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Learning to swim the endless waves: examining self-management and risk factors for (chronic) depression

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Citation

Solis, E. C. (2025, October 9). *Learning to swim the endless waves: examining self-management and risk factors for (chronic) depression*. Retrieved from <https://hdl.handle.net/1887/4262751>

Version: Publisher's Version

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

Acknowledgements | Dankwoord

Words cannot express my gratitude to my promotor, co-promotor, and mentor for their confidence in me, their patience, and their invaluable feedback. You have all helped me become a better researcher, and for that, I am forever grateful. To my promotor, Prof. Dr. Bert van Hemert, thank you for your philosophical and practical insights that helped me grow as a researcher. Because of you, I feel braver about speaking my mind. To my co-promotor, Dr. Ingrid Carlier, thank you for your daily guidance and for teaching me to deal with uncertainty with strength and optimism. Because of you, my positivity endures; I know that ups and downs are part of the game. To Prof. Dr. Willem van der Does goes my deepest gratitude – you have guided me in my personal development since 2012, continued to believe in me, and recommended me for this project.

My sincere thanks go out to my colleagues, including the data coordinators and research assistants of this project for their amiable collegiality and dedication. Thanks to Dr. Erik Giltay for your amicable support and assistance with complicated statistical analyses. To Gea Corton and Mirjam van der Hoorn, thank you for your steadfast encouragement and support. Also, thank you to Alice Meijer for your administrative support.

Thank you to my amazing fellow PhD-candidates and office mates, with whom I shared so many wonderful memories throughout these years. Stephanie and Wessel, your humor, pragmatism and moral support were bright lights in my PhD journey. I will forever cherish our moments of laughter. Rahele, I am very

grateful for your calm, empathetic presence and support. Thanks to Nienke, David, Erwin, Ikrame, and Floor, for happy memories and collegial support. I wish you all the best.

To my love, Benjamin, without you, I may not have reached this final point. I cannot stress enough how much your support, encouragement, generosity, and humor kept me going and helped me reach this point – thank you. Thanks also to the Louchart-Glorieux family who have welcomed me in France and blessed me with emotional support and warmth.

To my Mom and Dad, my brothers Joshua and Dominic, and all my family, thank you for your loving encouragement all these years. Your belief in me kept my spirits and motivation high during this process. I love you. To my Ita Beva, thank you for your endless love and support, in person and in spirit.

Lastly, I would be remiss in not mentioning my lovely friends, in the US and in Europe, and all those wonderful individuals who are no longer in my life, who all played a large role in supporting me emotionally during my PhD. Thank you, with all my heart.

Curriculum Vitae

Ericka Solis was born on 13 October 1987 in El Paso, Texas, in the United States. In 2006, she graduated as valedictorian from Del Valle High School. She then moved to North Carolina to study at Davidson College, one of the top 10 prestigious liberal arts colleges in the United States. During her four-year program, she had the opportunity to study social sciences at the University of Amsterdam for one semester. In 2010, she graduated with a BSc in Psychology with a minor in Religion, and that same year, she immigrated to Amsterdam, The Netherlands. She started working as an international corporate secretary in the Real Estate department at Citco Nederland B.V. and started learning the Dutch language. In 2012, she passed the language exam for university-level Dutch and started the Research Master's program in Clinical and Health Psychology at Leiden University. Interested in becoming a scientist-practitioner, she focused on both the research and clinical practice programs at the university. She completed research and clinical practice internships in the departments of bipolar disorders and depressive disorders Dutch at PsyQ in Den Haag. During her Master's program, she worked part-time as a secretary at ACON Renewables B.V. in Amsterdam, and from 2012 to 2013, she worked as a research assistant at Leiden University, in collaboration with Professor Willem van der Does and the Leyden Academy on Vitality and Ageing. In 2015, after completing her Research MSc, she started two part-time jobs: lecturer/researcher at Leiden University and psychologist at PsyQ International B.V. In her position as psychologist, she provided care in English, Spanish, and Dutch to her patients. In 2016, she enthusiastically accepted the opportunity to start a full-time PhD program at the department of Psychiatry of Leiden

University Medical Center. In 2020, the COVID-19 pandemic presented several challenges to completing her PhD-project. Fortunately, her project was extended for two years and completed. In 2023, she took additional online courses in Digital Marketing and Drug Development. At the end of 2023, after the end of her PhD-project, she moved to Paris, France and started learning the French language. She currently works at ClinSearch as an International Clinical Research Associate, monitoring clinical trials for pharmaceuticals and medical devices. Her projects are in Dutch, English, and French.

List of Publications

Solis, E., Antypa, N., Conijn, J.M., Kelderman, H., & Van der Does, W. (2017). Psychometric properties of the Leiden Index of Depression Sensitivity (LEIDS). *Psychological Assessment*, 29(2), 158-171.

<http://dx.doi.org/10.1037/pas0000326>

Angelidis, A., **Solis, E.**, Lautenbach, F., Van der Does, W., & Putnam, P. (2019). I'm going to fail! Acute cognitive performance anxiety increases threat-interference and impairs WM performance. *PLoS ONE*, 14(2), e0210824.

<https://doi.org/10.1371/journal.pone.0210824>

Solis, E., Kamminga, N., & Carlier, I.V.E. (2021). 'Door PPEP4All kreeg ik de regie over mijn leven terug' [Because of PPEP4All, I was able to take back control of my life]. *GZ-Psychologie*, 13, 14-17. <https://doi.org/10.1007/s41480-021-0859-3>.

Solis, E.C., Carlier, I.V.E., van der Wee, N.J.A., & van Hemert, A.M. (2021). The clinical and cost-effectiveness of a self-management intervention for patients with persistent depressive disorder and their partners/caregivers: Study protocol of a multicenter pragmatic randomized controlled trial. *Trials*, 22(1), 731. <https://doi.org/10.1186/s13063-021-05666-y>.

Solis, E.C., van Hemert, A.M., Carlier, I.V.E., Wardenaar, K.J., Schoevers, R.A., Beekman, A.T.F., Penninx, B.W.J.H., & Giltay, E.J. (2021). The 9-year clinical course of depressive and anxiety disorders: New NESDA findings. *Journal of Affective Disorders*, 295, 1269-1279. <https://doi.org/10.1016/j.jad.2021.08.108>.

Solis, E.C., Carlier, I.V.E., Kamminga, N.G.A., Giltay, E.J., & van Hemert, A.M. (2024). The clinical effectiveness of a self-management intervention for patients with persistent depressive disorder and their partners/caregivers: results from a multicenter pragmatic randomized controlled trial. *Trials*, 25, 187. <https://doi.org/10.1186/s13063-024-08033-9>.

Solis, E.C., Carlier, I.V.E., Kamminga, N.G.A., van Hemert, A.M., & van den Akker-van Marle, M.E. (2024). Economic evaluation of self-management for patients with persistent depressive disorder and their caregivers. *Journal of Mental Health Policy and Economics*, 27(4), 129-143.

Solis, E.C., Carlier, I.V.E., Kamminga, N.G.A., & van Hemert, A.M. (2025). Self-management strategies and care needs of patients with persistent depressive disorder and their informal caregivers: a multi-perspectives qualitative interview study. *Frontiers in Psychiatry*, 16:1505396. doi: 10.3389/fpsy.2025.1505396.

Solis, E.C., Carlier, I.V.E., Schoevers, R.A., Penninx, B.W.J.H., van Hemert, A.M., & van der Does, A.J.W. (2025). Cognitive reactivity compared to other risk factors in the prediction of depressive episodes over two and nine years: a longitudinal cohort study. *International Journal of Psychiatry in Clinical Practice*, Mar;29(1):32-40. doi: 10.1080/13651501.2025.2476509.

PORTFOLIO

PhD student: EC Solis MSc
 Primary thesis advisor: Prof. dr. AM van Hemert
 Other thesis advisor(s): Dr. IVE Carlier

Research 31001 Stress-related psychiatric disorders across the life
 programme: span
 Economic evaluation of psychiatric rehabilitation/self-management group
 intervention (PPEP4All) compared with usual care in patients with Persistent
 Depressive Disorder (PDD) and their partner; a multicenter pragmatic randomized
 control trial.

	Year	Hours
Mandatory courses		
- Responsible Research (2 activities) (done)	2018	42
- Basic Methods and Reasoning in Biostatistics (done)	2019	42
- Leiden University Onboarding Programme Inform & Connect (2 activities) (done)	2019	5
Generic/disciplinary courses		
- Train de Trainers-cursus Patient en Partner Educatie Programma voor Alle Chronische Ziekten (PPEP4All) VII – GGZ	2016	42
- Survival Analyses (Advanced Biostatistics)	2019	42
- Qualitative Data Analysis with Grounded Theory	2022	70
- Using R for Data Analysis	2022	28
- BROK Course Advanced Good Clinical Practice	2018	42

Attended lectures, LUMC presentations, participation in meetings

- Poster at GGZ Rivierduinen Wetenschapsmiddag 2017	2017	4
- Poster at GGZ Rivierduinen Wetenschapsmiddag 2018	2018	4
- PhD Presentation (OIO Talk) 2019	2019	1
- Presentation GGZ Rivierduinen Wetenschapsmiddag 2021	2021	4
- Introduction Growth Modeling	2021	2
- ECNP Traumatic Stress Network 'Hot Topics'	2021	2
- PhD Presentation (OIO Talk) 2022	2022	1
- Meeting on Final Report for Grant Provider ZonMw	2023	2

Congress attendance and poster or oral presentations

- Attendance European Congress of Psychiatry 2018 Nice, France	2018	28
- NedKad Conferentie en Poster presentatie	2018	8
- Poster and Attendance European Congress of Psychiatry 2019 in Warsaw	2019	28
- Attendance at NESDA Day Symposium	2019	7
- Attendance at GGZ Rivierduinen Wetenschapsmiddag 2019	2019	4
- Poster during International Congress of Psychology (ICP-22th)	2021	8
- Poster and Attendance at International Conference on Spirituality and Psychology (ICSP2022)	2022	20
- Poster and Attendance European Congress of Psychiatry 2023 in Paris, France	2023	28

Other activities (such as journal club)

- Presentation during PPEP4All Train-the-Trainers Course 2017		1
- Workshop Scientific Conduct for PhDs (exempted)	2025	0

- Presentation at PPEP4All Symposium	2019	2
- Presentation during PPEP4All Train-the-Trainers Course	2019	1
- Presentation during PPEP4All Train-the-Trainers Course	2019	1
- Presentation during PPEP4All Train-the-Trainers Course	2020	1
- Presentation during PPEP4All Train-the-Trainers Course	2021	1
- Presentation during PPEP4All Train-the-Trainers Course	2022	1

Teaching activities

	Year	Hours
Lecturing, lab assistance, student supervision		
- Critical Appraisal of a Topic	2019	28
- Teaching Workgroups for Lijn Gezondheidsbevordering jaar 2	2019	12
- Teaching Workgroups on "Hersenen en Aansturing"	2019	5
- Teaching Workgroups for Lijn Gezondheidsbevordering jaar 2	2020	12
- Teaching Workgroups on "Hersenen en Aansturing"	2020	7
- Teaching Workgroups for Lijn Gezondheidsbevordering jaar 2	2021	5
- Teaching Workgroups on "Hersenen en Aansturing"	2021	8
- Teaching Workgroups on "Hersenen en Aansturing"	2022	8
- Teaching workgroups "Psychisch Functioneren" regarding Mood and anxiety disorders	2021	10
- Teaching workgroups "Psychisch Functioneren" regarding Mood and anxiety disorders	2022	10
TOTAL number of hours		577