

Curriculum Vitae

Susan Maria Bögels

Master's

May 1986: Clinical Psychology, University of Groningen.

Doctorate

October 1994: Maastricht University, supervisors Prof. Dr. H. Schmidt and Prof. Dr. C. van der Vleuten, title of thesis: "Teaching and assessing diagnostic interviewing skills: An application to the mental health field".

Memberships and registrations

Dutch Association of Behavior and Cognitive Therapy (VGCT): licensed CBT therapist and supervisor
Dutch Association for Psychotherapy (NVP): licensed psychotherapist

Working experience

2018-present: Trainer and teacher trainer at Center for Mindfulness, Amsterdam
2014-2018: Managing director of academic training center *UvA minds You*
2008-2018: Director of academic treatment center *UvA minds*
2006-present: Full professor at the University of Amsterdam
1989-2006: Assistant/associate professor at the University of Maastricht
1987-2000: Cognitive behavior therapist at the Academic Mental Health Center, Maastricht
1986-1989: Teacher at the Skills Laboratory, University Maastricht

Brief summary of research

Coming from adult and child experimental and clinical research, studying cognitive, attention, and physiological (e.g., blushing) processes in anxiety disorders, and (cost)effectiveness of cognitive-behaviour therapies, my current research mainly focuses on the intergenerational transmission of psychopathology through parent-child interactions and on the effects of mindfulness interventions in families. I combine an interest in experimental approaches to study aetiological and maintaining processes of psychopathology with the development and evaluation of innovative and potentially better interventions to prevent or treat psychopathology and to improve (family) relations.

With the help of a personal NWO-VIDI and VICI grant, my research group (see www.https://sociale-ontwikkeling.uva.nl/onderzoek/sociale-kinderen/sociale-kinderen.html and www.https://www.nwo.nl/onderzoek-en-resultaten/onderzoeksprojecten/i/67/5567.html) has investigated father's role in the development of child anxiety over the last 10 years at the UvA family lab (see www.https://sociale-ontwikkeling.uva.nl/onderzoekscentrum/onderzoekscentrum.html). To that end, fathers and mothers with and without anxiety disorders, awaiting their firstborn, have been followed for 7,5 years in their interactions with their children. Results show that fathers' less challenging interaction with the infant was associated with more infant anxiety, whereas for mothers such an effect was not found. Children of parents with prenatal anxiety disorders turned out to show physiological responses which were associated with later anxiety development.

I developed a mindfulness approach for children and adolescents with externalising problems such as ADHD, autism-spectrum disorder, and behavior disorders, who have in common underlying problems in attention and impulsivity, that was proven effective. I also developed a mindful parenting approach for parents with own psychopathology or who have children with psychopathology, that was found to be effective in reducing both parental and child psychopathology. Many studies are being conducted since in my research group on this, and the societal demand for mindfulness-based interventions for youth with psychopathology, and their parents, is high. We also conducted research on mindfulness for stressed pregnant women and their partners (see <http://www.mindingeboorte.nl>), and the effects on their offspring and parenting, first results showing less medical interventions and better progress during the birth process and borderline better Apgar scores in their babies compared to enhanced treatment as usual. With the help of an NWO open talent grant, we conducted an RCT comparing medication with meditation for children with ADHD (see <http://adhd-meditatieofmedicatie.nl>), first results showing that medication is better than meditation on reported child ADHD in the short term, but meditation and medication are equally effective on objective attention tests, when children had oppositional and conduct problems, and in the longer term. We also studied mindfulness for parents and their babies/infants with regulation problems, showing improved observed parenting and decreased psychopathology in parents and their babies. Another research area concerns mindful2work (see <https://www.mindful2work.nl>): mindfulness interventions for companies such as Unilever, and mindfulness for people with burnout, showing that mindfulness was effective in decreasing the risk for burnout and improving mental and physical workability and return to work.

Editorial experience

Associate editor of the scientific journal *Mindfulness*, editorial board of *Journal of Experimental Psychopathology*. I co-edited several Dutch books on psychopathology and psychotherapy, including “*Cognitieve Therapie: Theorie en Praktijk*”, “*Protocollaire behandeling voor kinderen met psychische klachten, deel I, II en III*”, and “*Leerboek Psychotherapie*”.

Management experience

2014-2018: Managing director of academic training center UvA minds You
2009-2011: Research director of research institute Child Development and Education.
2008-2018: Initiator and director of *UvA minds*, 20-30 employees
2006-2017: Leader of the section Developmental and Rearing Problems, 20-30 employees
2003-2006: Leader of the academic research at the center for Child Mental Health
2001-present: Project leader of grants-supported research projects, including multi-center RCTs
1995- 2001: Coordinator of the education of research school Experimental Psychopathology (EPP)
1995-1999: Member of the committee organizing the annual conference of the VGCT
1986-1995: Coordinator of the skills education of the study Mental health Sciences

Boards

2016-2018: Scientific director of the International Conference of Mindfulness (ICM) 2018, with 700 researchers from 50 countries attending (<https://www.cmc-ia.org/icm2018amsterdam>)
2009-present: Member of the child stream of the organizing committee of the European and World Congresses for Cognitive Behaviour Therapies
2007-2013: Member of the DSM-5 task force of the American Psychiatric Association (<https://www.psychiatry.org/psychiatrists/practice/dsm>)
2007-2011: Member of the board of the postgraduate clinical education school Rino Noord-Holland

1995-2006: Member of the board of research school EPP

Educational experience

Post-doctoral:

-I supervise(d) 28 PhD students and 16 postdocs.

-I supervise(d) many child and adult behavior therapists and mindfulness trainers, also international.

-Developing the advanced teacher training program for mindfulness teachers: Mindful Parenting and Mindfulness for children and youth with ADHD and autism.

-Many national and international workshops and advanced teacher training in cognitive-behavior therapy and mindfulness.

Predoctoral:

-Long experience in all aspects of education, that is, developing educational units, guiding bachelor, master and research master students in research and in clinical training, tutoring groups, lecturing bachelor, master and research master students. I was responsible for the bachelor and master of Orthopedagogics, co-responsible for the research master Child Development and Education, co-responsible for the international summer school A Peaceful Mind, and co-responsible for the international course on Mindfulness at the UvA.

-Development of the skills training program for the study Mental Health Care at Maastricht University.

Clinical experience

I have worked my entire career in university mental health institutes for adults and children, treating adults, children, and families using evidence-based state-of-the-art techniques. I have developed my own academic treatment center *UvA minds*, and academic training center *UvA minds You*, both of which I was the director until 2018. I have been trained by many international experts in the area of cognitive-behavior therapies, family therapies, and mindfulness.

Grants

(PI=primary investigator, CI=co-investigator)

2019: CI (with Anke Klein): "One-session treatment of specific phobia in children"

2019: CI (with Bonny van Steensel and Trimbos institute): "Prevention of child anxiety", *ZonMW jeugd*

2016: CI (with Lisa Clark): "Implementation of Mindful Parenting", *UvA Sheffield collaboration*

2015: PI (with Esther de Bruin): "Mindful2work for burnout", *Fonds Psychische Gezondheid*

2014: PI (with Esther de Bruin, PhD Irene Veringa): "Ik ben van gedachten veranderd: De effectiviteit van mindfulness-based child-birthing and parenting", *Menzis*, plus validation of the catastrophic beliefs about pregnancy and child birthing questionnaire

2014: (for Maja Wresien) "A peaceful mind", *EU Marie Curie*

2014: PI (with Bonny van Steensel): "Effective elements in the treatment of child anxiety disorders", *ZonMW Zorg voor Jeugd*

2013: PI (with Esther de Bruin, PhD Renee Meppelink): “Meditation versus medication in children with ADHD”, *NWO open talent*

2011: PI (with Anja Huizink): “Mindfulness for stressed pregnant women”, *NWO-STW-Philips*

2010: PI: “Do fathers know best? Testing a formal model on paternal comparative advantage in the aetiology of childhood fears”, *NWO VICI*

2009: CI (with Annemarie Meijer): “Sleep problems of adolescents and effectiveness of treatment”, *ZonMW Zorg voor Jeugd*

2007: PI: “Treatment of anxiety disorders in children with autistic-spectrum disorders” *ZonMW innovation*

2007: PI: “Implementation of a cognitive-behavior treatment for childhood anxiety disorders: Denken + Doen= Durven”, *ZonMW Doelmatigheid*

2005: PI: “The role of the father in childhood social anxiety”, *NWO VIDI*

2003: PI: “Prevention of childhood anxiety disorders”, *ZonMw Prevention*

2001: PI: “CBT for children with anxiety disorders: treating the child or treating the family? *NWO Medische Wetenschappen, doelmatigheid*

2000: PI: “1) anxiety disorders in children and 2) social phobia”, *NWO Aspasia*

Prizes

I was selected as the most entrepreneurial social scientist (2010) in the Netherlands.

I received the Award of the Dutch patient Association Fear, Compulsion and phobia (Angst, Dwang en Fobie Stichting) for my work on improving child anxiety treatment (2008).

The research of my PhD student Milica Nikolic was awarded the third price by the Dutch Society for Developmental Psychology (VNPO) (2018) and the Butterworth Young Scientist Award (2019).

The paper of my PhD student Evin Aktar (Aktar, E., Majdandžić, M., de Vente, W., & Bögels, S. M., 2013: The interplay between expressed parental anxiety and infant behavioural inhibition predicts infant avoidance in a social referencing paradigm. *Journal of Child Psychology and Psychiatry*, 54, 144-156) won the ISED research school price.

The paper of my PhD student J. Dewald (Dewald, J.F., Meijer, A.M., Kerkhof, G.A., & Bögels, S.M., 2010: The influence of sleep quality, sleep duration and sleepiness on school performance in children and adolescents: A Meta-analytic review. *Sleep Medicine Review*, 14, 179-189), won the ISED research school price.

My PhD student Bonny van Steensel won the Dr. Leo Kannerhuis award for young research talent in the field of autism.

My MhD student Rachel Vandermeulen won the price of the Dutch Association for Orthopedagogiek (NVO) 2010 for her thesis on Mindful Parenting.

My PhD student Sandra Mulkens won three prizes:

The prof.dr. P.E. Boekeprize for the paper: Mulkens, S., Bögels, S.M., De Jong, J., & Louwers, J. (2001). Fear of blushing: Effects of task concentration training versus exposure in vivo on fear and physiology. *Journal of Anxiety Disorders, 15*, 413-432.

The EPP research school prize for the paper: Mulkens, S., De Jong, P.J., Dobbelaars, A., & Bögels, S.M. (1999). Fear of blushing: Fearful preoccupation irrespective of facial coloration. *Behaviour Research and Therapy, 37*, 1119-1128.

The publication prize for beginning authors: S. Mulkens (1995) Waarom blozen mensen eigenlijk? *De Psycholoog, 30*, 490-495.

H-index: 47 (Web of Science)

International (refereed) journals

2020 and in press

Baartmans, J. M., van Steensel, F. J., Mobach, L., Lansu, T. A., Bijsterbosch, G., Verpaalen, I., Rapee, R.M., Magson, N., Bögels, S.M., Rinck, M. & Klein, A. M. (2020). Social anxiety and perceptions of likeability by peers in children. *British Journal of Developmental Psychology*, 38(2), 319-336.

Van Bockstaele, B., Lamens, L., Salemink, E., Wiers, R. W., Bögels, S. M., & Nikolaou, K. (2020). Reliability and validity of measures of attentional bias towards threat in unselected student samples: seek, but will you find?. *Cognition and Emotion*, 34(2), 217-228.

de Bruin, E. J., Meijer, A., & Bögels, S. M. (2020). The contribution of a body scan mindfulness meditation to effectiveness of Internet-Delivered CBT for insomnia in adolescents. *Mindfulness*, 11(4), 872-882.

de Bruin, E. I., van der Meulen, R. T., de Wandeler, J., Zijlstra, B. J., Formsma, A. R., & Bögels, S. M. (2020). The Unilever Study: positive effects on stress and risk for dropout from work after the Finding Peace in a Frantic World training. *Mindfulness*, 11(2), 350-361.

de Bruin, E. I., Valentin, S., Baartmans, J. M., Blok, M., & Bögels, S. M. (2020). Mindful2Work the next steps: Effectiveness of a program combining physical exercise, yoga and mindfulness, adding a wait-list period, measurements up to one year later and qualitative interviews. *Complementary Therapies in Clinical Practice*, 101137.

Boekhorst, M., Potharst, E., Hulsbosch, E., Nyklíček, I., Spek, V., Kastelij, A., Bögels, S.M. & Pop, V.J.M. (in press) An online mindful parenting training for mothers raising toddlers: Assessment of acceptability, effectiveness and personal goals. *Mindfulness*.

Drummond, P. D., Shapiro, G. B., Nikolić, M., & Bögels, S. M. (2020). Treatment options for fear of blushing. *Current Psychiatry Reports*, 22, 1-9.

Emerson, L., Aktar, E., de Bruin, E., & Bögels, S.M. (2020) Mindful Parenting in secondary child mental health: Key parenting predictors of treatment seekers and treatment effects. *Mindfulness*, 1-11.

Emerson, L., Biester, J., Bruin, E. de, & Bögels, SM. (in press). The distinguishing characteristics of parents seeking a mindful parenting intervention in child mental health care. *Journal of Child and Family Studies*

Simon, E., de Hullu, E., Bögels, S., Verboon, P., Butler, P., van Groeninge, W., ... & van Lankveld, J. (2020). Development of 'learn to dare!': An online assessment and intervention platform for anxious children. *BMC psychiatry*, 20(1), 1-12.

Muratori, P., Conversano, C., Levantini, V., Masi, G., Milone, A., Villani, S., Bögels, S. & Gemignani, A. (2020). Exploring the Efficacy of a Mindfulness Program for Boys With Attention-Deficit Hyperactivity Disorder and Oppositional Defiant Disorder. *Journal of Attention Disorders*, 1087054720915256.

Nuijs, M. D., Larsen, H., Bögels, S. M., Wiers, R. W., & Salemink, E. (2020). Context matters: The role of subjective arousal during Attentional Bias Modification targeting socially anxious students. *Journal of Behavior Therapy and Experimental Psychiatry*, 68, 101545.

Nikolić, M., Majdandžić, M., Colonesi, C., de Vente, W., Möller, E., & Bögels, S. (2020). The unique contribution of blushing to the development of social anxiety disorder symptoms: results from a longitudinal study. *Journal of Child Psychology and Psychiatry*.

Potharst, E., Leyland, A., Collonesi, C., Veringa, I., Salvadori, E., Jakschik, M., Bögels, S.M. & Zeegers, M. (in press). Does Mothers' Self-Reported Mindful Parenting Relate to the Observed Quality of Parenting Behavior and Mother-Child Interaction? *Mindfulness*.

Ridderinkhof, A., de Bruin, E. I., van den Driesschen, S., & Bögels, S. M. (2020). Attention in children with autism spectrum disorder and the effects of a mindfulness-based program. *Journal of attention disorders*, 24(5), 681-692.

Siebelink, N. M., Kaijadoe, S. P., van Horssen, F. M., Holtland, J. N., Bögels, S. M., Buitelaar, J. K., ... & Greven, C. U. (2020). Mindfulness for Children with ADHD and Mindful Parenting (MindChamp): A Qualitative Study on Feasibility and Effects. *Journal of Attention Disorders*, 1087054720945023.

Telman, L. G., Van Steensel, F. J., Verveen, A. J., Bögels, S. M., & Maric, M. (2020). Modular CBT for Youth Social Anxiety Disorder: A Case Series Examining Initial Effectiveness. *Evidence-Based Practice in Child and Adolescent Mental Health*, 5(1), 16-27.

Vandermeulen, R. Bruin, E.I., Valentin, S. & Bögels, S.M. (in press). Mindfulness and Self-Compassion as Mediators of the Mindful2Work Training on Perceived Stress and Chronic Fatigue. *Mindfulness*.

de Vente, W., Majdandžić, M., & Bögels, S. M. (2020). Intergenerational transmission of anxiety: linking parental anxiety to infant autonomic hyperarousal and fearful temperament. *Journal of Child Psychology and Psychiatry*.

2019

Aktar, E., Qu, J., Lawrence, P. J., Tollenaar, M. S., Elzinga, B. M., & Bögels, S. M. (2019). Fetal and infant outcomes in the offspring of parents with perinatal mental disorders: Earliest influences. *Frontiers in Psychiatry*, 10, 391.

Aktar, E., Van Bockstaele, B., Pérez-Edgar, K., Wiers, R. W., & Bögels, S. M. (2019). Intergenerational transmission of attentional bias and anxiety. *Developmental Science*, 22(3), e12772.

- Baartmans, J. M., Rinck, M., Hudson, J. L., Lansu, T. A., van Niekerk, R. E., Bögels, S. M., & Klein, A. M. (2019). Are socially anxious children really less liked, or do they only think so?. *Cognitive Therapy and Research*, 1-8.
- Van Bockstaele, B., Notebaert, L., MacLeod, C., Salemink, E., Clarke, P. J., Verschuere, B., Bögels, S.M. & Wiers, R. W. (2019). The effects of attentional bias modification on emotion regulation. *Journal of Behavior Therapy and Experimental Psychiatry*, 62, 38-48.
- Van Bockstaele, B., Notebaert, L., Salemink, E., Clarke, P. J., MacLeod, C., Wiers, R. W., & Bögels, S. M. (2019). Effects of interpretation bias modification on unregulated and regulated emotional reactivity. *Journal of Behavior Therapy and Experimental Psychiatry*, 64, 123-132.
- Brummelman, E., Terburg, D., Smit, M., Bögels, S. M., & Bos, P. A. (2019). Parental touch reduces social vigilance in children. *Developmental Cognitive Neuroscience*, 35, 87-93.
- Colonnesi, C., Zeegers, M. A., Majdandžić, M., van Steensel, F. J., & Bögels, S. M. (2019). Fathers' and Mothers' Early Mind-Mindedness Predicts Social Competence and Behavior Problems in Childhood. *Journal of Abnormal Child Psychology*, 1-15.
- Van der Giessen, D., Colonnesi, C., & Bögels, S. M. (2019). Changes in rejection and psychological control during parent–child interactions following CBT for children's anxiety disorder. *Journal of Family Psychology*.
- Maric, M., & Bögels, S. M. (2019). Parenting behaviors associated with youth AD diagnosis vs. youth ADHD diagnosis. *The European Journal of Psychiatry*, 33(1), 17-23.
- Nikolić, M., van der Storm, L., Colonnesi, C., Brummelman, E., Kan, K. J., & Bögels, S. (2019). Are Socially Anxious Children Poor or Advanced Mindreaders?. *Child Development*.
- Potharst, E. S., Boekhorst, M. G., Cuijlits, I., Van Broekhoven, K. E., Jacobs, A., Spek, V., Nyklíček, I., Bögels, S.M. & Pop, V. J. (2019). A randomized control trial evaluating an online mindful parenting training for mothers with elevated parental stress. *Frontiers in Psychology*, 10.
- Potharst, E. S., Baartmans, J. M., & Bögels, S. M. (2019). Mindful Parenting Training in a Clinical Versus Non-Clinical Setting: An Explorative Study. *Mindfulness*, 1-15.
- Potharst, E. S., Zeegers, M.A.J. & Bögels, S. M. (2019). Mindful with your Toddler Group Training: Feasibility, acceptability, and effects on subjective and objective measures. *Mindfulness*.
- Rayner, C., Coleman, J. R., Purves, K. L., Hodson, J., Goldsmith, K., Alpers, G. W., Andersson, E., Arolt, V, Boberg, J, Bögels, S... & Creswell, C. (2019). A genome-wide association meta-analysis of prognostic outcomes following cognitive behavioural therapy in individuals with anxiety and depressive disorders. *Translational psychiatry*, 9(1), 150.
- Reardon, T., Creswell, C., Lester, K. J., Arendt, K., Blatter-Meunier, J., Bögels, S. M., ... & Hogendoorn, S. M. (2019). The utility of the SCAS-C/P to detect specific anxiety disorders among clinically anxious children. *Psychological Assessment*.

- Ridderinkhof, A., de Bruin, E. I., Blom, R., Singh, N. N., & Bögels, S. M. (2019). Mindfulness-based program for autism spectrum disorder: A qualitative study of the experiences of children and parents. *Mindfulness, 10*(9), 1936-1951.
- Ridderinkhof, A., de Bruin, E. I., van den Driesschen, S., & Bögels, S. M. (2019). Attention in Children with Autism Spectrum Disorder and the Effects of a Mindfulness-Based Program. *Journal of Attention Disorders.*
- Sirois, F. M., Bögels, S., & Emerson, L. M. (2019). Self-compassion improves parental well-being in response to challenging parenting events. *The Journal of Psychology, 153*(3), 327-341.
- Skriner, L.C., Chu, B.C., Kaplan, M., Bodden, D. H. M., Bögels, S. M., Kendall, P. D., Nauta, M. H., Silverman, W. K., Wood, J. J., Barker, D. H., de la Torre, J., Saavedra, L., & Xie, M. (2019). Trajectories and predictors of response in youth anxiety CBT: Integrative data analysis. *Journal of Consulting and Clinical Psychology, 87*(2), 198.
- Siebelink, N. M., Asherson, P., Antonova, E., Bögels, S. M., Speckens, A. E., Buitelaar, J. K., & Greven, C. U. (2019). Genetic and environmental aetiologies of associations between dispositional mindfulness and ADHD traits: a population-based twin study. *European Child & Adolescent Psychiatry, 1-11.*
- Sirois, F. M., Bögels, S., & Emerson, L. M. (2019). Self-compassion improves parental well-being in response to challenging parenting events. *The Journal of Psychology, 153*(3), 327-341.
- Zeegers, M. A., Potharst, E. S., Veringa-Skiba, I. K., Aktar, E., Goris, M., Bögels, S. M., & Colonesi, C. (2019). Evaluating Mindful with Your Baby/Toddler: observational changes in maternal sensitivity, acceptance, mind-mindedness, and dyadic synchrony. *Frontiers in Psychology, 10.*
- Zeegers, M. A., Meins, E., Stams, G. J. J., Bögels, S. M., & Colonesi, C. (2019). Does attachment security predict children's thinking-about-thinking and thinking-about-feeling? A meta-analytic review. *Developmental Review, 54*, 100885.
- 2018:
- Aktar, E., Mandell, D.J., de Vente, W., Majdandžić, M., Oort, F.J., van Renswoude, D.R., Raijmakers, M.E. & Bögels, S.M. (2018). Parental negative emotions are related to behavioral and pupillary correlates of infants' attention to facial expressions of emotion. *Infant Behavior and Development., 53*, 101-111.
- Bögels, S.M. & Emerson, L. (2018). The mindful family: A systemic approach to mindfulness, relational functioning, and somatic and mental health. *Current Opinions in Psychology. Current Opinion in Psychology, 28*, 138-142.
- Brummelman, E., Nikolić, M., & Bögels, S. M. (2018). What's in a blush? Physiological blushing reveals narcissistic children's social-evaluative concerns. *Psychophysiology, 55* (10), e13201.
- Chan, S.K.C. Zhang, D. Bögels, S.M., Chan, S., Lai, K.J.C., Lo, H.H.M., Yip, B.H.K., Lau, E.N.S., Gao, T.T., & Wong, S.Y.S. (2018). The effects of a mindfulness based intervention - MYmind - for

children with ADHD and their parents: protocol for a randomised controlled trial. *BMJ Open*, 8(11), e022514.

De Bruin, E. J., Bögels, S. M., Oort, F. J., & Meijer, A. M. (2018). Improvements of adolescent psychopathology after insomnia treatment: results from a randomized controlled trial over 1 year. *Journal of Child Psychology and Psychiatry*, 59(5), 509-522.

Klein, A. M., Flokstra, E., van Niekerk, R., Klein, S., Rapee, R. M., Hudson, J. L., Bögels, S.M., Becker, E.S. & Rinck, M. (2018). The role of self-reports and behavioral measures of interpretation biases in children with varying levels of anxiety. *Child Psychiatry & Human Development*, 49(6), 897-905.

Klein, A. M., Bakens, R., van Niekerk, R. E., Ouwens, M. A., Rapee, R. M., Bögels, S. M., ... & Rinck, M. (2018). The relation between generalized anxiety disorder symptoms and content-specific interpretation biases for auditory stimuli in children. *Journal of Behavior Therapy and Experimental Psychiatry*, 61, 121-127.

Majdandžić, M., Lazarus, R. S., Oort, F. J., van der Sluis, C., Dodd, H. F., Morris, T. M., ... & Bögels, S. M. (2018). The structure of challenging parenting behavior and associations with anxiety in Dutch and Australian children. *Journal of Clinical Child & Adolescent Psychology*, 47(2), 282-295.

Majdandžić, M., de Vente, W., Colonnese, C., & Bögels, S. M. (2018). Fathers' challenging parenting behavior predicts less subsequent anxiety symptoms in early childhood. *Behaviour Research and Therapy*, 109, 18-28.

Maric, M., van Steensel, F. J., & Bögels, S. M. (2018). Parental involvement in CBT for anxiety-disordered youth revisited: family CBT outperforms child CBT in the long term for children with comorbid ADHD symptoms. *Journal of Attention Disorders*, 22(5), 506-514.

Maric, M., Bexkens, A., & Bögels, S. M. (2018). Is clinical anxiety a risk or a protective factor for executive functioning in youth with ADHD? A Meta-regression Analysis. *Clinical Child and Family Psychology Review*, 21, 340-353.

McKinnon, A., Keers, R., Coleman, J.R., Lester, K.J., Roberts, S., Arendt, K., Bögels, S.M., Cooper, P., Creswell, C., Hartman, C.A. & Fjermestad, K.W. (2018). The impact of treatment delivery format on response to cognitive behaviour therapy for preadolescent children with anxiety disorders. *Journal of Child Psychology and Psychiatry*, 59(7), 763-772.

Metz, M., Majdandžić, M., & Bögels, S. (2018). Concurrent and predictive associations between infants' and toddlers' fearful temperament, coparenting, and parental anxiety disorders. *Journal of Clinical Child & Adolescent Psychology*, 47(4), 569-580.

Metz, M., Colonnese, C., Majdandžić, M., & Bögels, S. M. (2018). When Father Steps Forward and Mother Steps Back: The Moderating Role of Simultaneity in Parents' Coparenting Behaviors in the Development of Anxiety in 4-to 30-Month-Olds. *Infancy*, 23(1), 103-123.

Nikolić, M., Aktar, E., Bögels, S., Colonnese, C., & de Vente, W. (2018). Bumping heart and sweaty palms: physiological hyperarousal as a risk factor for child social anxiety. *Journal of Child Psychology and Psychiatry*, 59(2), 119-128.

Nikolić, M., Brummelman, E., Colonesi, C., de Vente, W., & Bögels, S. M. (2018). When gushing leads to blushing: Inflated praise leads socially anxious children to blush. *Behaviour Research and Therapy*, *106*, 1-7.

Ridderinkhof, A., de Bruin, E. I., Blom, R., & Bögels, S. M. (2018). Mindfulness-based program for children with autism spectrum disorder and their parents: Direct and long-term improvements. *Mindfulness*, *9*(3), 773-791.

Siebelink, N. M., Bögels, S. M., Boerboom, L. M., de Waal, N., Buitelaar, J. K., Speckens, A. E., & Greven, C. U. (2018). Mindfulness for children with ADHD and Mindful Parenting (MindChamp): Protocol of a randomised controlled trial comparing a family Mindfulness-Based Intervention as an add-on to care-as-usual with care-as-usual only. *BMC Psychiatry*, *18*(1), 237.

Telman, L. G., van Steensel, F. J., Maric, M., & Bögels, S. M. (2018). What are the odds of anxiety disorders running in families? A family study of anxiety disorders in mothers, fathers, and siblings of children with anxiety disorders. *European Child & Adolescent Psychiatry*, *27*(5), 615-624.

Van der Giessen, D., & Bögels, S. M. (2018). Father-child and mother-child interactions with children with anxiety disorders: emotional expressivity and flexibility of dyads. *Journal of Abnormal Child Psychology*, *46*(2), 331-342.

Wesseldijk, L. W., Dieleman, G. C., van Steensel, F. J., Bleijenberg, E. J., Bartels, M., Bögels, S. M., & Middeldorp, C. M. (2018). Do Parental Psychiatric Symptoms Predict Outcome in Children With Psychiatric Disorders? A Naturalistic Clinical Study. *Journal of the American Academy of Child & Adolescent Psychiatry*, *57*(9), 669-677.

Weijers, D., van Steensel, F. J. A., & Bögels, S. M. (2018). Associations between Psychopathology in Mothers, Fathers and Their Children: A Structural Modeling Approach. *Journal of Child and Family studies*, *27*(6), 1992-2003.

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Arntz, A. & Bögels, S.M. (1991) Cognitieve therapie bij persoonlijkheidsstoornissen. *Persoonlijkheidsstoornissen: Empirisch onderzoek en variaties in diagnostiek en behandeling* (pp. 39-47). *Symposiumboek Vereniging Belangenbehartiging Geestelijke Gezondheidskunde*.

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Invited keynotes (national and international):

Bögels, S.M. (2020). Breinging mindfulness to families: A developmental and intergenerational perspective. 6th International congress of Clinical and Health Psychology in children and adolscents, Valencia, Nov. (online).

Bögels, S.M. (2019). Intergenerational transmission of anxiety disorders: Do parents matter (for some)? Keynote address at the Australian conference for Cognitive Behaviour Therapy, Adelaide, Oct.

Bögels, S.M. (2019). Intergenerational transmission of anxiety disorders: Do parents matter (for some)? Keynote address at the British conference for Cognitive Behaviour Therapy, Bath, Sept.

Bögels, S.M. (2019). Cognitive Behavior Therapy at the Crossroads: Where We Have Been, Where We Are and the Challenges We Need To Face. Opening lecture of the World Conference for Cognitive and Behaviour Therapies, Berlin, Juli.

Bögels, S.M. (2019) Mindfulness in gezinnen: Een ontwikkelings- en intergeneratieel perspectief. Mindfulness in de zorg, Amsterdam, Nov.

Bögels, S.M. (2019) Bringing mindfulness to families: A developmental and Intergenerational perspective. ECLIPT, Dresden, Oct.

Bögels, S.M. (2019) Bringing mindfulness to families: A developmental and Intergenerational perspective. Annual conference of clinical psychologists, Erlangen, May.

Bögels, S.M. (2019). De ontwikkeling van verlegenheid en sociale angst in kinderen, en de rol van ouders. Jaarlijks congres over angst bij kinderen en jong-volwassenen. Jaarlijks angstcongres. Eindhoven, April

Bögels, S.M. (2018). Mindfulness voor het hele gezin. Jaarlijkse conferentie van de Vereniging voor Mindfulness (VVM), Oktober.

Bögels, S.M. (2018). Mindfulness in families. Bringing Mindfulness to Children: International Conference for education experts and parents. Götzis, Austria, September.

Bögels, S.M. (2017). Intergenerational transmission of anxiety disorders: Do fathers know best? The Northern Light Cognitive Behaviour Conference, Tromso, Norway, January.

Bögels, S.M. (2017). Do we need parents in child CBT? The Northern Light Cognitive Behaviour Conference, Tromso, Norway, January.

Bögels, S.M. (2016). Intergenerational transmission of anxiety disorders: Family matters (for some). Anxiety satellite Cognitive Beahviour Therapy Conference, Sydney, Australia, June.

Bögels, S.M. (2015). Intergenerational transmission of anxiety disorders: The role of parents. Social anxiety expert meeting, Leiden University, December.

Bögels, S.M. (2016). Mindfulness for families with executive functioning problems. EABCT, Stockholm, August.

- Bögels, S.M. (2016). Mindful Parenting. Mindfulness conference, Freiburg, Germany, September.
- Bögels, S.M. (2015). Mindful Parenting: Effects in different contexts, on different aspects of functioning, and on different family members. ACAMH conference, London
- Bögels, S.M. (2014). MYmind: Mindfulness in children with ADHD and their parents. International congress of cognitive psychotherapy, Hongkong, June.
- Bögels, S.M. (2014). Clinical masterclass Mindful Parenting. International congress of cognitive psychotherapy, Hongkong, June.
- Bögels, S.M. (2013). Mindful Parenting in de Geestelijke Gezondheidszorg. Congres van de Vlaamse Vereniging voor Cognitieve Gedragstherapie. Antwerpen, December.
- Bögels, S.M. (2013). Wat verandert er in de DSM-5 rond angststoornissen?. Congres van de Nederlandse Vereniging voor psychotherapie. Amsterdam, Oktober.
- Bögels, S.M. (2013). Van DSM-IV naar DSM-5, en over of we steeds geestelijk gestoord worden. Keynote voor het GZ-psycholoog jaarlijkse congres. Amsterdam, September.
- Bögels, S.M. (2013). Mindfulness for families of children with executive functioning problems. European Conference of Cognitive and Behavior Therapies, Marakkesh, Sept.
- Bögels, S.M. (2013). Mindfulness bij kinderen en jongeren met ADHD, en hun ouders. Dit is ADHD. Utrecht, Juni.
- Bögels, S.M. (2013). Mindfulness in youth with external psychopathology, and their parents. Mindfulness conference. Sweden, June.
- Bögels, S.M. (2013). Mindful Parenting. First International research conference on mindfulness. Rome, May.
- Bögels, S.M. (2013). Mindful Parenting. British Association of Behavior and Cognitive Therapy conference. Birmingham, April.
- Bögels, S.M. (2013). Angststoornissen. Wat nou, puberaal? Over adolescenten met een as-I stoornis. Amsterdam, Maart.
- Bögels, S.M. (2012). Angststoornissen bij kinderen: wat verandert er in de DSM-5, etiologie en behandeling. Stoornissen, Utrecht, Dec.
- Bögels, S.M. (2012). Mindfulness for families in mental health care. European Conference of Cognitive and Behavior Therapies, Geneve, Aug.
- Bögels, S.M. (2012). Social anxiety disorder: Theory and treatment. Psychotherapy Congress. Hannover, April.

Bögels, S.M. (2012). Angststoornissen in ontwikkelingsperspectief en de DSM-5. Vierde jaarcongres voor klinisch psychologen en klinisch neuropsychologen. NIP, Utrecht, april.

Bögels, S.M. (2012). De toekomst van psychotherapie voor kinderen en ouders. Vereniging voor Kinder & Jeugdpsychotherapie Lustrumcongres, Zeist, april.

Bögels, S.M. (2011). Mindful parenting in mental health care: Effects on child and parental mental health problems, on parental stress, (co)parenting and marital functioning. Invited keynote. International Mindfulness conference Copenhagen, Dec.

Bögels, S.M. (2011). Protocollair werken in de jeugdzorg werkt. Jaarlijks congres van de Nederlandse en Vlaamse Vereniging voor Cognitieve Gedragstherapie, Veldhoven, nov.

Bögels, S.M. (2011). De mindful psychotherapeut. Jaarlijks congres van de Nederlandse Vereniging voor Psychotherapie. Amsterdam, dec.

Bögels, S.M. Mindfulness training for children with ADHD and their parents. Mindfulness Conference of the Sanctuary. Dublin, April 2011.

Bögels, S.M. Does father know best? The role of the father in the aetiology of child social anxiety. Leiden, KNAW expert meeting on social anxiety, May 2011.

Bögels, S.M. Does father know best? European Conference of Cognitive and Behavior Therapies, Helsinki, Sept. 2011

Bögels, S.M. The role of the father in the aetiology, prevention and treatment of child anxiety. British Conference of Cognitive and Behavior Therapies, Guilford, June 2011.

Bögels, S.M. (2010). Mindful parenting in infant psychiatry. Anna Freud Institute, London, Oct.

Bögels, S.M. (2010). The role of the father in infant anxiety. Infant Mental Health, Daimh, Nijmegen, November.

Bögels, S.M. (2010). The role of the father in childhood anxiety. World Conference for Behaviour and Cognitive Therapies, Boston, June.

Bögels, S.M. (2010). The role of the father in childhood anxiety. Invited keynote. World Conference for Behaviour and Cognitive Therapies, Boston, June.

Bögels, S.M. (2009). Mindfulness in families. Invited keynote. British Congress for Clinical Psychology, London, Dec.

Bögels, S.M. (2008). Mindfulness in families. Invited keynote at the Belgium Conference for Cognitive and Behaviour Therapies, Gent, Dec.

Bögels, S.M. (2006). Mindfulness for adolescents with externalising disorders, and their parents. Conference for Mindfulness, London, April.

Bögels, S.M. (2005). Family versus individual therapy for childhood anxiety disorders. Invited keynote. Conference on the state of the international research on behaviour therapy. Deutscher Gesellschaft für Verhaltenstherapie. Frankfurt, Sept.

Bögels, S.M. (2004). Anxiety disorders and the family. Invited keynote. European Congress for Behaviour and Cognitive Therapies, Manchester, Sept.

Bögels, S.M. (2003). Protocollaire behandeling: Verhalen uit de praktijk. Jaarlijkse Dag van de Psychotherapie, Amsterdam, Dec.

Bögels, S.M. (2012). Social anxiety disorder: Theory and treatment. Hannover

Bögels, S.M. (2012). Angststoornissen in ontwikkelingsperspectief en de DSM-5. Vierde jaarcongres voor klinisch psychologen en klinisch neuropsychologen. NIP, Utrecht, april.

Bögels, S.M. (2012). De toekomst van psychotherapie voor kinderen en ouders. Vereniging voor Kinder & Jeugdpsychotherapie Lustrumcongres, Zeist, april.