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Braver together: an exploration into the effectiveness of blended group cognitive behavior therapy as early intervention for socially anxious adolescents

Velthuisen S.L.M.

Citation

Braver together: an exploration into the effectiveness of blended group cognitive behavior therapy as early intervention for socially anxious adolescents. (2025, December 17). *Braver together: an exploration into the effectiveness of blended group cognitive behavior therapy as early intervention for socially anxious adolescents.* Retrieved from <https://hdl.handle.net/1887/4285450>

Version: Publisher's Version

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

Acknowledgements

I am incredibly grateful to every person who played a part in this long, rewarding journey filled with twists and turns. I would like to thank all of you personally but am limited by space. If I was unable to mention your name, this is for you: **Thank you.**

I would like to start by thanking all of our **In Je Sas! adolescents** who participated in this project. *You are the bravest kids in the world.* I also thank all participating **parents** for daring to go on this journey with us, and for entrusting us with your children.

I am eternally grateful to my supervisors for their guidance and mentorship, and for believing in me. Together, you have been the perfect balance to drive this project forward. **Esther**, you are a seamless mix of eagle-eyed analytical thinking and warm, compassionate understanding. I value that you are never afraid to speak your mind. **Anne**, you are able to thoroughly examine subjects while remembering the big picture. Your insight, dedication and passionate approach are irreplaceable. **Michiel**, thank you for seeing and valuing the human behind the profession. You made it clear your door was always open, and your mentorship has been invaluable.

Thank you to the **defense committee** for taking the time to deep-dive into my work. At the time of writing this, I am excited and look forward to exchanging thoughts with you during my defense, though those feelings might look slightly different on the morning of.

I would like to thank **Jessica Hilhorst** and her colleagues at Leiden municipality for recognizing the value of early intervention research. I also thank all of our participating schools for their involvement with a special thanks to **Ingrid Toonen** for being an early cheerleader and advocate of this project. You helped us make it happen.

I would like to thank **Anika Bexkens** for your sage mentoring and guidance. For their involvement and support, I would also like to extend my gratitude to **Anke Blöte**, **Anke Klein**, **Emmy**, **Eveline**, **Femke**, and **Kwang** and all my colleagues at the Developmental and Educational Psychology department. I am grateful for all the chats, laughs and camaraderie shared with my friends who walked on the PhD journey alongside me: **Elise**, **Evelien**, **Nina**, **Semiha**, and **Simone**. **Jiemiao**, thank you for your expert involvement and for your warm friendship. Thank you, **Iro** and **Dominique**, for your reassurance and all the fun times we've shared. **Janna Marie** and **Miranda**, thank you for being inspirations as fellow mothers balancing a PhD with raising a young family. **Anita**, I loved sharing our parallel professional and family lives and I miss living close to you. Thank you for the memorable board game nights.

Thank you to all master's students and research assistants for the tireless work they put into my project: **Annelies, Britt, Carline, Jasmin, Joëlle, Konstantina, Melissa, Sarah, Soraya, Tess, Thijs, and Tom.**

This project would not have been the same without the zealous input of **Dayenne** who brought endless creativity and sheer joy. I am still in awe of our ability to read each other's minds and am beyond grateful for your devotion to this project.

I would like to thank my former mentor, **Hans Hogewind**, for welcoming me into your captivating professional life and into the warm embrace of your beautiful family. You continue to be the compass to which I look for inspiration. When in doubt, I ask myself "What would Hans do?"

Thank you to my colleague and friend **Annelieke**. I could not imagine this journey without you. You are an ally, a source of inspiration, and a true friend. I am honored to have you next to me as my paranymp and I hope we find ways to keep working together.

A huge thank you to my **friends, family in-law, and family** for your encouragement. Thank you to my dear, long-suffering friends **Johana, Marit, Liam and Dave** for always cheering me on. Thank you for your keen interest and support, **Corry and Bas**. Thank you, **Mom and Dad**, for always being my strongest pillars and steadfast safety net, and for teaching me to believe in myself.

I am eternally grateful to my sister and best friend **Malin** for her endless encouragement and interest. Thank you for always being a listening ear and for continuing your loyal sisterly duty as my paranymp.

To my children, **Atreus, Matilda and Baby** on the way, you are the air in my lungs and the light of my life. Thank you for keeping me grounded and reminding me of what is most important.

This dissertation is dedicated to you, **Evert**, for your unwavering love, humor and support. Thank you for always catching me when I fall. Words are not enough to describe how grateful I am to have you as my lifelong teammate.

Curriculum Vitae

Sara Velthuisen (née Jakobsson Månsson) was born July 12, 1990 in Lund, Sweden. In 2008, she graduated from Green Hope High School in Cary, North Carolina. She graduated cum laude from University College Roosevelt in 2012 with a bachelor's degree in psychology and sociology with a minor in statistics. During her time at University College Roosevelt, she conducted numerous small-scale research projects in the community, including studying infant parental attachment in safe houses for young single mothers, and researching contentment at in-patient psychiatric clinics, as well as conducting an academic internship at a school for asylum-seeking children. In 2016, she graduated cum laude from Leiden University with a master's degree in Child and Adolescent Psychology. She conducted a clinical internship and worked as a psychologist post-graduation at Expat Child Psychology in The Hague. Here, she offered support to children and families from the expatriate community, and worked in close contact with international schools.

In 2017, she started her PhD project at the Developmental and Educational Psychology department in the Psychology Institute at Leiden University, researching treatment efficacy for adolescents with social anxiety disorder. Here, she taught a variety of classes to bachelor's and master's students including Academic Skills, Cognitive Behavior Therapy with Young People, Clinical Child and Adolescent Psychology, and Applied Developmental Psychopathology. She also supervised master's theses. For purposes of informing the PhD process, Sara attended courses including Scientific Integrity, Data Management, Introduction Writing, Online Presenting Skills, Five Minute Presenting Skills, and more. She attended several conferences including the World Confederation of Cognitive and Behavioural Therapies (WCCBT) in 2019; and presented at the European Association for Behavioural and Cognitive Therapies (EABCT) in 2020 and in 2024. She also attended and presented at several Dutch Society for Developmental Psychology (VNOP) conferences. Alongside her PhD, she worked as a psychologist at Child Assessment Group in The Hague, a clinic for expatriate families.

List of Publications

- Chen, J., van den Bos, E., L.M. Velthuisen, S., & Westenberg, P. M. (2021). Visual avoidance of faces in socially anxious individuals: The moderating effect of type of social situation. *Journal of Experimental Psychopathology*, 12(1). <https://doi.org/10.1177/2043808721989628>
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- Velthuisen, S. L. M., Miers, A. C., van den Bos, E., Hagen, A., & Westenberg, P. M. (2025). Early intervention and disorder-specific group cognitive behavioral therapy for socially anxious adolescents. *Journal of Child and Family Studies*. <https://doi.org/10.1007/s10826-025-03187-9>
- Velthuisen, S. L. M., van den Bos, E., Miers, A. C., Chen, J., Westenberg, P. M. (in press). Does cognitive behavior therapy change socially anxious adolescents' behavior during a public speaking task? *Research on Child and Adolescent Psychopathology*.
- Velthuisen, S. L. M., van den Bos, E., Miers, A. C., & Westenberg, P. M. (2025). *Do therapy effects for socially anxious adolescents extend to audience perception during a public speaking task?* [Manuscript in preparation]. Department of Developmental and Educational Psychology, Leiden University.