



Universiteit  
Leiden  
The Netherlands

## **Living positive: eHealth for people with HIV and depressive symptoms**

Luenen, S. van

### **Citation**

Luenen, S. van. (2019, June 26). *Living positive: eHealth for people with HIV and depressive symptoms*. Retrieved from <https://hdl.handle.net/1887/74437>

Version: Not Applicable (or Unknown)

License: [Leiden University Non-exclusive license](#)

Downloaded from: <https://hdl.handle.net/1887/74437>

**Note:** To cite this publication please use the final published version (if applicable).

Cover Page



Universiteit Leiden



The handle <http://hdl.handle.net/1887/74437> holds various files of this Leiden University dissertation.

**Author:** Luenen, S. van

**Title:** Living positive: eHealth for people with HIV and depressive symptoms

**Issue Date:** 2019-06-26

**Living positive**

**eHealth for people with HIV and depressive symptoms**

**Sanne van Luenen**

This research was supported by a grant from the Aidsfonds (file number 2013027).

Cover design by Stefanie Meeuwis

Printed by GVO drukkers & vormgevers B.V., Ede

ISBN: 978-94-6332-495-3

Copyright © 2019, Sanne van Luenen. All rights reserved. No part of this dissertation may be reproduced or transmitted in any form or by any means without the prior written consent of the author.

**Living positive**  
**eHealth for people with HIV and depressive symptoms**

**Proefschrift**

Ter verkrijging van de graad van Doctor aan de Universiteit Leiden,  
op gezag van Rector Magnificus prof. mr. C.J.J.M. Stolker,  
volgens besluit van het College voor Promoties  
te verdedigen op woensdag 26 juni 2019 klokke 11.15 uur

door

Sanne van Luenen  
geboren te Breda  
in 1985

**Promotor**

Prof. dr. P. Spinhoven

**Co-promotoren**

Dr. V. Kraaij

Dr. N. Garnefski

**Promotiecommissie**

Prof. dr. A.J.W. van der Does

Prof. dr. A.W.M. Evers

Prof dr. M.J. de Rooij

Prof. dr. H. Riper

Prof. dr. J.B.F. de Wit

Vrije Universiteit Amsterdam

Universiteit Utrecht

## Table of contents

<b>Chapter 1</b>	General introduction	7
<b>Chapter 2</b>	The benefits of psychosocial interventions for mental health in people living with HIV: A systematic review and meta-analysis.	19
<b>Chapter 3</b>	Psychosocial interventions enhance HIV medication adherence: A systematic review and meta-analysis.	75
<b>Chapter 4</b>	An Internet-based self-help intervention for people with HIV and depressive symptoms: Study protocol for a randomized controlled trial.	107
<b>Chapter 5</b>	Guided Internet-based intervention for people with HIV and depressive symptoms: A randomised controlled trial in the Netherlands.	139
<b>Chapter 6</b>	For whom does online self-help work? Moderators of change in guided online self-help for people with HIV and depressive symptoms.	163
<b>Chapter 7</b>	Exploring mediators of a guided web-based self-help intervention for people with HIV and depressive symptoms.	181
<b>Chapter 8</b>	Cost-utility of a guided Internet-based intervention in comparison with attention only for people with HIV and depressive symptoms: A randomized controlled trial.	205
<b>Chapter 9</b>	Summary and general discussion	225
	Nederlandse samenvatting (Dutch summary)	241
	Publications	248
	Curriculum Vitae	249
	Dankwoord (acknowledgements)	250

