

Curriculum Vitae

Personal details

Full name	Hester (Rianne) Trompetter, PhD.
Date of Birth	June 15, 1987
Department	Department of Psychology, Health and Technology
Research Centre	Centre for eHealth and Wellbeing Research (www.cewr.nl)
Faculty	Faculty of Behavioural, Management and Social Sciences
University	University of Twente, Enschede, The Netherlands
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Present work

Sept 2014 – Present (non-tenured) Assistant Professor, Department of Psychology, Health and Technology, Center for eHealth & Well-being Research, University of Twente, Enschede, The Netherlands.

Research (40%):

- Working mechanisms of positive emotions and (self-)compassion as psychological resilience resources in successful adjustment to chronic pain and other sources of (psychological) adversity.
- Psychological interventions for chronic pain that explicitly focus on improving resilience and optimal adjustment, in particular Acceptance & Commitment Therapy (ACT).
- Development and application of ambulatory monitoring (e.g. smartphones) to better understand, coach and improve resilience and wellbeing in chronic pain sufferers within their daily life context.

Teaching (60%):

- Coordinating & teaching mastercourse 'Applied Positive Psychology', mastertrack Positive Psychology & Technology (SECTS), twice yearly.
- Coordinator mastertrack and graduate theses Positive Psychology & Technology.
- Supervisor graduate theses, undergraduate track Psychology and mastertrack Positive Psychology & Technology (approximately 20 students per year)

Other relevant activities:

- Member Program Board, Institute for Innovation and Governance Studies, University of Twente
- Board member UT/CTIT Centre for Monitoring and Coaching (CMC). The CMC aims to develop smart, innovative technological solutions for applied, societal questions on health and well-being. Collaboration with UT/CTIT departments Biomedical Signals and Systems and Human Media Interaction. Member organizing committees internal and external launch of the CMC, December 12 2014 and September 15 2015, Designlab, University of Twente.

Invited peer reviews

Invited peer reviewer for (selected): European Journal of Pain, Journal of Pain, Journal of Consulting & Clinical Psychology, Psychological Medicine, International Journal of Behavioural Medicine, British Journal of Health Psychology, Journal of Telemedicine and Applications.

Past work experience

- Jan 2014 – Sept 2014 Postdoctoral research position Roessingh Research and Development, Enschede (24 hours per week). Combined with teaching position (16 hours per week), Department of Psychology, Health and Technology, University of Twente, Enschede.
- Jan 2010- Jan 2014 PhD student Roessingh Research and Development, Enschede & Department of Psychology, Health and Technology, University of Twente, Enschede
PhD title received on September 11, 2014. Title PhD thesis: *ACT with Pain. Measurement, efficacy and mechanisms of Acceptance & Commitment Therapy*
- 2006 – 2010 Teaching assistant and course coordinator positions for various undergraduate courses – primarily in Statistics and Methodology - within Psychology, History and Business Administration, Radboud University Nijmegen.

Education

- 2007-2009 Research master Behavioural Science – 2 year program, Radboud University Nijmegen, The Netherlands. Master's degree received ***cum laude*** in October 2009.
- 2004-2007 Bachelor Psychology, Radboud University Nijmegen, The Netherlands. Bachelor's degree received ***cum laude*** in September 2007.

Grants

- 2015 *UT Incentive Fund (3K)*. Reimbursement visiting scholar University of North Carolina at Chapel Hill, North Carolina, USA. Collaboration Professor Barbara Fredrickson, Kenan Distinguished Professor of Psychology and principal investigator Positive emotions and Psychophysiology Lab (PEPLab).
- 2014 *IGS Research Grant (60K)*. *Intensive monitoring of individuals using smartphone technology*. Smartphones allow us to intensively monitor people in their day-to-day lives. Output of this project is a smartphone Application (App) to be able to monitor and coach daily life experiences of individuals through intensive questionnaire sampling, and several experience sampling studies.
- 2012 *Visiting Scholar Grant European Health Psychology Society (1.5K)*. Reimbursement visiting scholar University of Aberdeen, Aberdeen Health Psychology Group, Scotland. Collaboration Professor Marie Johnston and Professor Derek Johnston.

Awards

- 2015 Best Oral Presentation Award, conference Association for Research in Psychology & Health (ARPH), Ghent, Belgium, 6 February 2015.

PhD-students

- N. Kloos Improving optimal well-being of residents and employees in residential care settings using insights from Self-Determination Theory and Positive Psychology. *Dissertation expected 2018*.
- A. van der Horst Promoting resilience and recovery following orthopedic surgery through an online support program based on Acceptance & Commitment Therapy. *Dissertation expected 2019*.
- M. Spijkerman Compassion as a new psychological resource for optimal well-being: measurement, effects & mechanisms. *Dissertation expected 2019*.
- B. Geerling Promoting self-management, resilience and optimal psychological well-being of patients suffering from bipolar disorder: Development and effects of a an interactive mobile intervention. *Dissertation expected 2020*.

Visiting scholar

- Aug 2015 – Visiting Scholar, University of North Carolina at Chapel Hill, USA.
Dec 2015 Collaboration with Professor Barbara Fredrickson, PhD, Kenan Distinguished Professor of Psychology and principal investigator of the Positive Emotions and Psychophysiology Lab (PEPLab).
- Feb 2013 – Visiting scholar, University of Aberdeen, Scotland. Collaboration with Professor
March 2013 Marie Johnston, PhD, and Professor Derek Johnston, PhD, at Aberdeen Health Psychology Group, Institute of Applied Health Sciences.

Publications

Peer-reviewed

- Trompetter, H. R., Lamers, S. M. A., Westerhof, G. J., Fledderus, M., & Bohlmeijer, E. T. *Both positive mental health and psychopathology should be monitored in psychotherapy: Confirmation for the dual-factor model in Acceptance and Commitment Therapy*. Manuscript submitted for publication.
- Cabrita, M., Lamers, S. M., Trompetter, H. R., Tabak, M., & Vollenbroek-Hutten, M. M. (2016). Exploring the relation between positive emotions and the functional status of older adults living independently: a systematic review. *Aging & Mental Health*, 1-8.
- Trompetter, H. R., Kleine, E., & Bohlmeijer, E. T. (2016). Why does positive mental health buffer against psychopathology? An exploratory study on self-compassion as a resilience mechanism and adaptive emotion regulation strategy. *Cognitive Therapy and Research*, 1-10.
- Veehof, M. M., Trompetter, H. R., Bohlmeijer, E. T., & Schreurs, K. M. G. (2016). Acceptance-based interventions for the treatment of chronic pain: An updated meta-analytic review. *Cognitive Behaviour Therapy*, 45, 5-31.
- Pots, W. T., Trompetter, H. R., Schreurs, K. M., & Bohlmeijer, E. T. (2016). How and for whom does web-based acceptance and commitment therapy work? Mediation and moderation analyses of web-based ACT for depressive symptoms. *BMC psychiatry*, 16(1), 1.
- Trompetter, H. R., Bohlmeijer, E. T., Lamers, S. M., & Schreurs, K. M. (2016). Positive psychological wellbeing is required for online self-help Acceptance and Commitment Therapy for chronic pain to be effective. *Frontiers in psychology*, 7.
- Trompetter, H. R., Bohlmeijer, E.T., Fox, J.-P., & Schreurs, K. M. G. (2015). Psychological flexibility and catastrophizing are associated mechanisms of change in acceptance-based intervention for chronic pain. *Behaviour Research & Therapy*, 74, 50-59.
- Trompetter, H. R., Veehof, M., Bohlmeijer, E. T., & Schreurs, K. M. G. (2014). Internet-based guided self-help intervention for chronic pain based on Acceptance & Commitment Therapy (ACT): A randomized controlled trial. *Journal of Behavioral Medicine*, 38, 66-80.

Trompetter, H. R., Schreurs, K. M. G., Heuts, P. H. T. G., & Vollenbroek-Hutten, M. M. (2014). The systematic implementation of Acceptance & Commitment Therapy in Dutch chronic pain rehabilitation. *Patient Education & Counseling*, *96*, 249-255.

Trompetter, H. R., Bohlmeijer, E. T., van Baalen, B., Kleen, M., Köke, A., Reneman, M., & Schreurs, K. M. G. (2014). The Psychological Inflexibility in Pain Scale. Exploration of psychometric properties in a heterogeneous chronic pain sample. *European Journal of Psychological Assessment*, 10.1027/1015-5759/a000191

Reneman, M. F., Kleen, M., Trompetter, H. R., Schiphorst-Preuper, H., Koke, A., van Baalen, B., & Schreurs, K. M. G. (2014). Measuring avoidance of pain: Validation of the Acceptance & Action Questionnaire II-pain version. *International Journal of Rehabilitation Research*, *37*, 125-129.

Trompetter, H. R., ten Klooster, P. M., Schreurs, K. M. G., Fledderus, M., Westerhof, G. J., & Bohlmeijer, E. T. (2013). Measuring values and committed action with the Engaged Living Scale (ELS): Psychometric evaluation in a nonclinical and chronic pain sample. *Psychological Assessment*, *25*, 1235-1246.

Trompetter, H. R., ten Klooster, P. M., Koke, A., & Schreurs, K. M. G. (2011). *Acceptatie van pijn: Problemen met de factoriële validiteit van de Nederlandse vertaling van de Chronic Pain Acceptance Questionnaire (CPAQ)*. *Psychologie & Gezondheid*, *39*, 292-300.

Trompetter, H. R., Engels, R. C. M. E., Westerhof, G. J., & Scholte, R. H. J. (2010). Resident-to-resident relational aggression and subjective well-being in assisted living facilities. *Aging and Mental Health*, *15*(1), 59-67. DOI: 10.1080/13607863.2010.501059

Other relevant contributions and products

Smartphone application UTSurvey - Trompetter, H.R., Borgonjen, F., Zwart, M. & van Tongeren, S. (2015). UTSurvey Manual v1. Available from <http://www.utwente.nl/igs/datalab>

Schreurs, K. M. G., & Trompetter, H. R. (2014). Acceptance & Commitment Therapie en Mindfulness. In C. van Genugten, M. Post, S. Rasquin & P Smits (Eds.). *Handboek Revalidatiepsychologie*. Amsterdam: Boom.

Trompetter (2014). Meten, effectiviteit, en mechanismen van Acceptance & Commitment Therapie. *Tijdschrift voor pijn en pijnbestrijding*, *33*, 18-23.

Selected conference proceedings and oral presentations after 2012

Conference proceedings

Trompetter, H. R. (2016). Self-compassion and chronic illness: A systematic review. *Oral presentation at second international conference for Mindfulness, Rome, May 2016*.

Trompetter, H. R., Bohlmeijer, E. T., ten Klooster, P. M., Knirsch, P., & Schreurs, K. M. G. (2015). Measuring values and committed action: The Engaged Living Scale. *Oral presentation at conference Association for Contextual Behavioural Science (ACBS), Berlin, July 2015.*

Trompetter, H. R., Bohlmeijer, E. T., Veehof, M. M., Fox, J.-P., & Schreurs, K. M. G. (2015). RCT on the efficacy of web-based ACT for chronic pain: Effects and mediators and moderators of change. *Oral presentation at conference Nederlandse Vereniging voor Psychiatrie (NVvP), Maastricht, Mei 2015.*

Trompetter, H. R., Bohlmeijer, E. T., & Schreurs, K. M. G. (2015). Does Acceptance & Commitment Therapy work as proposed by the psychological flexibility model? *Oral presentation at conference Association for Researchers in Psychology and Health (ARPH), Ghent, February 2015.*

Trompetter, H. R., Bohlmeijer, E.T., Veehof, M. M., Fox, J.-P., & Schreurs, K. M. G. Positive mediators & moderators of web-based acceptance & Commitment Therapy for chronic pain. *Oral presentation at International Congress of Behavioral Medicine (ICBM), Groningen, August 2014.*

Trompetter, H. R., Veehof, M., Bohlmeijer, E. T., & Schreurs, K. M. G. Web-based self-help intervention for chronic pain based on Acceptance & Commitment Therapy: A randomised controlled trial. *Oral presentation at Conference European Association for Behavioural and Cognitive Therapies (EABCT), Marrakesh, September 2013.*

Trompetter, H. R., Johnston, D., Johnston, M., & Schreurs, K. M. G. (2013). Acceptance & Commitment Therapy in chronic pain: Insight in acceptance and values-based living over time in an N-of-1 study. *Oral presentation at Second Conference Association for Researchers in Psychology and Health (ARPH), Enschede, January 2013.*

Trompetter, H. R. Heuts, P. H. G. T., Bohlmeijer, E. T., Vollenbroek, M. M., & Schreurs, K. M. G. (2012). Implementation of Acceptance & Commitment Therapy (ACT) in Dutch pain rehabilitation. *Oral presentation at VRA (Vereniging Revalidatieartsen) Annual Conference, Noordwijkerhout, November 2012.*

Trompetter, H. R., Johnston, M., Johnston, D. W., & Schreurs (2012). Daily monitoring of chronic pain patients: Insight in processes related to Acceptance & Commitment Therapy. *Poster presentation at 'work in progress track', European Health Psychology Society Conference, Prague, August 2012.*

Other relevant oral presentations

Self-compassion and positive emotions: Resilience resources during the (chronic) pain experience and other adversities and stress? *Oral presentation at lab meetings PEPLab, University of North Carolina at Chapel Hill, and Department of Psychology, Wake Forest University, Winston-Salem, North Carolina, USA, October 2015.*

Leven met Pijn: ACT online, uitkomsten RCT - Een nadruk op het vergroten van veerkracht?!
Mondeling presentatie Teamdag Werkgroep Pijnrevalidatie Nederland (WPN), Groot Klimmendaal, Arnhem, juni 2015.

Leven met Pijn. *Mondelinge presentatie CPRS Landelijke Patient Contactdag, Lunteren, april 2015.*