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Hitting the right nerve: effects of transcutaneous vagus nerve stimulation on symptoms of anxiety

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Curriculum Vitae

Andreas Burger was born in Reutlingen, Germany on the 23rd of December 1989. His family moved to Hoofddorp, The Netherlands, in 1990. Andreas finished high school at the Katholieke Scholengemeenschap Hoofddorp in 2008, and started his Bachelor's degree in Psychology at Leiden University later that year. In the third year of his Bachelor, he moved to Scotland, to spend one semester studying Psychology and Philosophy at the University of Glasgow. Afterwards, he finished his Bachelor's in Leiden and started a Research Master Clinical, Health and Neuropsychology at Leiden University.

During his Master's, Andreas completed a research internship at the Chronobiology department of PsyQ in The Hague, under the supervision of Dr. Judith Haffmans and Tess Naus, studying the clinical applicability of bright light therapy for patients suffering from Bipolar Disorder. Afterwards, he completed a clinical internship at the Anxiety and Chronobiology departments of PsyQ The Hague, under the supervision of Margreet Blaauw and Dr. Judith Haffmans. After graduation in 2014, Andreas continued working as a junior researcher at the Chronobiology department of PsyQ The Hague for half a year, before starting his PhD project.

In November 2014, Andreas started his PhD project at the department of Clinical Psychology at Leiden University, under the supervision of Prof. Dr. Willem van der Does, Prof. Dr. Jos Brosschot, and Dr. Bart Verkuil. During his PhD, Andreas spent three months at the KU Leuven, to further strengthen the collaboration with Prof. Dr. Ilse Van Diest and her lab. He finished his PhD project in November 2018 and started a postdoctoral position at the KU Leuven in Belgium, under the supervision of Prof. Dr. Ilse Van Diest.

Publications

Burger, A.M., Van der Does, W., Thayer, J.F., Brosschot, J.F., Verkuil, B., 2019. Transcutaneous vagus nerve stimulation reduces spontaneous but not induced negative thought intrusions in high worriers. *Biol. Psychol.* 142, 80–89. <https://doi.org/10.1016/j.biopsycho.2019.01.014>

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