Type D personality as a vascular risk factor: a role for suboptimal health behaviors? *The 17th Scientific Meeting of the PSAD Study Group, Ljubljana, Slovenia*
- 2011 Het verloop van depressieve symptomen bij patiënten met type 2 diabetes in de eerste lijn. *EASD Highlights Symposium, Amersfoort, The Netherlands*
- 2011 The course of depressive symptoms in primary care patients with type 2 diabetes. *47th EASD Annual Meeting, Lisbon, Portugal*
- 2011 Suboptimal glycemic control in type 2 diabetes: a key role for anhedonia? *American Diabetes Association 71st Scientific Sessions, San Diego, USA*
- 2011 Type D (distressed) personality in primary care patients with type 2 diabetes: validation and clinical correlates of the DS14 assessment. *The 16th Scientific Meeting of the PSAD Study Group, Cambridge, UK*
- 2010 Diabetes MILES – The Netherlands: Type D personality & self-care behavior. *Annual*

Dutch Diabetes Research Meeting, Oosterbeek, The Netherlands (Prof.dr. J. Terpstra Young Investigator Award)

- 2010 Association between emotional distress and suboptimal glycemic control in primary care patients with type 2 diabetes: the DIAZOB Primary Care Diabetes study.
Annual Dutch Diabetes Research Meeting, Oosterbeek, The Netherlands

Teaching experience

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| 2013 | Lecturer Bachelor course "Introduction to Psychology and Health" |
| 2013 | Lecturer Statistical course for hospital employees |
| 2012 - present | Coordinator Master course "Treatment and Clinical Skills" |
| 2011 - present | Supervisor master thesis Medical Psychology |
| 2011 - 2012 | Supervisor bachelor thesis Psychology and Health |
| 2009 - present | Lecturer Master course "Treatment and Clinical Skills" |
| 2009 - 2010 | Supervisor Bachelor course "Research Skills in Psychology" |