

CURRICULUM VITAE - DR. NELE DE WITTE

SUMMARY

At Thomas More University of Applied sciences, I am a **digital mental health researcher** in the Centre of expertise Care and Well-being (Research line psychology & technology) and the **scientific coordinator** at LiCalab. I conduct practice-oriented research in the areas of digital mental health, physiological indicators of mental health (with a specific focus on wearables & psychophysiology), and implementation. At LiCalab, I focus on research methodology and study design of user-centered research. I also coordinate the course on Digital Mental Health in the department of Applied Psychology.

PERSONAL INFORMATION

Name	Nele A.J. De Witte
Degrees	PhD in Psychology, MSc in Psychology
Certificates	Good Clinical Practice (2019,2021), APA App Evaluation Framework training (2019), IELTS Academic English C1 (2018), Clinical Neuropsychology (2013)
Birth date	June 2, 1988
Citizenship	Belgium
Languages	Dutch (native language), English (full professional proficiency, C1 certified)
E-mail	nele.dw@thomasmore.be ; neledewitte@gmail.com
Mobile	+32 (0)478 56 37 37
Social media	Researchgate , LinkedIn , Twitter
Academic databases	Google scholar , ORCID

RESEARCH EXPERIENCE

2016- ...	Thomas More University of Applied Sciences – Centre of Expertise Care & Well-being Senior researcher in the Research line Psychology & Technology (www.digitalmentalhealth.be) Scientific coordinator at LiCalab (www.LiCaLab.be ; from 2018 onwards)
2013 - 2016	Ghent University PhD in psychology at the Department of Experimental Clinical and Health Psychology Member of the Psychopathology and affective neuroscience lab (panlab)
2011 - 2012	University of Antwerp Researcher in the Collaborative Antwerp Psychiatric Research Institute (CAPRI)

TEACHING EXPERIENCE

- 2019 - ... **Guest Lecturer KU Leuven** & association KU Leuven
e.g., POC Safety engineering - Cognitive & Organisational Ergonomics (KUL), Studium Generale – Mobile health: Wireless Technologies for Behavior Change (KUL), Postgraduate course on mental healthcare (Odisee University of applied sciences)
- 2016 - ... **Thomas More University of Applied sciences**
Head lecturer of Digital Mental Health (formerly applied psychology & technology) at the department of Applied Psychology
Bachelor thesis supervision at the department of Applied Psychology
Guest lecturer in Postgraduate course mental healthcare in adults and elderly (2022-2023), Postgraduate course on People Analytics (2023), Graduate course on Orthopedagogical Counseling (2023-2024)
- 2013 - 2016 **Ghent University**
Lecturer in the Practicum of clinical psychology

EDUCATION

- 2013 - 2016 **PhD in psychology**
Institution: Ghent University
- 2011 – 2013 **Postgraduate course in clinical neuropsychology**
Institutions: Collaboration of KU Leuven, UGent, VUB
- 2009 – 2011 **Master of Science in Psychology (with honors)**
Subject Clinical and Health Psychology
Institution: KU Leuven
- 2006 – 2009 **Bachelor in Psychology**
Institution: KU Leuven

MEMBERSHIP IN INTERNATIONAL CONSORTIA

- 2024 - ... Member of the International Society for Research on Internet Interventions (ISRII)
- 2017 - ... Member of the European Society for Research on Internet Interventions (ESRII)
- 2020 - 2022 American Psychological Association (APA) International Affiliate Membership
- 2017 - 2021 Management committee member for Belgium in the COST action ‘European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders’ (TREATME; <http://www.treat-me.eu/>)

PROJECTS: EXAMPLES OF APPLICATIONS & PROTOTYPES

HoloLens 2 spider application – Prototype of an augmented reality exposure app for the HoloLens 2 AR headset. Open access build available from GitHub : <https://github.com/SpatialEffects/HoloLens-Specific-Phobia-Build>

eMovit – Behavioral activation smartphone application. Available for free from iOS app store: <https://apps.apple.com/nl/app/emovit/id1208136061>

Carewear – Proof of concept wearable platform

UTAUT questionnaires – Set of Dutch questionnaires on barriers and facilitators for technology adoption for professionals and end users based on the Unified Theory of Acceptance and Use of Technology (UTAUT): <https://expertisetoegepastepsychologie.be/utaut/>

PUBLICATIONS

INTERNATIONAL PEER-REVIEWED PUBLICATIONS

- Scheveneels, S., **De Witte, N.**, Van Daele, T. (2023). The first steps in facing your fears: The acceptability of virtual reality and in vivo exposure treatment for specific fears. *Journal of Anxiety Disorders*, 95, 102695. <https://doi.org/10.1016/j.janxdis.2023.102695>
- Vermeylen, S., Vandenhoudt, H., Helsen, K., & **De Witte N. A. J.** (2023) How can a local government boost prevention and inclusive primary care for its citizens? *International Journal of Integrated Care* 23(S1), 105 <https://doi.org/10.5334/ijic.ICIC23105>
- Vandenhoudt, H., Adriaensen, I., **De Witte, N.**, Broeckx, L., Vermeylen, S., Helsen, K., Weyers, G., & Van der Auwera, V. (2023) Including citizens in collaborative projects in integrated health care through the living lab approach: how to attract participants, build a panel database, engage with end users and keep them motivated. *International Journal of Integrated Care* 23(S1), 095 <https://doi.org/10.5334/ijic.ICIC23095>
- Haddouk, L., Milcent, C., Schneider, B., Van Daele, T., & **De Witte, N. A. J.** (2023). Telepsychology in Europe since COVID-19: how to foster social telepresence? *Journal of Clinical Medicine*, 12(6), 2147. <https://doi.org/10.3390/jcm12062147>
- Witte, N. A. J.**, Buelens, F., Debar, G., Bonroy, B., Standaert, W., Tarnogol, F., & Van Daele, T. (2022) Handheld or head-mounted? An experimental comparison of the potential of augmented reality for animal phobia treatment using smartphone and HoloLens 2. *Frontiers in Virtual reality*, 3. <https://doi.org/10.3389/frvir.2022.1066996>
- Vermeylen, S., Honinx, E., Broes, S., & **De Witte, N. A. J.** (2022). Evaluation of a tactile breath pacer for sleep problems: a mixed method pilot study. *Frontiers in Digital Health*, 4. <https://doi.org/10.3389/fdgth.2022.908159>
- Bührmann, L., Van Daele, T., Rinn, A., **De Witte, N. A. J.**, Lehr, D., Aardoom, J. J., Loheide-Niesmann, L., Smit, J., & Riper, H. (2022). The feasibility of using Apple's ResearchKit for recruitment and data collection: considerations for mental health research. *Frontiers in Digital Health*. <https://doi.org/10.3389/fdgth.2022.978749>
- Van Daele, T., Mathiasen, K., Carlbring, P., Bernaerts, S., Brugnera, A., Compare, A., ... **De Witte, N. A. J.** (2022). Online consultations in mental healthcare: Modelling determinants of use and experience based on an international survey study at the onset of the pandemic. *Internet Interventions*, 30, 100571. <https://doi.org/10.1016/j.invent.2022.100571>
- Bernaerts, S., **De Witte, N. A. J.**, Van der Auwera, V., Bonroy, B., Muraru, L., Bamidis, P., Frantzidis, C., Kourtidou-Papadeli, C., Azevedo, N., Garatea, J., Muñoz, I., Almeida, R., Losada, R., Fung, J., Kehayia, E., Lamontagne, A., de Guise, E., Duclos, C., Higgins, J., Nadeau, S., Beaudry, L., & Konstantinidis, E. (2022). Rehabilitation Supported by Technology: Protocol for an International Cocreation and User Experience Study. *JMIR Research Protocols*, 11(3), e3453. <http://dx.doi.org/10.2196/34537>
- De Witte, N. A. J.**, Joris, S., Van Assche, E., & Van Daele, T. (2021). Technological and digital interventions for mental health and wellbeing: an overview of systematic reviews. *Frontiers in Digital Health*, 3, 754337. <https://doi.org/10.3389/fdgth.2021.754337>
- De Witte, N. A. J.**, Broeckx, L., Vermeylen, S., Van Der Auwera, V., & Van Daele, T. (2021). Human Factors in Living Lab Research. *Technology Innovation Management Review*, 11 (9/10), 21-29. <https://doi.org/10.22215/timreview/1462>

- De Witte, N. A. J.**, Adriaensen, I., Broeckx, L., Van Der Auwera, V., & Van Daele T. (2021). Cross-cultural differences in user-centred research: an international living lab survey. *Health Informatics Journal*, 27, 1-16. <https://doi.org/10.1177/14604582211038268>
- De Witte, N. A. J.**, Carlbring, P., Etzelmueller, A., Nordgreen, T., Karekla, M., Haddouk, L., Belmont, A., Øverland, S., Abi-Habib, R., Bernaerts, S., Brugnera, A., Compare, A., Duque, A., Ebert, D. D., Eimontas, J., Kassianos, A. P., Salgado, J., Schwerdtfeger, A., Tohme, P., Van Assche, E., & Van Daele, T. (2021). Online Consultations in Mental Healthcare During the Covid-19 Outbreak: An International Survey Study on Professionals' Motivations and Perceived Barriers. *Internet Interventions*, 25, 100405. <https://doi.org/10.1016/j.invent.2021.100405>
- Bolinski, F., Etzelmüller, A., **De Witte, N.A.J.**, van Beurden, C., Debard, G., Bonroy, B., Cuijpers, P., Riper, H., & Kleiboer, A. (2021). Physiological and Self-reported Arousal in Virtual Reality Versus Face-to-face Emotional Activation and Cognitive Restructuring in University Students: a Crossover Experimental Study Using Wearable Monitoring. *Behaviour Research and Therapy*, 142, 103877. <https://doi.org/10.1016/j.brat.2021.103877>
- Tohme, P., **De Witte, N.A.J.**, Van Daele, T., & Abi-Habib, R. (2021). Telepsychotherapy during the COVID-19 pandemic: The experience of Lebanese mental health professionals. *Journal of Contemporary Psychotherapy*, 51, 349–355. <https://doi.org/10.1007/s10879-021-09503-w>
- Van Daele, T., Best, P., Bernaerts, S., Van Assche, E., & **De Witte, N. A. J.** (2021). Dropping the E: the potential for integrating e-mental health in psychotherapy. *Current Opinion in Psychology*, 41, 46-50. <https://doi.org/10.1016/j.copsyc.2021.02.007>
- Debard, G., **De Witte, N.**, Sels, R., Mertens, M., Van Daele, T., & Bonroy, B. (2020). Making wearable technology available in mental healthcare through an online platform with stress detection algorithms: the Carewear project. *Journal of Sensors*, 2020, 8846077. <https://doi.org/10.1155/2020/8846077>
- De Witte, N. A. J.**, Scheveneels, S., Sels, R., Debard, G., Hermans, D. & Van Daele, T. (2020) Augmenting Exposure Therapy: Mobile Augmented Reality for Specific Phobia. *Frontiers in Virtual reality*, 1, 8. <https://doi.org/10.3389/frvir.2020.00008>
- Van Daele, T., Karekla, M., Kassianos, A. P., Compare, A., Haddouk, L., Salgado, J., Ebert, D. D., Trebbi, G. (on behalf of the EFPA Project Group on eHealth), Bernaerts, S., Van Assche, E., **De Witte, N. A. J.** (2020). Recommendations for policy and practice of telepsychotherapy and e-mental health in Europe and beyond. *Journal of Psychotherapy Integration*, 30(2), 160-173. <http://dx.doi.org/10.1037/int0000218>
- De Witte, N. A. J.**, Buyck, I., & Van Daele, T. (2019). Combining biofeedback with stress management interventions: a systematic review of physiological and psychological effects. *Applied Psychophysiology and Biofeedback*, 44(2), 71-82. <https://doi.org/10.1007/s10484-018-09427-7>
- De Witte N.A.J.**, Sütterlin, S., Braet, C., & Mueller, S.C. (2017). Psychophysiological correlates of emotion regulation training in adolescent anxiety: Evidence from the novel PIER task. *Journal of Affective Disorders*, 214, 89–96. <https://doi.org/10.1016/j.jad.2017.03.012>
- De Witte, N. A. J.**, & Mueller, S. C. (2017). White matter integrity in brain networks relevant to anxiety and depression: evidence from the Human Connectome Project dataset. *Brain Imaging and Behavior*, 11, 1604–1615. <https://doi.org/10.1007/s11682-016-9642-2>
- De Witte, N. A. J.**, Sütterlin, S., Braet, C., & Mueller, S. C. (2016). Getting to the Heart of Emotion Regulation in Youth: the Role of Interoceptive Sensitivity, Heart Rate Variability, and Parental Psychopathology. *PLoS ONE* 11(10): e0164615. <https://doi.org/10.1371/journal.pone.0164615>
- De Witte, N. A. J.**, Crunelle, C. L., Sabbe, B., Moggi, F., & Dom, G. (2013). Treatment for outpatients with comorbid schizophrenia and substance use disorders: a review. *European Addiction Research*, 20, 105–114. <https://doi.org/10.1159/000355267>
- Joos, L., Goudriaan, A. E., Schmaal, L., **De Witte, N. A. J.**, Van den Brink, W., Sabbe, B. G. C., & Dom, G. (2013). The relationship between impulsivity and craving in alcohol dependent patients. *Psychopharmacology*, 226(2), 273-83. <https://doi.org/10.1007/s00213-012-2905-8>

- De Witte, N. A. J.**, Crunelle, C. L., Joos, L., De Venter, M., De Wilde, B., & Dom, G. (2012). Research on addictive disorders within the Collaborative Antwerp Psychiatric Research Institute: an overview. *Acta Psychiatrica Belgica*, 112, 30-33 .
- Hermans, M. H. M., **De Witte, N.**, & Dom, G. (2012). The state of psychiatry in Belgium. *International Review of Psychiatry*, 24(4), 286-294. <https://doi.org/10.3109/09540261.2012.690337>

BOOK CHAPTERS & REPORTS

- De Witte, N. A. J.**, Van Daele, T., Tarnogol, F., & Scheveneels, S. (2023). Terapia de exposición mediante realidad aumentada: implementación en un tratamiento combinado de fobia específica. In Marti-Noguera, J. J. & Soto-Pérez, F. (Eds.). *Casos clínicos en telesalud mental* (pp. 129-140). Elsevier.
- Van Daele, T., **De Witte, N.**, Belmont, A., Schneider, B., & Haddouk, L. (2022). Une enquête européenne de l'EFPA sur les pratiques en ligne des psychologues. In Haddouk, L. & Schneider, B. (Eds.). *Télépsychologie. État des lieux et enjeux* (pp 195-210). Érès Éditions & Formations.
- Schneider, B., Haddouk, L. , **De Witte, N.**, & Van Daele, T. (2022). Recommandations en Europe et en France, des propositions. In Haddouk, L. & Schneider, B. (Eds.). *Télépsychologie. État des lieux et enjeux* (pp 281-295). Érès Éditions & Formations.
- De Witte, N.**, Van Assche, E., Joris, S., & Van Daele, T. (2021). Technologische en digitale toepassingen in zorg & welzijn – een richtingwijzer [Technological and digital applications in care and wellbeing – a guide]. Report for the Flemish government Steunpunt Welzijn, Volksgezondheid en Gezin. <https://archieff.steunpuntwvg.be/images/swvg-3-rapporten/2021-09-rapport-57-swvg-ef73-ehealth-eindrapport.pdf>
- De Witte, N. A. J.** (2018). *Stress en depressie te lijf met wearables. Handleiding om evidence-based aan de slag te gaan met Carewear [Working on stress and depression with wearables. Manual for evidence-based used of Carewear]*. Antwerpen: Applied Psychology, Thomas More University of Applied Sciences
- De Witte, N. A. J.** (2018). *Gebruik van de wearable en het carewearplatform. Praktische handleiding [Manual for the use of the wearable and the Carewear platform]*. Antwerpen: Applied psychology, Thomas More University of Applied Sciences
- De Witte, N. A. J.** & Van Daele, T. (2017). *Flemish UTAUT-questionnaires*. Antwerp: Applied Psychology, Thomas More University of Applied Sciences
- De Witte, N. A. J.** (2016). *Anxiety disorders in youth: the role of neural networks and emotion regulation* [doctoral dissertation]. Ghent University, Ghent.
- De Venter, M., **De Witte N.**, Sercu S., Sabbe, B., Dom G. (2012). *Audit van de units 'Intensieve behandeling voor patiënten met een dubbele diagnose' [Audit of the units 'intensive treatment for patients with a dual diagnosis']*. Report for the governmental agency for public health (FOD volksgezondheid).

OTHER SCIENTIFIC PUBLICATIONS

- De Witte, N. A. J.**, Debard, G., & Van Daele, T. (2022, May 30). Data from an experimental comparison of the potential of augmented reality for animal phobia treatment using smartphone and HoloLens 2. <https://doi.org/10.17605/OSF.IO/7RJF2>
- Scheveneels, S., **De Witte, N.**, & Van Daele, T. (2022). The First Steps in Facing Your Fears the Acceptability of Virtual Reality and in Vivo Exposure Treatment for Specific Fears. SSRN preprint. <http://dx.doi.org/10.2139/ssrn.4192354>
- De Witte, N. A. J.**, Carlbring, P., Etzelmueller, A., Nordgreen, T., Karekla, M., Haddouk, L., Belmont, A., Øverland, S., Abi-Habib, R., Bernaerts, S., Brugnera, A., Compare, A., Duque, A., Ebert, D. D., Eimontas, J., Kassianos, A. P., Salgado, J., Schwardtfefer, A., Tohme, P., Van Assche, E., Van Daele, T. (2021). Online Consultations in Mental Healthcare During the Covid-19 Outbreak: An International Survey Study on Professionals' Motivations and Perceived Barriers. JMIR preprint. <http://doi.org/10.2196/26541>

- De Witte, N.,** Van Assche E., Joris, S. & Van Daele, T., (2021). Technological and digital interventions in the field of care and welfare: an overview of systematic reviews on applications targeting mental health and wellbeing [preregistration]. Retrieved from <https://osf.io/yzgcf>
- Bührmann, L., Riper, H., Kleiboer, A., Van Daele, T., **De Witte, N.**, Rinn, A., & Lehr, D. (2020, March 3). eMovit - A mobile application to stimulate the development and engagement in new positive behaviors: A prospective iPhone-based feasibility study using ResearchKit [preregistration]. Retrieved from <https://osf.io/h6wr4>
- De Witte N.** Peer Review Report For: Heart rate variability biofeedback intero-nociceptive emotion exposure therapy for adverse childhood experiences [version 1; peer review: 1 approved, 1 approved with reservations]. *F1000Research* 2020, 9:326 (<https://doi.org/10.5256/f1000research.22851.r75430>)
- De Witte, N. A. J.,** Bonroy, B., Debard, G., Sels, R., Mertens, M., & Van Daele, T. (2018) Carewear: wearables in de geestelijke gezondheidszorg [Carewear: wearables in mental healthcare]. *ePsychologos*, 4, 1-7.
- De Witte, N.,** Van Daele, T., Bonroy, b., Debard, G., & Sels, r. (2018). Carewear: wearable technology for mental health [preregistration]. Retrieved from <https://osf.io/h36c4>
- De Witte, N.,** Mueller, S. C., & Cromheeke, S. (2018). Developmental differences in the effect of trait anxiety on neural network structure: A DTI study in adolescents and adults [preprint]. <http://doi.org/10.17605/OSF.IO/JXAQC>
- De Witte, N. A. J.,** & Van Daele, T. (2017). Technout of technofoob? Attitudes rond technologiegebruik in kaart brengen bij cliënt en professional [Techy or technophobe? Mapping attitudes concerning technology use for client and professional]. *Psyche*, 29(3), 16- 18.
- De Witte, N.** (2016). Ik ben niet bang in het donker, want ik heb mijn nachtlampje altijd aan! [I'm not afraid of the dark because my night light is always on!] *Tijdschrift voor orthopedagogiek, kinderpsychiatrie en kinderpsychologie*, 41(1), 42-43
- De Witte, N.A.J.,** Sütterlin, S., Braet, C., Mueller, S.C. (2016). Data from: Getting to the heart of emotion regulation in youth: the role of interoceptive sensitivity, heart rate variability, and parental psychopathology. Dryad Digital Repository. <https://doi.org/10.5061/dryad.1k3q6>

AWARDS

- Best research paper** for 'Human Factors in Living Lab Research' at the Digital Living Lab Days. (2021)
- Finalist of the APA PsychSolutions Competition 2020** with 'Augmenting exposure therapy: globally upscaling the PHOBOS AR app to improve the treatment of specific phobia' by De Witte N.A.J. (project lead), Van Daele, T, & Tarnogol, F. <https://www.apa.org/international/global-insights/augmenting-exposure-therapy>
- Best research paper** for 'Cross-cultural differences in living lab research' at the Open Living Lab Days. Thessaloniki, Greece (2019)
- Best poster** at the 5th European Society of Internet Interventions Conference. Dublin, Ireland (2018).

PROFESSIONAL SERVICES

INVITED PRESENTATIONS

- De Witte N. A. J.** (2024, March). E-health in een therapeutisch proces [E-health in a therapeutic process]. Invited presentation for Psychologenkring Antwerpen-centrum, Antwerp.
- De Witte N. A. J.** & Van Den Eynden, A. (2024, March). Verlaagd welzijn bij zorg- en hulpverleners: technologie in de strijd [reduced well-being in health and care professionals: the role of technology]. Discussion table at the Blender event, Antwerp.
- De Witte N. A. J.** (2023, Novembre). Apps voor actie: hoe digitale toepassingen bijdragen aan gedragsverandering [Apps for action: how digital applications contribute to behavior change]. Invited presentation at the conference of Gezond leven, Mechelen.

- De Witte, N. A. J.,** Joris, S., Van Assche, E., & Van Daele, T. (2023, April). *Technologie in zorg & welzijn: visie voor Vlaanderen. [Technology in care & welfare: vision for Flanders]* Poster presented at the Flemish government Steunpunt Welzijn, Volksgezondheid en Gezin meeting 2023, Brussels.
- De Witte N. A. J.** (2023, March). Psychologische hulp op maat: Een toekomst vol technologie? [Tailored psychological care: a future full of technology]. Invited presentation at the Psy-net event, Antwerp.
- De Witte N. A. J.** (2023, February). Psychiatrie in een digitaal tijdperk [Psychiatry in a digital era]. Invited webinar for the Flemish Association of Psychiatry (VVP), online.
- De Witte N. A. J.** (2023, January). Een digital arsenaal: Technologie ter ondersteuning van de GGZ. [A digital arsenal: Technology to support mental health care]. Invited presentation at Postuniversitair Centrum KU Leuven campus Kortrijk, online.
- De Witte N. A. J.** (2022, Novembre). Mobile health: meten met wearables & interveniëren met AR [*Mobile health: measuring with wearables & intervening with AR*] Invited presentation at COI inspiration sessions at Trimbos Instituut, Utrecht, Nederland
- De Witte N. A. J.** (2022, June). *Wearables voor de GGZ: is meten weten? [wearables for mental healthcare: is measuring knowing?]* Keynote at Digital First in de sGGZ symposium by Vincent Van Gogh voor geestelijke gezondheid, Venray, Nederland
- De Witte, N. A., J.** & Bernaerts S. (2022, June). *Workshop on the application of VR.* Digital First in de sGGZ symposium by Vincent Van Gogh voor geestelijke gezondheid, Venray, Nederland
- De Witte, N. A. J.** (2022, May). E-mental health: inspiratie & implementatie [e-mental health: inspiration & implementation]. Invited presentation at BloomUp community event, Antwerp.
- De Witte, N. A. J.** (2021, May). *PHOBOS AR: a researcher's & clinician's view.* Invited presentation at Innovación en salud RV aplicada webinar.
- De Witte, N. A. J.** (2021, May). In Baños R. M. (chair), *Augmenting exposure therapy: Mobile AR for the treatment of animal phobia.* Invited presentation at the Virtual and Augmented Reality: tools to promote mental health and deliver psychological interventions webinar.
- Van Daele, T., Bernaerts, S., Van Assche, E., Willems, S., Belmont, A., **De Witte, N. A. J.** (2020, May). In C. Douilliez & M. Vansteenkiste (Chair), *Online consultations by mental healthcare professionals during the COVID-19 pandemic.* invited symposium on the Belgian Association for Psychological Sciences Virtual Conference, Online.
- De Witte, N. A. J.** (2020, December). *Online hulp [Online help].* Invited presentation at the DigiNurse symposium, online.
- De Witte, N. A. J.** (2020, November). *Gezondheid aan de pols. De wetenschap achter wearables [health at the wrist. The science behind wearables].* Invited presentation for Breinwijzer vzw on Dag Van de Wetenschap, online.
- De Witte, N. A. J.** (2020, October). *Online tools: Corona als kennismaking [Online tools: corona as gateway].* Invited presentation for STUVO student counseling AP University of Applied Sciences, online
- De Witte, N. A. J.** (2019, February). *Wearables for mental Health.* Invited presentation at Orsi Academy, Melle.
- De Witte, N. A. J.** & Van Daele, T. (2018, December). *Technology for mental healthcare* Invited presentation at In4Care – Inspire healthcare event, Edegem.
- De Witte, N. A. J.** & Sels, R. (2018, September). *Wearable technology for mental health care: Outcomes and challenges within the Carewear project.* Invited presentation at eMEN Interreg North-West Europe project International seminar, Geel.
- De Witte, N. A. J.** (2018, March). *Wearables for mental health: opportunities & obstacles.* Invited presentation for Belgian College of Neuropsychopharmacology and Biological psychiatry (BCNBP) - Psychiatry, e-health and electronic prescribing seminar, Sint-Lambrechts-Woluwe.
- Van Daele, T., & **De Witte N.A.J.** (2017, October) *E-mental health showcase: from app to virtual reality.* Invited presentation at the Symposium technology in care from Thomas More Nursing, Lier.
- De Witte, N. A. J.** (2017, March). *Carewear. Draagbare technologie voor geestelijke gezondheid [Carewear. Wearable technology for mental health].* Invited presentation at the International applied psychology day at the university of applied sciences of Arnhem and Nijmegen (HAN), Nijmegen, Netherlands.

De Witte, N. A. J. (2014, March; 2015, March). *Help, mijn brein heeft schrik! [Help, my brain is afraid!]*. Invited presentation at Meeting of the Minds for youth (MOM4Y) by Breinwijzer vzw, Ghent.

INTERVIEWS, MEDIA CONTRIBUTIONS, AND SCIENCE COMMUNICATION

- De Witte, N. A. J. (2024, April 19). Is gamen gezond? [Is gaming healthy?]. Youtube and social media contribution for Technopolis. <https://www.youtube.com/watch?v=2pkVzz5QgF4>
- Gornostayeva, V. (2024, February, 17). Naomi Campbell brengt kledij uit die bacteriën afstoot, ideaal voor mensen met smetvrees. Werkt dat? [Naomi Campbell releases clothing that repels bacteria, ideal for those with a fear of germs. Does it work?]. *Nina*. <https://www.hln.be/mode-en-beauty/naomi-campbell-brengt-kledij-uit-die-bacterien-afstoot-ideaal-voor-mensen-met-smetvrees-werkt-dat~a1a153de/>
- Gornostayeva, V. (2023, August 20). Knap staaltje marketing of werkt het echt? Meghan Markle draagt blauwe antistress-sticker op haar pols [Clever marketing trick or does it really work? Meghan Markle wears blue anti-stress sticker on her wrist]. *Nina*. <https://www.hln.be/nina/knap-staaltje-marketing-of-werkt-het-echt-meghan-markle-draagt-blauwe-antistress-sticker-op-haar-pols~a70a820c/>
- De Moor, M. (2022, November 19). De (on)zin van stress meten met je smartwatch [The usefulness of measuring stress with your smartwatch]. *De Morgen*. <https://www.demorgen.be/tech-wetenschap/jestressniveau-meten-met-een-smartwatch-maakt-dat-ons-leven-wel-gezonder-en-relaxter~b98c62c6/>
- Martens, K, Scheveneels, S, & **De Witte N. A. J.** (2022, June 5). Je angst de baas [In control of anxiety]. Workshop at Nerdland festival, Wachtebeke, Belgium.
- De Witte, N. A. J.**, Tarnogol, F., Van Daele, T. (2021, March 23). Augmenting exposure therapy: International collaboration and technological innovation for specific phobia. *APA Global Insights Newsletter*. American Psychological association, Washington, USA. <https://www.apa.org/international/global-insights/augmenting-exposure-therapy>
- De Witte, N.** (2020). *Gezondheid aan de pols. De wetenschap achter wearables. [The science behind wearables]* Invited presentation at for Breinwijzer vzw on Dag van de Wetenschap, online.
- De Witte, N.**, Bernaerts, s., Van Assche, E., Willems, S., & Van Daele, T. (2020). Online consultaties - veelgestelde vragen. Vlaamse Vereniging voor Klinisch psychologen. Brussels, Belgium. <https://www.vvvp.be/online-consultaties-veelgestelde-vragen>
- De Witte, N.**, Bernaerts, s., Van Assche, E., Willems, S., & Van Daele, T. (2020). FAQ on Online consultations. European Federation of Psychology Associations (EFPA). Brussels, Belgium. Available at <http://ehealth.efpa.eu/covid-19/faq-on-online-consultations/>
- Mobilab (2019). Integrating wearable technology in mental healthcare [blog post]. Available at <https://blog.dspvalley.com/2019/03/25/wearable-technology-mental-healthcare/>
- VRT Journaal (2019, Oktober 5). News item about wearables. VRT, Brussel
- Brems, P. Dumarey, D., & Van Den Heuvel, R. (2019). Een armband tegen stress en depressie? Binnenkort is het misschien heel normaal [a wearable for stress and depression? Soon it might be completely normal]. VRTnws longread. Available at <https://www.vrt.be/vrtnws/nl/2019/09/23/een-armband-tegen-stress-en-depressie-hoe-wearables-de-geesteli/>
- Canvas (recorded in 2018; broadcast in January 2020). Brain man – Hoe maak je het brein minder angstig [how to make the brain less anxious]. Provided support and input for this television episode on VR and wearables.
- Vandekerckhove, S. (2018). “Zet mentaal welzijn bovenaan de agenda”. Veertien experten in gesprek over geestelijke gezondheidszorg [“Make mental wellbeing a priority”. Fourteen experts in discussion on mental healthcare]. *In Motion*
- ‘Wetenschapsbattle’ (2016): Angst: wat gebeurt er in je lichaam? [anxiety, what happens in your body?]; See also <https://www.ketnet.be/karrewiet/10-mei-2016-wetenschapsbattle>

De Witte, N. (2016). Alle jongeren ervaren weleens angst. Is dat een probleem? En kunnen we daar iets aan doen? [All youngsters experience anxiety sometimes. Is that a problem? And can we do something about it?] *Knack analyse*. Available at <https://www.knack.be/nieuws/wetenschap/alle-jongeren-ervaren-weleens-angst-is-dat-een-probleem-en-kunnen-we-daar-iets-aan-doen/article-analyse-607485.html>

De Witte, N. (2016). Angst bij jongeren: gevoelens de baas?! [Anxiety in youth: emotions in control?!] [Blog post]. Available at <http://www.mensenkennis.be/klinische-psychologie/angst-bij-jongeren-gevoelens-de-baas/>

OTHER ROLES

Session chair for ‘Digital Health Interventions: Insights and Innovations’ at the 12th International Society of Internet Interventions Conference. Limerick, Ireland.

Invited expert in the working group ‘9745 Technologieën in de geestelijke gezondheidszorg’ [technology in mental healthcare] of the Superior Health Council of the Belgian government.

Grant application reviewer for ZonMw

Scientific evaluator for 18th European Congress of Psychology 2023 in Brighton (organised by the British Psychological Society (BPS) in collaboration with the European Federation of Psychologists’ Associations (EFPA))

Scientific evaluator for the Open Living Lab Days 2022 in Turin, 2023 in Barcelona, 2024 in Timisoara (organised by the European Network of Living Labs (ENoLL))

Review Editor on the Editorial Board of Digital Mental Health (specialty section of Frontiers in Digital Health and Frontiers in Psychiatry)

Commissioner of master thesis in Medicine at UGent: ‘Het gebruik van wearables in de preventie en behandeling van chronische stress en burn-out’ [The use of wearables in the prevention and treatment of chronic stress and burnout] by Paulien Custers, January 20 2021, Online.

Organiser of symposium: Fighting stress and depression with wearables – Closing symposium of the Carewear project, February 4, 2018, Antwerp

Moderator of Matchmaking event mental health, May 5 2018, Antwerp

Reviewer for the journals: Clinical Psychology Review (IF 11,397), Biomedical Signal Processing and Control (IF 5.076), JMIR mHealth and uHealth (IF 4.31), Frontiers in Psychiatry (IF 4.157), Frontiers in Physiology (IF 4.134), Frontiers in Digital Health, PLOS ONE (IF 3.752) Psychophysiology (IF 3.692), Sensors (3.576), JMIR Mental Health (IF 3.54), International Journal of Psychophysiology (IF 2.631), BMJ Open (2.496), Cognitive Neuropsychiatry (1.281), Anxiety, Stress & Coping (2.25), International Journal of Stress Management (IF 2.164), Child and Adolescent Mental Health (IF 1.770) Journal of Psychophysiology (IF 1.406), Health and Technology, Springer Handbook of Augmented Reality

CONFERENCE PRESENTATIONS

De Witte, N. A. J., Rimando, C. R., D., Vandendorre, D., Aseron, A. M. C., Mojica, G. D., Damian, J. A., Van Daele, T., & Schraeyen, K. (2024, June). **A culturally-sensitive approach to technology acceptance: the process of applying the UTAUT2 model in the Philippines.** Poster presented at the 12th International Society of Internet Interventions Conference. Limerick, Ireland.

Buelens, F., **De Witte, N. A. J.,** Apolinário Hagen, J. , & Van Daele, T. (2024, June). *Digital or Analog? Attitudes and expectations towards (digital) mental health support in a general population.* 12th International Society of Internet Interventions Conference. Limerick, Ireland.

Helsen, K., Vermeylen, S., Vandenhoudt, H., Van der Auwera, V., & **De Witte, N. A. J.** (2023, September). *Inclusive primary healthcare in the community: stakeholder consultation to guide service implementation.* Paper presented at the Open Living Lab Days 2023. Barcelona, Spain.

- De Witte, N. A. J.**, Buelens, F., Grassini, S., 1 Van Daele, T. (2023, September). *Acceptance of digital (mental) health: the validation of the UTAUT2 – brief instrument*. In **N. A. J. De Witte** (Chair), Routine Care [symposium]. 7th European Society of Internet Interventions Conference. Amsterdam, The Netherlands.
- Janssens, L, Helsen, K, Vermeylen, S., Vandenhoudt, H., & **De Witte, N. A. J.** (2023, May). *How can a local government boost prevention and inclusive primary care for its citizens?* Paper presented at the 23rd International Conference on Integrated Care (ICIC23). Antwerp, Belgium
- Vandenhoudt, H., Adriaensen, I., **De Witte, N. A. J.**, Broeckx, L., Vermeylen, S., Helsen, K., Weyers, G., & Van der Auwera, V. (2023, May). *Including citizens in collaborative projects in integrated health care through the living lab approach: how to attract participants, build a panel database, engage with end users and keep them motivated*. Paper presented at the 23rd International Conference on Integrated Care (ICIC23). Antwerp, Belgium.
- De Witte, N. A. J.**, Vandenhoudt, H., Vermeylen, S., & Van Der Auwera, V. (2022, September). *From a healthcare challenge to a user-centred product: The LiCalab ‘well-rested’ iterative living lab project*. [Poster session]. Open Living Lab Days 2022. Turin, Italy.
- Van Daele, T., Mathiasen, K., & **De Witte, N. A. J.** (2022, August). *Online consultations in mental healthcare: Modelling determinants of use and experience. An international survey study at the onset of the pandemic*. Paper presented at the International Conference Digital Health beyond COVID-19 Lessons Learned. Copenhagen, Denmark
- De Witte, N. A. J.**, Standaert, W., Tarnogol, F., & Van Daele, T. (2022, July). *Fear of spiders: comparing effects of augmented reality on smartphone and HoloLens* [conference presentation]. 17th European congress of Psychology. Ljubljana, Slovenia.
- Van Daele, T. & **De Witte, N. A. J.** (2022, July). *Digital Twins and the potential for mental healthcare* [conference presentation]. 17th European Congress of Psychology, Ljubljana, Slovenia.
- Bernaerts, S., Bonroy, B., Debard, G., **De Witte, N. A. J.**, & Van Daele, T. (2022, July). *Breathing to relax. A comparison of Virtual Reality-based and tablet-based breathing exercises* [conference presentation]. 17th European Congress of Psychology, Ljubljana, Slovenia.
- Haddouk, L., **De Witte, N. A. J.**, & Van Daele, T. (2022, July). *Social telepresence and telepsychology in Europe since COVID-19*. Paper presented at the 26th Annual CyberPsychology, CyberTherapy & Social Networking Conference, Paris, France.
- De Witte, N. A. J.**, Debard, G., Standaert, W., Tarnogol, F., & Van Daele, T. (2022, June). *Augmented Reality for specific phobia: an experimental comparison between a smartphone and a HoloLens 2 implementation* [Poster session]. 2022 meeting of the Belgian Association for Psychological Sciences (BAPS). Leuven, België.
- De Witte, N. A. J.**, Broeckx, L., Vermeylen, S., Van Der Auwera, V., Van Daele, T. (2021, September). *Human Factors in Living Lab Research* [conference presentation]. Digital Living Lab Days 2021, online.
- Etzelmüller, A., Van Daele, T., Carlbring, P., Nordgreen, T., Karekla, M., Haddouk, L., Belmont, A., Øverland, S., Abi-Habib, R., Bernaerts, S., Brugnera, A., Duque, A., Ebert, D. D., Eimontas, J., Kassianos, A.P., Salgado, J., Schwerdtfeger, A., Tohme, P., Van Assche, E., **De Witte, N. A. J.** (2021, May 27-28). *Implementation of Online Consultations in Mental Healthcare During the Covid-19 Outbreak: Results of an International Survey Study on Uptake and Experiences* [Conference presentation]. European Implementation Event 2021, online.
- De Witte, N.A.J.**, Adriaensen, I., Broeckx, L., Van Der Auwera, V., Vermeylen, S., Vieira, T.L.P., & Van Daele T. (2020, September). *Observational study on cross-cultural differences in living lab research: protocol & pilot* [Conference presentation]. Digital Living Lab Days 2020, online.
- De Witte, N.A.J.**, Adriaensen, I, Broeckx, L, Van Der Auwera, V, & Van Daele T. (2019, September). *Cross-cultural differences in living lab research* [Conference presentation]. Open Living Lab Days 2019. Thessaloniki, Greece.
- Van Daele, T., **De Witte, N. A. J.**, Sels, R., Bonroy, B., & Tarnogol, F. (2019, September). *Exploring the potential of augmented reality as a novel tool for animal phobia treatment* [Poster session]. 6th European Society of Internet Interventions Conference. Copenhagen, Denmark.

- Van Daele, T., **De Witte, N. A. J.**, Sels, R., Debard, G., & Bonroy, B., (2019, September). *Wearable technology for mental healthcare: findings of the Carewear implementation study* [Poster session]. 16th European Congress of Psychology. Moscow, Russia.
- De Witte, N. A. J.**, & Sels, R. (2019, Maart). Het potentieel van wearables in de behandeling van depressie [The potential of wearables in the treatment of depression] [Conference presentation]. In T. Van Daele (Chair). *Vlaams geestelijke gezondheidscongres*. Wilrijk, Belgium.
- De Witte, N. A. J.** (2019, February). Carewear: Stress en depressie te lijf met wearables [Carewear: fighting stress and depression with wearables] [Conference presentation]. *Stress en depressie te lijf met wearables symposium*. Antwerpen, België.
- De Witte, N. A. J.**, Bonroy, B., Debard, G., Sels, R., & Van Daele, T. (2018, April). *Carewear: an internet- based platform to implement wearable technology in mental health care* [Conference presentation]. 5th European Society of Internet Interventions Conference. Dublin, Ireland.
- De Witte, N. A. J.**, Buyck, I., & Van Daele, T. (2018, April). *Combining biofeedback with stress management interventions: a systematic review of physiological and psychological effects* [Poster session]. 5th European Society of Internet Interventions Conference. Dublin, Ireland.
- De Witte, N. A. J.**, Bonroy, B., Debard, G., Sels, R., & Van Daele, T. (2018, April). *Carewear: implementation of wearable technology in mental health care* [Poster session]. 5th European Society of Internet Interventions Conference. Dublin, Ireland.
- De Witte, N. A. J.**, Bonroy, B., Debard, G., Sels, R., & Van Daele, T. (2018, May). *Wearable technology for mental health care: the Carewear implementation study* [Poster session]. 2018 meeting of the Belgian Association for Psychological Sciences (BAPS). Ghent, Belgium.
- De Witte, N. A. J.**, Roelands, M., & Van Daele, T. (2018, February). *Virtual reality games for mental health: exploring VR therapy and game-based immersive learning as inspiration* [Paper presentation]. Games for Mental Health in the Lowlands. Leuven, Belgium.
- Van Daele, T. & **De Witte, N. A. J.** (2017, October). *But Will They Actually Use It? Exploring End User Attitudes Towards Technology* [Paper presentation]. Games for the Assessment and Treatment of Mental Health, a CHI Play workshop. Amsterdam, The Netherlands.
- De Witte, N. A. J.**, Braet, C., & Mueller, S. C. (2017, September). Training van emotieregulatie bij jongeren met een angststoornis: evidentie van zelf-rapportage en psychofysiologische maten [training of emotion regulation in youth with an anxiety disorder: self-report and physiological data] [Conference presentation]. In L. Goossens (Chair). *Vlaams congres Kinder- en Jeugdpsychiatrie en –psychotherapie*. Ghent, Belgium.
- De Witte, N. A. J.**, Vanhoomissen, T., Bonroy, B., Debard, G., Sels, R., Mertens, M., & Van Daele, T. (2017, July). *Carewear: implementation of wearable technology in mental health care* [Poster session]. 15th European Congress of Psychology. Amsterdam, The Netherlands.
- De Witte, N. A. J.**, Sütterlin, S., Braet, C., & Mueller, S. C. (2016, July). *Getting to the heart of emotion regulation in clinically anxious adolescents: the effect of cognitive reappraisal on psychophysiology* [Poster session]. 24th Biennial Meeting of the International Society for the Study of Behavioural Development. Vilnius, Lithuania.
- De Witte, N. A. J.**, & Mueller, S. C. (2016, June). *White matter integrity in brain networks relevant to anxiety and depression: evidence from the Human Connectome Project dataset* [Poster session]. 3rd international conference of the European Society for Cognitive and Affective Neuroscience (ESCAN). Porto, Portugal.
- De Witte, N. A. J.**, Braet, C., & Mueller, S. C. (2016, May). The efficacy of emotion regulation training in anxious youth [Conference presentation]. In C. Braet (Chair). *Meeting of the Belgian Association for Psychological Sciences (BAPS)*. Antwerp, Belgium
- De Witte, N. A. J.**, Sütterlin, S., Braet, C., & Mueller, S. C. (2015, April). *Getting to the heart of emotion regulation in youth: a study of heart rate variability, interoceptive awareness, and emotion regulation strategies* [Poster session]. NEURONUS 2015 IBRO & IRUN Neuroscience Forum. Krakow, Poland.

Sütterlin, S., Scheuren, R., Mueller, S., Meessen, J., **De Witte, N.**, Schulz, S. M. (2015, August). *Cognitive Processing of Interoceptive Information and Negative Health Outcomes* [Paper presentation]. 45th EABCT Congress. Jerusalem, Israel.

De Witte, N. A. J. (2012, September). Effectiviteitonderzoek geïntegreerde behandeling [Effectiveness research in integrated treatment] [Conference presentation]. In R. De Cuyper (Chair). *Vlaams geestelijke gezondheidscongres*. Wilrijk, Belgium.