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No adolescent is an island: conceptualizing the family system in adolescent depression with the network approach

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Curriculum vitae

Myrthe Veenman was born on March 22nd 1995, in Haarlem, the Netherlands. In 2013, she graduated her secondary education at Fioretti College Lisse. Afterwards, she started her Bachelor's degree (BSc) in Psychology at the University of Amsterdam and participated in an exchange program with the University of Calgary, Canada, in 2017. In that same year, she completed her Bachelor's and started the Master of Behavioural Data Science at the University of Amsterdam, which she combined with the Research Master in Psychology at the same university in 2018. During her Master's, she did an internship at *JASP*, an open-source statistics program, and continued her work there as a lab coordinator for Prof.dr. Eric-Jan M. Wagenmakers. As part of the Research Master, she completed a research internship with Dr. Sacha Epskamp. Under his supervision, she also worked as a student assistant for the course 'Structural Equation Modeling'. In 2019, she started the *Student Initiative for Open Science* (SIOS) with Maike Dahrendorf, Dr. Karoline Huth, and Lea Schumacher, and in close collaboration with Iris Smal. After completing both Master's in 2020, Myrthe started her PhD project at the department of Clinical Psychology at Leiden University (the Netherlands) under the supervision of Prof.dr. Bernet M. Elzinga and Dr. Eiko I. Fried in September 2020. Her project was part of the New Science of Mental Disorders (NSMD) consortium funded by the NWO Gravitation Grant. Currently, Myrthe works as a post-doctoral researcher at the Clinical Psychology department at Leiden University, continuing the work with Prof.dr. Bernet M. Elzinga.

Publications

- Veenman, M., Stefan, A. M., & Haaf, J. M. (2024). Bayesian hierarchical modeling: An introduction and reassessment. *Behavior Research Methods*, *56*(5), 4600–4631. https://doi.org/10.3758/s13428-023-02204-3
- Veenman, M., Janssen, L. H., van Houtum, L. A., Wever, M. C., Verkuil, B., Epskamp, S., Fried, E. I., & Elzinga, B. M. (2024a). A network study of family affect systems in daily life. *Multivariate Behavioral Research*, *59*(2), 371–405. https://doi.org/10.1080/00273171.2023.2283632
- Fried, E. I., Epskamp, S., Veenman, M., & van Borkulo, C. D. (2022). Network stability, comparison, and replicability. In *Network psychometrics with r* (pp. 133–153). Routledge. https://doi.org/10.4324/9781003111238-10

Manuscripts submitted for publication

- Veenman, M., Wentholt, W. G. M., Janssen, L. H., van Houtum, L. A., Wever, M. C., Fried, E. I. & Elzinga, B. M. (2025). *Studying Family Systems of Adolescent Depression: A Matter of Perspective.*
- Veenman, M., Janssen, L. H., van Houtum, L. A., Wentholt, W. G. M., Wever, M. C., Tollenaar, M. S., Verkuil, B., Fried, E. I. & Elzinga, B. M. (2024). *Not to Worry? The Relation between Parental Worry, Self-Efficacy, and Parenting Behaviors in the Context of Adolescent Depression.*
- Veenman, M., Kullberg, M. L. J., Kielstra- van der Schalk, C., van den Nouweland-van Baars, R., Ruys- Zonnenberg, M., Fried, E. I. & Elzinga, B. M. (2024). *Parental Worry and Self-Efficacy when Raising Adolescents with Depression: A Mixed-Method Approach.*

Conference presentations

- Veenman, M., Janssen, L. H. C., Fried, E. I., Elzinga, B. M. (2021, May). *Introduction of the Dynamic Family Network Model to Study Relations of Mood States in Adolescence.* Flash talk at the Virtual Convention of the Association for Psychological Science - APS, 2021 [Online].

- Veenman, M., Janssen, L. H. C., van Houtum, L. A. E. M., Wever, Verkuil, B., Fried, E. I., Elzinga, B. M. (2022, September). *A Study of Family Affect Systems in Daily Life.* Oral presentation at the 52nd Conference of the European Association for Behavioural and Cognitive Therapies - EABCT, 2022 [Barcelona, Spain].
- Veenman, M., Fried, E. I., Elzinga, B. M. (2023, March). *Family Affect Systems in the Context of Adolescent Depression.* Oral presentation at the 4th International Convention of Psychological Science - ICPS, 2023 [Brussels, Belgium].
- Veenman, M., Fried, E. I., Elzinga, B. M. (2023, May). *A Multi-Method Perspective on Family Dynamics in the Context of Adolescent Depression.* Oral presentation at the 35th Annual Convention of the Association of Psychological Science - APS, 2023 [Washington D.C., USA].
- Veenman, M., Fried, E. I., Elzinga, B. M. (2023, June). *Studying Adolescent-Parent Contact in the Context of Adolescent Depression using Ecological Momentary Assessment.* Poster presentation at the Conference of the Society for Ambulatory Assessment - SAA, 2023 [Amsterdam, the Netherlands].
- Veenman, M. (2023, June). *The Network Approach in Traumatic Stress Research.* Workshop at the 17th Conference of the European Society for Traumatic Stress Studies - ESTSS, 2023 [Belfast, Northern Ireland].
- Veenman, M., Fried, E.I., Elzinga, B. M. (2024, March). *The Parent in Adolescent Depression: Opportunities and Challenges of the Network Approach to Study Family Dynamics.* Oral presentation and symposium chair at the 9th International Conference of the European Association of Clinical Psychology and Psychological Treatment and Urban Mental Health - EUCLIPT x UMH, 2024 [Amsterdam, the Netherlands].

Software

- Epskamp, S., Stuber, S., Nak, J., Veenman, M., & Jorgensen, T. (2022). *semPlot: Path diagrams and visual analysis of various SEM packages' output* [R package version 1.1.6]. https://cran.r-project.org/web/packages/semPlot/semPlot.pdf
- Epskamp, S., Deserno, M. K., & Bringmann, L. F. (2024). *mlVAR: Multi-Level Vector Autoregression* [R package version 0.5.2]. https://cran.r-project.org/web/packages/mlVAR/mlVAR.pdf

Acknowledgements

The cover of this dissertation features the *Hermann grid*: an optical illusion in which dots appear in the intersections but then disappear when one tries to focus on them. One reason for choosing this cover is that all the squares represent connected islands, as in the title of this dissertation: no adolescent is an island. Whenever I feel alone, like on an island, I am grateful to have my system to fall back on. I would like to thank the central nodes in my network that played an important role in the realization of this dissertation.

First of all, I would like to thank my supervisors, **Bernet** and **Eiko**, for the 208 meetings that were needed to complete this dissertation. More importantly, thank you for your support and valuable (academic) advice. I would also like to thank the members of the promotion committee. I look forward to exchanging more scientific thoughts in the future.

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This PhD was not a sprint, but an ultramarathon of 1701 kilometers. I would like to thank my colleagues from the Clinical Psychology department, especially my fellow PhDs and my office, for their warmth, guidance, and sportsmanship. When not running, then walking. In particular, thank you, **Marie-Louise**, for your advice and insights into clinical practice. Thank you, **Kyra** and **Marjolein**, for sharing the network experience, and **Marike** and **Wilma**, for battling through the final phase of the PhD together. I am also immensely grateful to the members of the RE-PAIR team. Thank you, **Loes**, **Lisanne**, **Mirjam**, and **Wilma**, for your help and feedback. A special thanks to **Loes** for always responding to my (many) emails with questions. In addition to thanking people, I would also like to apologize to the WARN-D office for barging in. Thank you, **Rayyan**, **Carlotta**, and **Ricci**, for listening and for the cookie supply. Furthermore, I would like to thank the people I met through the department. Thank you, **Carine**, **Marjanke**, and **Romke**, for your important work with *Samen Sterk*. Thank you, **Carline**, for your encouragement and word jokes.

Another reason that the optical illusion features the cover of the dissertation is that

appearing dots seem to form a network. Because they appear and disappear, we are never sure if the network is there. This aligns with the question of this dissertation: Can we use the network approach to conceptualize the family system of adolescent depression? I am very grateful to the NSMD consortium for their assistance with answering this question. Through NSMD, I had the opportunity to meet inspiring people who provided me with insights into different fields. Thank you, fellow NSMD PhDs. A special thanks to **Alberto**, **Mado**, **Franzi**, **Alessandra**, and **Güldehan** for their support and for the good times. Thank you, **René**, for your enthusiasm.

In the Hermann grid illusion, dots appear and reappear depending on how one looks at the grid. In other words, depending on your perspective, you can observe dots or not. Just as in this dissertation, this means that perspectives matter. I would like to thank the people who helped me broaden my perspective.

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