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**Maneuvering through a world of stressors: adolescents' experience of stress, the effectiveness of a psychoeducational program about stress, and the self-perceived need for additional support**

Vogelaar, S.

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**Curriculum Vitae**

Simone Vogelaar was born on the 24<sup>th</sup> of December 1992 in The Hague, the Netherlands. In 2011, she graduated from secondary school at Christelijk College De Populier in The Hague. She obtained her bachelor's degree in psychology in 2014 at Leiden University. After her Bachelor program, she completed the research master Developmental Psychology in 2017 in combination with the master's Child and Adolescent Psychology at Leiden University. During her master program, she completed two internships. The first internship was at Developmental and Educational Psychology of the Institute of Psychology at Leiden University, where she worked on several studies about Dynamic Assessment. The second internship was at GGZ Delfland in Naaldwijk, where Simone helped with the diagnostic trajectory; from intake to doing assessments to giving advice. In 2018, she started her PhD project at Developmental and Educational Psychology of the Institute of Psychology at Leiden University to investigate the effects of teaching adolescents about stress in secondary schools. During the final stages of her dissertation, she started working as a researcher at the Institute of Education and Child Studies at Leiden University on the topic of the effect of a digital library on children's reading miles. Currently, she works as an Assistant Professor at the Institute of Education and Child Studies, Leiden University.



### List of Publications

- van Loon, A. W., Creemers, H. E., Beumer, W. Y., Okorn, A., **Vogelaar, S.**, Saab, N., Miers, A. C., Westenberg, P. M. & Asscher, J. J. (2020). Can schools reduce adolescent psychological stress? A multilevel meta-analysis of the effectiveness of school-based intervention programs. *Journal of Youth and Adolescence*, 49(6), 1127-1145.
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- van Loon, A. W., Creemers, H. E., **Vogelaar, S.**, Saab, N., Miers, A. C., Westenberg, P. M., & Asscher, J. J. (2023). Implementation and experimental evaluation of school-based intervention programs promoting adolescent mental health: Lessons learned. *School Psychology International*, 01430343231183999.
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