



Universiteit
Leiden
The Netherlands

Predictors, symptom dynamics and neural mechanisms of bipolar disorders

Mesbah, R.

Citation

Mesbah, R. (2023, October 17). *Predictors, symptom dynamics and neural mechanisms of bipolar disorders*. Retrieved from <https://hdl.handle.net/1887/3645794>

Version: Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/3645794>

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

Curriculum Vitae

Raheleh Mesbah was born on April 14, 1981, in Karaj, Iran. At the age of 11, she and her family relocated to the Netherlands, where she began her secondary education in Wageningen. She successfully completed her high school education at the Wageningen Lyceum in the year 2000. Following her high school graduation, she returned to Karaj for a year, taking the opportunity to explore her home country. In 2001, she came back to the Netherlands and pursued a bachelor's degree in Industrial Product Design at the Applied University of The Hague. After completing her bachelor's degree, she continued her academic journey by enrolling in a master's program at TU Delft. Simultaneously, her curiosity led her to commence her first year of Psychology studies at Leiden University. Her passion for psychology grew, leading her to commit to this field. She subsequently completed her research master's in Clinical and Health Psychology alongside the Clinical Master's program. During this period, she worked part-time in healthcare, serving various populations, including the elderly, youth, and individuals with disabilities. Additionally, she took on the role of a research assistant at Leiden University.

Following her graduation, she began her career as a psychologist at the PsyQ department specializing in mood disorders in The Hague. Later, she transitioned to the Rotterdam department, focusing on bipolar disorders, where she played a coordinating role in establishing treatment group therapies. In 2016, she took on a research assistant role, alongside her clinical work, and contributed to the development of the BINCO project. In 2017 she started to combine her clinical work with her PhD in the Psychiatry department at the Leiden University Medical Centre. Her research focused on predictors, disease course, and symptomology in bipolar disorder, as well as exploring the neural mechanisms underlying bipolar disorders. In January 2023, while finalizing her thesis, she joined the PsyQ Zoetermeer Home team, further advancing her career in the field of psychology. In September of the same year, she founded her own company, "I-Rise Therapy," dedicated to delivering online psychological services.

List of publications

Mesbah, R., Koenders, M. A., van der Wee, N. J. A., Giltay, E. J., van Hemert, A. M., & Leeuw, M. (2023). Association Between the Fronto-Limbic Network and Cognitive and Emotional Functioning in Individuals With Bipolar Disorder: A Systematic Review and Meta-analysis. *JAMA Psychiatry*, 80(5), 432-440.

Mesbah, R., Koenders, M., Spijker, A. T., de Leeuw, M., van Hemert, A. M., & Giltay, E. J. (2023). Dynamic time warp analysis of individual symptom trajectories in patients with bipolar disorder. *Bipolar Disorders*, 66(S1), S578-S579.

Mesbah, R., de Bles, N., Rius-Ottenheim, N., van der Does, A. J. W., Penninx, B. W. J. H., van Hemert, A. M., de Leeuw, M., Giltay, E. J., & Koenders, M. (2021). Anger and cluster B personality traits and the conversion from unipolar depression to bipolar disorder. *Depression and Anxiety*, 38(6), 671-681.

Koenders, M.*, **Mesbah, R.***, Spijker, A., Boere, E., de Leeuw, M., van Hemert, B., & Giltay, E. (2021). Effects of the COVID-19 pandemic in a preexisting longitudinal study of patients with recently diagnosed bipolar disorder: Indications for increases in manic symptoms. *Brain and Behavior*, 11(11), e2326.

shared first authorship

Mesbah, R., Koenders, M. A., Spijker, A. T., de Leeuw, M., Boschloo, L., Penninx, B. W. J. H., van Hemert, A. M., & Giltay, E. J. (2019). Personality traits and the risk of incident (hypo)mania among subjects initially suffering from depressive and anxiety disorders in a 9-year cohort study. *Journal of Affective Disorders*, 259, 451-457.

Riedinger, A.M., **Mesbah, R.**, Koenders, M., Henderickx, J.G.E., Smits, W.K., Filali, E. El., Geleijnse, J.M., van der Wee, N.J.A., de Leeuw, M., Giltay E.J. A healthy dietary pattern is associated with microbiota diversity in recently diagnosed bipolar patients: the Bipolar Netherlands Cohort (BINCO) study. *Journal of Affective Disorders*, (under review)

Hagenaars, M. A., **Mesbah, R.**, & Cremers, H. (2015). Mental Imagery Affects Subsequent Automatic Defense Responses. In *Frontiers in Psychiatry* (Vol. 6). <https://doi.org/10.3389/fpsy.2015.00073>

Stoffels, M., Nijs, M., Spinhoven, P., **Mesbah, R.**, & Hagenaars, M. A. (2017). Emotion avoidance and fear bradycardia in patients with borderline personality disorder and healthy controls. *Journal of Behavior Therapy and Experimental Psychiatry*, 57, 6-13.

Acknowledgements

This journey has been marked by challenges and triumphs, and I am deeply indebted to those who have walked beside me.

My promotor: Bert van Hemert. I express my deepest gratitude for affording me this opportunity and placing your trust in me. Your philosophical insights alongside the critical and constructive feedback, guidance, support, and understanding during challenging moments have been a pillar of strength for me.

My co-promotors: Erik Giltay and Manja Koenders. I feel grateful and honored to have conducted my research under your supervision. Erik, your knowledge across diverse fields, efficiency, and research enthusiasm, coupled with your guidance, support, and sense of humor, made this journey not only possible but incredibly enjoyable for me. Manja, I am grateful for your trust, guidance, and openness. I'm impressed by how you bring a thoughtful perspective, insight, and positive energy.

I extend my gratitude to Max de Leeuw and Nic van der Wee for your valuable supervision. I'm thankful for your guidance and belief in my abilities, which played a crucial role in yielding outstanding results. Max, thank you for your step-by-step guidance and encouragement to strive for excellence.

My sincere thanks to my LUMC colleagues. Gea and Mirjam, thank you for your support and confidence in me. Nathaly, Mirjam, Alice, Lisanne, Margot, Rebecca, Misha, Petra, Christa, Wilma, Erwin, Floor, and Ikram, thanks for the pleasant collaboration and support.

I'm thankful to my amazing office mates, Nienke; thank you for your support, empathy, and meaningful conversations. Your presence as my paranymp is an honour. Ericka, your calming smile brought positivity to me. Stephanie, your positive energy and humor have been uplifting. To Wessel and David, thank you for the joyful moments.

I am also grateful to my colleagues of PsyQ especially Elvira, Amati, Stefanie, Renate, Anne-Marie, Anna, Ellen, and Petra, for fostering a conducive work environment, enabling me to learn from them while sharing moments of laughter and connection.

Annet, how grateful I am to have encountered you during the completion of my master's as a university lecturer. Thank you for your trust in my potential and guidance throughout my journey.

My best friends, Soheyla, Samira, Assal, and Sarah thank you for decades of friendship, support, laughs, and tears we shared together. Your faith in me and encouragement to persevere has been instrumental in helping me reach this milestone. My dear friends Payman, Samrad, Sadaf, Jos, Kaweh, Siamak, Bas, Celine, Paulina, Bart, Benjamin, Behnam, Nima and Ada. Thanks for the beautiful memories.

I am deeply grateful to Floor and Huib; you treated me like family and provided endless support. I'm grateful to Iris, Roos, Rob, and Oma Jeane for welcoming me into your family circle and years of support.

I'm grateful to my parents-in-law for providing support and care. Your help in raising Adrian and being the best grandparents to him is truly appreciated. Dear Hesam, Maryam, and Aryan thank you for your warmth, encouragement and the enjoyable moments.

I am grateful for my family, whose support I have always felt despite the physical distance. Ali and Negin, you have been a constant pillar, standing by my side and providing support throughout the years. I truly cherish the strong bond we share. Ali, Thanks for being an amazing brother. I admire and look up to you in many ways. Sepideh and Shahin, I am grateful for your constant presence and support. I cannot thank you enough for being there for and helping me in every possible aspect, including assisting me in raising Adrian. Sepideh, not only are you an incredible sister, but you also serve as my confidant and personal psychologist. Dear Baba Maman, I am deeply grateful for your unconditional love and support. As exceptional role models, you have emphasized the importance of confronting challenges with bravery. Thank you for always having faith in me, even when I was just 16, and your choice to allow me to pursue what was best for me.

To my little angels, Ilya, Kian, Ryan, Daniel, Danica, and Armin, thank you for your energizing cuddles and presence.

I'm deeply blessed with the sunshine of my life Adrian, you make me feel alive! Thank you for recharging my batteries. As I always say to you "endlessly to the sun and back" and I'm always proud of you. Cyba, you were literally always by my side, and I deeply miss your innocent presence. Parham, thank you for your endless support, love, and for being a great technical and scientific sparring partner. You're my soulmate; we've grown up together, and I hope to grow old with you. Having you consistently by my side is an extraordinary blessing, and I treasure every moment of our life together.