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Blue kaleidoscope: disentangling family perspectives in the context of adolescent depression

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About the author | Curriculum Vitae

Wilma Wentholt was born on the 1st of April 1993 in Duiven, the Netherlands. She completed her secondary education at Liemers College in Zevenaar in 2011 and later that year moved to Utrecht. Despite having a rather turbulent time as a Bachelor student, she managed to obtain her Bachelor's degree in Education and Child Studies at Leiden University in 2017. With a non-optimal GPA but with high motivation and curiosity, Wilma was accepted to the Research Master Developmental Psychopathology in Education and Child Studies at Leiden University, graduating in 2019. During her studies, Wilma volunteered at projects supporting families in disadvantageous circumstances, and worked several jobs both outside of academia (e.g., barmaid, receptionist, nanny) as well as within academia (projects: Boys will be boys?, VIPP-FC, KIDS, YOUth). Following her Research Master, Wilma worked as a junior researcher in collaboration with, amongst others, dr. Nikita Schoemaker and prof. Lenneke Alink at the department of Forensic Family Studies at Leiden University until the end of 2019.

In 2020 Wilma started her PhD at the department of Clinical Psychology at Leiden University under supervision of prof. Bernet Elzinga and prof. Lenneke Alink. She had the privilege to join an interdisciplinary team of researchers as part of the REPAIR study, including three peer-PhD candidates: Loes Janssen, Mirjam Wever, and Lianne van Houtum. During her PhD, Wilma researched multiple perspectives on parent-adolescent interactions in the context of adolescent depression, and combined quantitative, qualitative, and meta-analytic methods in her research.

Wilma was trained by the Graduate School of the Faculty of Social Sciences, Leiden University and by the Dutch-Flemish postgraduate school for Experimental Psychopathology (EPP). In 2025 Wilma was nominated for the PhD award of the Faculty of Social Sciences, Leiden University. Wilma taught workgroups of the Bachelor Psychology and supervised internships and theses of the Master Clinical Psychology. Wilma enjoys teaching a lot and hopes to continue this in her work in academia.

Currently, Wilma works as a postdoctoral researcher at the department of Clinical Psychology at Leiden University, supervised by prof. Bernet Elzinga and as part of a consortium of 113 suicide prevention. Wilma now focuses on the functioning and wellbeing of parents of adolescents with depression and/or suicidality. During her postdoc as well as in future research, Wilma aspires to study intergenerational processes in the context of childhood and adolescent psychopathology with a systemic approach, attending to wellbeing of the child as well as the parent.

List of publications

Manuscripts in this dissertation

- Wentholt, W. G. M.**, Janssen, L. H. C., van Houtum, L. A. E. M., Wever, M. C. M., Tollenaar, M. S., Alink, L. R. A., & Elzinga, B. M. (2024). A qualitative, multi-perspective study on causal beliefs about adolescent depression. *Psychology and Psychotherapy*, 97(3), 477-497. <https://doi.org/10.1111/papt.12528>
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Other manuscripts

- Avneri, R., Creasey, N., Elzinga, B. M., Wever, M. C. M., van Houtum, L. A. E. M., **Wentholt, W. G. M.**, Janssen, L. H. C., de Weerth, C., Beijers, R., Pinhasov, A., Salmon-Divon, M., Tollenaar, M. S., & Lax, E. (2026). *Epigenetic signatures of adolescent depression: Unraveling the role of childhood emotional neglect*. [Manuscript in preparation]
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