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## **Nexus, uncovered: on the relations between expectancy, avoidance, and somatic sensations**

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## CURRICULUM VITAE

Putu Gita Nadinda (Gita) was born in Denpasar, Bali, Indonesia. She graduated high school from Sekolah Dyatmika as a valedictorian in 2014 and subsequently pursued her bachelor's degree in psychology at the University of Kansas in the USA (2014-2018). During her bachelor studies, she worked as a research assistant in several labs on topics spanning from social psychology, psycholinguistics, to dementia and aging.

After earning her Bachelor of Arts degree with highest distinction in 2018, she went on to volunteer at several non-profit organizations in Bali that provided support for individuals with physical disabilities. As a volunteer, she learned that one of the biggest barriers to rehabilitation adherence was chronic pain which sparked her interest in understanding the mechanisms behind somatic sensations. In 2019, she was awarded the Orange Tulip Scholarship that allowed her to continue her studies in the Netherlands and obtain a master's degree (cum laude) in health and social psychology at Maastricht University (2019-2020). In this time, she wrote her master's thesis on the effects of psychological interventions on postoperative pain which eventually became her first publication.

In 2020 Gita started her position as a PhD candidate at the Health, Medical and Neuropsychology Unit within the Institute of Psychology at Leiden University under the supervision of Prof. dr. Andrea W.M. Evers, Prof. dr. Madelon L. Peters, Prof. dr. Johan W.S. Vlaeyen, and Dr. Antoinette van Laarhoven. Her project was a joint doctoral program between Leiden University and Maastricht University which was part of the New Science of Mental Disorders (NSMD) consortium funded by the NWO Gravitation Grant. As a PhD candidate she conducted several studies investigating the relationship between expectancies and avoidance in somatic sensations, particularly in pain and itch. Additionally, Gita engaged in various teaching activities including supervising thesis projects of bachelor and master students and teaching workgroups. This led her to receive a partial University Teaching Qualification in 2024.

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## PUBLICATIONS

### Published Articles

Nadinda, P. G., van Laarhoven, A. I. M., Van den Bergh, O., Vlaeyen, J. W. S., Peters, M. L., & Evers, A. W. M. (2024). Expectancies and Avoidance: Towards an Integrated Model of Chronic Somatic Symptoms. *Neuroscience & Biobehavioral Reviews*, 105808. <https://doi.org/10.1016/j.neubiorev.2024.105808>

Nadinda, P. G., van Laarhoven, A. I. M., Evers, A. W. M., Maas, J., & van Beugen, S. (2023). Itch-related avoidance and attentional biases in patients with psoriasis?. *The Journal of Investigative Dermatology*, 143(9). <https://doi.org/10.1016/j.jid.2023.02.032>

Nadinda, P. G., van Ryckeghem, D. M., & Peters, M. L. (2022). Can perioperative psychological interventions decrease the risk of postsurgical pain and disability? A systematic review and meta-analysis of randomized controlled trials. *Pain*, 163(7), 1254-1273. <https://doi.org/10.1097/j.pain.0000000000002521>

### Articles in Press

Nadinda, P. G., van Laarhoven, A. I. M., Vlaeyen, J. W.S., Peters, M. L., & Evers, A. W. M. (In Press). The Influence of Negative Expectancies on Itch-Related Avoidance Behavior. *Biopsychosocial Science and Medicine*.

Nadinda, P. G., van Laarhoven, A. I. M., Vlaeyen, J. W.S., Peters, M. L., & Evers, A. W. M. (In Press). I Expect Therefore I Avoid? The Effects of Negative Expectancy Learning on Pain and Pain-Related Avoidance Behavior. *The Journal of Pain*.

## ACKNOWLEDGEMENTS

And at last, we have reached the end.

The five years of my PhD has been filled with an incredible number of momentous events on a professional and personal level. From my first (and hopefully last) pandemic to my first international conference, all the way to my first indoor skydiving experience (which was definitely not the last). These moments have made my PhD experience all the more memorable, and I am grateful to everyone who has been by my side through it all.

Of course, I would not have made it to the end without my incredible supervisors. **Andrea, Madelon, Johan and Antoinette**, it has been a great honor and a privilege to work alongside you. Through the constant support and openness that you have fostered, I gained the courage to be assertive and to speak my mind even during difficult situations. The knowledge that I have received from you is truly precious. I have gained connections that were only possible through the network of four Titans in the field. Thank you for your guidance throughout these years and for bringing out the best in me.

To my paranympths, thank you for bringing laughter and distraction on our tea and coffee breaks. You have no idea how much those breaks have kept me going. **Fabian**, thank you for welcoming me and for teaching me about Sinterklaas (and many other Dutch traditions) the first year I moved to Leiden; I would have been so lost otherwise. I will always treasure our conversations on languages, culture, life, and debating how words are pronounced. I still can't believe there's a silent L in salmon. **Stefanie**, thank you for climbing along the (metaphorical and literal) mountain with me and for always motivating me to reach the top even when boulders seem to start rolling down. Good thing we started bouldering together.

I would also like to thank the **GMN colleagues** for creating such a warm and supportive environment in the department. Many of you have given me advice in one way shape or form which has been invaluable to me. Special thanks to **Kim, Sigrid, Francette**, and **Sonja** for their help in dealing with administrative manners, and to **Madelief** for easing the weight of my shoulders in my busiest moments.

I am especially grateful to **Merve, Jennifer, Lingling**, and **Aleksandrina** who were always there to help. Whether it be teaching me how to use a new pain device (don't worry everyone, it was ethically approved) or figuring out how to get through writers block, they were always ready to think along until a problem is solved. Thank you also to **Hans** and **Mohammed** for your willingness to test out different pain and itch stimuli. It may not have been fun, but it was a catalyst for all my experiments.

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To **Lucas**, my love, thank you for being by my side, for being my partner in every sense of the word, and for listening to my weekly monologues on [insert topic of the week here]. You have truly been a constant in my ever-changing life, and I am grateful to have you, more than words can ever express. By the way, you can finally put away the notepads around the house. We won't need those for my 3am epiphanies anymore.

Now it's time for new beginnings.