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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**  
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**Citation**

Vogelaar, S. (2024, February 6). *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*. Retrieved from <https://hdl.handle.net/1887/3715934>

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

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## Dankwoord

Dit proefschrift had er niet kunnen liggen zonder de inzet en steun van talloze mensen. In dit dankwoord wil ik graag deze mensen persoonlijk bedanken.

Allereerst wil mijn promotoren bedanken. Wat ben ik blij met jullie als mijn begeleiders! Jullie input, betrokkenheid, positiviteit en kritische blik heb ik erg gewaardeerd afgelopen jaren. Het project was groot en daarom vond ik de korte lijntjes met jullie erg prettig. **Michiel**, bedankt dat je altijd (ook in weekenden en avonden) klaar stond om te overleggen en voor je altijd vernieuwende ideeën. **Nadira**, bedankt voor je enthousiasme en betrokkenheid bij onder andere het opzetten van de Stress Lessen. Het was nog flink een puzzel hoe de Stress Lessen het beste ingericht konden worden om ze zowel leerzaam als speels te maken. **Anne**, in het begin was het nog even de vraag of je mijn co-promotor zou zijn, maar dat is nu ondenkbaar. Bedankt voor onze brainstormsessies, jouw betrokkenheid en voor je fijne inzichten.

Uiteraard wil ik ook de rest van het onderzoeksteam bedanken. **Jessica**, bedankt voor je verhelderende inzichten en voor je goede adviezen. **Hanneke**, bedankt voor je oprechte interesse en je kritische feedback. **Anthea**, bedankt voor de fijne sfeer die jij creëerde en dat jij overal insprong waar het nodig was, je was een echt manusje-van-alles.

**Elise**, bedankt voor al je statistische hulp. Heel fijn dat we regelmatig konden nadenken over hoe het beste analyses uitgevoerd konden worden.

Ook wil ik graag mijn **promotiecommissie** bedanken voor het lezen van mijn proefschrift en voor het opponeren tijdens mijn promotie. Ik kijk ernaar uit om van gedachten te wisselen.

**Kitty**, dank je wel voor de mooie voorkant. Super dat je dit voor mij hebt willen tekenen. **Marit**, bedankt dat je voor mij de tekening wilde inkleuren. Ik ben er erg blij mee.

Ook wil ik natuurlijk mijn paranimfen bedanken. **Amanda**, wij zijn samen het PhD avontuur aangegaan. Bedankt voor de momenten dat we lief (mijlpalen vieren, etentjes, op het strand zitten en fietstochtjes naar scholen) en leed (lange dagen en de vele uitdagingen rondom het project) met elkaar konden delen. Ik heb dat enorm gewaardeerd. Leuk dat we dit nog steeds doen! **Carline**, dank je wel voor de gezellige uitjes en de samenwerk sessies. Ik ben heel blij met jou als sportbuddy, vroegere medestudent, vriendin en inmiddels ook als collega.

Ik wil alle leerlingen, ouders, scholen en leerkrachten enorm bedanken voor hun deelname, enthousiasme en inzet bij het project! Specifiek wil ik een aantal van hen bedanken. **Astrid en Harriët**, bedankt voor jullie interesse in niet alleen dit project, maar ook andere projecten, jullie gastvrijheid en benaderbaarheid. **Joëlle**, bedankt dat je zo benaderbaar was en voor de fijne sfeer die je creëerde op de school. De wandeling door de natuur ernaartoe vond ik ook fijn. **Agnes, Annieck, Debby, Marca, Marian en Maroesja**, bedankt voor jullie gastvrijheid en de prettige samenwerking.

Daarnaast wil ik alle scriptiestudenten en studentassistenten bedanken voor hun hulp rondom de Stress Lessen. Zonder jullie hulp was het niet mogelijk om al deze Stress Lessen en metingen uit te voeren. Bedankt **Angela, Anne, Anne, Dennis, Dion, Esmée, Fabienne, Finn, Ilse, Mara, Martine, Nienke, Oscar, Laliq, Rianne, Roos, Sara, Simone, Sümeyra, Susan, Suzan, Suzanne, Suzanne en Wieke!**

Daarnaast wil ik mijn mede (oud-)promovendi bedanken: **Annelieke, Bunga, Elise, Janna Marie, Jiemiao, Nina, Sarah en Semiha**. Bedankt voor alle momenten dat we bij elkaar konden spuien en voor de gezellige praatjes en uitjes. Ook wil ik **Anke, Caroline, Esther, Leonie, Simone** en alle andere collega's op de afdeling bedanken voor de gezellige praatjes tussendoor. **Robert-Jan**, bedankt voor het wekelijks sporten en gezelligheid.

Verder wil ik ook mijn huidige collega's bedanken voor hun input en gezelligheid tijdens de laatste loodjes van mijn PhD. In het bijzonder wil ik **Anna, Chris, Elise, Jane, Jochanan, Marga, Marianne en Suzanne** bedanken voor de fijne sfeer. **Siuman en Marit**, zo fijn om jullie dagelijks te spreken en bedankt voor jullie oneindige meedenken (ook over de stellingen).

Bedankt **Isabelle, Daisy, Iris, Anne en Lisa** dat ik bij jullie mijn ei kwijt kon en om het ook eens te hebben over niet-werk gerelateerde dingen. Ook wil ik **Amaryllis** bedanken voor de gezelligheid afgelopen jaren bij bijvoorbeeld (lichtings)etentjes en borrels. In het bijzonder wil ik **Arua, Iris en Francine** bedanken!

Ook wil ik mijn familie en schoonfamilie bedanken voor hun steun, interesse en meedenken! **Mam**, bedankt dat je altijd voor mij klaar staat en je oneindige steun. **Robin**, bedankt dat je altijd weet hoe je mij aan het lachen kan krijgen, dat waardeer ik enorm. **Pap**, bedankt dat je mij je passie voor onderzoek en psychologie hebt laten zien. Helaas mag jij deze dag niet meemaken.

Lieve **Arthur**, bedankt dat je er altijd voor mij bent, voor je geduld, begrip, interesse en alle fijne momenten samen.

**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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