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## Evaluating the effectiveness of innovative psychological intervention tools in optimizing health outcomes: A multimethod approach

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## List of publications

### Articles in international peer reviewed journals

**Schakel L.**, Veldhuijzen D.S., van Middendorp H., Manai M., Meeuwis S.H., Van Dessel P., & Evers A.W.M. (in press). Can verbal suggestions strengthen the effects of a relaxation intervention? *PLOS ONE*.

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**Schakel, L.**, Veldhuijzen, D.S., van Middendorp, H., Van Dessel, P., De Houwer, J., Bidarra, R., & Evers, A.W.M. (2018). The effects of a gamified approach avoidance training and verbal suggestions on food outcomes. *PLOS ONE*, *13*(7):e0201309.

**Schakel, L.**, Veldhuijzen, D.S., van Middendorp, H., Prins, C., Joosten, S.A., Ottenhoff, T.H.M., Visser, L.G., & Evers, A.W.M. (2017). The effects of a psychological intervention directed at optimizing immune function: study protocol for a randomized controlled trial. *Trials*, *18*:243.

Van Laarhoven T., Keetels M.N., **Schakel L.** & Vroomen J. (2016), Audio-visual speech in noise perception in dyslexia, *Developmental science*, *21*(1): e12504.

Angelidis A., van der Does A.J.W., **Schakel L.** & Putman P. (2016), EEG theta/beta ratio as an electrophysiological marker for attentional control and its test-retest reliability, *Biological Psychology*, *30*(121 Part A): 49-52.

Keetels M., **Schakel L.**, Bonte M. & Vroomen J. (2016), Phonetic recalibration of speech by text, *Attention, perception & psychophysics*, *78*(3): 938-945.

### Articles submitted for publication

**Schakel L.**, Veldhuijzen D.S., Manai M., van Beugen S., van der Vaart R., van Middendorp H., & Evers A.W.M. (in review). Optimizing healthy food preferences by serious gaming. Manuscript in review for publication.

**Schakel L.**, Veldhuijzen D.S., van Middendorp H., Prins C., Driittij A.M.H.F., Vrieling F., Visser L.G., Ottenhoff T.H.M., Joosten S.A., & Evers A.W.M. (in review). An e-health psychological intervention to optimize health outcomes in response to immunological and psychosocial challenges: a randomized controlled trial. Manuscript in review for publication.

## Curriculum Vitae

Lemmy Schakel was born on January 31, 1992 in Gorinchem, the Netherlands. In 2010, she completed secondary school education at Lyceum de Oude Hoven in Gorinchem. After graduation, Lemmy started the Bachelor program Psychology at Leiden University and earned her bachelor's degree in 2013. Next, she started the Master program Medical Psychology at Tilburg University and earned her master's degree cum laude in 2015. From September 2015, Lemmy worked as a Ph.D. candidate in the department of Health, Medical and Neuropsychology at Leiden University. During her Ph.D., she supervised a multitude of students working on their bachelor project and master thesis. From December 2018 to February 2019, she also worked as a postdoc researcher in the department of Health, Medical and Neuropsychology at Leiden University in the Health and Well-being track of the Digital Society. From April 2018 to current, Lemmy works as a psychologist in a local care institution (Rivas Zorggroep).

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