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## **Dynamics of despair: examining suicidal ideation using real-time methodologies**

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## Publications

### Publications in the Dissertation

- Kivelä, L.**, van der Does, W., Riese, H., & Antypa, N. (2022) Don't Miss the Moment: A Systematic Review of Ecological Momentary Assessment in Suicide Research. *Frontiers in Digital Health*, 4, 876595.  
<https://doi.org/10.3389/fdgth.2022.876595>
- Kivelä, L.**, Fiß, F., van der Does, W., & Antypa, N. (2023). Examination of Acceptability, Feasibility and Iatrogenic Effects of Ecological Momentary Assessment (EMA) of Suicidal Ideation. *Assessment*, 31(6), 1292-1308. <https://doi.org/10.1177/10731911231216053>
- Kivelä, L.**, Fried, E., van der Does, W., & Antypa, N. (2023). Examining Contemporaneous and Temporal Associations of Real-Time Suicidal Ideation Using Network Analysis. *Psychological Medicine*, 54(12), 3357-3365 .  
<https://doi.org/10.1017/S003329172400151X>
- Kivelä, L.**, van der Does, W., & Antypa, N. (2024). Sleep, Hopelessness and Suicidal Ideation: An Actigraphy and Sleep Diary Study. *Journal of Psychiatric Research*, 177, 46-52. <https://doi.org/10.1016/j.jpsychires.2024.06.039>
- Kivelä, L.**, van der Does, W., Gilissen, R., & Antypa, N. (2024). Digital Phenotypes of Real-Time Suicidal Ideation: Correlates and Consequences. *Acta Psychiatrica Scandinavica*. <https://doi.org/10.1111/acps.13750>

### Other Publications (Completed During the PhD)

- Kivelä, L.**, Riese, H., Fakkkel, T., Verkuil, B., Penninx, B., Lamers, F., van der Does, W., & Antypa, N. (2022). Chronotype, Daily Affect and Social Contact: An Ecological Momentary Assessment Study. *Psychiatry Research*, 309, 114386.  
<https://doi.org/10.1016/j.psychres.2021.114386>
- Kivelä, L.**, Mouthaan, J., van der Does, W., & Antypa, N. (2022). Student Mental Health During the COVID-19 Pandemic: Are International Students More Affected? *Journal of American College Health*, 72(2), 414-422.  
<https://doi.org/10.1080/07448481.2022.2037616>
- Kivelä, L.**, Antypa, N., Fried, E., Schoevers, R., van Hemert, B., Penninx, B., & van der Does, W. (2023). Suicidal Ideation Across Depressive Episodes: A 9-Year Longitudinal Study. *British Journal of Psychiatry Open*, 9(6), e218.  
<https://doi.org/10.1192/bjo.2023.608>
- Lamprou, E., **Kivelä, L.**, Rohling, J., Meijer, J., van der Does, W., & Antypa, N. (2024). Chronotype, Sleep Disturbance, Depression and Pre-Sleep Rumination: A

Seven-Day Diary and Actigraphy Study. *European Journal of Neuroscience*.  
<https://doi.org/10.1111/ejn.16551>

Pape, L., Jonker, S., **Kivelä, L.**, van Straten, A., & Antypa, N. (2024). Effectiveness of a Multi-Component Sleep-Mood Group Intervention on Improving Insomnia in University Students – A Pilot Randomized Controlled Trial. *BMC Psychology*, *12*, 626. <https://doi.org/10.1186/s40359-024-02057-1>

McLellan, A., Pape, L., Antypa, N., & **Kivelä, L.** (2024). Effectiveness of Sleep Interventions for Treating Suicidality Over the Lifespan: A Systematic Review and Meta-Analysis. [in preparation]

**Kivelä, L.**, Giltay, E., van der Does, W., & Antypa, N. (2024). Danger by Association: Dynamic Time Warp Analysis of Suicidal Ideation and Depressive Symptoms. [in preparation]



## Curriculum Vitae



Liia M.M. Kivelä was born 6<sup>th</sup> of May 1992, in Espoo, Finland. She completed her secondary school education at Etelä-Tapiola Upper Secondary School in Espoo, Finland, and at Richmond High School in Sydney, Australia. During her gap year between 2012 and 2013, she took courses in creative writing and photography at the London School of Journalism and London School of Photography in London, United Kingdom. In 2013, she moved to the Netherlands to study at Leiden University, and completed her bachelor's degree in psychology (cum laude) in 2016. She went on to follow the research master program in clinical and health psychology, graduating with her master's degree (cum laude) in 2019. Between 2019 and 2024, she worked as a PhD researcher at the Department of Clinical Psychology, Leiden University, under the supervision of Dr. Niki Antypa and Prof. dr. Willem van der Does. Her research, funded by the Netherlands Organisation for Scientific Research (N.W.O) Research Talent Grant, was focused on using real-time assessment methodologies to study the temporal dynamics of suicidal ideation. During her PhD, she also attended the Dutch-Flemish Postgraduate School for Experimental Psychopathology (EPP), and completed trainings through the Leiden University Graduate School of Social and Behavioral Sciences, and the Dutch Institute for Schema Therapy. As part of her teaching responsibilities, she supervised 22 MSc theses, and lectured at the Leiden University Medical Center (LUMC) on the chronobiology of depression and suicidality. She also supervised student interns in both research and clinical tasks, including psychodiagnostics and suicide risk assessments in high-risk populations. Currently, she works as a clinician in The Hague.





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