

TOM VAN DAELE

PERSONAL DETAILS

E-mail	info@epsychology.be
Phone number	+32 (0)3 432 18 62
Personal website	www.epsychology.be
Date of birth	August, 5 th 1986
Citizenship	Belgium
License	Registered Psychologist, Admission Number 861111110

SUMMARY

I am the head of the Expertise Unit Psychology, Technology & Society at Thomas More University of Applied Sciences and a research fellow at KU Leuven, working in the field of applied psychology and technology. More specifically, I am interested in e-mental health, mHealth and their relevance to mental healthcare and (mental) health prevention and promotion.

EDUCATION

University of Leuven

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| 2009 – 2013 | Doctor of Philosophy in Psychology <ul style="list-style-type: none">- PhD Topic: A psychoeducational approach to stress management.

An implementation and effectiveness study.- Supervisor: em. Prof. dr. Omer Van den Bergh- Co-supervisors: Prof. dr. Dirk Hermans & Prof. dr. Chantal Van Audenhove |
| 2006 – 2009 | Qualified teacher in Psychology |
| 2004 – 2009 | Master of Science, Clinical and Health Psychology
Specialization in health psychology aimed at children and adolescents <ul style="list-style-type: none">- Master thesis topic: An RCT of a 'stress control' intervention in students- Supervisor: Prof. dr. Dirk Hermans |

RESEARCH EXPERIENCE

Research Group on Health Psychology, University of Leuven

The Leuven Research Group on Health Psychology aims at unravelling how psychological and somatic variables interact in health and disease from a biopsychosocial perspective.

Research fellow (January 2015 – present)

- Various ad hoc projects ranging from the role of autobiographical memory in depression, to the potential of VR for treatment of public speaking and to the effects of safety seeking behavior on fear reduction.

Applied Psychology, Thomas More University of Applied Sciences

Thomas More is the largest university of applied sciences in Flanders, offering over 50 bachelor and master degree programs in the province of Antwerp.

The expertise unit conducts applied, practice-oriented research in the field of psychology and technology. There is a strong focus on the interaction between both domains and the synergy they create, in particular within mental healthcare and human-technology interaction. More information can be found on www.e-mentalhealth.be.

Head of the Expertise Unit Psychology, Technology & Society (December 2016 – present)

Researcher (October 2013 – December 2016)

- Conducting and managing research on the possibilities of technology for psychology and vice versa. Selection of recent, larger projects:
 - o 2018 - 2020 **immersivetraining.be**
immersive technologies for training and education within organisations: project partner of a 471k TETRA trajectory funded by Flanders Innovation and Entrepreneurship & cofinancing by Flemish partners
 - o 2016 - 2019 nweurope.eu/**eMEN**
development and dissemination of e-mental health in mental healthcare: project partner of a 5.3M Interreg NWE project, funded by ERDF & own cofinancing
 - o 2015 - 2018 **carewear.be**
wearable technology in mental health care: project leader for 116k TETRA preparatory trajectory & 480k TETRA trajectory, funded by Flanders Innovation and Entrepreneurship & cofinancing by Flemish partners
 - Principal investigator for Belgian registered experiment study B322201732711.
 - o 2013 - 2015 **touch2learn.be**
mobile technology as a part of innovative teaching: research partner for education development fund study, funded by KU Leuven Association
- Human factor studies
 - o Shaping the design of medication packaging designs, by developing and running experimental research designs, together with LiCalab. In the studies, which take place in an international setting, we rely on partners from other EU-countries like The UK, Denmark and Germany, partners from Asia and Oceania (Australia, China and Japan) and Latin and South-America (Brazil, Colombia and Mexico).

Policy Research Centre on Welfare, Health and Family, University of Leuven

The goal of this center is to support the minister of welfare, health and family issues in pursuing an effective, innovative, and inclusive policy, and to do this by means of research results and empirical data.

Researcher (September 2009 – September 2013)

- 2011 Kleur Je Leven: Evaluating the possibilities of using an e-mental health intervention in a home nursing organization to prevent and treat comorbid depression in chronically ill patients
- 2009 STAP: Setting up and evaluating implementation of a stress management course.

TEACHING EXPERIENCE

Thomas More University of Applied Sciences

Lecturer (2013 – present)

- Applied Psychology & Technology (B-TM-Y03463)
 - o The purpose of this course is threefold. First, to provide students with a better grasp of the existing technological possibilities for psychological diagnosis, research, counseling and behavior modification. Second, to outline how psychological knowledge can be used to ergonomically optimize the design and usability of new technology. Third, to critically consider the behavioral and ethical implications of using various technologies.
- Supervising students' bachelor dissertations in applied psychology
- Guest lectures
 - o Bachelor courses on Health Psychology and Bachelor degree dissertation

University of Leuven

Guest lecturer (2015-2019)

- E-mental health module in the Trends in e-Psychology MOOC on edx.org

Teaching assistant (2012-2013)

- Master course: seminar psychology of prevention and health promotion
- Master course: Psychology and Applied Communication
- Supervising graduate students' master dissertations both in psychology and general medical practice

FREELANCE EXPERIENCE

The Human Link

The Human Link was founded in 2004 with the goal to encourage companies, organizations and individuals to be involved with their psychological well-being in a preventive way. The Human Link offers services to companies, organizations and individuals.

Freelancer (2014 – present)

- Developing and giving a workshop on technology in the workplace, focusing on possible risks for employees' wellbeing.
- Supporting research projects
 - o 2017 - 2019 **Patronus**
Personalized Anxiety Therapy through Longitudinal & User-aware Services, on the potential of VR and wearables in the treatment of anxiety disorders: project partner of a 2.02M imec icon project (demand-driven, cooperative research) funded by imec and Flanders Innovation and Entrepreneurship

PUBLICATIONS

International peer-reviewed

- De Witte, N. A. J., Buyck, I., & **Van Daele, T.** (Advance online publication). Combining biofeedback with stress management interventions: a systematic review of physiological and psychological effects. *Applied Psychophysiology and Biofeedback*. doi: 10.1007/s10484-018-09427-7
- Karekla, M., Kasinopoulos, O., Neto, D., Ebert, D. D., **Van Daele, T.**, Nordgreen, T., Höfer, S., Oeverland, S., & Jensen, K. L. (in press). Best Practices and Recommendations for Digital Interventions to Improve Engagement and Adherence in Chronic Illness Sufferers. *European Psychologist*. doi:10.1027/1016-9040/a000349
- Ebert, D. D., **Van Daele, T.**, Nordgreen, T., Karekla, M., Compare, T. A., Zarbo, C., ... (on behalf of the EFPA E-Health Taskforce) & Baumeister, H. (2018). Internet and mobile-based psychological interventions: applications, efficacy and potential for improving mental health. A report of the EFPA e-health taskforce. *European Psychologist*, 23, 167-187. doi:10.1027/1016-9040/a000318
- Van Daele, T.**, Frijns, C., & Lievens, J. (2017). How do students and lecturers experience the interactive use of handheld technology in large enrolment courses? *British Journal of Educational Technology*, 48(6), 1318-1329. doi:10.1111/bjet.12500
- Viaene, A. S., **Van Daele, T.**, Bleys, D., Faust, K., & Massa, G. G. (2017). Fear of hypoglycemia, parenting stress, and metabolic control for children with type 1 diabetes and their parents. *Journal of Clinical Psychology in Medical Settings*, 24, 74-81. doi: 10.1007/s10880-017-9489-8
- Meulders, A., **Van Daele, T.**, Volders, S., & Vlaeyen, Y. (2016). The impact of safety behavior on exposure-based reduction of fear and anxiety: a meta-analytic review. *Clinical Psychology Review*, 45, 144-156. doi:10.1016/j.cpr.2016.02.002
- Van Daele, T.**, Vansteenwegen, D., Hermans, D., Van den Bergh, O., & Van Audenhove, C. (2014). Home nurses and patient depression. Attitudes, competences and the effects of a minimal intervention. *Journal of Advanced Nursing*, 76, 126-135. doi:10.1111/jan.12476
- Van Daele, T.**, Griffiths, J. W., Van den Bergh, O., & Hermans, D. (2014). Overgeneral autobiographical memory predicts changes in depression in a community sample. *Cognition & Emotion*, 28, 1303-1312. doi:10.1080/02699931.2013.879052
- Van Daele, T.**, Van Audenhove, C., Hermans, D., Van den Bergh, O., & Van den Broucke, S. (2014). Empowerment implementation: Enhancing fidelity and adaptation in a psychoeducational intervention. *Health Promotion International*, 29, 212-222. doi:10.1093/heapro/das070
- Van Daele, T.**, Van Audenhove, C., Vansteenwegen, D., Hermans, D., & Van den Bergh, O. (2013). Effectiveness of a six session stress reduction program for Groups. *Mental Health and Prevention*, 1, 19-25. doi:0.1016/j.jbtep.2011.12.005
- Van Daele, T.**, Van den Bergh, O., Van Audenhove, C., Raes, F., & Hermans, D. (2013). Reduced memory specificity predicts the acquisition of problem solving skills in psychoeducation. *Journal of Behavior Therapy and Experimental Psychiatry*, 44, 135-140. doi:10.1016/j.jbtep.2011.12.005
- Van Daele, T.**, Hermans, D., Van Audenhove, C., & Van den Bergh, O. (2012). Stress reduction through psychoeducation: a meta-analytic review. *Health Education & Behavior*, 39, 474-485. doi:10.1177/1090198111419202

National peer-reviewed

- Van Daele, T.** & Van Assche, E. (in press). Blended therapie: een basis voor betere zorg? [Blended therapy, a basis for better care?]. *GZ-Psychologie*.
- De Witte, N. A. J., Bonroy, B., Debard, G., Sels, R., Mertens, M., & **Van Daele, T.** (in press). Carewear: wearables in de geestelijke gezondheidszorg [Carewear: wearables in mental healthcare]. *ePsychologos*.
- Vranken, E., Verhaegen, D., Excelmans, E., Cobbaert, J., & **Van Daele T.** (2018). Elke klinisch psycholoog een elektronisch patiëntendossier: een stap vooruit of een noodzakelijk kwaad? [Every clinical psychologist an electronic patient file: a step forward, or a necessary evil?] *Tijdschrift Klinische Psychologie*, 48(1), 51-62.
- De Witte, N. A. J. & **Van Daele, T.** (2017). Techneut 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.
- Van Daele, T.** (2017). Grenzen verleggen [Pushing boundaries]. *Tijdschrift Klinische Psychologie*, 47(1), 2-3.
- Van Daele T.** & Vanhoomissen, T. (2015). Portable technology in mental healthcare. *De Psycholoog, Special edition*, 34-39.
- Van Daele, T.** (2015). Psychotherapie effectief voor de behandeling van depressie in de eerste lijn? [Psychotherapy effective for the treatment of depression in primary care?]. *Minerva: Tijdschrift voor Evidence-based Medicine, Online*, 288.
- Van Daele T.** & Vanhoomissen, T. (2015). Draagbare technologie in de geestelijke gezondheidszorg [Wearables in mental health care]. *Tijdschrift Klinische Psychologie*, 45(1), 9-14.
- Van Daele, T.** (2014). Psychologische behandelingen voor depressie en angst bij dementie zijn mogelijk effectief [Psychological treatments for depression and anxiety in dementia are possibly effective]. *Minerva: Tijdschrift voor Evidence-based Medicine, Online*, 237.
- Van Daele, T.** (2014). De thuisverpleegkundige, een belangrijke partner in de vermaatschappelijking van de geestelijke gezondheidszorg [The home nurse, an important partner in the socialisation of mental healthcare]. *Psyche*, 26(2), 17-19.
- Van Daele T.**, Hermans, D., Van den Bergh, O., & Van Audenhove, C. (2014). De meerwaarde van gezondheids promotie en preventie binnen de GGZ. [The added value of mental health promotion and prevention in MHC]. *Tijdschrift Klinische Psychologie*, 44(2), 120-129.
- Van Daele, T.** (2014). Het nut van cognitieve gedragstherapie bij therapieresistente depressie [The use of cognitive behavioural therapy in treatment resistant depression]. *Huisarts Nu*, 43(1), 7-8.
- Van Daele, T.** (2012). Computergestuurde zelfhulp een meerwaarde voor hulpzoekende adolescenten met depressieve symptomen? [Does computerized self-help offer advantages for help seeking adolescents with depressive symptoms?]. *Minerva: Tijdschrift voor Evidence-based Medicine*, 11(10), 121-122.
- Van Daele, T.**, Hermans, D., Vansteenwegen, D., Van Audenhove, C., & Van den Bergh, O. (2010). Preventie van stress, angst en depressie door psycho-educatie: een overzicht van interventies [Prevention of stress, anxiety and depression using psychoeducation: an overview of interventions]. *Psychologie & Gezondheid*, 38(5), 224-235.

Reports

De Witte, N. A. J. & **Van Daele, T.** (2017). *Flemish UTAUT-questionnaires*. Antwerp: Applied Psychology, Thomas More University of Applied Sciences

Van Daele, T., Frijns, C., & Lievens, J. (2015). "A graph with your voice included." *Report of a pilot project on mobile technology in higher education, as implemented in the department of Applied Psychology at Thomas More University College*. Leuven: OOF Associatie KU Leuven.

Van Daele, T., Vansteenwegen, D., Hermans, D., Van Audenhove, C., Van den Bergh, O. (2013). *Implementeren van online en GGZ-interventies in de thuiszorg [Implementing online and MHC-interventions in home care]*. Leuven: Steunpunt Welzijn, Volksgezondheid en Gezin.

Submitted

Scheveneels, S., Boddez, Y., **Van Daele, T.**, & Hermans, D. (submitted). *Virtually unexpected: No role of expectancy violation in virtual reality exposure for public speaking anxiety*.

PROFESSIONAL SERVICES

Guest editor of

- 2017 Special issue on innovation in mental healthcare for Tijdschrift Klinische Psychologie

PhD evaluator

- Member of the exam committee of Kim Mathiasen (2019). iINCREMENTAL. Increasing access to evidence-based psychotherapy to improve mental health through the use of Internet interventions, University of Southern Denmark, Denmark.
- Member of the monitoring committee of Carmen Peuters (2018 – current). The role of healthy lifestyles in mental health promotion in youngsters, Ghent University, Belgium.
- Member of the monitoring committee of Jasmien Vervaeke (2016 – current). Cognitive control training as preventive intervention in remitted depressed individuals: Research on clinical effectiveness and user experience, Ghent University, Belgium.
- Member of the exam committee of Joris Van Damme (2016). Determinants of alcohol use in students in higher education, Ghent University, Belgium.

Consultant for

- 2019 HOWEST University of Applied Sciences, as a member of the advisory committee of the practice-oriented research project 'SPACE: The development of a virtual learning environment to train students' communication skills through human-computer interaction with virtual clients'
- 2018 CKG De Schommel, member of the steering committee of the project 'Speedboat: online module parenting support'
- 2018 UC Leuven-Limburg, as member of the steering committee of the practice-oriented research project 'Increasing Resilience during and after Pregnancy'
- 2018 HOWEST University of Applied Sciences, as external reviewer for the evaluation procedure of the practice-oriented research projects.
- 2016, 2017 & 2018 Flanders' Care, as project reviewer for proposals on 'Incentives online care for wellbeing and health'
- 2016 Artevelde University of Applied Sciences, as a member of the advisory committee of the practice-oriented research project 'High quality use of online diaries'
- 2016 Kom op tegen Kanker (KOTK), for specific input concerning eHealth for psychosocial aspect of cancer for their five year plan.
- 2014 the French National Cancer Institute (INCa), as project reviewer for proposals on 'Research in Human and social sciences, epidemiology and public health'
- 2014 Federal public service Health, Food Chain Safety and Environment, input for the task force psychopharmacological substances adults and ambulatory elderly.

Ad hoc reviewer for

Anxiety, Stress & Coping - BMC Psychiatry - BMC Public Health - European Journal of Psychological Assessment - Frontiers in Psychology - Industrial Health - Journal of Adolescence - Journal of Advanced Nursing - Journal of Clinical Psychology - Journal of Experimental Psychopathology - Journal of Medical Internet Research - Mindfulness - Pilot and Feasibility Studies

Organizer of conferences, meetings and symposia

Organizer (2019, February). Carewear symposium: tackling stress and depression with wearables. Antwerp, Belgium.

Symposium chair (2018, September). MHC & technology: media literacy, wearables & blended therapy. Symposium at the 9th Vlaams Geestelijk Gezondheidscongres. Antwerp, Belgium.

Organizing Committee member (2018, September). eMEN Trends and technological developments of apps in mental healthcare. Geel, Belgium.

Organizer (2018, May). LiCalab matchmakingevent – mental health. Antwerp, Belgium.

Symposium chair (2018, March). E-mental health for training and information. Workshop at the 5th WHOCC international meeting 'Active citizenship and empowerment in community mental health: Participative innovations in France and abroad', Lille, France.

Organizing Committee member (2018, February). eMEN Therapy Online?! Reflections from psychodynamic psychotherapy & ethical issues. Brussels, Belgium.

Organizing Committee member (2017, February). eMEN Launch Conference. Malines, Belgium.

Program Committee member (2016, October). Lifelogging Tools and Applications. Workshop at the 2016 ACM Multimedia Conference. Amsterdam, The Netherlands.

Organizing Committee member (2016, May). Theory * Practice = Innovation². Annual Belgian Association for Psychological Sciences (BAPS) meeting. Antwerp, Belgium.

Organizer (2016, February). Carewear symposium, wearable technology for mental healthcare. Antwerp, Belgium.

Invited presentations

KU Leuven, Dienst Onderwijsprofessionalisering en -ondersteuning, Dag van de onderwijsondersteuner. *MOOC's & MicroMasters* (with Van Gucht, D., Castelein, L., & Kallistratova, Y.). Leuven, 7 February 2019.

European Health Parliament, Committee for Disease Prevention and Control. *Panel discussion on mental health prevention* (with Droogers, M., Marinetti, C., & Bilsen J.). Brussels, 6 February 2019.

KU Leuven, Psychological assessment and interventions in primary care. *E-mental health in primary care*. Leuven, 13 December 2017.

in4care, rockstart, Poolstok & Domus Medica, Inspire Healthcare. *E-mental health, therapy of the future* (with De Witte, N.). Edegem, 7 December 2018.

CLBch@t, Inspiration day blended care in the student guidance centre sector. *Effectiveness of blended care*. Berchem, 21 November 2018.

University of Cyprus & EFPA Taskforce on E-Health, Symposium on Mental e-Health Treatment Interventions. *Carewear, how wearable technology can be used to improve*

- current approaches to burn-out prevention and depression treatment*. Nicosia, 15 November 2018.
- GasthuisZusters Antwerpen, Department of Child and Adolescent Psychiatry. Apps in child and adolescent psychiatry. Antwerp, 15 October 2018.
- Public Policy Exchange, Towards a Harmonised Health Technology Assessment Framework: Exploring the potential impact on Quality of Care in the EU. *Evaluating the use of new technology in the treatment of mental health disorders*. Brussels, 7 June 2018.
- UPC KU Leuven, Wednesday seminars. *The (non)sense of technology in mental healthcare*. Kortenberg, 16 May 2018.
- KU Leuven, Workshop project-based working in health promotion. *Implementation in mental health care. Psychoeducation for primary care groups*. Leuven, 24 April 2018.
- KU Leuven, Actual topics in communication sciences. *E-mental health, or the influence of (communication) technology on therapy*. Leuven, 17 April 2018.
- eMEN Interreg North-West Europe project – Arq Foundation, VU Amsterdam & Interapy, E-mental health in education: now and in the future. *Carewear. Health education pitch*. Haarlem, 10 April 2018.
- Psychiatric Centre Menen. *Possibilities of an online diary as a treatment tool in residential psychiatry, a long-term mobile treatment team and a centre for ambulatory mental healthcare*. Menen, 26 March 2018.
- Flemish Association for Psychiatry, Spring conference: me and my avatar. *Digital applications in mental healthcare*. Antwerp, 16 March 2018.
- KU Leuven, Vrije Universiteit Brussel, Ghent University, De Kanteling & The Human Link, Continuous Educational program on primary psychological care. *E-mental health & blended care in primary psychological care*. Leuven, 19 February 2018.
- KU Leuven, Psychological assessment and interventions in primary care. *E-mental health in primary care*. Leuven, 13 December 2017.
- Outpatient Clinic Child- and Adolescent Psychiatry/Psychology, Erasmus MC – Sophia Children's Hospital. Policy morning on E-health. *E-health: scientific evidence and potential applications in the outpatient clinic*. Rotterdam, 12 December 2017.
- Vrije Universiteit Brussel, Intervening as a clinical psychologist I. *E-mental health: theory & tools*. Brussels, 8 December 2017.
- KU Leuven, Postuniversity Centre Campus Kulak Kortrijk. The (non)sense of technology in mental healthcare. Kortrijk, 7 December 2017.
- KU Leuven, University Psychiatric Centre, Seminar psychological care in hastily times. *Technology in MHC. Hype or help?* Kortenberg, 28 November 2017.
- Odisee University of Applied Sciences, Thomas More and UCLL, Medical management assistant inspiration day. *E-mental health: simply a site or fully virtual* (with B. Bonroy). Heverlee, 24 November 2017.
- KU Leuven, PraxisP, Practice Center Psychology & Educational studies. *Digital healthcare: state of the art*. 15 November 2017.
- Thomas More, Nursing – Symposium technology in care. *E-mental health showcase: from app to virtual reality* (with De Witte, N.). Lier, 25 October 2017.
- mHabitat, Digital Horizon Workshop – Virtual Reality in Health and Care. *VR in therapy – from theory to practice* (with Bonroy, B.). Leeds, 30 August 2017.
- Vives University of Applied Sciences, Seminar mobile health in healthcare. *From quantity to quality tools in the search for relevant applications*. Bruges, 31 May 2017.

eMEN Interreg North-West Europe project - Mental Health Foundation, Equity and e-mental health: can digital technology help us to achieve good mental health for all?. *Showcase of available technologies for mental health* (with Bonroy, B.). Belfast, 28 April 2017.

KU Leuven, Lectures in Psychology Series (LIPS). *Is this the real-life, is this just fantasy? Virtual reality and clinical applications*. Leuven, 21 April 2017.

Ghent University, Specialist courses Doctoral School of Social and Behavioural Sciences. Technological innovation in mental and public health. *E-mental health: implementation & valorization*. Ghent, 10 April 2017.

Flemish Pharmacy Student Consultation, Symposium Mental Health. *E-mental health*. Leuven, 22 March 2017.

KU Leuven, Workshop project-based working in health promotion. *Implementation in mental health care. Psychoeducation for primary care groups*. Leuven, 16 March 2017.

eMEN Interreg North-West Europe project - Thomas More University of Applied Sciences & Pulso Europe, International launch conference. *Showcase of available technologies* (with Bonroy, B.). Mechelen, 6 February 2017.

KU Leuven & Ghent University, Continuous Educational Program on Behaviour Therapy Children & Adolescents. *E-mental health*. Leuven, 13 January 2017.

KU Leuven, Psychological assessment and interventions in primary care. *E-mental health*. Leuven, 14 December 2016.

VOV Lerend Netwerk, Fit4Learning symposium. *Wearables for the workforce. Hype or help?* Lint, 16 November 2016.

Employee Assistance European Forum. EAEF XV Conference. EAP and the Workplace of the Future. *Wearables for the workforce: from hype to evidence-based practice*. Bucharest, 17 June 2016.

KU Leuven, Workshop project-based working in health promotion. *Implementation in mental health care. Psychoeducation for primary care groups*. Leuven, 28 April 2016.

KaNtelPunT, Kempen Network for Psychology and Therapy. *Technology in MHC: hype or help?* Geel, 17 May 2016.

KU Leuven & Ghent, University Continuous educational program on Behaviour Therapy Children & Adolescents. *Blended care* (with Nauta, M. & Vos, R.). Leuven, 18 March 2016.

Vives University of Applied Sciences, Department of Care Technology. *Implementing technology. If you build it, will they come?* Kortrijk, 17 December 2015.

Vives University of Applied Sciences, Ablecare, & MIC Vlaanderen. Healthcare Information Forum. *Online care in mental healthcare. Is the caregiver ready?* Kortrijk, 19 November 2015.

Flemish Association for Behavior Therapists. *Workshop to blend or not to blend? Mixing behaviour therapy with new technologies*. Antwerp, 5 June 2015.

Flanders' Care. Conference online care for wellbeing and health. *1 + 1 = more than two* (with Mertens, S.). Mechelen, 3 June 2015.

Vives University of Applied Sciences, Postgraduate psychiatry and mental healthcare. *Possibilities of online applications in therapy and in nursing care*. Roeselare, 7 May 2015.

KU Leuven, Workshop project-based working in health promotion. *Implementation in mental health care. Psychoeducation for primary care groups*. Leuven, 26 February 2015.

- KU Leuven Association. Seminar integration of research in education. *The synergy between education and research: applied psychology's realisation and practice* (with Vanhoomissen, T.). Leuven, 24 February 2015.
- Policy Research Centre Welfare, Health and Family. Coaching for primary care psychological function. *Workshop on the possibilities of online applications in primary care*. Leuven, 9 December 2014.
- Flemish Organisation for Respiratory healthcare and the Fight on Tuberculosis. Days of the tabacology. *Online and mobile care in smoking cessation counseling*. Antwerp, 29 September 2014.
- KU Leuven, Seminar on the psychology of prevention and health promotion. *Psychoeducation. An example of and study on a primary care intervention*. Leuven, 13 March 2014.
- University Hospital Ghent, University Psychiatric Department, Center for Anxiety and Mood Disorders. Conference on innovative strategies in the treatment of depression. *Workshop: Therapist 2.0. The possibilities of online applications in therapy*. Ghent, 5 November 2013.
- Flemish Association for Behavior Therapists, Training cycle for the psychologist in primary care. *The scientific evidence for psychoeducation and e-mental health*. 20 March 2013 & 29 May 2013.
- University of Ghent, Course Health Education and Promotion: concepts and policies. *Psychoeducation. An example of and study on a primary care intervention*. 12 October 2011.

Opinion pieces, book reviews and blog posts

- Van Daele, T.** (2018). Album van een wetenschappelijke wereld. De universiteit omstreeks 1900 (Review of the book *Album of a scientific world. The university around 1900* by G. Vanpaemel, M. Derez & J. Tollebeek). *Psychologos*, 33(3).
- Van Daele, T.** (2018). The Claims of Parenting. Reasons, Responsibility and Society. (Review of the book *The Claims of Parenting. Reasons, Responsibility and Society* by S. Ramaekers & J. Suissa). *Psychologos*, 33(3).
- Van Daele, T.** (2018). Away with wearables. [Blog post] Consulted on <http://www.artsenkrant.com/actueel/op-weg-met-wearables/article-column-34743.html>
- Van Daele, T.** (2018). Skyping with your baby? *Artsenkrant*, 2552, 22.
- Van Daele, T.** (2018). Een kei in evalueren. Werkboek evalueren in de gezondheidspromotie. (Review of the book *Een kei in evalueren. Werkboek evalueren in de gezondheidspromotie* by K. Schutters & V. Stevens). *Psychologos*, 33(2).
- Van Daele, T.** (2018). This site is currently unavailable. [Blog post] Consulted on <http://www.artsenkrant.com/actueel/deze-site-is-niet-beschikbaar/article-column-33473.html>
- Van Daele, T.** (2018). Artificial or intelligent? *Artsenkrant*, 2542, 31.
- Van Daele, T.** (2018). Little Black Spiders (Review of the book *Little Black Spiders* by I. Vandewijer). *Psychologos*, 33(1).
- Van Daele, T.** (2017). Niet alle smileys lachen. Onlinehulp in eerstelijns welzijnswerk (Review of the book *Not all smileys laugh. Online care in primary welfare work* by P. Bocklandt). *Psychologos*, 32(4).

- Van Daele, T.** (2017). Verborgen kopzorgen. (Review of the book Verborgen kopzorgen by L. Hodge). *Psychologos*, 32(3).
- Van Daele, T.** (2017). E-mental health. (Review of the book e-Mental Health by D. Mucic & D. M. Hilty). *Psychologos*, 32(2).
- Van Daele, T.** (2017). Methoden en technieken van gedragstherapie bij kinderen en jongeren. [Behavioral therapeutical methods en techniques for children and adolescents] (Review of the book Methoden en technieken van gedragstherapie bij kinderen en jongeren, by P. J. M. Prins, J .D. Bosch & C. Braet). *Psychologos*, 32(1).
- Van Daele, T.** (2017). E-mental health: tegenwoordige tijd of toekomst? [E-mental health: present tense or future?] (Review of the book E-mental Health, by D. Mucic & D. M. Hilty). *Tijdschrift Klinische Psychologie*, 47(1), 80-82.
- Van Daele, T.** (2016). Tom kan veel beter. Omgaan met schools uitstelgedrag. [Tom can do much better. Coping with scholastic procrastination] (Review of the book Tom kan veel beter, by I. Verhaegen). *Psychologos*, 31(4).
- Van Daele, T.** (2016). De naakte therapeut. [The naked therapist] (Review of the book De naakte therapeut, by P. Rober). *Psychologos*, 31(4).
- Van Daele, T.** (2016). Goed beter best. De psychologie van competitie en gedrevenheid. [Top dog. the science of winning and losing] (Review of the book Goed beter best, by P. Bronson & A. Merryman). *Psychologos*, 31(3).
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- Van Daele, T.** (2015). Onstopbaar online? Het internet en cognitieve gedragstherapie [Unstoppable online? The Internet and cognitive behavioural therapy]. (Review of the book The internet and CBT: a clinical guide, by G. Andersson). *Gedragstherapie*, 48(4), 364-367.
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- Van Daele, T.** (2015). We worden steeds slimmer. hoe apps, gadgets en social media ons intelligenter maken. (Review of the book We worden steeds slimmer, by C. Thompson). *Psychologos*, 30(3).
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Interviews

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- Vandekerckhove, S. (2018, January, 30). Dr. Emma calculates your health risks. *De Morgen*, p. 6.
- Elen, K. (2017, April 1). Technology meets psychology. *Psychologies België*, p. 116-119.
- Polis, H. (2017, March 16). Act normal and go moderately digital. *Weliswaar, welzijns- en zorgmagazine voor Vlaanderen*, p. 26-27.
- Vlogaert, H. (2017, March 8). Space in your head: find it on your smartphone. *De Morgen*, p. 7.
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- Peels, J. (2015, December 1). *Apps for mental health cannot replace psychologist* [Blog post]. Consulted on <http://newsmonkey.be/article/61364> & <http://www.stampmedia.be/2015/12/apps-voor-psychische-gezondheid-kunnen-psycholoog-niet-vervangen>
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- Van Daele, T.** (2015, August 30). *Therapy via Skype*. Interview by B. Baele. VTM Nieuws [Television broadcast]. Vilvoorde: VTM.
- Ruysschaert, T. (2014). Healthy minds cost. *Medi-Sfeer*, 463, 1-4.
- Vermeir, T. (2013). Psychoeducation for less stress and more resilience. *PeopleSphere (HR Tribune)*, 78, 49-49.

CONFERENCE PRESENTATIONS

International

- Van Daele, T.**, Vidović, V., Karekla, M., Ebert, D. D., & Salgado, J. (2019, July). E-health: from dystopia to utopia. An EFPA TF on E-health perspective on what psychologists require to better use tech and improve care. Panel discussion at the 16th European Congress of Psychology, Moskow, Russia.
- Van Daele, T.** & Tarnogol, F. (2019, July). Phobos AR. An experimental study on the potential of augmented reality for animal phobia treatment. Paper presented at the 16th European Congress of Psychology, Moskow, Russia.
- Van Assche, E., Bonroy, B., Van den Broeck, L., Riper, H., & **Van Daele, T.** (2019, July). *The potential of blended depression treatment: Research protocol for an implementation study*. Paper presented at the 16th European Congress of Psychology, Moskow, Russia.
- Van Daele, T.**, De Witte, N. A. J., Sels, R., Debard, G. & Bonroy, B. (2019, July). *Wearables for mental healthcare: findings from a routine practice implementation study*. Poster presented at the 16th European Congress of Psychology, Moskow, Russia.
- Debard, G., Sels, R., Mertens, M., De Witte, N., **Van Daele, T.**, & Bonroy, B. (2019, January). Carewear: Integrating wearable technology in mental healthcare. Paper presented at the 7th Dutch Bio-Medical Engineering Conference. Egmond aan Zee, The Netherlands.
- Bonroy, B. & **Van Daele, T.** (2018, November). Wearable technology in mental health. In W. Gaebel & O. Vlijter (Chairs), *E-mental health innovations and their implementation in Europe*. Symposium conducted at the annual DGPPN conference, Berlin, Germany.
- Van den Broeck, L., Bonroy, B., Timmers, F., Baldewijns, K., Houben, J. & **Van Daele, T.** (2018, April). *Research protocol for a Belgian, transregional implementation study using Moodbuster*. Paper presented at the 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: an internet-based platform to implement wearable technology in mental health care*. Demonstration at the 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 presented at the 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 presented at the 5th European Society of Internet Interventions Conference. Dublin, Ireland.
- De Witte, N., Roelands, M., & **Van Daele, T.** (2018, February). *Virtual reality games for mental health: exploring VR therapy and game-based immersive learning as inspiration*. Paper presented at the Symposium Games for Mental Health in the Lowlands. Leuven, Belgium.
- Van Daele, T.** & De Witte, N. (2017, October). *But Will They Actually Use It? Exploring End User Attitudes Towards Technology*. Paper presented at Games for the Assessment and Treatment of Mental Health, a CHI Play workshop, Amsterdam, The Netherlands.

- Kaartti, V., Verheyen, K., & **Van Daele, T.** (2017, September). *Conceptualizing Transnational Living Lab model through the lenses of the customer*. Workshop at the OpenLivingLab Days 2017, Krakau, Poland.
- Pedell, S., Broeckx, L., **Van Daele, T.**, Lavaquial, A., Vieira, T., Zhengjie, L., Vélez Rueda, L., Akiyama, H. & Agüero, C. (2017, August). *Evaluation of data collection and data analysis in a transnational healthcare project*. Workshop at the OpenLivingLab Days 2017, Krakau, Poland.
- De Witte, N. A. J., Vanhoomissen, T., Bonroy, B., Debar, G., Sels, R., Mertens, M., & **Van Daele, T.** (2017, July). *Carewear: implementation of wearable technology in mental health care*. Poster presented at the 15th European Congress of Psychology, Amsterdam, The Netherlands.
- Buyck, I., Vanhoomissen, T., Bonroy, B., Mertens, M., & **Van Daele, T.** (2016, September). *The potential of wearable technology in mental healthcare*. Paper presented at the 4th European Society for Research on Internet Interventions Conference. Bergen, Norway.
- Buyck, I., Vanhoomissen, T., Bonroy, B., Mertens, M., **Van Daele, T.** (2016, September). *Carewear: the potential of wearable technology in stress and burnout management*. Paper presented at the International Conference on Sustainable Employability. Brussels, Belgium.
- Van Daele, T.** (2016, June). Stress Control: evaluating the effectiveness of a Flemish adaptation using a matched control design. In P. Love (Chair), *Efficacy and Effectiveness of Stress Control in Northern Ireland, Wales, England and Belgium*. Symposium conducted at 44th BABCP Conference and Workshops, Belfast, Northern Ireland.
- Van Daele, T.**, Buyck, I. & Vanhoomissen, T. (2015, November). Carewear – exploring the potential of wearables in mental healthcare. Poster presented at the Serious Health Games and Apps Conference. Ghent, Belgium.
- Meersman, M. & **Van Daele, T.** (2015, November). Apps for mood and anxiety disorders. Exploration and evaluation of the current situation. Poster presented at the Serious Health Games and Apps Conference. Ghent, Belgium.
- Walentynowicz, M., **Van Daele, T.**, Raes, F., Van Diest, I., & Van den Bergh, O. (2015, May). Reduced specificity of health-related autobiographical memories in patients with Medically Unexplained Dyspnea. Paper presented at the 10th Autobiographical Memory and Psychopathology meeting, Leuven, Belgium.
- Lievens, J. & **Van Daele, T.** (2015, March). *Touch Teach Learn. Unlocking the potential of touch enabled mobile devices for higher education*. Paper presented at the 9th International Technology, Education and Development Conference. Madrid, Spain.
- Van Daele, T.**, Frijns, C., & Lievens, J. (2015, March). *Using technology for interaction and involvement in large enrolment courses: perceived effects and attitudes*. Paper presented at the 9th International Technology, Education and Development Conference. Madrid, Spain.
- Stroobants, L., De Graef, P., Uzieblo, K., & **Van Daele, T.** (2014, December). *Emotion is in the eye of the beholder? Investigating viewing patterns in psychopathy using eye-tracking techniques*. Poster presented at The treatment of psychopathy: Making the impossible possible?. Antwerp, Belgium.
- Jacobs, N., Daniëls, N., Lebbe, M., Vermissen, D., **Van Daele, T.**, Van Geirt, F., & Beckers, J. (2014, September). *A Serious ACT-Based Game for the Prevention of Anxiety Problems and Depression in Adolescents (PsyFlex): Focus Group Study*. Poster presented at the

- 44th Congress of the European Association for Behavioural & Cognitive Therapies, The Hague, The Netherlands.
- Volders, S., **Van Daele, T.**, Meulders, A., Vlaeyen, J. (2013, September). *Does safety-seeking behavior interfere with exposure-based fear reduction? A meta-analytic review*. Pain Research meeting. Ghent, Belgium.
- Van Daele, T.**, Van Audenhove, C., Vansteenwegen, D., Hermans, D., Van den Bergh, O. (2013, July). *Detecting depression in chronic ill patients by home nurses: Effects of a minimal intervention*. Paper presented at the 27th Annual Conference of the European Health Psychology Society. Bordeaux, France.
- Van Daele, T.**, Hermans, D., Vansteenwegen, D., Van Audenhove, C., & Van den Bergh, O. (2012, August). *Effectiveness of a six session stress reduction program for groups*. Poster presented at the 120th Annual Convention of the American Psychological Association. Orlando, FL, USA.
- Van Daele, T.**, Van Audenhove, C., Hermans, D., Van den Bergh, O., & Van den Broucke, S. (2012, August). *Towards a participatory approach to implement a psychoeducational intervention*. Poster presented at the 120th Annual Convention of the American Psychological Association. Orlando, FL, USA.
- Van Daele, T.**, Vansteenwegen, D., Luts, A., Hermans, D., & Van den Bergh, O. (2012, May). *Online intervention for depressive symptoms in chronic illness. Work in progress*. Poster presented at the First Meeting of the European Society for Research on Internet Interventions. Lüneburg, Germany.
- Van Daele, T.**, Van den Bergh, O., & Vansteenwegen, D. (2012, May). *Happiness coach: Preliminary results of an online intervention to increase mental fitness*. Poster presented at the 1st European Society for Research on Internet Interventions Conference. Lüneburg, Germany.
- Van Daele, T.**, Hermans, D., Van Audenhove, C., & Van den Bergh, O. (2011, September). *Stress prevention through psychoeducation: a meta-analytic review*. Paper presented at the 25th European Health Psychology Conference. Crete, Greece.
- Van Daele, T.**, Hermans, D., Van Audenhove, C., & Van den Bergh, O. (2011, September). *Impact research of a psychoeducational course for stress management*. Poster presented at the 25th European Health Psychology Conference. Crete, Greece.
- Van Daele, T.**, Hermans, D., Van Audenhove, C., Van den Bergh, O. (2011, June). *Stress prevention through psychoeducation: A meta-analytic review*. Paper presented at the International Conference of the European Network of Mental Health Services. Ulm, Germany.
- Hermans, D., Vuerstaek, S., **Van Daele, T.**, & Raes, F. (2008, January). *Autobiographical memory specificity and the effects of a psycho-educational programme for stress and anxiety*. Paper presented at the 6th Special Interest Meeting on Autobiographical Memory and Psychopathology. Amsterdam, The Netherlands.
- Hermans, D., Ruys, K., Vuerstaek, S., **Van Daele, T.**, & Raes, F. (2007, November). *Autobiographical memory specificity and the effects of a psycho-educational programme for stress and anxiety*. Paper presented at the Annual Convention of the Association for Advancement of Behavioral and Cognitive Therapies (AABCT). Philadelphia, PA, USA.

National

- Debard, G. Sels, R., Mertens, M. De Witte, N. A. J., **Van Daele, T.**, Bonroy, B. (2018, November). *Carewear: using wearables in mental healthcare*. Poster presented at the 17th National Day on Biomedical Engineering. Brussel, Belgium.
- Van Daele, T.** (2018, May). The potential of online self-help interventions for primary mental health care. In A. Dewaele (Chair), *Primary mental health care and early interventions*. Invited symposium conducted at the annual BAPS meeting, Ghent, Belgium.
- Van Assche, E., Van den Broeck, L., Bonroy, B., Baldewijns, K., Desie, K., & **Van Daele, T.** (2018, May). The potential of blended depression treatment. Research protocol for a transregional implementation study. Poster presented at the annual BAPS meeting, Ghent, Belgium.
- De Witte, N. A. J. Vanhoomissen, T., Bonroy, B., Debard, G., Sels, R., Mertens, M., & **Van Daele, T.** (2018, May). Wearable technology for mental health care: the Carewear implementation study. Poster presented at the annual BAPS meeting, Ghent, Belgium.
- Buyck, I., Vanhoomissen, T., Mertens, M., Bonroy, B., & **Van Daele, T.** (2017, May). *The feasibility of the use of wearable technology in mental healthcare*. Poster presented at the annual BAPS meeting, Brussels, Belgium.
- Van Daele, T.**, Buyck, I., Vanhoomissen, T. (2016, September). *Wearables in de geestelijke gezondheidszorg*. Paper presented at the Eighth Flemish Mental Health Conference. Antwerp, Belgium.
- Buyck, I., Vanhoomissen, T., Bonroy, B., Mertens, M., & **Van Daele, T.** (2016, September). *Carewear: een onderzoek naar het potentieel van draagbare technologie in de geestelijke gezondheidszorg*. Poster presented at the Eight Flemish Mental Health Conference. Antwerp, Belgium.
- Maetens, K. & **Van Daele, T.** (2016). *Reducing technostress: a systematic review on interventions and their components*. Poster presented at the annual BAPS meeting, Antwerp, Belgium.
- Van Gorp, C. & **Van Daele, T.** (2016, May). *Picture your day: the potential of wearable cameras for depression prevention*. Poster presented at the annual BAPS meeting, Antwerp, Belgium.
- Van Daele, T.** (2015, September). *Increasing interaction with mobile technology*. Paper presented at the touch2learn seminar, Leuven, Belgium.
- Meersman, M. & **Van Daele, T.** (2015, May). *Apps for anxiety disorders: exploration and evaluation of the current situation*. Poster presented at the annual BAPS meeting, Brussels, Belgium.
- Schrauwen, E., Kalkan, S., Daniëls, N., Jacobs, N., & **Van Daele, T.** (2015, May). *Technology in clinical practice: perceptions & attitudes of mental health professionals*. Poster presented at the annual BAPS meeting, Brussels, Belgium.
- Van Daele, T.**, Peetermans, M., & Lievens, J. (2015, May). *Tablets and smartphones in higher education: good practices to facilitate usage*. Paper presented at the 2015 LNO² congress 'The teaching assistant investigated: searchlight on educational symbiosis'. Ghent, Belgium.
- Van Daele, T.** (2014, May). Implementation of a group psychoeducational intervention for stress. Results and suggestions for future intervention studies. In J. Verstuyf (Chair), *Promoting mental health in Flanders*. Symposium conducted at the annual BAPS meeting, Leuven, Belgium.
- Van Daele, T.**, Vansteenwegen, D., Hermans, D., Van Audenhove, C., & Van den Bergh, O.

- (2012, September). *Effectiveness of a stress reduction program for groups*. Paper presented at the Sixth Flemish Mental Health Conference. Antwerp, Belgium.
- Van Daele, T.,** Van den Bergh, O., Hermans, D., & Van Audenhove, C. (2011, October). *Stress in Flanders: perspectives of psychoeducation as a primary care intervention*. Paper presented at the Policy Research Centre WHF seminar. Leuven, Belgium.
- Van Daele, T.,** Hermans, D., Van Audenhove, C., & Van den Bergh, O. (2011, October). *What is the participant profile in psychoeducational group interventions for stress?*. Poster presented at the Policy Research Centre WHF seminar. Leuven, Belgium.
- Van Daele, T.,** Hermans, D., Van Audenhove, C., & Van den Bergh, O. (2011, October). *STAP, tackling stress*. Poster presented at the Policy Research Centre WHF seminar. Leuven, Belgium.
- Van Daele, T.,** Van den Bergh, O., Hermans, D., & Van Audenhove, C. (2010, December). *Process evaluation of a trial implementation. STAP as a practical example*. Paper presented at the Policy Research Centre WHF seminar. Leuven, Belgium.
- Van Daele, T.,** Hermans, D., Van Audenhove, C., & Van den Bergh, O. (2010, December). *STAP, tackling stress. A systematic meta-analytic review of psychoeducation for stress*. Poster presented at the Policy Research Centre WHF seminar. Leuven, Belgium.

HONORS AND AWARDS

- Travel expense award for 2016 BABCP convention awarded by Research Foundation – Flanders
- Travel expense award for 2013 EHPS convention awarded by Research Foundation – Flanders & by Academic Foundation Leuven
- Travel expense award for 2012 APA convention awarded by Research Foundation – Flanders & by Academic Foundation Leuven

PROFESSIONAL MEMBERSHIPS

- Network Online Care Flanders
Partner (2018 – current)
- European Federation of Psychologists' Associations
Convenor of the Task Force on e-Health (2017 – current)
Member of the Task Force on e-Health (2016 – 2017)
- Registration commission for psychologists in Belgium
Effective committee member (2013 – current)
- Alumni of Psychology and Educational Sciences Leuven
Member of the general assembly (2009 – current)
- Flemish Association for Clinical Psychologists
Board member and head of communications (2011 – 2016)

- Belgian Federation of Psychologists
Member (2013 – current)
- Flemish Association for Clinical Psychologists
Member (2011 – current)
- European Society for Research on Internet Interventions
Member (2008 – current)

ADDITIONAL RELEVANT INFORMATION

- C1 attestation English (IELTS 8.0)