

CURRICULUM VITAE ANNE-LAURA VAN HARMELEN

PERSONAL

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ACADEMIC POSITIONS:

2016-date Royal Society Dorothy Hodgkin Fellow/Senior Research Associate, Psychiatry, University of Cambridge
 2015-date Fellow, Lucy Cavendish College Cambridge
 2015-2017 Tutor and Director of Studies PBS, Lucy Cavendish College Cambridge
 2014-2016 Rubicon Research Fellow, Department of Psychiatry, University of Cambridge
 2013- 2014 Postdoctoral Research Associate, Department of Psychiatry, University of Cambridge.

I took maternity leave from Sept 2012-March 2013 and from March 2015-Aug 2015, and worked 80% in 2013-2015. I am approximately 4.5 full time years past PHD.

EDUCATION:

2008 - 2013 PhD, Psychology, Leiden University, Netherlands. Viva/Defense date: 10 December 2013
 2006 - 2008 Master of Science, (Cum Laude: Highest Honours), Psychology; VU University Amsterdam, Netherlands
 2003 - 2006 Bachelor of Science, Psychology, University of Groningen, Netherlands.
 1999 - 2003 Bachelor of Physical Education, Specialization in Special Needs, Windesheim College, Zwolle, Netherlands

FUNDING INCOME- PI/FELLOWSHIPS; TOTAL FUNDING INCOME~ £1.300 000,-

2019 Returning Carer's scheme, University of Cambridge (£10000,-). PI
 2018 Royal Society Research Grant (£103000,-) PI. The resilient adolescent brain.
 2018 Royal Society Enhancement Award (£98000,-) PI. The resilient adolescent brain.
 2017 MQ Brighter Futures Award (£548,419,-) PI. *Help overcome and prevent the emergence of suicide.*
 2016 Royal Society Dorothy Hodgkin Fellowship (£417,400,-) Fellowship. *The neurobiology of resilience after child maltreatment.*
 2015 Additional Rubicon Fellowship (£11709,-) Fellowship.
 2014 Returning Carer's Scheme, University of Cambridge (£7250,-) PI.
 2013 Rubicon Fellowship, Netherlands Organization for Scientific Research (£141460,-) Fellowship. *Does friendship support reduce the neurobiological effects of childhood emotional maltreatment?*

FUNDING INCOME- CO-I/ ADVISOR

2018 NIH R01MH117601: A global alliance to unlock brain mechanisms influencing suicidal behaviors through the ENIGMA Consortium 08/09/2018 – 05/31/2022 Dr. Neda Jahanshad (MPI), Dr. Lianne Schmaal (MPI). (USD \$1.5 million) Advisor.
 2017 Bernard Wolfe postdoctoral Fellowships (£350.000,-): June 2017-2020. Co-I with Profs Ian Goodyer and Paul Fletcher.
 2017 EIT Health grant (€46.000,-). An Online Course for Adolescents about their Mental Health, Co-I. Awarded to Prof. T. Oldenhinkel.

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PENDING FUNDING CO-I

2019	Cambridge Wolfson Centre for Better Mental Health for Young People. Centre grant (£10M). Co-I. (PI Bullmore). Interview September 6 th 2019.
2020	Wellcome Collaborative award application; Child Abuse Network (£3M). Co-I. (PI Helen Minnis).

AWARDS:

2018	Emerging Leader in Adolescent Mental Health prize, Medical Research Foundation MRC (£5000).
2018	Nominated for the University of Cambridge Vice Chancellors award for Public engagement with research, together with Dr L Schweren for developing a free online course about adolescent mental health.
2011	Poster presenter award, Netherlands study of Depression and Anxiety symposium (€150).
2009	Poster presenter award, Netherlands study of Depression and Anxiety symposium (€150).

MEMBERSHIPS

2018-date	Chartered Member of the British Psychological Society
2018-date	Association for Psychological Science

ACADEMIC SUPERVISING

I started supervising students (both bachelor and masters students) in 2008 at Leiden University. Thus far, I supervised 34 bachelor students and 30 master students on a range of projects, ranging from the re-analysis of already collected data in large cohorts, to new data collection for experimental studies to examine the relationship between childhood adversity on emotion, memory, self-cognitions, peer rejection, mentalizing, and stress responsivity. Currently, I line manage 3 postdocs (Dr. Chatzi, Dr. Gonzalez-Garcia M.D, Dr. Moreno-Lopez), a project coordinator (Ms Below) and a research assistant (Ms Smidt). In addition, since 2016, I supervise 2/3 Masters and/or visiting PhD students a year. Finally, I was PhD adviser to Dr Emma Davies (Defense Aug 2019), and I supervise one PhD student (Ms Fritz) who is set to graduate in March 2020.

LECTURING

2019	The development of emotion. Bachelor Education, University of Cambridge, UK.
2019	Risk and resilience in adolescent mental health; UCL Master Children and Young people mental health module, London, UK.
2018-date	Child maltreatment 1 & 2. Psychology Bachelor, University of Cambridge, UK
2014	The impact of maltreatment on cognition and the brain, Psychiatry trainees in Child & Adolescent Psychiatry, Psychiatry, University of Cambridge, UK
2014	Brain analysis; Psychology Bachelor, University of Cambridge, UK
2010-2012	Stress & health Psychology; Bachelor Psychology, Leiden University, Netherlands
2009- 2011	Psychological diagnostics and treatment; Bachelor Psychology, Leiden University, Netherlands
2010- 2012	Experimental clinical psychology; Master Psychology, Leiden University, the Netherlands

ADMINISTRATIVE AND MANAGEMENT ROLES

2018	Search committee for the President of Lucy Cavendish College, University of Cambridge, UK
2017-date	Member of the Education committee, Lucy Cavendish College, University of Cambridge, UK
2016-date	Member of the Equality and Diversity Committee, Psychiatry, University of Cambridge, UK
2014-2017	Founder and chair of the Psychiatry Postdoc Committee, University of Cambridge, UK

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2013-2015 Founder of the Developmental Psychiatry Journal club, University of Cambridge, UK
 2008-2011 Board member of the Department of Clinical and Health Psychology section, Leiden University, NL.

PRESENTATIONS

ORGANIZED SYMPOSIA/ CONFERENCES:

- 1) *How to approach the integrative analysis of multi-modal data in longitudinal cohort studies* (Dec 13th, 2016, Chair).
- 2) *Multivariate perspectives on mental health disorders: behavioral, neural and genetic approaches*. Chair. American Psychological Society Conference, 22-25 May 2014, San Francisco.

INVITED TALKS (INCLUDING UPCOMING TALKS):

- 1) *Help Overcome and Prevent the Emergence of Suicide*, ACNP conference, Orlando, Dec 2019
- 2) *Deconstructing Adolescent Mental Health*, DANS symposium, Pittsburgh, Nov 2019.
- 3) *Resilience after childhood adversity*, Biological Psychiatry Conference, Chicago, May 2019
- 4) *Cambridge Neuroscience symposium*, March 14th 2019
- 5) *Risk and Resilience in adolescent mental health*; PUI Conference, Cambridge, Jan 14th, 2019
- 6) *Risk and Resilience in adolescent mental health*; Leicester University, 22 November 2018.
- 7) *Adolescent mental health resilience*. BABCP conference symposium, June 2018
- 8) *The Neurobiology of resilience*. Royal Society Meeting of Minds conference, June 14th 2018.
- 9) *Mental health risk and resilience after child adversity*, Royal College of Psychiatry meeting, April 13 2018.
- 10) *Resilience after child adversity*, UCL Psychiatry, January 22th 2018.
- 11) *Resilience after child adversity*, Mainz, resilience conference, September 2017.
- 12) *Mental health risk and resilience after child maltreatment*. UCL DRR, London, April 4th 2017
- 13) *Risk and resilience after childhood emotional maltreatment*. Lucy Cavendish College, Anna Bidder Talk, Feb 22th, 2017.
- 14) *Mental health risk and resilience after childhood emotional maltreatment*, 31 Jan 2017, ICN UCL, London.
- 15) *Childhood emotional maltreatment; impact on cognition and the brain*, University of Pittsburgh, USA 10 November 2016
- 16) *The scars of childhood emotional maltreatment*. Department of Psychology, University of Berne, Switzerland, 7 April 2016.
- 17) *The importance of friendships in the aftermath of child maltreatment*. No Nurture No Chance conference, Homerton College Cambridge, 15th May 2015.
- 18) *Sticks and Stones may break my bones but words will never hurt me? The impact of childhood emotional maltreatment on the social brain*. MRC Social Genetic and Developmental Psychiatry Center, London, 29th Jan, 2015.

OUTREACH/ IMPACT :

Online interactive video-led course about adolescent mental health:

- 1) **Young people and their mental health; a free online course for adolescent to teach them about mental health risk and resilience (2017)**. <https://www.futurelearn.com/courses/young-people-mental-health>. Together with researchers from the University of Groningen, I gained funding for, and over the course of one year we developed a free 5 week online video based interactive course for young people about mental health. We developed two free online adolescent mental health courses: one in English and one in Dutch. The modules in the courses includes videos and information on prevalence, risk and resilience factors, prognosis, and possible treatments. These 'facts and figures' are complemented with personal stories by adolescent (English and Dutch actors) who experienced the problems themselves. The contents were published online for final review in November, and the course launched in January 2018, preceded by a marketing campaign. Since its start in January 2018; we have had over 18000 active subscribers that completed the course worldwide. We found that in addition to attracting adolescent participants from the UK and Netherlands, our participants are from around the world and range in their ages from adolescents to grandparents interested in how they can help their children. Participants can share their thoughts and comments to each of the videos, providing them with an

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opportunity to feedback on the course, ask questions, and to learn from each other. My contribution for this work was nominated for a Vice Chancellors Public Engagement with research award at the University of Cambridge.

Talks (highlighted):

- 1) *Cambridge science festival, evening talk, 20 March 2019*
- 2) *MQ young peoples advisory group, 24 November 2018*
- 3) *Mental health risk and resilience after childhood emotional maltreatment. Invited keynote at Surrey Symposium for Safeguarding Children. November 23th, 2017, Surrey, United Kingdom.*
- 4) *Risk and resilience after childhood emotional maltreatment. Lucy Cavendish College, Anna Bidder Talk, Feb 22th, 2017.*
- 5) *Scars of early life stress. Jan 23th 2017, Newnham College, University of Cambridge. From Kindertransport to Calais.*

Organized symposia/events for the general public:

- 1) *No Nurture, No Chance Conference. Chair (May 15th 2015).*
- 2) *Leiden Conference on Abuse and Neglect, organizing committee member Oct 4-7, 2012.*

Interviews with TV or Radio (highlighted):

- 1) [Naked Scientist](#), *When does sadness become depression, Jan 2019*
- 2) [BBC 4 Storm and Stress](#), *Blame the Brain. June 19th 2018.*
- 3) [BBC Tomorrow's world show](#) *Expert panel member, December 13th 2018.*

Newspaper/website coverage (highlighted):

- 1) <https://www.theguardian.com/science/2019/jan/14/teenage-depression-could-be-reduced-by-recalling-good-times-research>
- 2) <https://theconversation.com/recalling-happy-memories-can-reduce-depression-risk-in-vulnerable-teenagers-new-study-109742>
- 3) <https://www.cam.ac.uk/youngminds#group-3.-its-not-easy-being-teen-gYpj0KeGOj>
- 4) <https://www.varsity.co.uk/science/16477>
- 5) <http://www.nu.nl/gezondheid/2362060/emotionele-mishandeling-verandert-hersenen.html>

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PUBLICATIONS

*****Publications summary*****

Total number of citations: 1341, H-index: 16, Q10 index=18.

Aug 2019 (Google Scholar).

In review:

- 1) **Van Harmelen, A-L.**, Blakemore, S.J., Goodyer, I.M., Kievit, R.A. The interplay of friendships and resilience following childhood adversity. Submitted to JCPP. [Preprint](#).
- 2) Fritz, J., Fried, E. I., Stochl, J., van Borkulo, C., Goodyer, I. M., Wilkinson, P. O.*, **van Harmelen, A.-L.***. Resilience Factor Changes between Early and Late Adolescence. In revision for BMC Medicine. [Preprint](#). *shared senior authors
- 3) Moreno-Lopez, L.*, Ioannidis, K.*, Askelund, A.J., Smith, A., Schueler, K., & **van Harmelen A-L**. The resilient emotional brain; a review of limbic and mPFC structure and function in adults with a history of child maltreatment. In revision for Biological Psychiatry: Cognitive Neuroscience and Neuroimaging. [Preprint](#)
- 4) Ioannidis, K., Askelund, A.J., Kievit, R.A. & **van Harmelen A-L**. The complex neurobiology of resilient functioning after child maltreatment. In revision for BMC Medicine. [Preprint](#).
- 5) Schmaal, L.,*/**Van Harmelen, A-L.***, Chatzi, V., Toenders, Y. Lippard, E.T., Averill, L.A., Maxure, C.M. & Blumberg, H. Imaging suicidal thoughts and behaviors: a comprehensive review of two decades of neuroimaging studies. In revision for Molecular Psychiatry. *contributed equally.

2019

- 6) Davies, S.E., Neufeld, S., van Sprang, E., Schweren, L., Kievit, R.A., Fonagy, P., Dubicka, B., Kelvin, R., Midgley, N., Reynolds, S., Target, M., Wilkinson, P.O., **van Harmelen, A.-L.** & Goodyer I.M. Trajectories Of Depression Symptom Change During And Following Treatment In Adolescents With Unipolar Major Depression. Accepted at JCPP.
- 7) **Van Harmelen, A.-L.**, Schmaal, L., Blumberg, H.B. (2019). Journal of Affective Disorders. Special Issue on Suicide-Related Research: Hopeful Progress but Much Research Urgently Needed. 2019. Editorial and Special Issue on Suicide for Journal of Affective disorders.
- 8) Kalisch, R., Cramer, A.O.J., Binder, H., Fritz, J., Leertouwer, Y, Lunansky, G., Meyer, B., Timmer, J., Veer, I. & **van Harmelen, A.-L.** (2019). Perspectives on Psychological Science. Deconstructing and reconstructing resilience; a dynamic network approach. [Preprint](#)
- 9) Fritz, J., Stretton, J., Askelund, A.,D. Schweitzer, S., Walsh, N., Elzinga, B. E., Goodyer, I. M., Wilkinson, P. O., & **van Harmelen, A.-L.** (2019). Resilient adolescents with a history of adversity do not seem to have altered mood and neural responses to social rejection. Development and Psychopathology.
- 10) Askelund, A.J., Schweizer S., Goodyer, I.M. & **van Harmelen, A.L.** Positive memory specificity reduces adolescent vulnerability to depression. (2019). Nature Human Behaviour.

2018

- 11) Fritz, J., Fried, E. I., Goodyer, I. M., Wilkinson, P. O.*, **van Harmelen, A.-L.***. (2018) A Network Model of Resilience Factors for Adolescents with and without Childhood Adversity. *shared senior authorship. [Scientific Reports](#).
- 12) Fritz, J.F., de Graaff A.M., Caisley H., **van Harmelen A.-L.*** & Wilkinson, P.O.* (2018) A Systematic Review of Social, Emotional, Cognitive and Behavioural Factors that Benefit Adolescent Mental Health Following Childhood Adversity.

See also PROSPERO: International prospective register of systematic reviews. 2016. CRD42016051978. http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42016051978. [preregistration of systematic

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review] * Shared last authorship. (preprint: <https://osf.io/nzs34/>). *Frontiers in Psychiatry*, special issue on Resilience.

- 13) Winpenny, E., **van Harmelen, A.-L.**, White, M., van Sluijs, E., Goodyer, I.M. (2018) Diet quality and depressed mood: no associations seen in adolescence, following adjustment for covariates. *Public Health Nutrition*.
 - 14) Lewis, G., Ioannidis, K., **van Harmelen, A.-L.**, Stochl, J., Neufeld, S., Jones, P.B., Goodyer, I.M. Advanced breast, but not pubic hair development, is associated with depression symptoms and diagnoses in adolescent females: a prospective longitudinal cohort study (2018). *PLOS One*.
 - 15) Lakens, D., Adolfs, F.G., Albers, C.J., Anvarid, F., Apps, M.A.J., **van Harmelen, A.-L.***, ... D.R., Yarkoni, T., Ziano, I., Zwaan, R.A. (2018) [Justify Your Alpha: A Response to "Redefine Statistical Significance"](#) *authorship is alphabetical (except for first author). *Nature Human Behaviour*.
 - 16) Cassels, M., **van Harmelen, A.-L.**, Neufeld, S., Goodyer, I.M., Jones, P.B. & Wilkinson, P. (2018) Mental illness and poor family functioning mediate the link between childhood adversity and adolescent non-suicidal self-injury. *JCPP*
 - 17) Kievit, R.A., Brandmaier, A.M., Zieglerl, G., **van Harmelen A.-L.**, de Mooij S., Moutoussis, M., Goodyer, I.M., Bullmore E., Jones, P.B., Fonagy, P., the NSPN Consortium, Lindenberger, U. & Dolan, R.J. (2018) Developmental cognitive neuroscience using Latent Change Score models: A tutorial and applications. *Developmental Cognitive Neuroscience*.
 - 18) Danese, A., **van Harmelen, A.-L.** (2017) The hidden wounds of childhood trauma. *European Journal of Psychotraumatology*.
 - 19) Kalisch, R., Baker, D.G., ...**van Harmelen, A.-L.**, Veer, I.M., Vermetten, E., H. Vinkers, C.H., Wager, T.D., Walter, H., Wessa, M., Wibral, M., Kleim, B., International Resilience Alliance (intresa), DFG Collaborative Research Center CRC "Neurobiology of Resilience"* (2017). The resilience framework as a strategy to combat stress-related disorders: current challenges and future perspectives. *Nature Human Behaviour*. *authorship alphabetical.
 - 20) **Van Harmelen, A.-L.**, Kievit, R.A., Ioannidis, K., Jones, P.B., Bullmore, E., Dolan, R., The NSPN consortium, Fonagy, P., & Goodyer, I.G. Adolescent friendships predict resilient psychosocial functioning across multiple domains after child emotional maltreatment. (2017) *Psychological Medicine*.
 - 21) Dalgleish, T, Walsh, N., Mobbs, D., Schweizer, S., **van Harmelen, A.-L.**, Dunn, B.D., Dunn V., Goodyer, I., & Stretton, J. A (2017). Social pain and social gain in the adolescent brain: A common neural circuitry underlying both positive and negative evaluation. *Nature Scientific Reports*.
 - 22) Van Schie, C., **van Harmelen A.-L.**, Hauber, K., Gunter Moor, B., Spinhoven Ph., Boon, Crone E.A.M., & Elzinga, B.M. (2017) Neural correlates of social decision making in adolescents reporting childhood emotional maltreatment. *European Journal of Psychotraumatology*.
- 2016**
- 23) **van Harmelen, A.-L.**, Gibson, J.L., St Clair, M., Owens, M., Dunn, V., Croudace, T., Jones, P.B., Kievit, R.A. & Goodyer, I.M. (2016). Friendships and family support reduce subsequent depressive symptoms and mental illness in at-risk adolescents. *PLOS one*.
- 2015**
- 24) Harpur, L., Polek, E., & **van Harmelen, A.-L.** (2015). The Role of Timing of Maltreatment and Child Intelligence in Pathways to Low Symptoms of Depression and Anxiety in Adolescence. *Child Abuse and Neglect*, 47, 24-37.
- 2014**
- 25) **van Harmelen, A.-L.**, van Tol, M.J., Dalgleish, T., van der Wee, N.J.A., Aleman, A., Spinhoven, Ph., Penninx, B.W.J.A., Veltman D.J., & Elzinga, B.M. (2014). Hypoactive medial Prefrontal Cortex functioning in adults reporting childhood emotional maltreatment. *Social Cognitive and Affective Neuroscience*, 9, 2026-2033.
 - 26) **van Harmelen, A.-L.**, Hauber, K., Boon, A., Gunther Moor, B., Spinhoven, Ph., Crone, E.A.M. & Elzinga, B.M. (2014). Childhood Emotional Maltreatment severity is associated with dorsal medial Prefrontal Cortex responsivity to social exclusion in young adults. *PLOS ONE*, 9, e85107.
 - 27) Walsh, N.D., Dalgleish, T., Lombardo, M.V., Dunn, V.J., Abbott, R., **van Harmelen, A.-L.**, Ban, M., & Goodyer, I.G. (2014). Differential influence of childhood adversity and psychiatric history on variation on cerebellar and amygdala-hippocampal grey matter volume in adolescents. *Neuroimage Clinical*, 4, 308- 318. PMC4107373

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2013

- 28) Moors, A., de Houwer, J., Hermans, D., Wanmaker, S., van Schie, K., **van Harmelen, A.-L.**, de Schreyver, M., de Winne, J., & Brysbaert, M. (2013). Norms of Valence, Arousal, Dominance, and Age of Acquisition for 4300 Dutch Words. *Behaviour Research Methods*, 45, 1, 169-177.
- 29) **van Harmelen, A.-L.**, van Tol, M.J., Demenescu, L.R., van der Wee, N.J.A., Veltman, D.J., Aleman, A., van Buchem, M.A., Spinhoven, Ph., Penninx, B.W.J.A., & Elzinga, B.M. (2013). Enhanced amygdala reactivity to emotional faces in individuals reporting childhood emotional maltreatment. *Social Cognitive and Affective Neuroscience*, 8, 362-369.

2011

- 30) **van Harmelen, A.-L.**, Elzinga, B.M., Kievit, R.A., Spinhoven, Ph. (2011). Intrusions of autobiographical memories in individuals reporting Childhood emotional maltreatment. *European Journal of Psychotraumatology*, 2, 1-11.

2010

- 31) **van Harmelen, A.-L.**, De Jong, P.J., Glashouwer, K.A., Spinhoven, Ph., Penninx, B.W.J.A., & Elzinga, B.M. (2010). Childhood abuse and negative explicit and automatic self-associations; the cognitive scars of emotional maltreatment. *Behaviour Research and Therapy*, 48, 486-494.
- 32) **van Harmelen, A.-L.***, van Tol, M.J.*, van der Wee, N.J.A., Spinhoven, Ph., Penninx, B.W.J.A., Zitman, F., Aleman, A., Veltman, D.J., & Elzinga, B.M (2010). Reduced medial prefrontal cortex volume in adults reporting childhood emotional maltreatment. *Biological Psychiatry*, 68, 832- 838. Impact Factor=11.2, cited=234.*shared first authorship.

BOOK CHAPTERS

- 1) Wilkinson, P.O., & **van Harmelen, A-L.** (2019) The neurobiology of self-harm. In press. Cambridge University Press.
- 2) Talsma, D. & **van Harmelen, A-L.** (2009). Procedures and strategies for optimizing the Signal to noise ratio in event related potential data. *Brain Signal Analysis*. Cambridge, MIT press 205-224.

PUBLICATIONS FOR THE GENERAL PUBLIC

- 1) **Van Harmelen A.-L.** & Sweizer S.(2018). [This is your brain on social media](#). The Mental Elf blog.
- 2) **van Harmelen A.-L.** (2013) Schelden doet wel zeer [Emotional maltreatment hurts]. Leiden University website.
- 3) Kievit, R.A., Borsboom, D., Wagenmakers, E.-J., Wicherts, J., Wetzels, R., **van Harmelen, A.-L.**, & van den Berg, H. (2011). Maatregel om fraude aan te pakken brengt enkel voordelen met zich mee. [Measures to fight scientific fraud only have advantages.] *Volkskrant Online*, 16 September.
- 4) **van Harmelen, A.-L.**, (2011). *Social Pain (Book review)*. Newsletter for the International Society for Interpersonal Acceptance and Rejection
- 5) **van Harmelen, A.-L.**, (2011). *The cognitive and neurobiological scars of childhood emotional maltreatment*. Newsletter for the International Society for Interpersonal Acceptance and Rejection
- 6) **van Harmelen, A.-L.**, (2011). Intrusies van autobiografische herinneringen bij Personen die emotionele mishandeling rapporteren in hun jeugd. (*Intrusions of Autobiographical memories in individuals reporting childhood emotional maltreatment*). The European Journal of Psychotraumatology.
- 7) **van Harmelen, A.-L.**, (2010). Kindermishandeling en negatieve expliciete en impliciete zelfassociaties: de cognitieve littekens van emotionele mishandeling (*Child abuse and negative explicit and implicit self-associations; the cognitive scars of emotional abuse*). Netherlands Study of Depression and Anxiety website.
- 8) **van Harmelen, A.-L.**, (2010). Vermindering in mediaal prefrontaal cortex volume bij volwassenen met een geschiedenis van emotionele kindermishandeling. (Reduced medial prefrontal cortex volume in adults reporting childhood emotional maltreatment). Netherlands Study of Depression and Anxiety website.