

# Course overview & Theoretical foundations of network analysis

Tessa Blanken  
Ria Hoekstra



# Overview

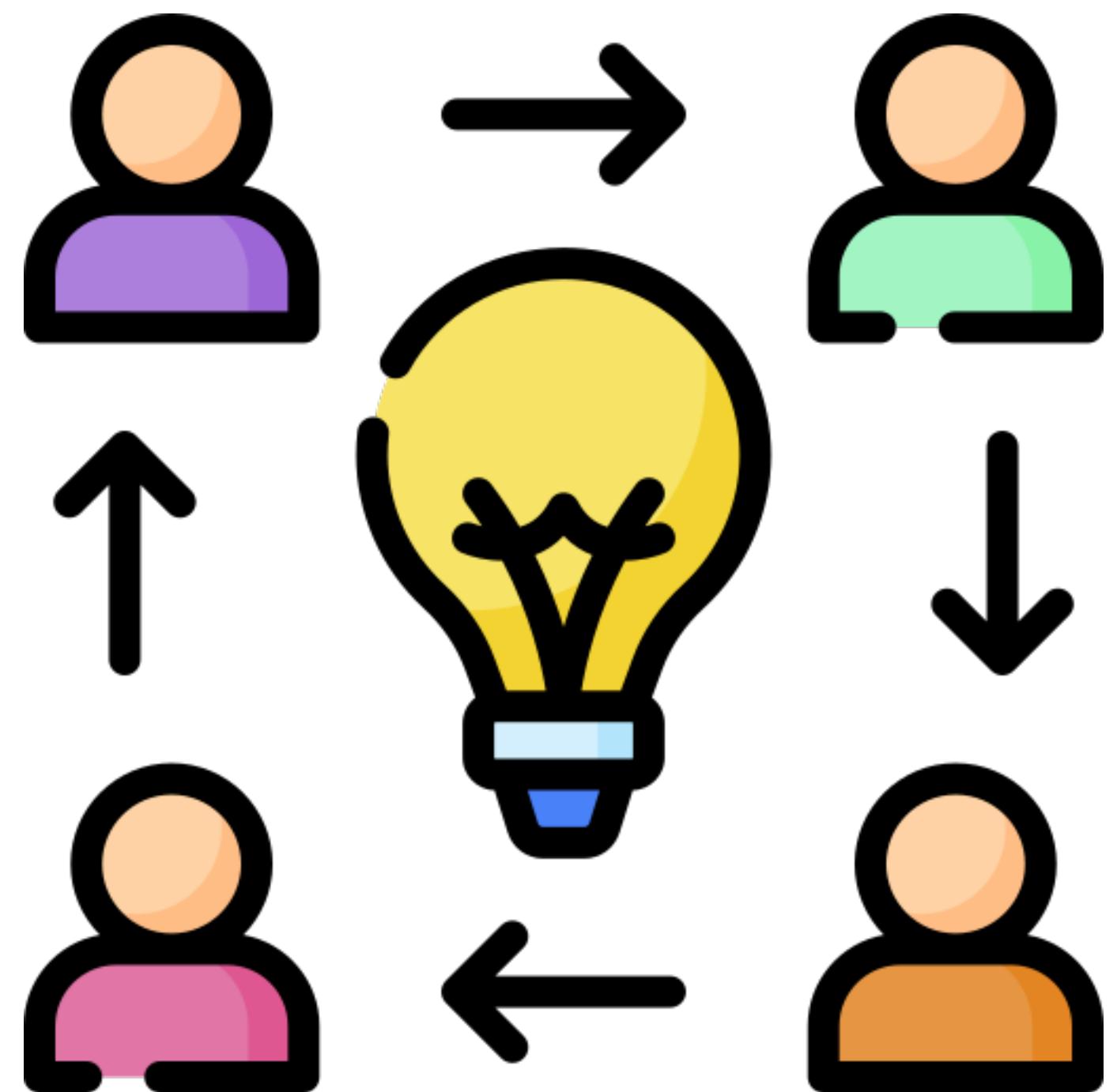
---

- Course overview
- Theoretical foundations of network analysis
- Roadmap to network analysis:
  - Research questions
  - Data types
  - Analyses



## Course overview

---





<https://www.menti.com/alnf7zyin8h8>



network analytical toolbox

how

why

## Schedule Network Analysis Course 2022

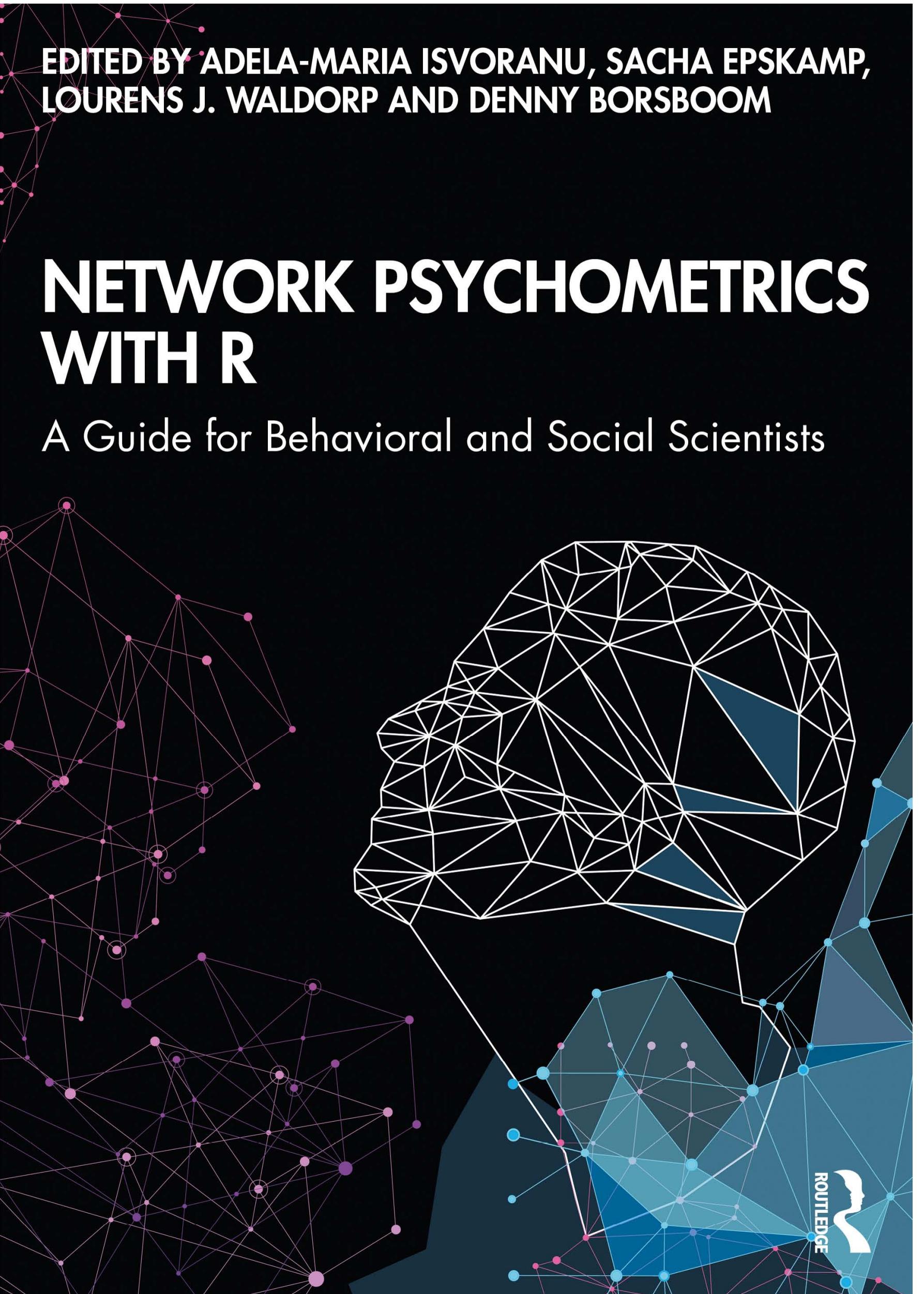
Week	Tuesday Practical 13:00-15:00 GS.11		Thursday Lecture 13:00-15:00 GS.11		Notes & Deadlines
44			3/11	<b>Course overview &amp; Theoretical foundations of network analysis</b> Tessa Blanken, Ria Hoekstra	<ul style="list-style-type: none"> <li>• Form groups</li> <li>• A1 available 3/11 at 15:00</li> </ul>
45	8/11	<b>Discuss final project &amp; Practical on drawing networks in R</b> Tessa Blanken, TAs	10/11	<b>Causality, conditional dependence, and Pairwise Markov Random Fields</b> Lourens Waldorp	<ul style="list-style-type: none"> <li>• Kickstart final project: find dataset or make plan for data collection</li> </ul>
46	15/11	<b>'How to report networks' as a thinking tool to design final project</b> Julian Burger (Tessa Blanken, TAs)	17/11	<b>Estimating networks, model selection, stability, comparison, and replicability</b> Tessa Blanken	<ul style="list-style-type: none"> <li>• A1 deadline 17/11 at 13:00</li> <li>• A2 available 17/11 at 15:00</li> </ul>
47	22/11	<b>Pitch project idea</b> Tessa Blanken, Ria Hoekstra, TAs	24/11	<b>Network estimation from time series data</b> Ria Hoekstra	<ul style="list-style-type: none"> <li>• A2 deadline 24/11 at 13:00</li> <li>• Project idea deadline 24/11 at 13:00</li> <li>• A3 available 24/11 at 15:00</li> </ul>
48	29/11	<b>Work on final project (optional)</b> Tessa Blanken, Ria Hoekstra, TAs	1/12	<b>Theoretical reflections of network analysis</b> Denny Borsboom	<ul style="list-style-type: none"> <li>• A3 deadline 1/12 at 13:00</li> </ul>
49	6/12	<b>Pitch analysis plan</b> Tessa Blanken, Ria Hoekstra, TAs	8/12	<b>Simulating network dynamics and interventions</b> Gaby Lunansky	<ul style="list-style-type: none"> <li>• Analysis plan deadline 8/12 at 13:00</li> </ul>
50	13/12	<b>Work on final project (optional)</b> Tessa Blanken, TAs	15/12	<b>Symposium</b> René Freichel, Tessa Blanken, Inga Marie Freund, Maarten van den Ende	<ul style="list-style-type: none"> <li>• Work on final project</li> <li>• Questions for symposium speakers 15/12 at 09:00</li> </ul>
51	20/12	<b>Poster presentations</b> Tessa Blanken, Ria Hoekstra, TAs	22/12	TBD	<ul style="list-style-type: none"> <li>• Deadline final project (22/12 at 13:00)</li> </ul>

how

why

# Course info: materials

- Book “Network Psychometrics with R”
  - Can be accessed through the university’s library
  - Additional materials will be made accessible through canvas
- Articles
- Additional reading
- Optional



# Course info: practical info

- Lectures every Thursday  
(13:00-15:00, GS.11)
- Practicals every Tuesday  
(13:00-15:00, GS.11)
- Attendance is mandatory, unless explicitly stated otherwise. See [course catalogue](#) for more details on what happens if sessions are missed.

The screenshot shows the University of Amsterdam's Course Catalogue 2022-2023. The page title is "Course Catalogue 2022 - 2023". It includes a disclaimer about the online course catalogue. Below the title, there are tabs for "Course" (selected), "Programme", "Minor", and "Lecturer". A search bar with placeholder "Search..." and a "Search" button is present. To the right, there are links for "All courses" and "Help".

**Network Analysis**

Course catalogue number: 7205RM33XY  
Credits: 6 EC  
Language of instruction: English  
Entry requirements: This course is only accessible to students who are admitted to the Research Master's Psychology or the master track Behavioural Data Science.  
Time period(s): Sem. 1   Sem. 2  
College/graduate: Psychology  
Lecturer(s): T.F. Blanken MSc (co-ordinator)  
Contact: Education Desk Psychology, Amsterdam Roeterseiland Campus: REC-G, Nieuwe Achtergracht 129B, G0.22, (020) 525 6770, educationdesk-psy@uva.nl  
Is part of: Master's Brain and Cognitive Sciences, Master's Psychology: Behavioural Data Science, Research Master's Psychology  
Objectives: The general aim of this course is threefold. The practical aim of the course is that students will be able to apply network analysis to psychological data. This means that given a dataset students know how to estimate a network structure, how to visualize this network, what the estimated network means, and what analyses can be performed on that network. Secondly, students will also know the theoretical justifications of using network analysis in psychology through writing essays about recent literature. Finally, an important aim of the course is to develop academic research skills, including scientific writing and presenting.

[Add to course registration](#)

# Course info: people

---

- Coördinator: Tessa Blanken
- Invited lecturers:
  - Ria Hoekstra
  - Lourens Waldorp
  - Julian Burger
  - Denny Borsboom
  - Gaby Lunansky

# Course info: people

---

- Coördinator: Tessa Blanken
- Teaching assistants:
  - Leonhard Volz
  - Emily Campos Sindermann

# Course info: people & contact

- Use Canvas (“Discussion”) for communication and questions (general questions and questions about the assignments and final project). This way everyone can learn from the communication.
- In exceptional cases, when canvas cannot be used, you can contact us by e-mail. Note that the TAs are responsible for the assignments, so always contact them first with questions about the assignments.
- Coördinator: Tessa Blanken, [t.f.blanken@uva.nl](mailto:t.f.blanken@uva.nl)
- Teaching assistants:
  - Leonhard Volz, [l.volz@uva.nl](mailto:l.volz@uva.nl)
  - Emily Campos Sindermann, [emily.campos.sindermann@student.uva.nl](mailto:emily.campos.sindermann@student.uva.nl)

The screenshot shows the 'Discussions' page in Canvas. The left sidebar includes links for Home, Announcements, Syllabus, Modules, Assignments, **Discussions**, Chat, Course Catalogue, and New Analytics. The main content area has a header with a search bar, a '+Discussion' button, and a settings gear icon. It is divided into two sections: 'Discussions' and 'Closed for comments'. The 'Discussions' section contains a message: 'There are no discussions to show in this section. Click here to add a discussion.' Below it is another message: 'You currently have no discussions with closed comments.' The entire interface is styled with a light blue header and sidebar, and a white main content area with dashed boxes around the sections.

# Course info: structure

- Goal of the course is to provide you with a ‘network analytical toolbox’ that enables you to (i) conduct network analyses (*how*), and (ii) design network analytical projects (*why*).
- To accomplish this goal, the course is structured into roughly three parts:
  1. Kickstarting the final group project in which you will design your own network analysis project
  2. Equipping you with the practical tools on how to conduct the network analysis
    - Emphasis on individual assignments
  3. Reflect on the network approach in general and your own group project in particular
- See also course syllabus for more information on the course structure

Week	Tuesday Practical 13:00-15:00 GS.11		Thursday Lecture 13:00-15:00 GS.11		Notes & Deadlines
44			3/11	<b>Course overview &amp; Theoretical foundations of network analysis</b> Tessa Blanken, Ria Hoekstra	<ul style="list-style-type: none"> <li>• Form groups</li> <li>• A1 available 3/11 at 15:00</li> </ul>
45	8/11	<b>Discuss final project &amp; Practical on drawing networks in R</b> Tessa Blanken, TAs	10/11	<b>Causality, conditional dependence, and Pairwise Markov Random Fields</b> Lourens Waldorp	<ul style="list-style-type: none"> <li>• Kickstart final project: find dataset or make plan for data collection</li> </ul>
46	15/11	<b>‘How to report networks’ as a thinking tool to design final project</b> Julian Burger (Tessa Blanken, TAs)	17/11	<b>Estimating networks, model selection, stability, comparison, and replicability</b> Tessa Blanken	<ul style="list-style-type: none"> <li>• A1 deadline 17/11 at 13:00</li> <li>• A2 available 17/11 at 15:00</li> </ul>
47	22/11	<b>Pitch project idea</b> Tessa Blanken, Ria Hoekstra, TAs	24/11	<b>Network estimation from time series data</b> Ria Hoekstra	<ul style="list-style-type: none"> <li>• A2 deadline 24/11 at 13:00</li> <li>• Project idea deadline 24/11 at 13:00</li> <li>• A3 available 24/11 at 15:00</li> </ul>
48	29/11	<b>Work on final project (optional)</b> Tessa Blanken, Ria Hoekstra, TAs	1/12	<b>Theoretical reflections of network analysis</b> Denny Borsboom	<ul style="list-style-type: none"> <li>• A3 deadline 1/12 at 13:00</li> </ul>
49	6/12	<b>Pitch analysis plan</b> Tessa Blanken, Ria Hoekstra, TAs	8/12	<b>Simulating network dynamics and interventions</b> Gaby Lunansky	<ul style="list-style-type: none"> <li>• Analysis plan deadline 8/12 at 13:00</li> </ul>
50	13/12	<b>Work on final project (optional)</b> Tessa Blanken, TAs	15/12	<b>Symposium</b> René Freichel, Tessa Blanken, Inga Marie Freund, Maarten van den Ende	<ul style="list-style-type: none"> <li>• Work on final project</li> <li>• Questions for symposium speakers 15/12 at 09:00</li> </ul>
51	20/12	<b>Poster presentations</b> Tessa Blanken, Ria Hoekstra, TAs	22/12	TBD	<ul style="list-style-type: none"> <li>• Deadline final project (22/12 at 13:00)</li> </ul>

# Course info: final group project

---

- Goal of the final project is to design and complete a research project in which you will use network analysis. This project will combine the ‘how’ and ‘why’. You will work through all the steps and complete a research project in which you will use network analysis and go from research question to final report.
  - More detailed information during the first practical (Tuesday November 8)

# Course info: final group project *in short*

---

- Group project (3-4 students per group)
  - Make sure to have formed groups \*before\* the practical on November 8
- Throughout the course you will work on the final assignment, and the first two practicals (8/11 and 15/11) will be devoted to the final project to give you the materials to **kickstart** this project.
- There will be time to work together with your group on this final project during the practical of 29/11 and 13/12. This also gives you the opportunity to ask questions and ask for feedback.
- Throughout the process you will pitch your project idea (22/11) and data and analysis plan (6/12). After the pitch you have 1,5 days to incorporate feedback and potential new ideas before handing in your project idea (24/11 at 13:00) and data and analysis plan (8/12 at 13:00). This will not be graded and no individual feedback will be given. It is meant to keep you on track, to learn from each other through the pitches, and to make sure that the project idea and analysis plan is feasible.
- You will report on the project in a poster (group-assignment, 20%) and reflect on the project individually (20%)
- Final project submission: poster, R-code used for analyses, individual report (more on this next Tuesday!)

# Course info: individual assignments

---

- Goal of the individual assignments is to provide you with the practical tools to conduct network analyses. Therefore the second part of this course will place an emphasis on these individual assignments. Afterwards, you can use these skills to conduct the analyses in your final group project.

# Course info: individual assignments

---

- The assignments correspond to the lectures:
  - Assignment 1 will cover the topics of ‘theoretical foundations of network analysis’ (lecture 1) and ‘causality, conditional dependence, and Pairwise Markov Random Fields’ (lecture 2)
  - Assignment 2 will cover the topic of ‘estimation, model selection, and stability’ (lecture 3)
  - Assignment 3 will cover the topic of ‘longitudinal network estimation’ (lecture 4)

# Course info: individual assignments

---

- The assignments correspond to the lectures:
  - Assignment 1 will cover the topics of ‘theoretical foundations of network analysis’ (lecture 1) and ‘causality, conditional dependence, and Pairwise Markov Random Fields’ (lecture 2)
    - Available after first lecture (3/11 at 15:00)
    - Deadline before third lecture (17/11 at 13:00)
  - Assignment 2 will cover the topic of ‘estimation, model selection, and stability’ (lecture 3)
    - Available after third lecture (17/11 at 15:00)
    - Deadline before fourth lecture (24/11 at 13:00)
  - Assignment 3 will cover the topic of ‘longitudinal network estimation’ (lecture 4)
    - Available after fourth lecture (24/11 at 15:00)
    - Deadline before fifth lecture (1/12 at 13:00)

# Course info: individual assignments

---

- Three individual assignments (each 20% of final grade)
  - Both conceptual and practical questions.
  - Make sure your PDF report can be read in stand alone format as much as possible. E.g., if you are asked to report a network, then include a plot in the PDF and not just say “look at .R file”.
  - Make sure that your code within the .R file runs smoothly.
  - If you have questions post these through canvas so that TAs can help you.
- Handing in your assignment
  - Name your assignment: Assignment<number>\_<lastname student>\_<student number> (e.g., Assignment1\_Blanken\_1234567)
  - Hand in assignments as PDF through Canvas. If you encounter problems with handing in the assignments, e-mail the assignment to the TAs \*before\* the deadline.
  - Hand in before deadline. If handed in after deadline but before solutions are made available the assignment will be graded with a maximum of a 6. Otherwise it will be graded with a 1.

# Course info: grading

---

- Final grade is based on:
  - Individual assignments: 60% of the final grade
    - 3 assignments, 20% each
  - Final project: 40% of the final grade
    - 20% poster (grade for the whole group), based on:
      - Rationale, match between dataset and RQ, analysis, code quality, poster quality (more details during the practical on November 8th)
    - 20% individual reflection
- Note that the average of the three individual assignments as well as the poster and the individual reflection should \*all\* be graded at least 5.5 to pass the course.

# Course info: overview of deadlines

---

- All deadlines are prior to the lecture/ practical (at 13:00; with one exception)
  - Thursday 17/11: deadline assignment 1
  - Tuesday 22/11: pitch project idea (1-2 slides)
  - Thursday 24/11: deadline assignment 1 + hand in project idea
  - Thursday 1/12: deadline assignment 2
  - Tuesday 6/12: pitch data and analysis plan
  - Thursday 8/12: deadline data and analysis plan
  - Thursday 15/11: hand in questions for symposium speakers (deadline at 09:00)
  - Tuesday 20/12: poster presentation
  - Thursday 22/12: hand final project: poster, R-code (group), reflection (individual)

# Course info: syllabus

---

- All information discussed here can be found in the course syllabus.
- Syllabus gives detailed overview of topics during each of the lectures, including reading materials and learning goals.

NETWORK ANALYSIS 2022

COURSE SYLLABUS

# Theoretical foundations to network analysis

---



---

2010

today

- **From observations & questions to new directions**
- What is a network? The network approach
- Network theory of psychopathology
- Network models in psychopathology
- Note on theory and models

# Lower risk of depression with elevated exercise

NEWS • NATIONAL •

12:49pm, Nov 12, 2019

## Too much TV time may raise depression risk



Food Fitness Wellness Parenting Vital Signs

E

Smokers may be at greater risk of depression and schizophrenia, study finds

By Jack Guy, CNN

⌚ Updated 1245 GMT (2045 HKT) November 6, 2019



**NARCISSISTS LESS LIKELY TO  
EXPERIENCE STRESS OR DEPRESSION,  
STUDY CLAIMS**

# Lower risk of depression with elevated exercise

NEWS • NATIONAL •

12:49pm, Nov 12, 2019

## Too much TV time may raise depression risk



Food Fitness Wellness Parenting Vital Signs

E

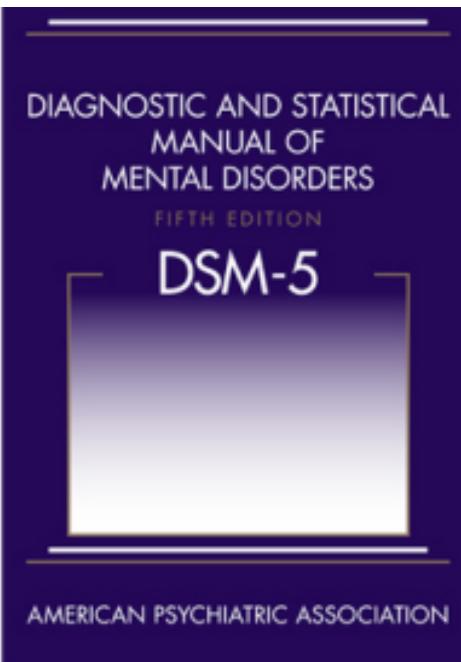
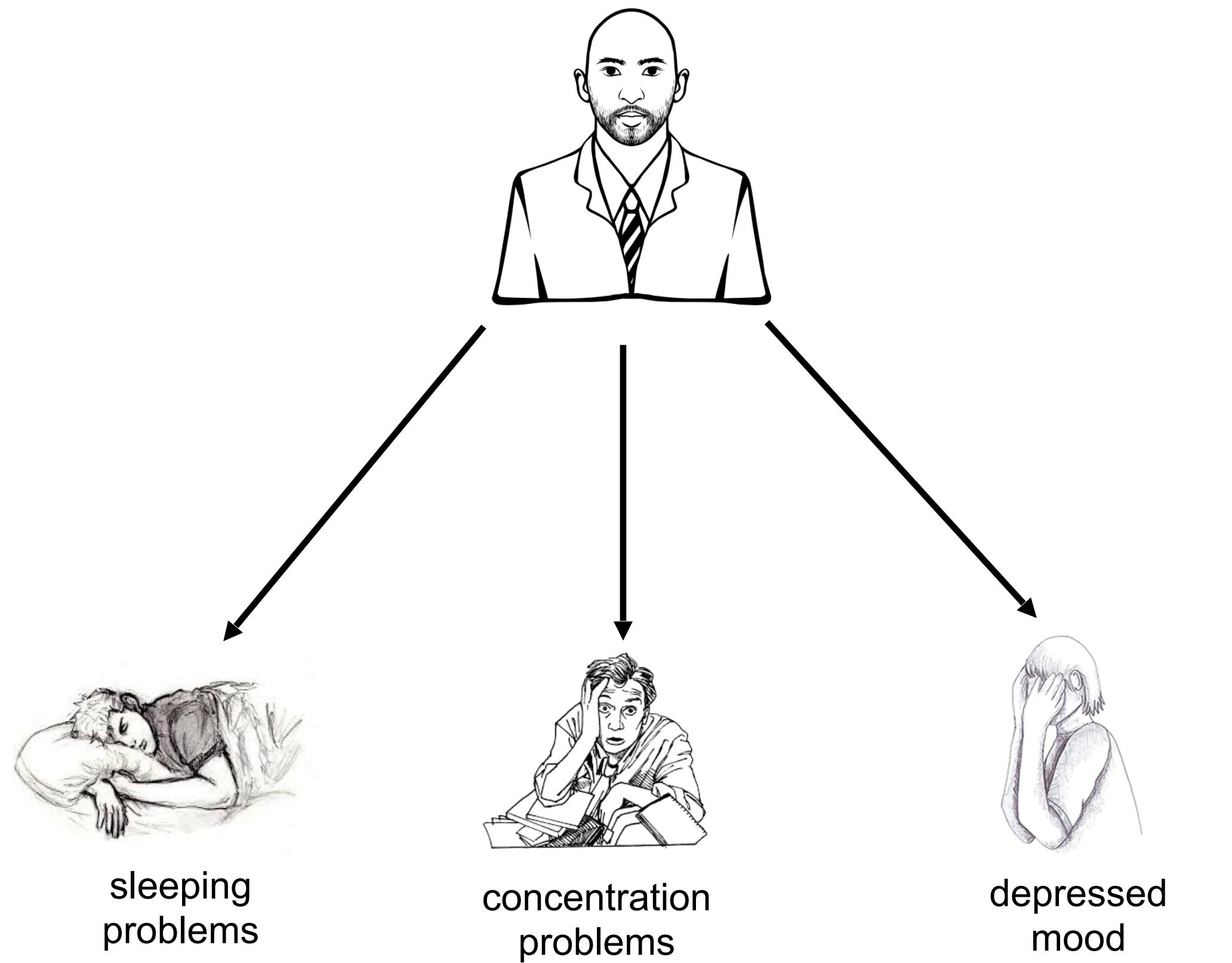
Smokers may be at greater risk of depression and schizophrenia, study finds  
What do we refer to when we talk about depression?

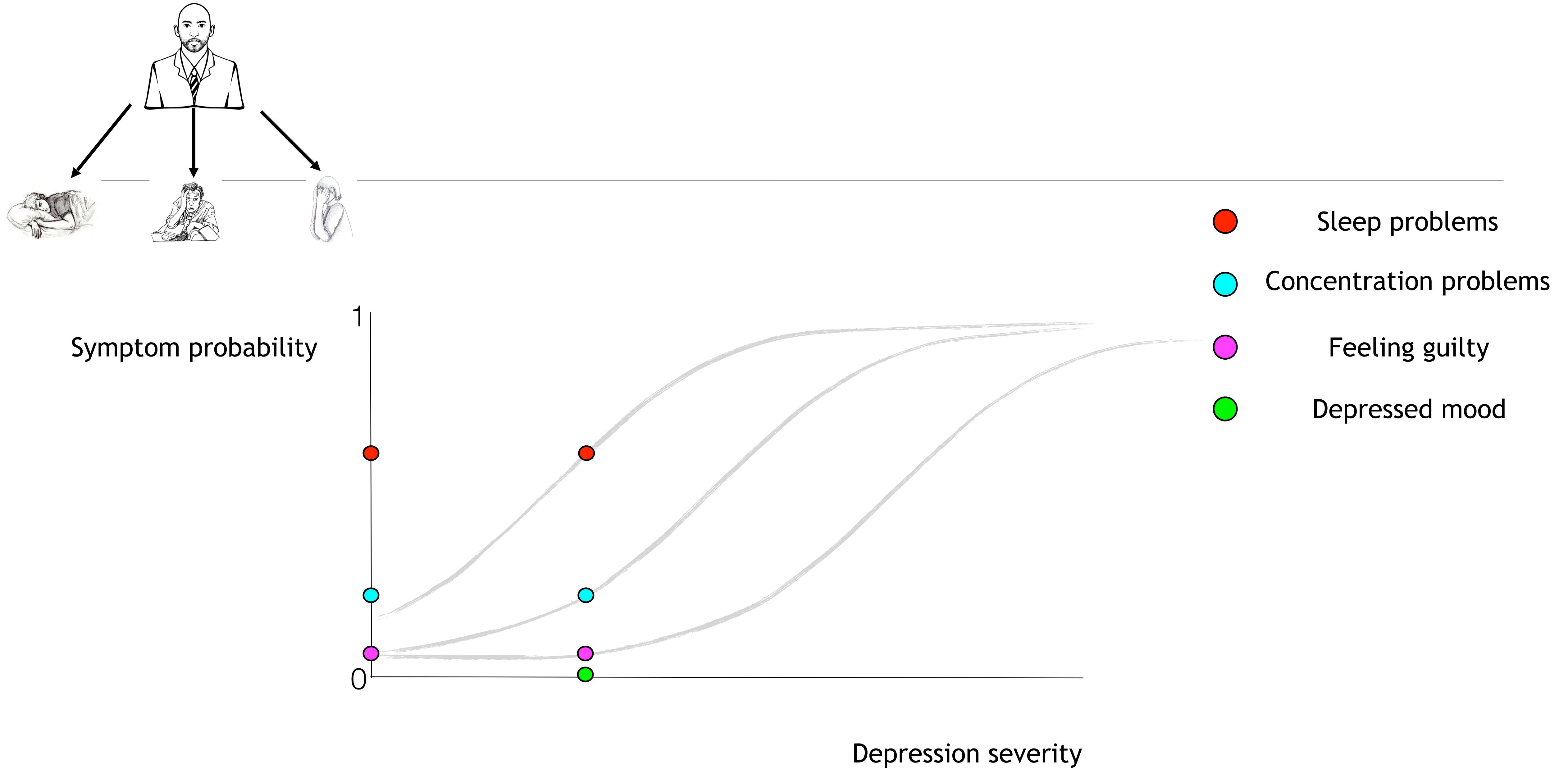
By Jack Guy, CNN

Updated 1245 GMT (2045 HKT) November 6, 2019

NARCISSISTS LESS LIKELY TO  
EXPERIENCE STRESS OR DEPRESSION,  
STUDY CLAIMS

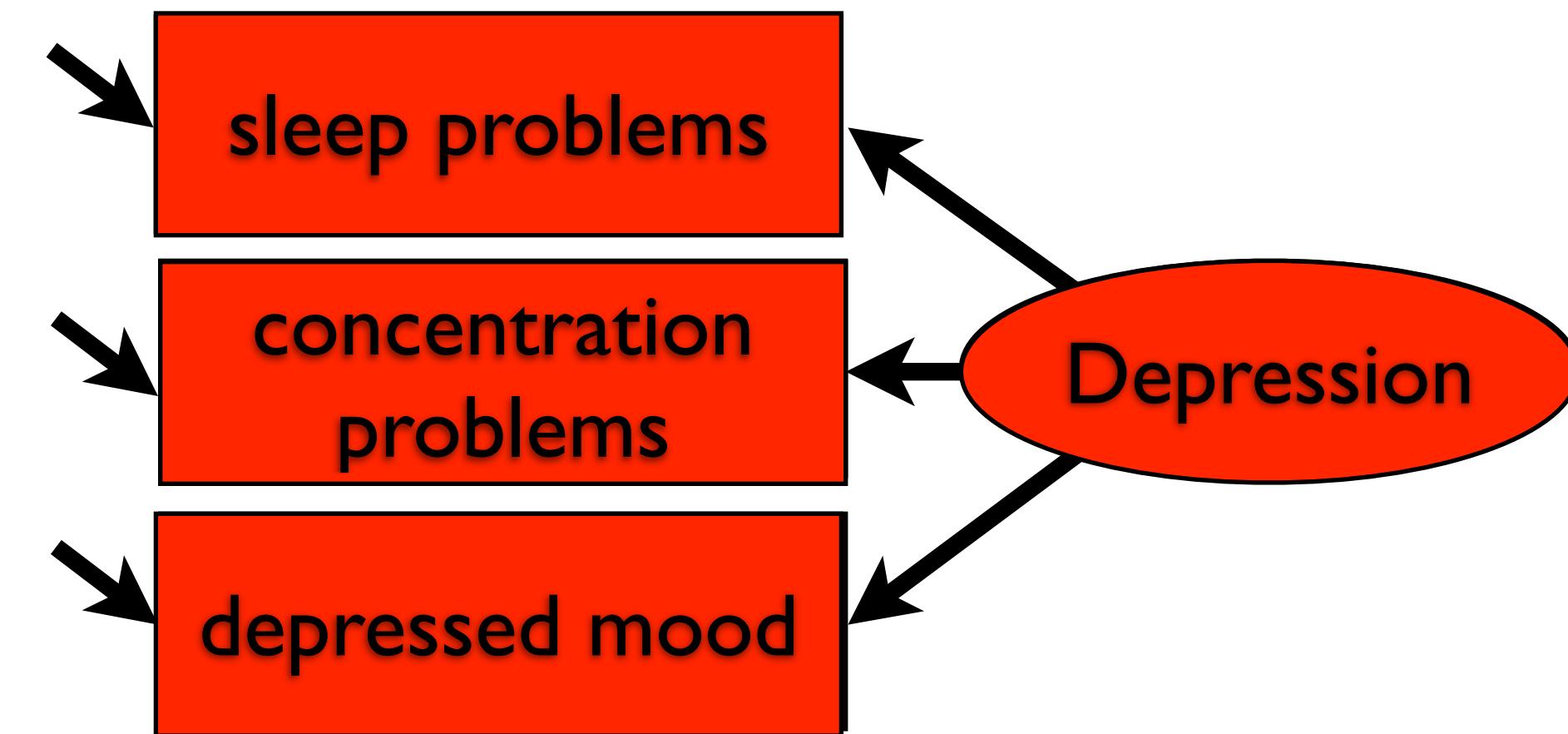
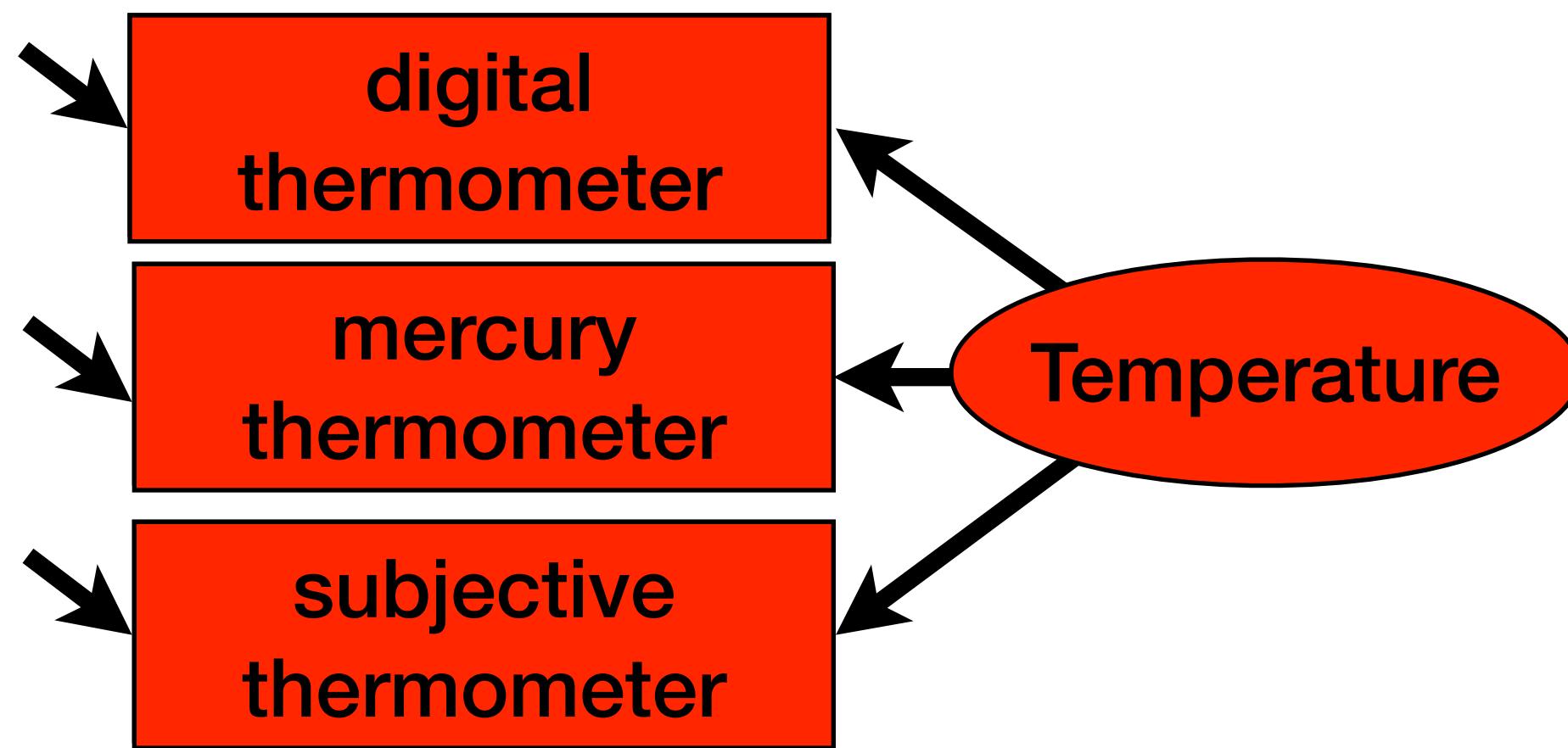
# What do we refer to when we talk about *depression*?





# Measurement

---

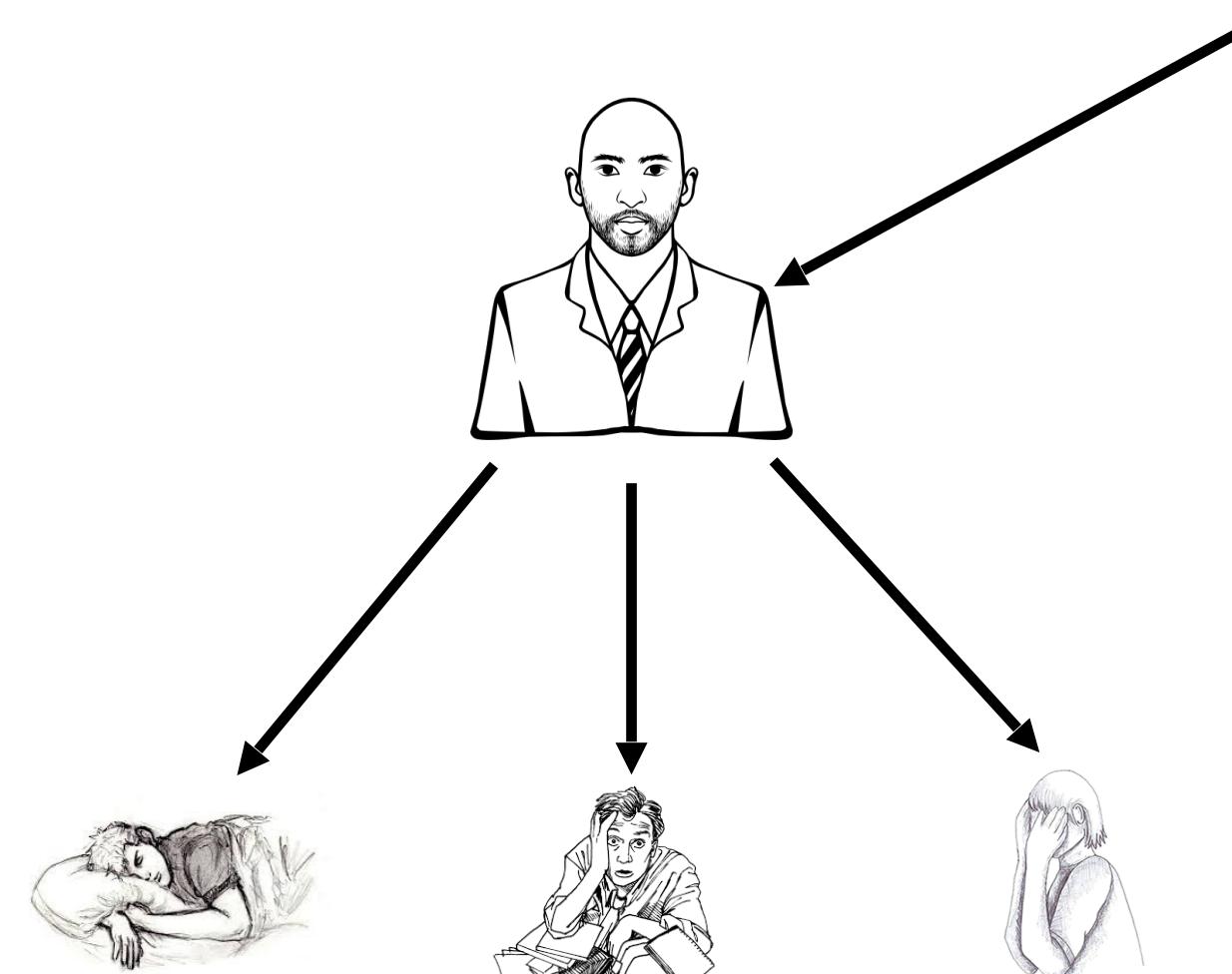


# Implications

- Disorder precedes symptom development
- Disorder is common cause of its symptoms
- Symptoms are statistically interchangeable

HEALTH & MEDICINE

Lower risk of depression  
with elevated exercise



# Lower risk of depression with elevated exercise

NEWS • NATIONAL •

12:49pm, Nov 12, 2019

## Too much TV time may raise depression risk



Food Fitness Wellness Parenting Vital Signs

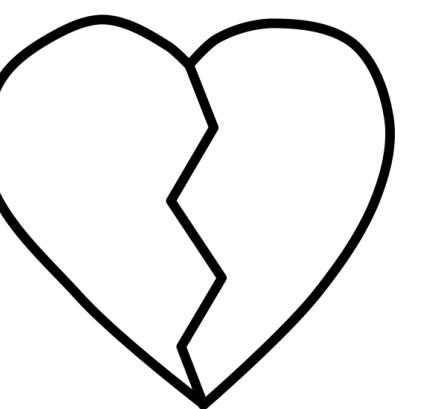
E

Smokers may be at greater risk of depression and schizophrenia, study finds  
**What do we refer to when we talk about depression?**  
**Do these *implications* match our *observations*?**

By Jack Guy, CNN

Updated 1245 GMT (2045 HKT) November 6, 2019

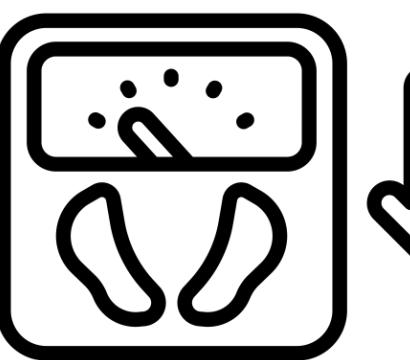
NARCISSISTS LESS LIKELY TO  
EXPERIENCE STRESS OR DEPRESSION,  
STUDY CLAIMS



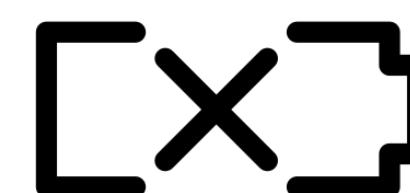
painful  
break-up



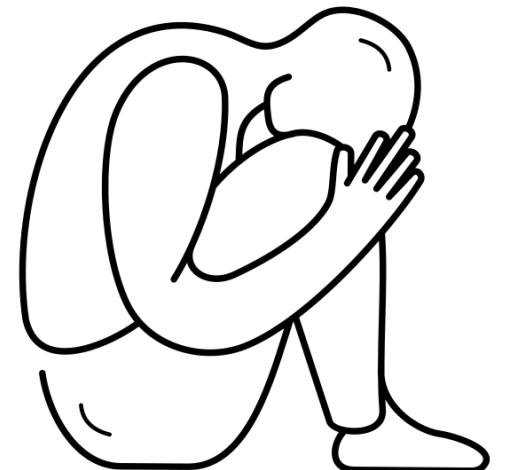
loss of  
appetite



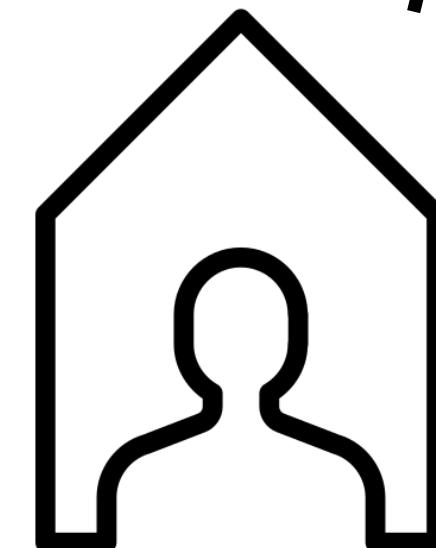
weight  
loss



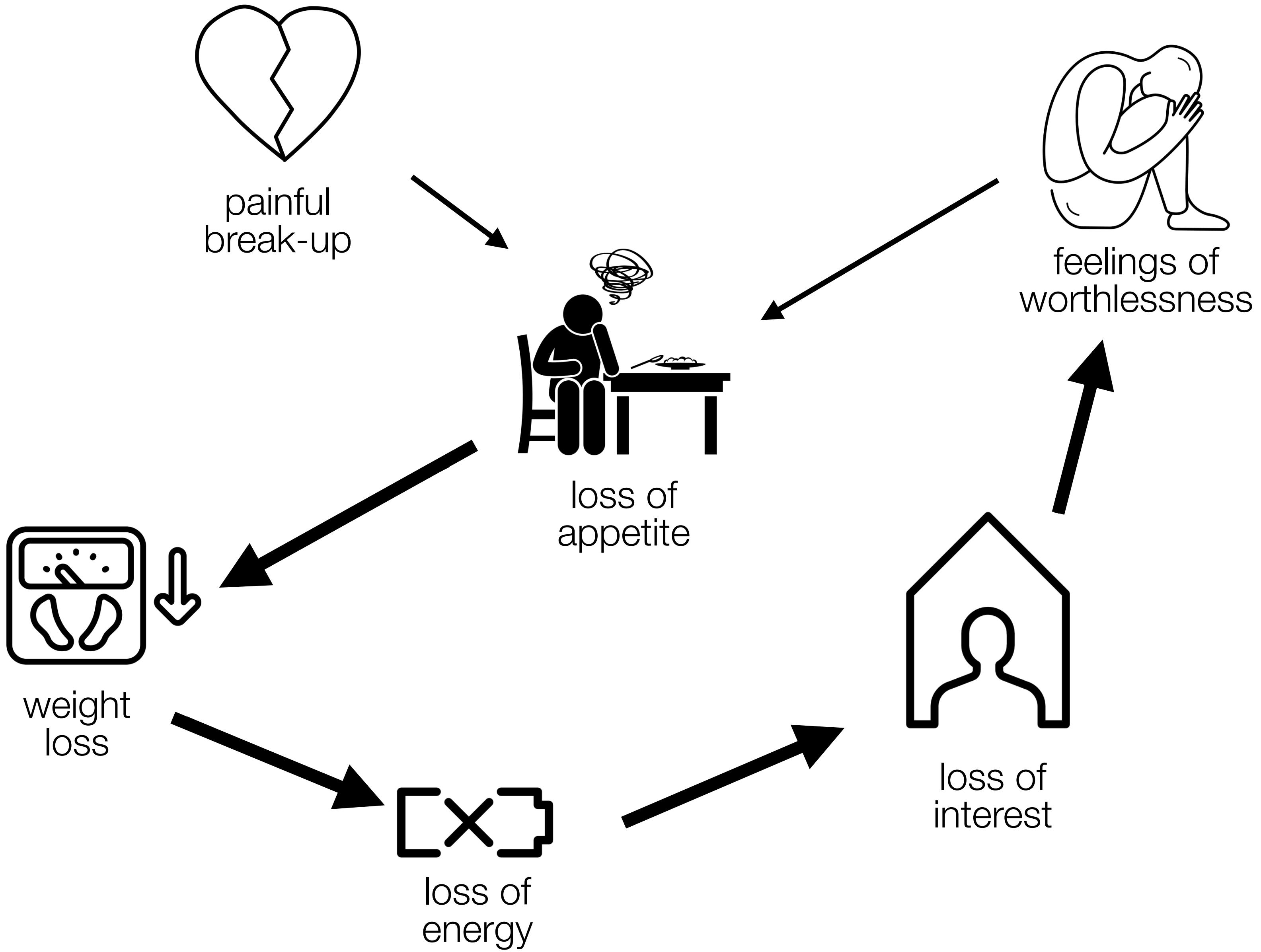
loss of  
energy

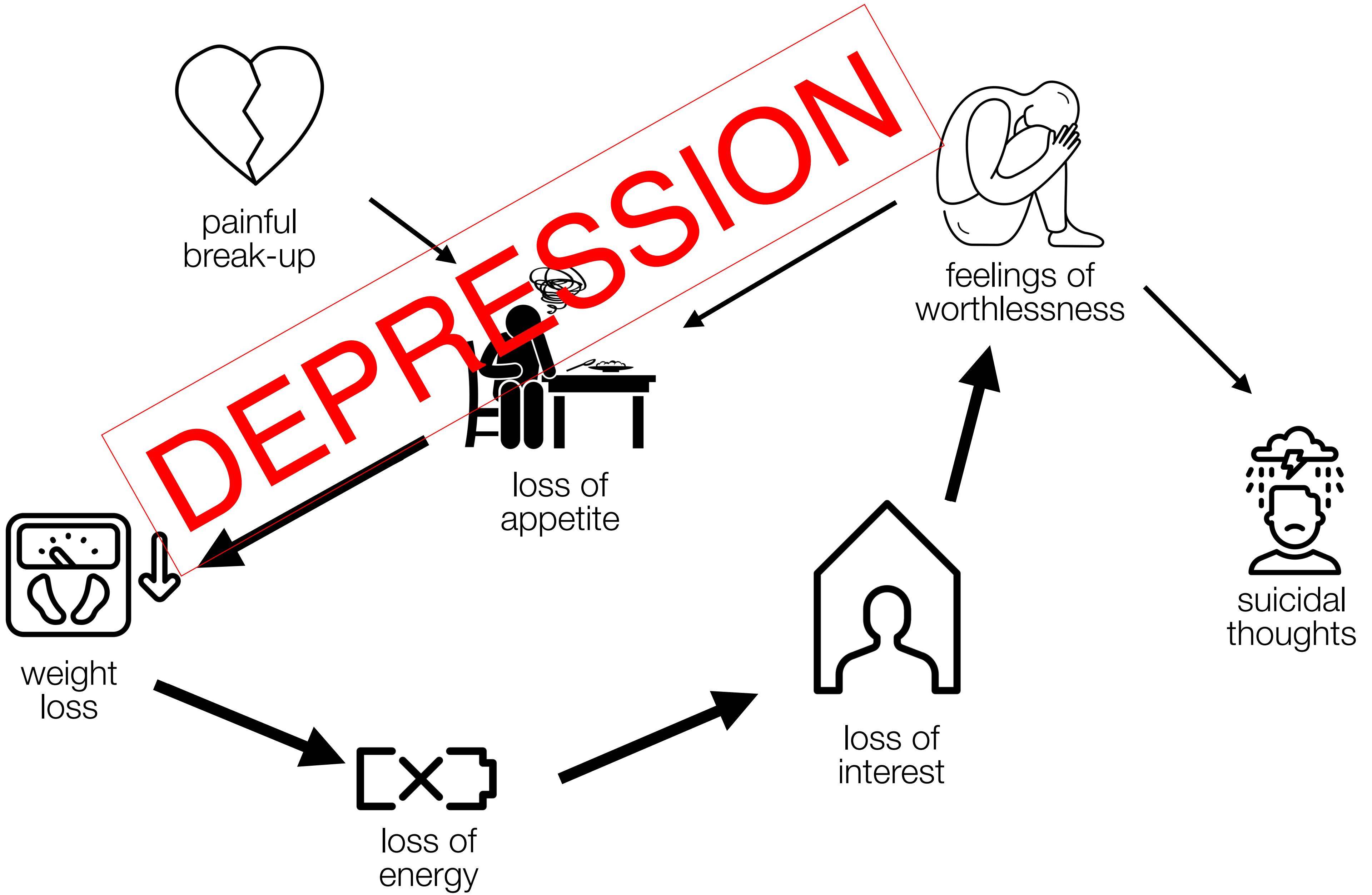


feelings of  
worthlessness



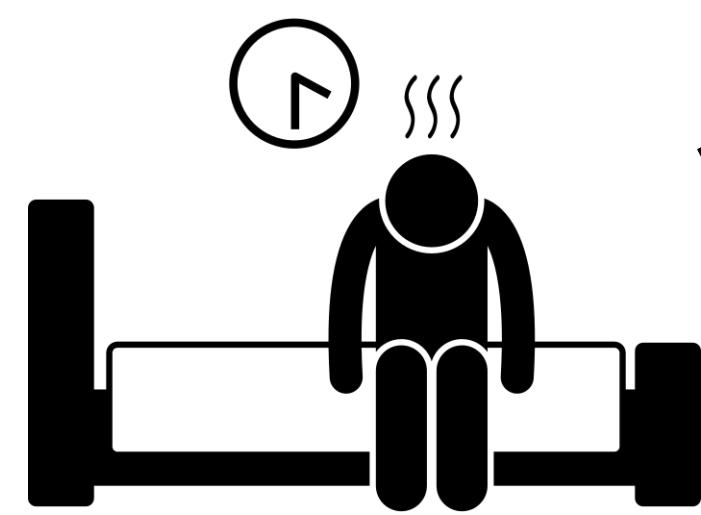
loss of  
interest







chronic  
pain



sleep  
problems



concentration  
problems



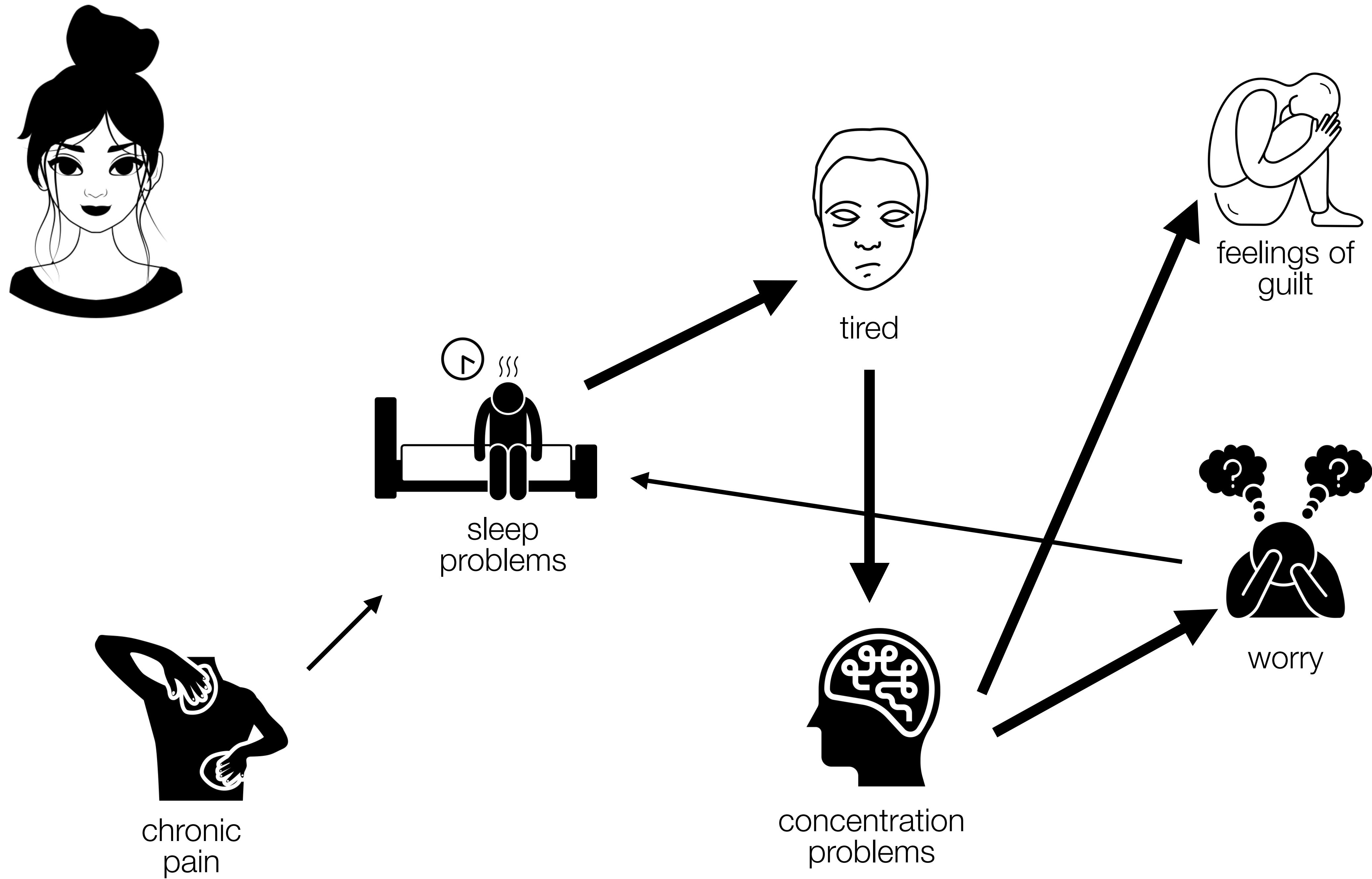
tired



worry

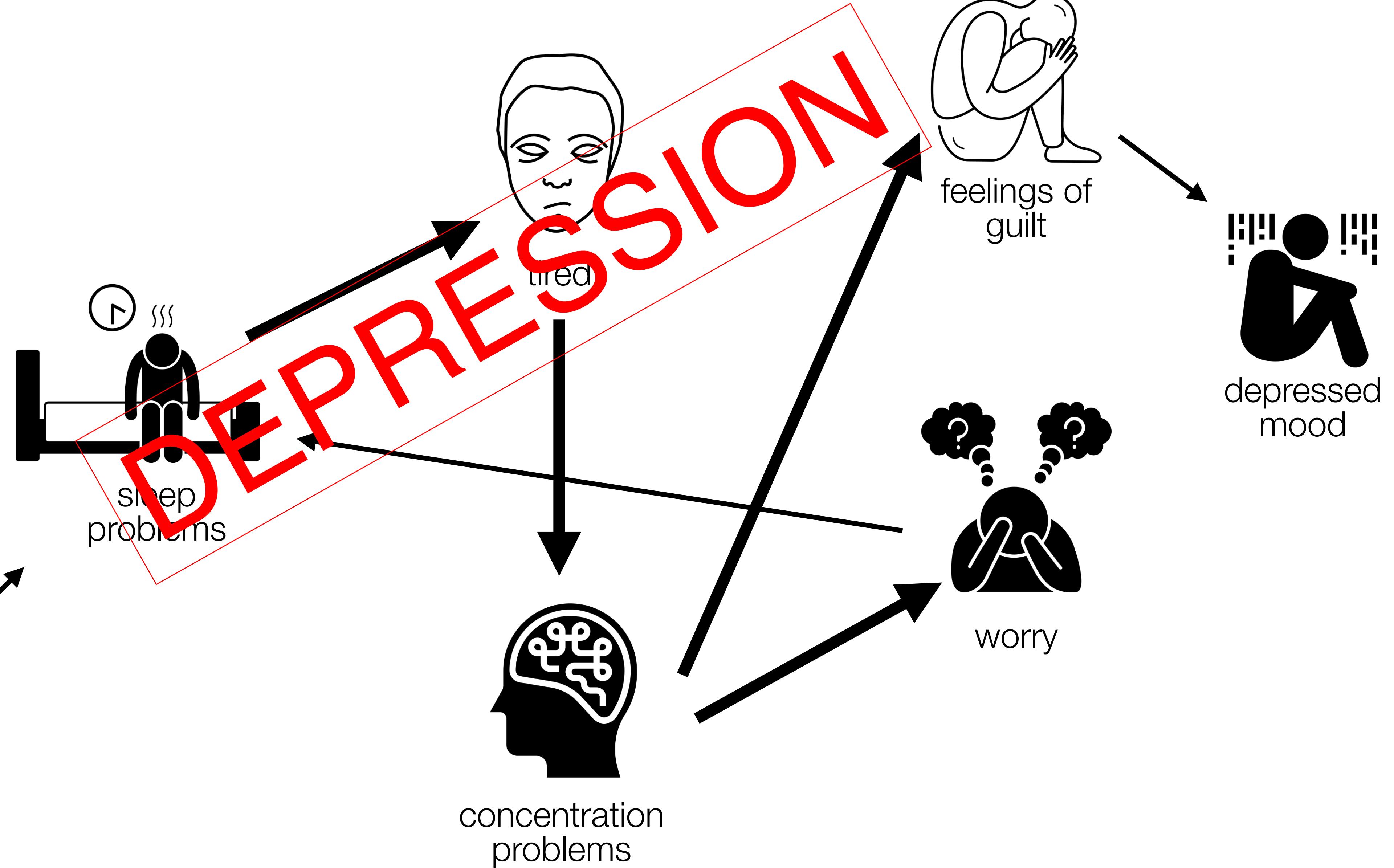


feelings of  
guilt



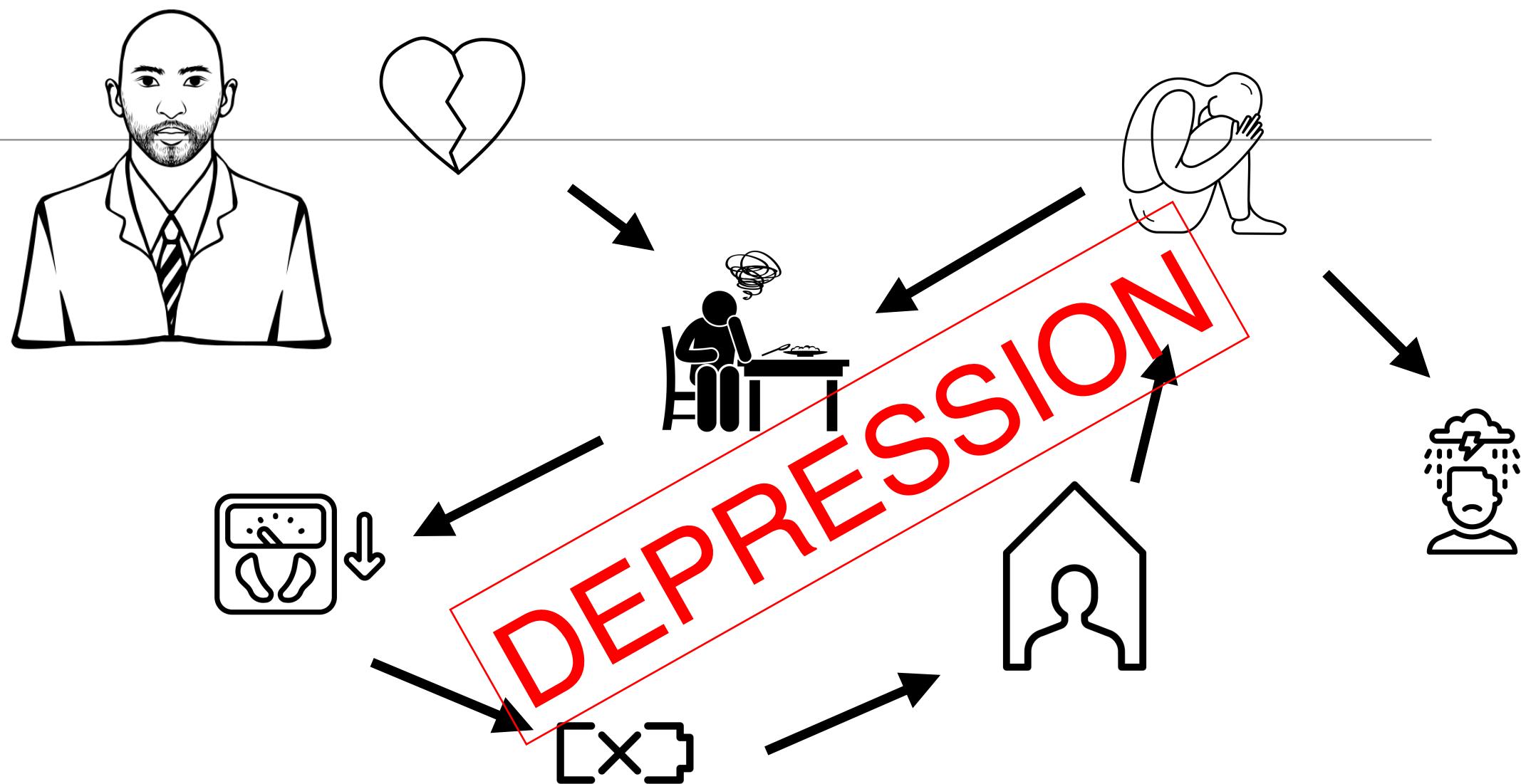


chronic  
pain



# Observations

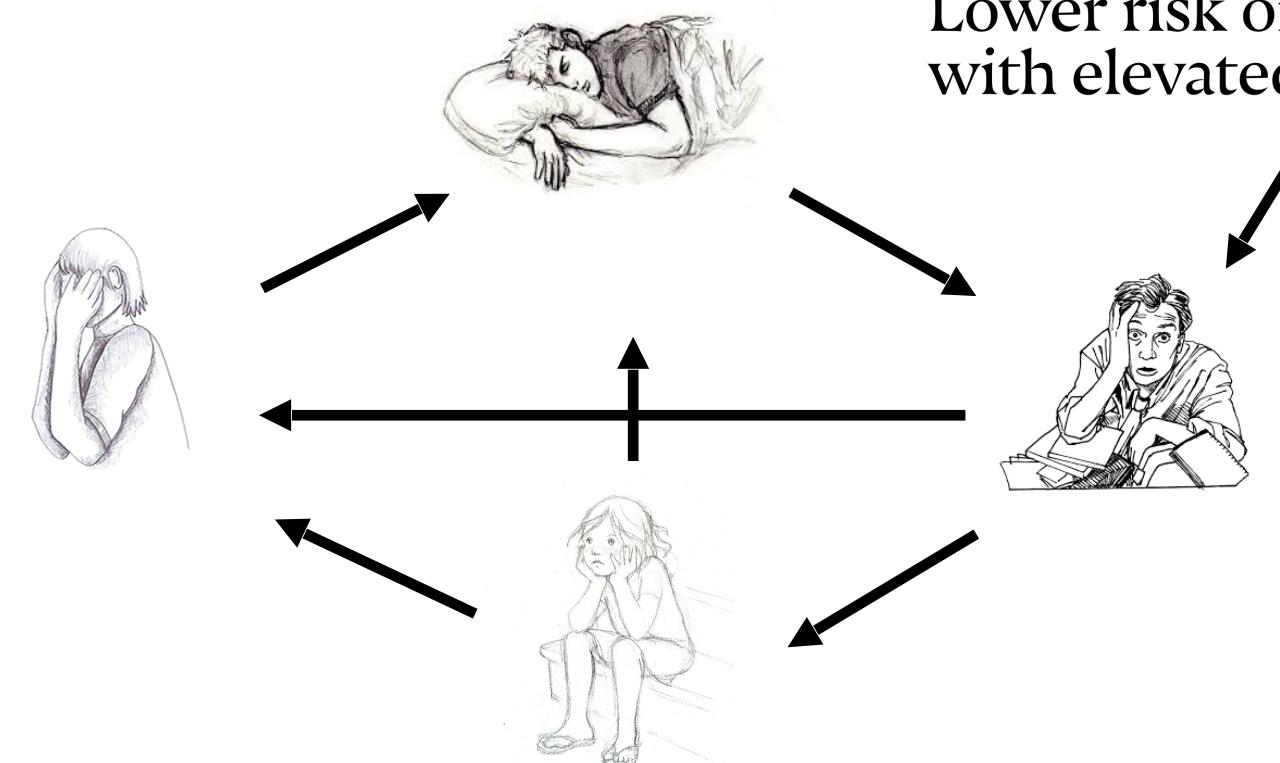
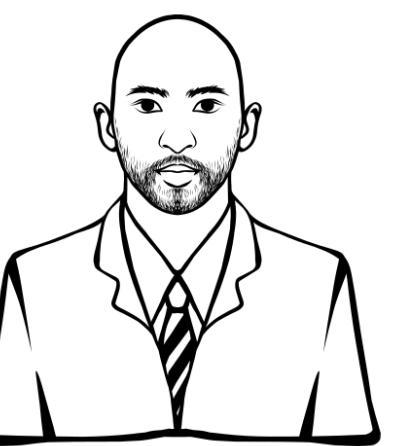
- Very different pathways, same diagnosis
- Direct relations among symptoms
- A network of symptoms





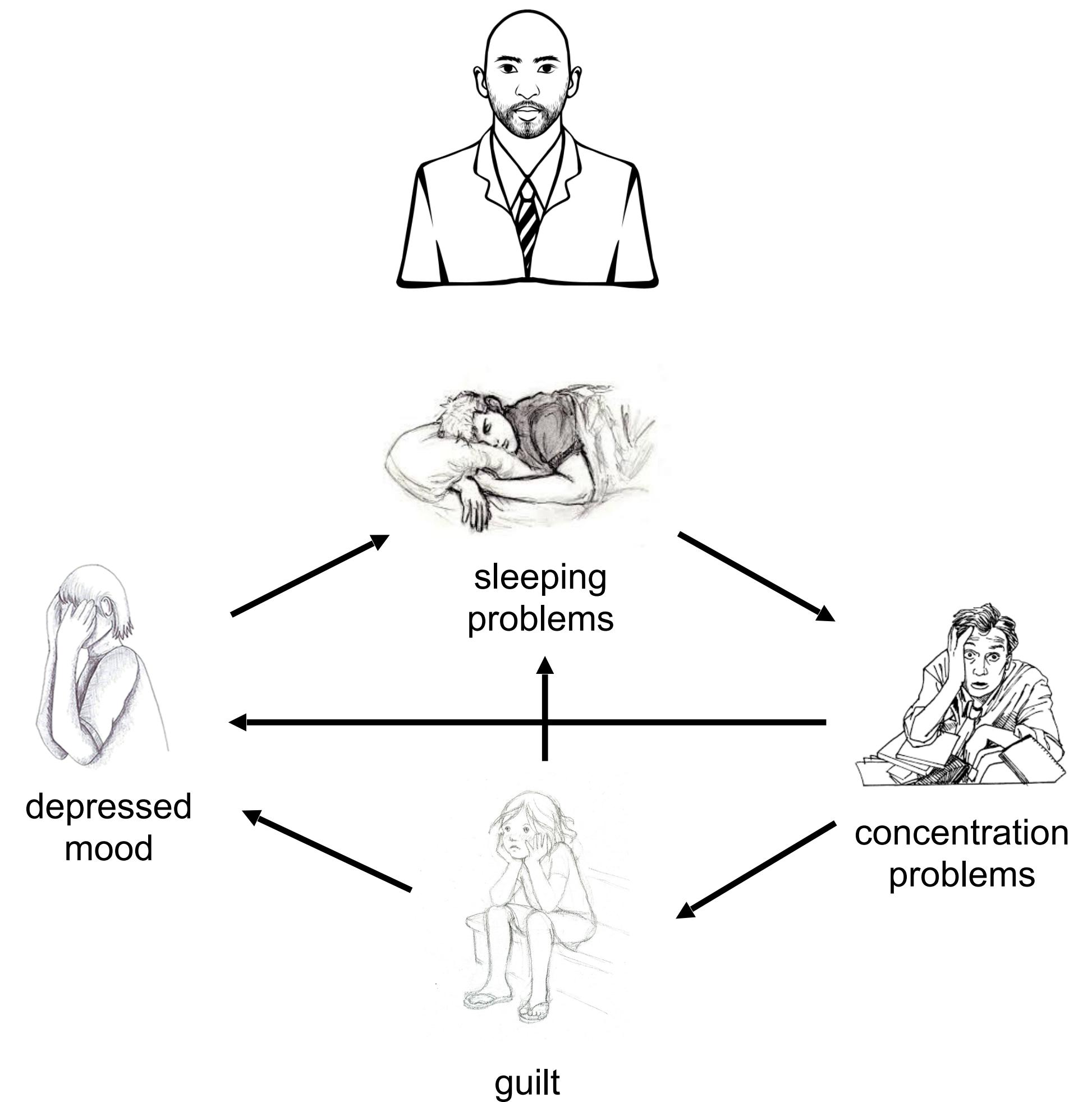
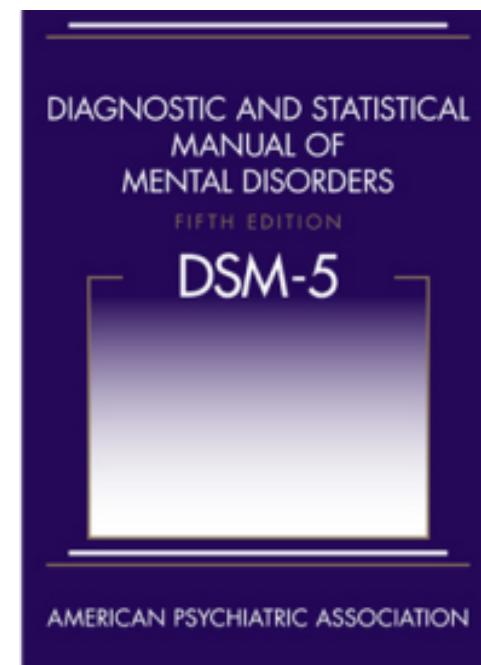
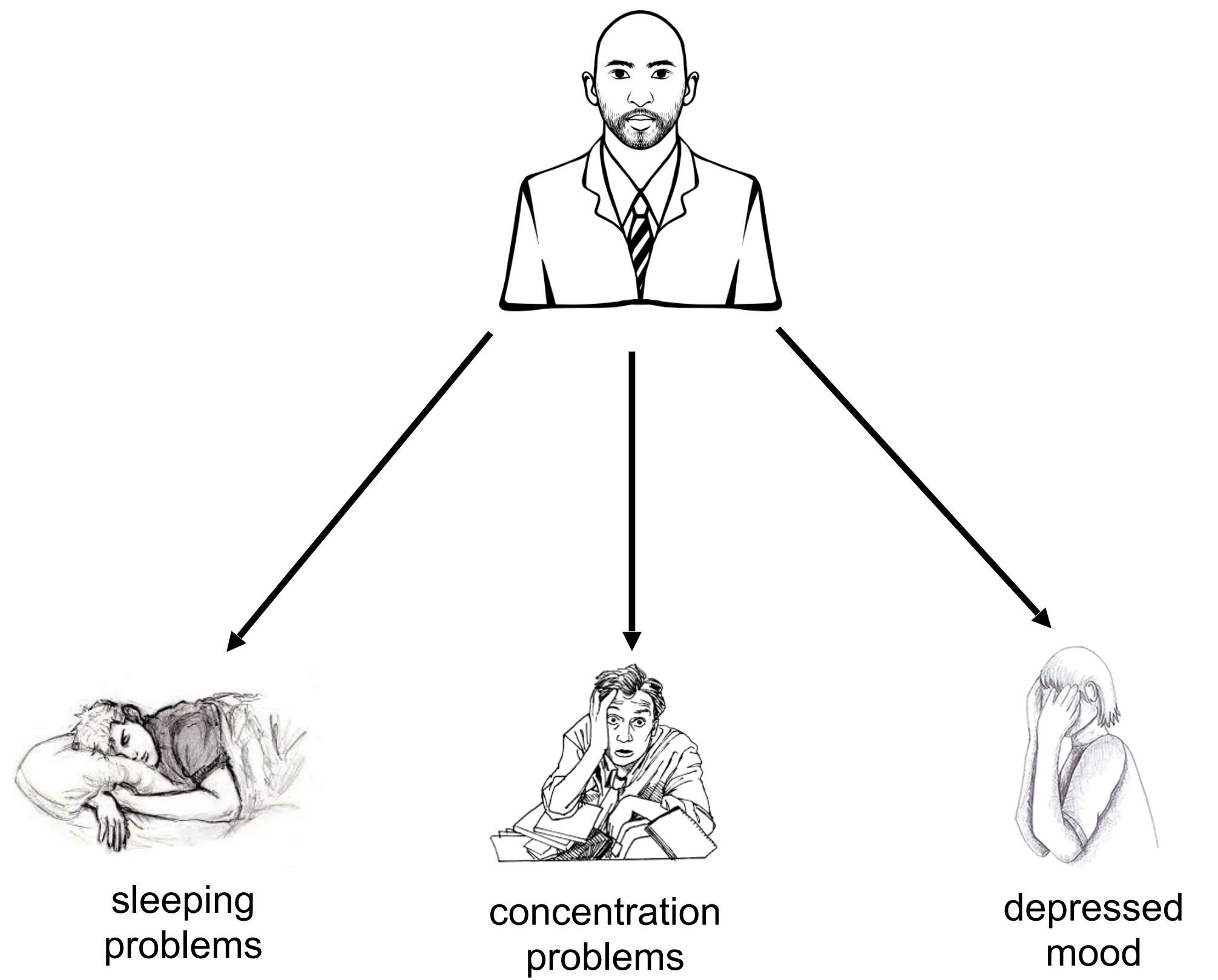
# Implications

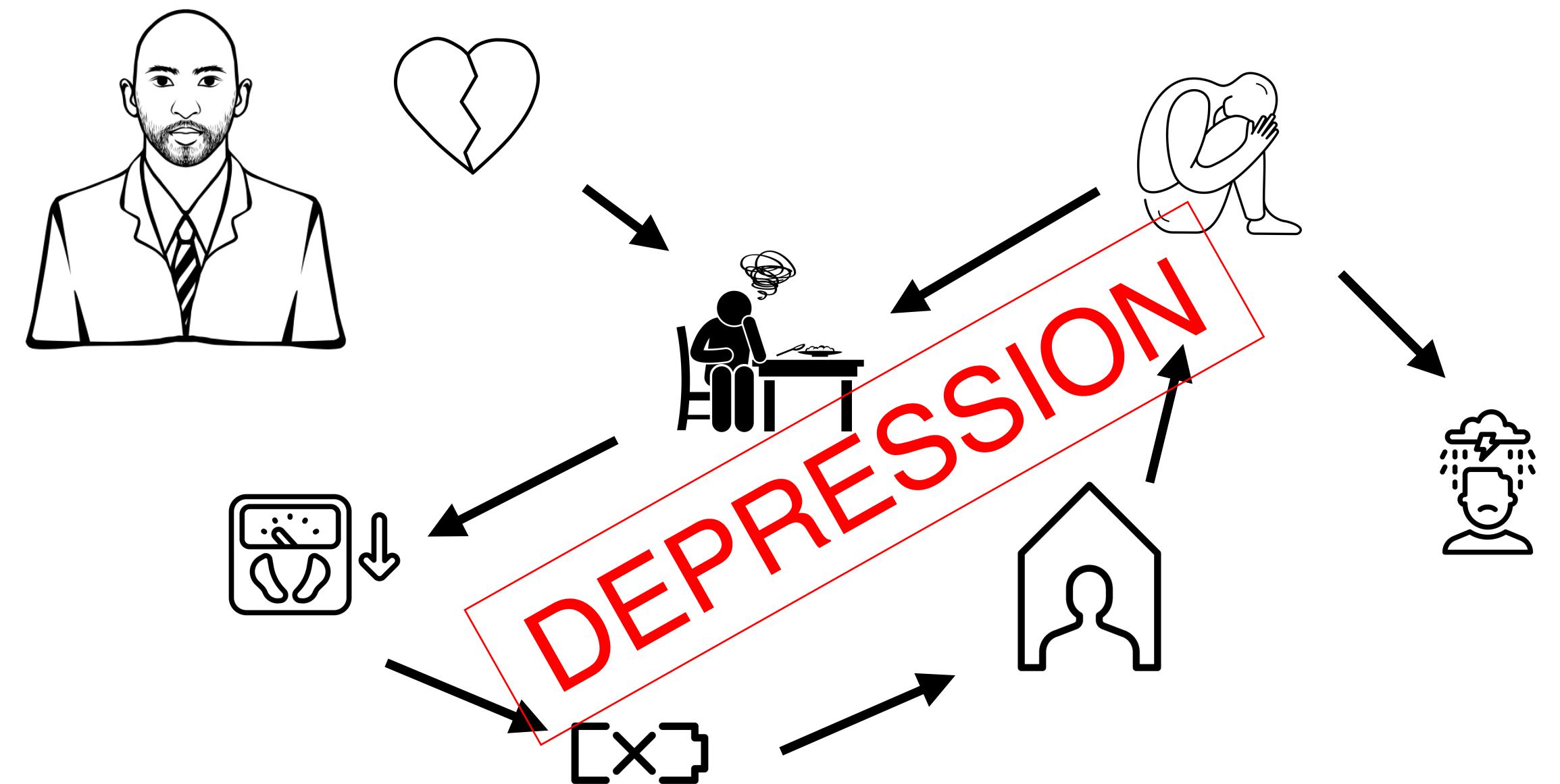
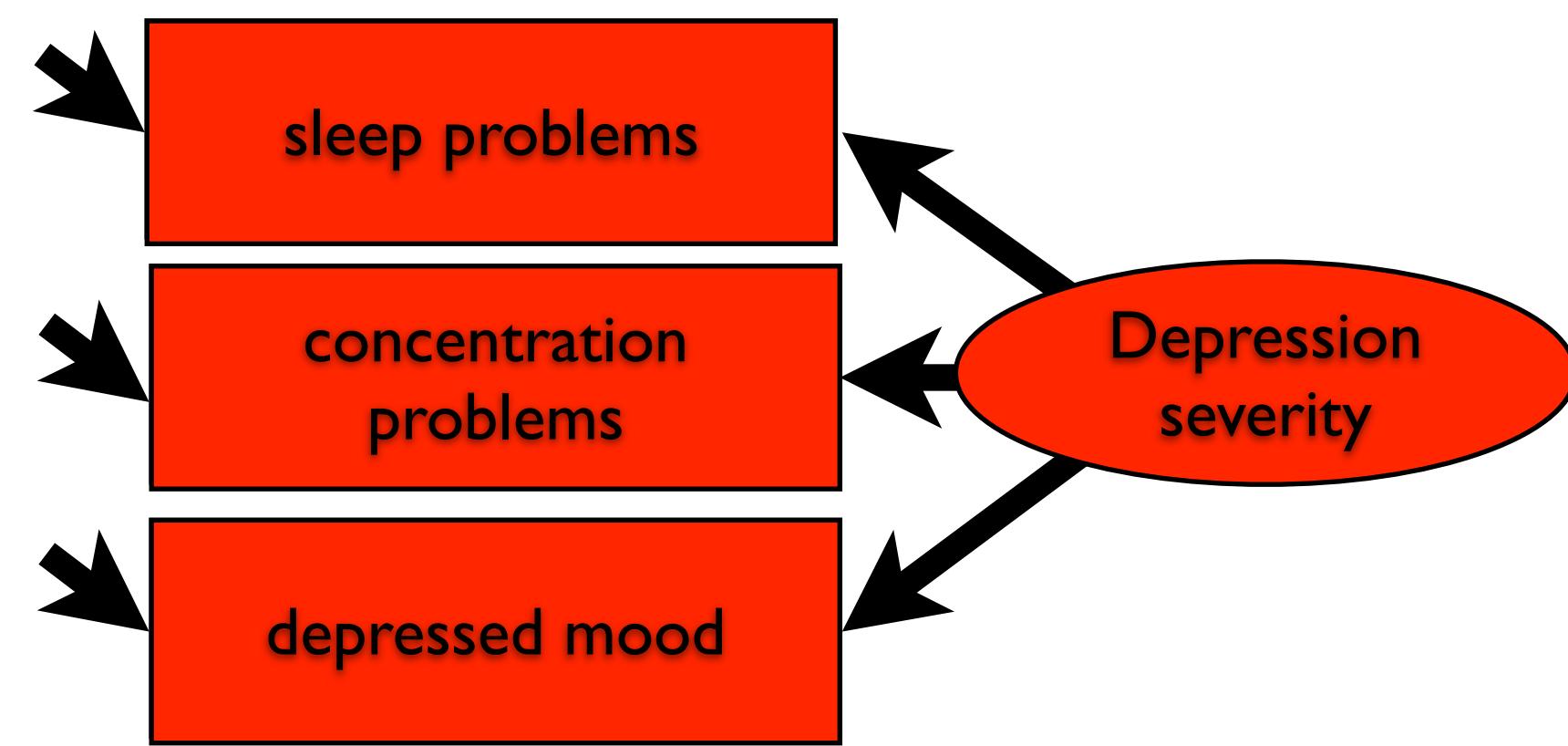
- There are direct relations between symptoms
  - Implication: symptom-based interventions
- The system evolves in individuals over time
  - Implication: personalised interventions



HEALTH & MEDICINE  
**Lower risk of depression  
with elevated exercise**

# What do we refer to when we talk about *depression*?





- No direct relations among symptoms
- Disorder *precedes* symptom development

- Direct relations
- System evolves over time
- Intervention at symptom-level

# The Small World of Psychopathology

Denny Borsboom\*, Angélique O. J. Cramer, Verena D. Schmittmann, Sacha Epskamp, Lourens J. Waldorp

Department of Psychology, University of Amsterdam, Amsterdam, The Netherlands

## Abstract

**Background:** Mental disorders are highly comorbid: people having one disorder are likely to have another as well. We explain empirical comorbidity patterns based on a network model of psychiatric symptoms, derived from an analysis of symptom overlap in the Diagnostic and Statistical Manual of Mental Disorders-IV (DSM-IV).

**Principal Findings:** We show that a) the network of psychiatric symptoms conforms to a small world structure; b) distances between disorders are consistent with clinical intuition; c) Depressive Episode and Generalized Anxiety Disorder are the most central nodes in the network; d) the network is robust against random node removal; e) the network is statistically similar to other networks such as the brain's functional connectivity network and the network of gene expression.

**Conclusions:** In the network model of psychopathology, mental disorders are represented as nodes in a complex network. This network perspective can be used to study the relationships between neuroscientific, and etiological variables, and to gain insights into the structure and dynamics of mental disorders.

BEHAVIORAL AND BRAIN SCIENCES (2010) 33, 137–193

doi:10.1017/S0140525X09991567

## Comorbidity: A network perspective

### Angélique O. J. Cramer

Department of Psychology, University of Amsterdam, 1018 WB Amsterdam,  
The Netherlands  
A.O.J.Cramer@uva.nl  
www.aojcramer.com

### Lourens J. Waldorp

Department of Psychology, University of Amsterdam, 1018 WB Amsterdam,  
The Netherlands  
L.J.Waldorp@uva.nl  
http://users.fmg.uva.nl/lwaldorp

### Han L. J. van der Maas

Department of Psychology, University of Amsterdam, 1018 WB Amsterdam,  
The Netherlands  
H.L.J.vanderMaas@uva.nl  
http://users.fmg.uva.nl/hvandermaas/

### Denny Borsboom

Department of Psychology, University of Amsterdam, 1018 WB Amsterdam,  
The Netherlands  
D.Borsboom@uva.nl  
http://sites.google.com/site/borsboombenny/dennyborsboom

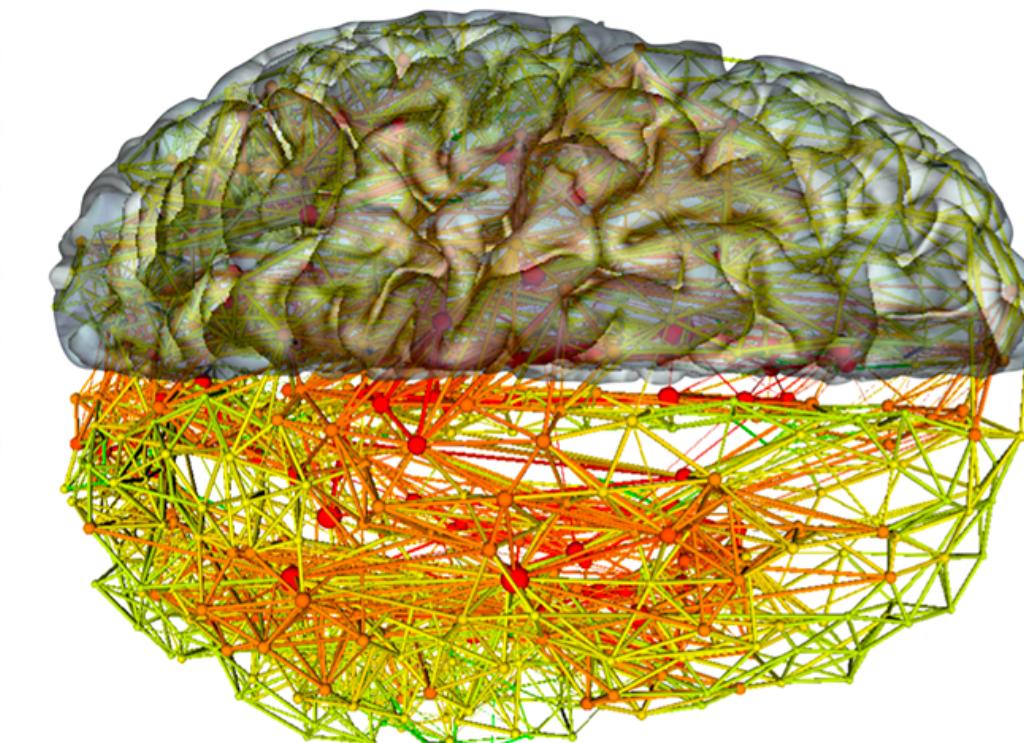
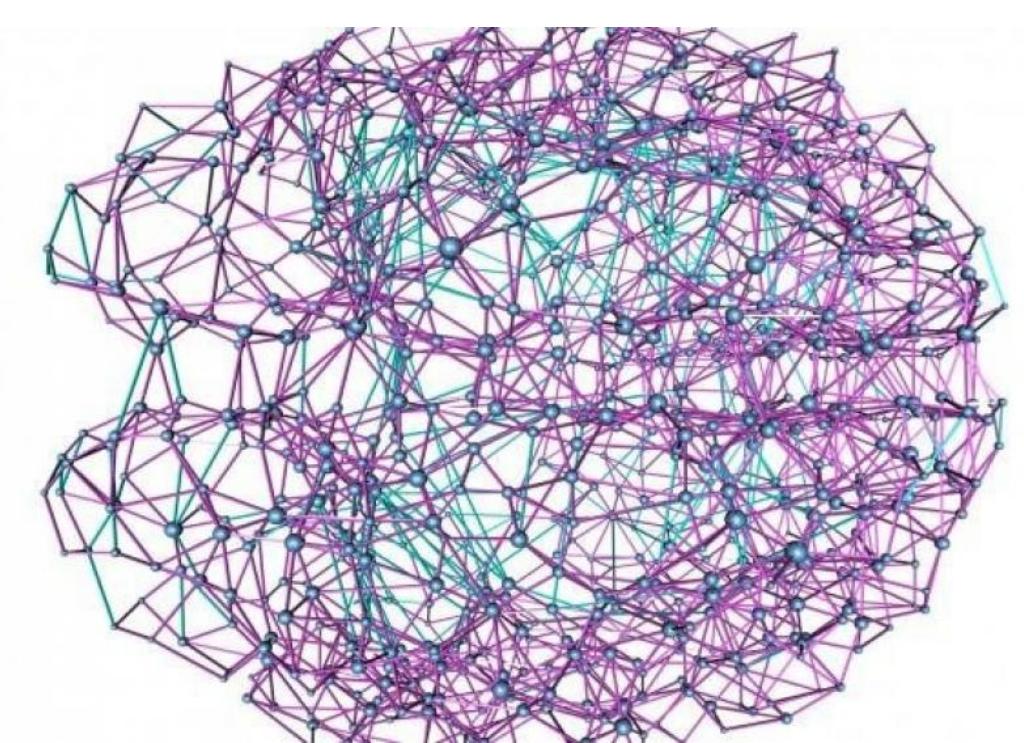
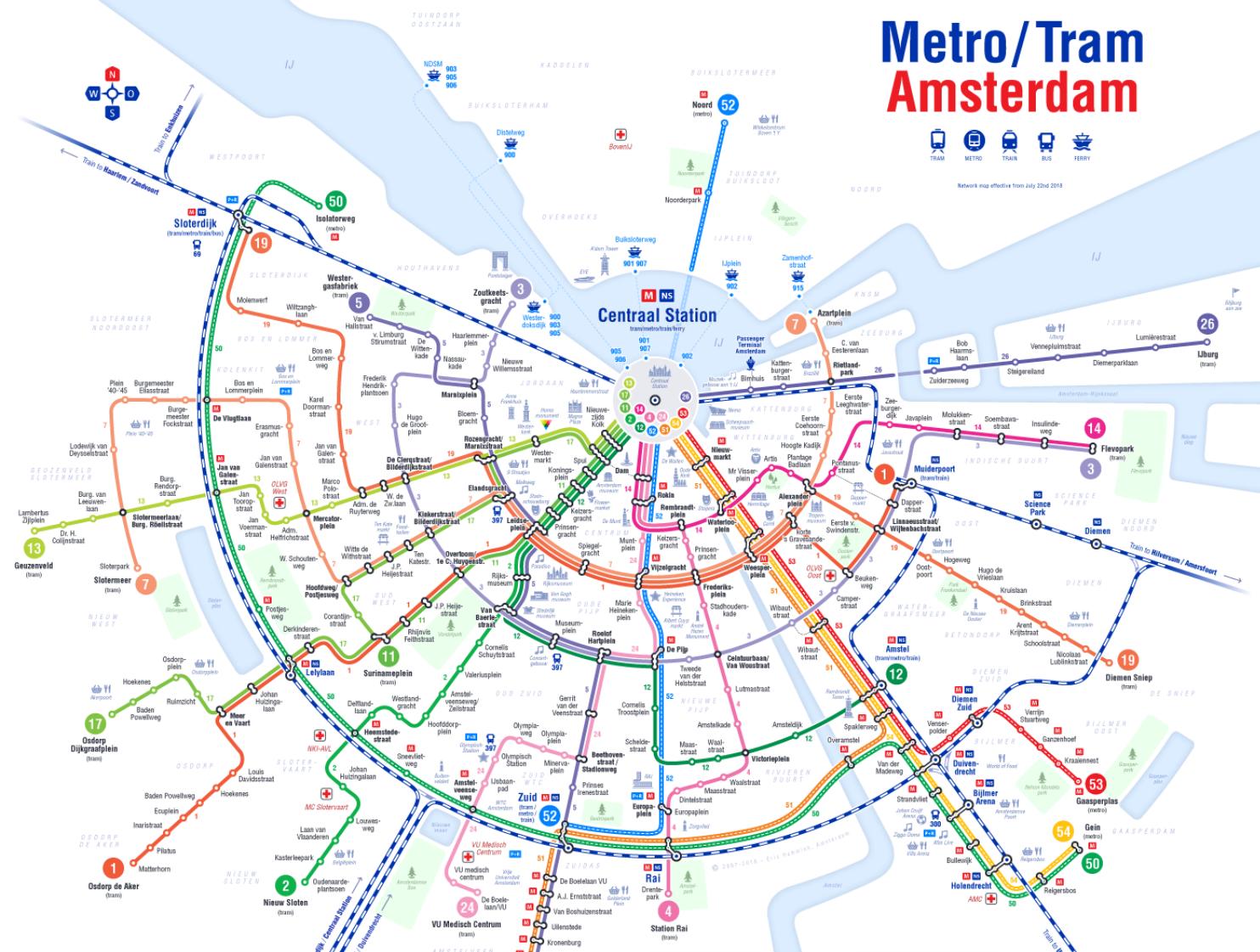
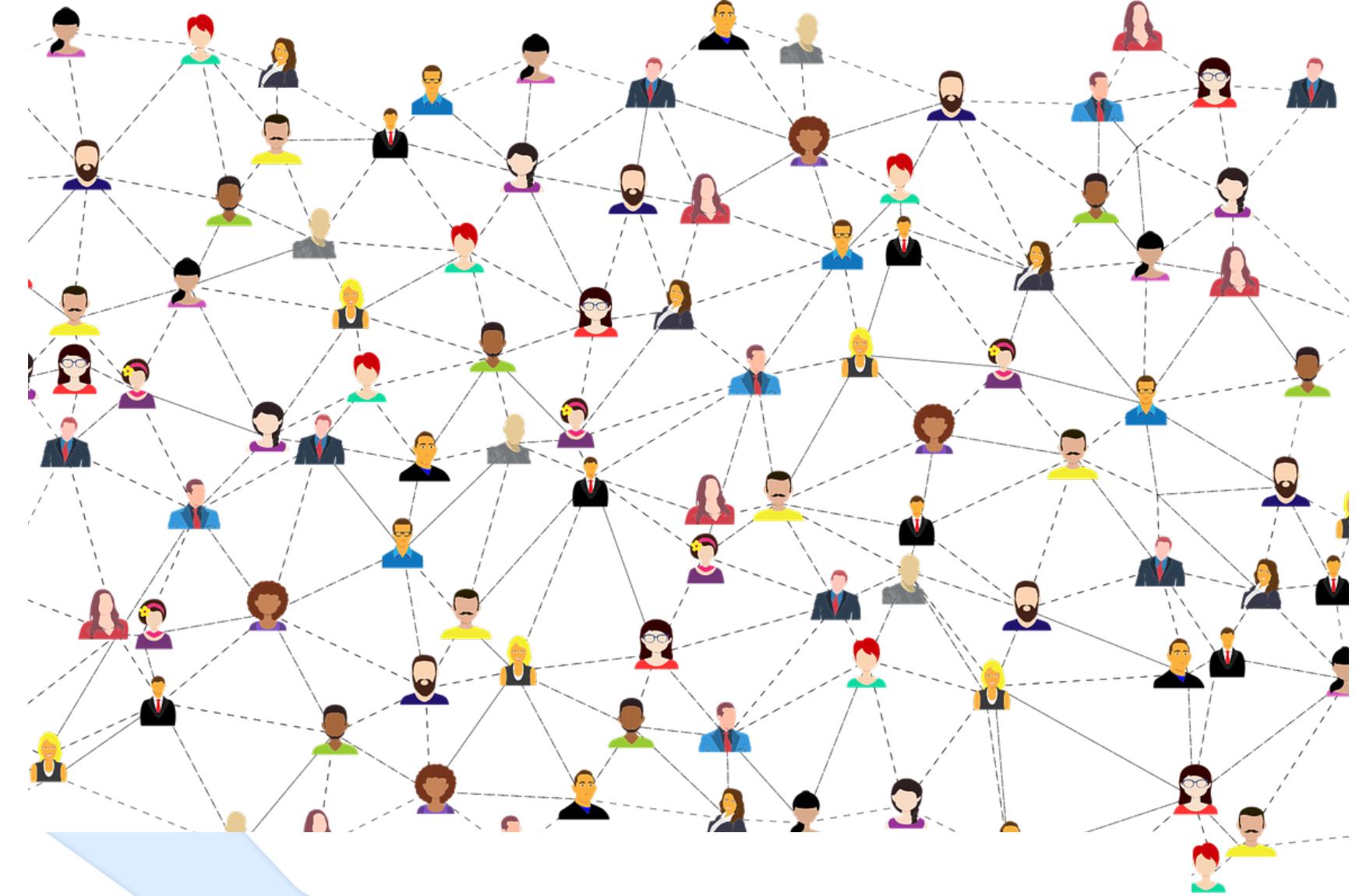
---

2010

today

- From observations & questions to new directions
- **What is a network? The network approach**
- Network theory of psychopathology
- Network models in psychopathology
- Note on theory and models

# What is a network?



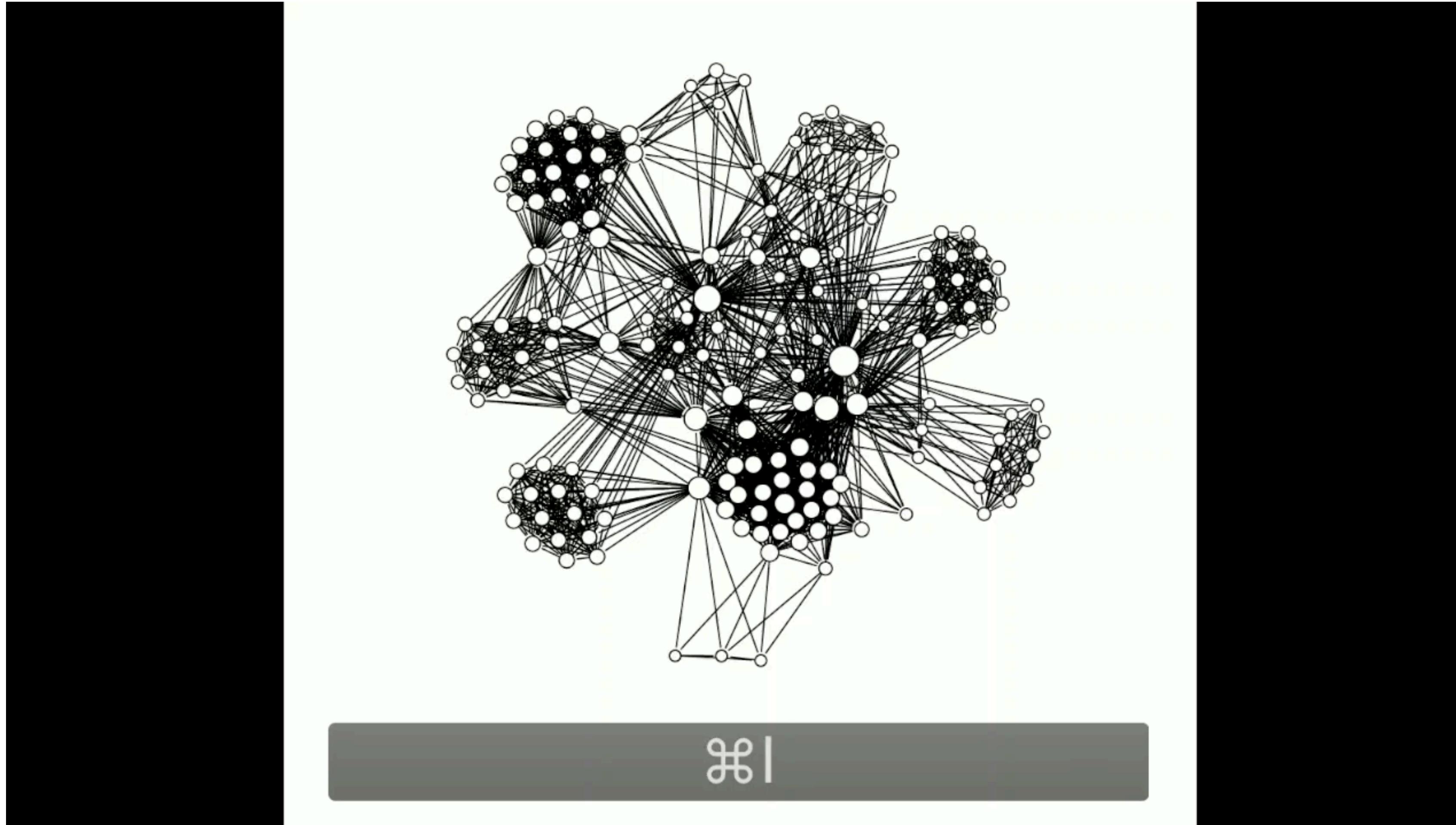


# Networks

- A network is a set of entities called *nodes*, which are connected to each other by *edges*
- To construct a network, one requires:
  - The identification of a node set
  - A construction rule that says when two nodes should be connected
- Two dominant ways in psychological networks:
  1. Estimating edges from data (e.g., co-occurrence of symptoms)
  2. Self-report

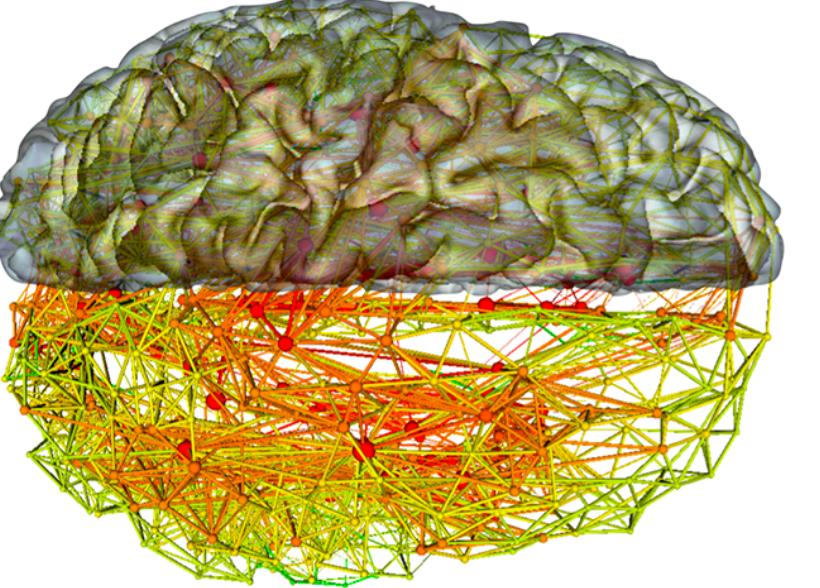
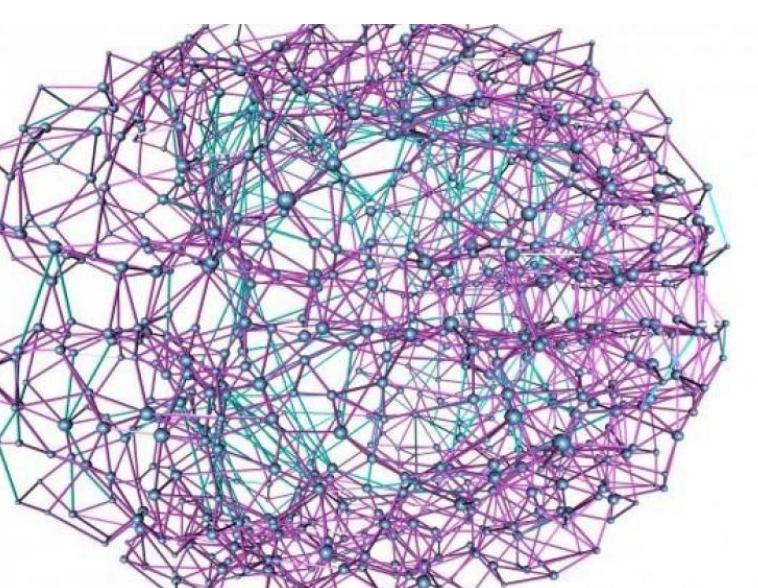
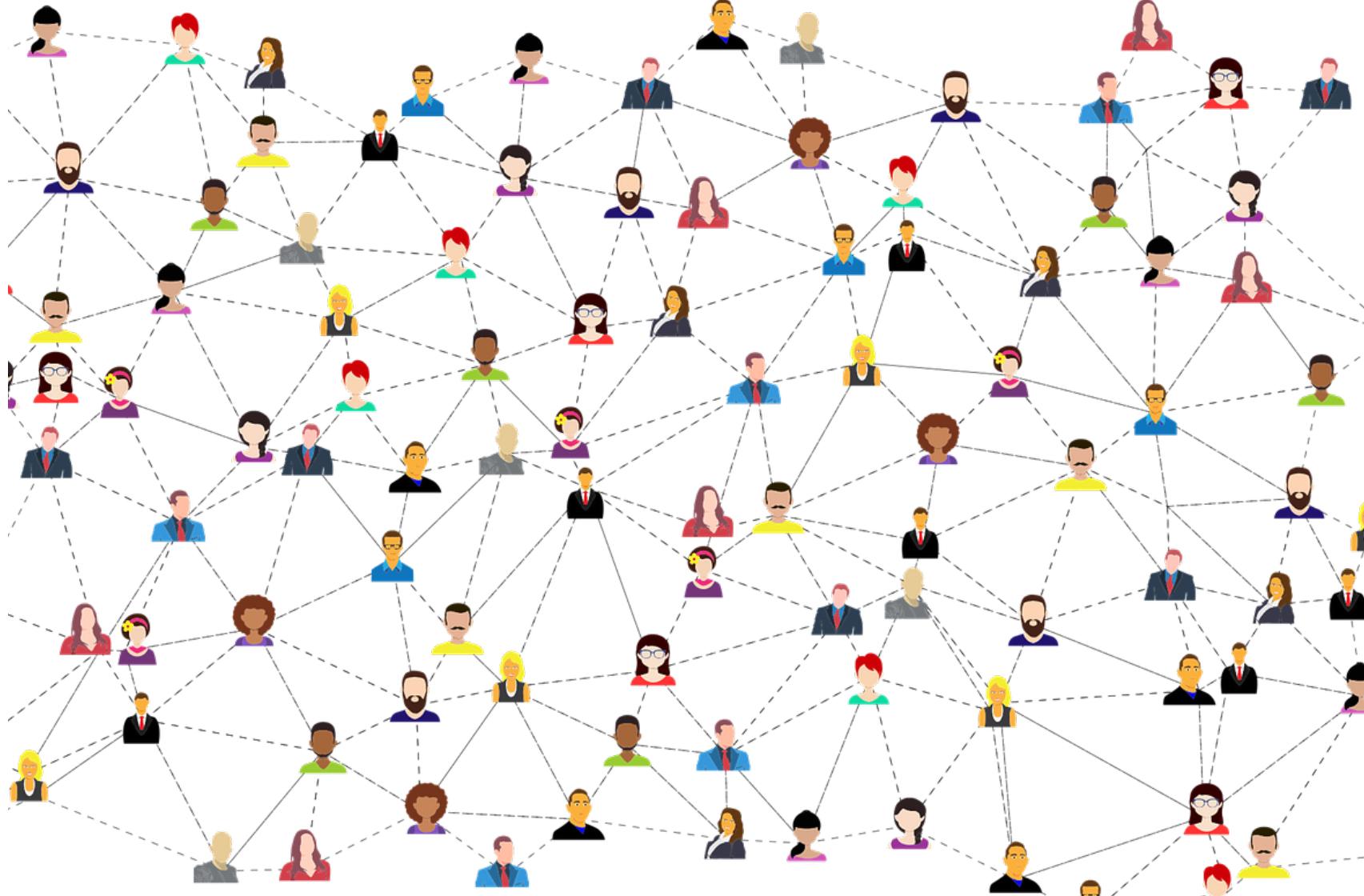
# Many analogies: virus spreading

---



# Network approaches across fields

- Allows to borrow concepts across fields (e.g., ‘graph theory’)
- Be aware of crucial differences
  - For example: what do the nodes and edges represent?
  - Psychological networks differ from many other networks in that the edges are *unobserved* and have to be *estimated* from data



---

2010

today

- From observations & questions to new directions
- What is a network? The network approach
- **Network theory of psychopathology**
- Network models in psychopathology
- Note on theory and models

# Network theory of psychopathology

---

SPECIAL ARTICLE

## A network theory of mental disorders

Denny Borsboom

Department of Psychology, University of Amsterdam, Amsterdam 1018 XA, The Netherlands

*In recent years, the network approach to psychopathology has been advanced as an alternative way of conceptualizing mental disorders. In this approach, mental disorders arise from direct interactions between symptoms. Although the network approach has led to many novel methodologies and substantive applications, it has not yet been fully articulated as a scientific theory of mental disorders. The present paper aims to develop such a theory, by postulating a limited set of theoretical principles regarding the structure and dynamics of symptom networks. At the heart of the theory lies the notion that symptoms of psychopathology are causally connected through myriads of biological, psychological and societal mechanisms. If these causal relations are sufficiently strong, symptoms can generate a level of feedback that renders them self-sustaining. In this case, the network can get stuck in a disorder state. The network theory holds that this is a general feature of mental disorders, which can therefore be understood as alternative stable states of strongly connected symptom networks. This idea naturally leads to a comprehensive model of psychopathology, encompassing a common explanatory model for mental disorders, as well as novel definitions of associated concepts such as mental health, resilience, vulnerability and liability. In addition, the network theory has direct implications for how to understand diagnosis and treatment, and suggests a clear agenda for future research in psychiatry and associated disciplines.*

**Key words:** Psychopathology, network approach, mental disorders, symptom networks, mental health, resilience, vulnerability, diagnosis, treatment

(*World Psychiatry* 2017;16:5–13)

# Network theory of psychopathology

---

- Five principles
  1. *Complexity*
  2. *Symptom-component correspondence*
  3. *Direct causal connections*
  4. *Mental disorders follow network structure*
  5. *Hysteresis*

# Network theory of psychopathology

---

- Five principles

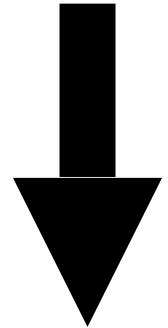
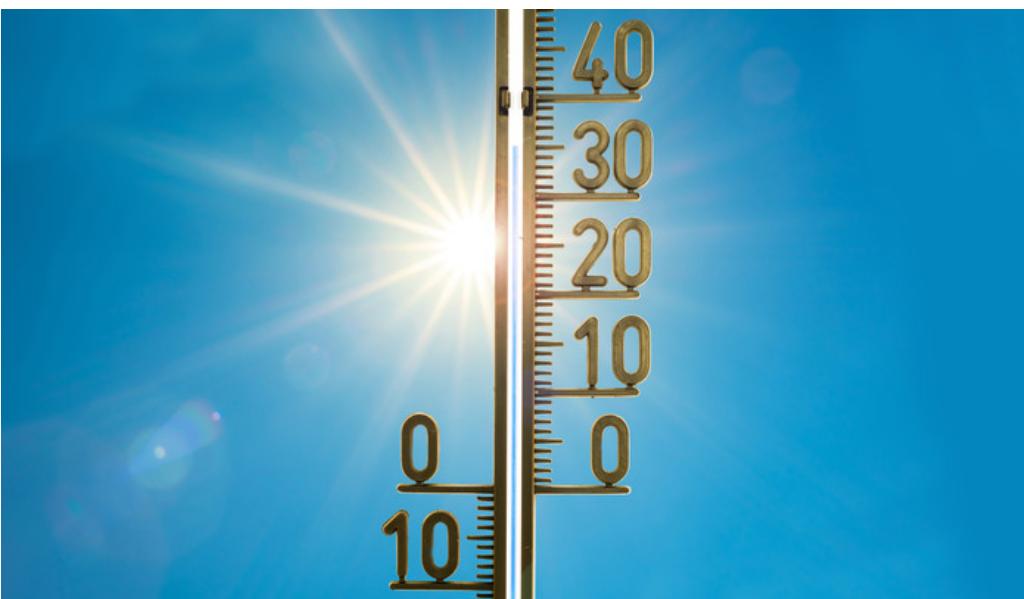
1. **Complexity**

2. *Symptom-component correspondence*

3. *Direct causal connections*

4. *Mental disorders follow network structure*

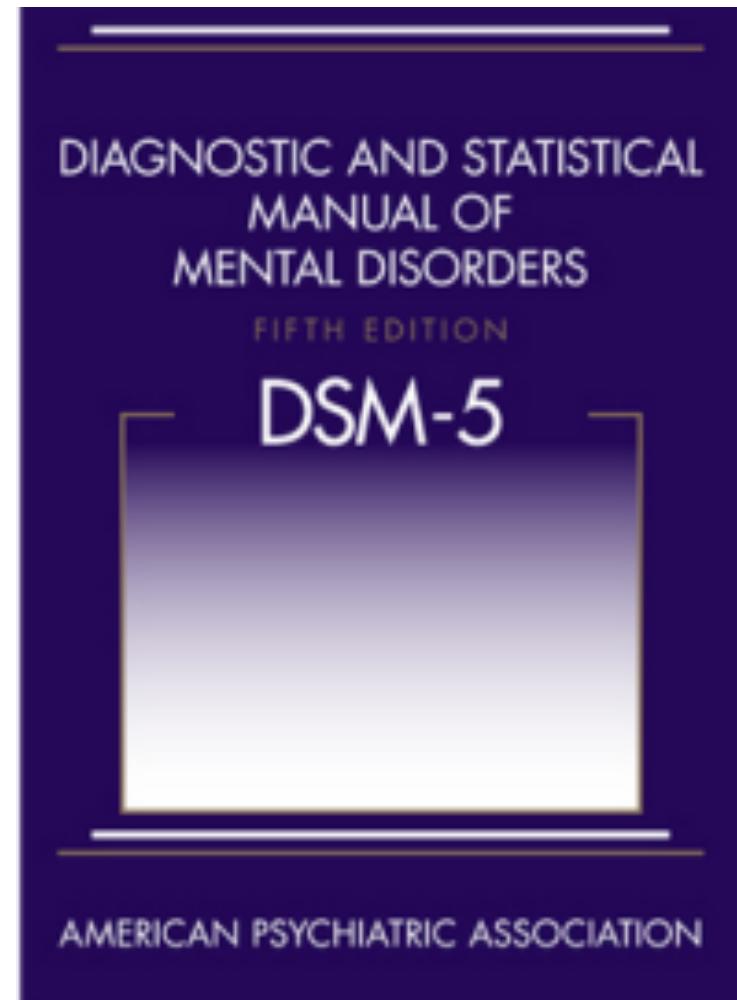
5. *Hysteresis*



# Network theory of psychopathology

---

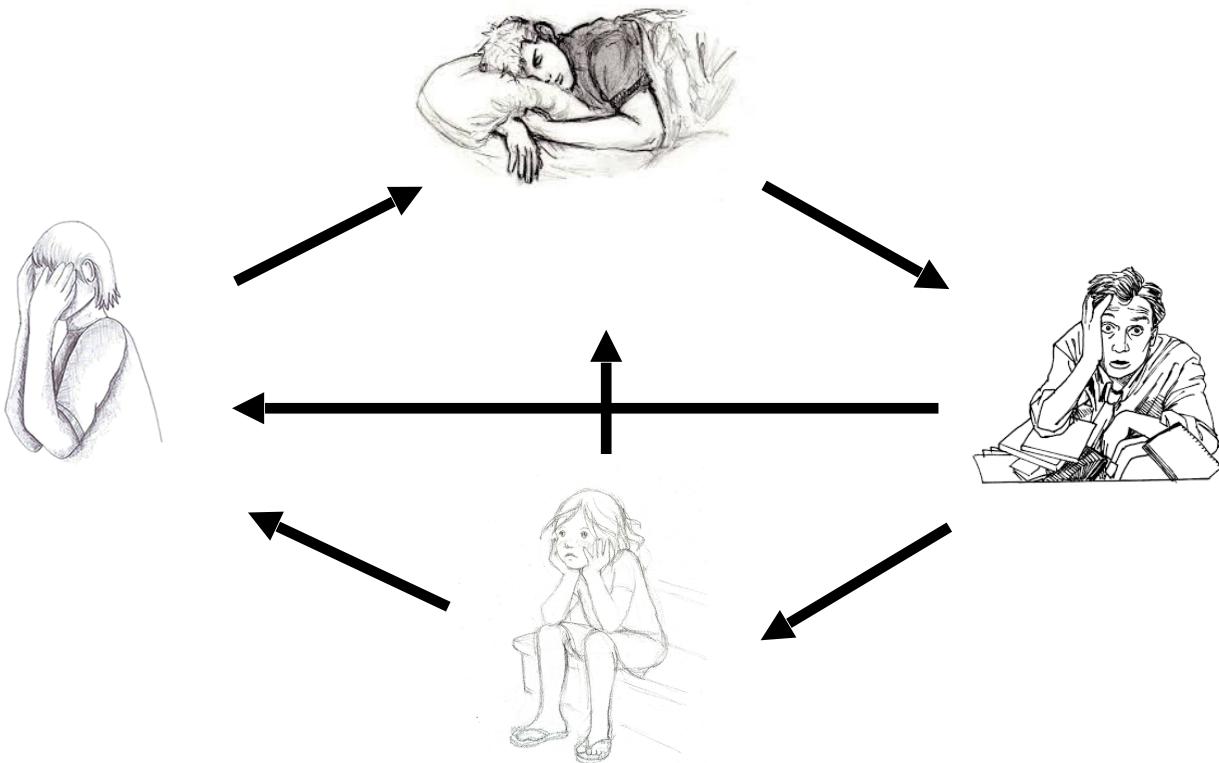
- Five principles
  1. *Complexity*
  2. ***Symptom-component correspondence***
  3. *Direct causal connections*
  4. *Mental disorders follow network structure*
  5. *Hysteresis*



# Network theory of psychopathology

---

- Five principles
  - 1. *Complexity*
  - 2. *Symptom-component correspondence*
  - 3. ***Direct causal connections***
  - 4. *Mental disorders follow network structure*
  - 5. *Hysteresis*



# Network theory of psychopathology

---

- Five principles
  1. *Complexity*
  2. *Symptom-component correspondence*
  3. *Direct causal connections*
  4. ***Mental disorders follow network structure***
  5. *Hysteresis*

# MDD-GAD

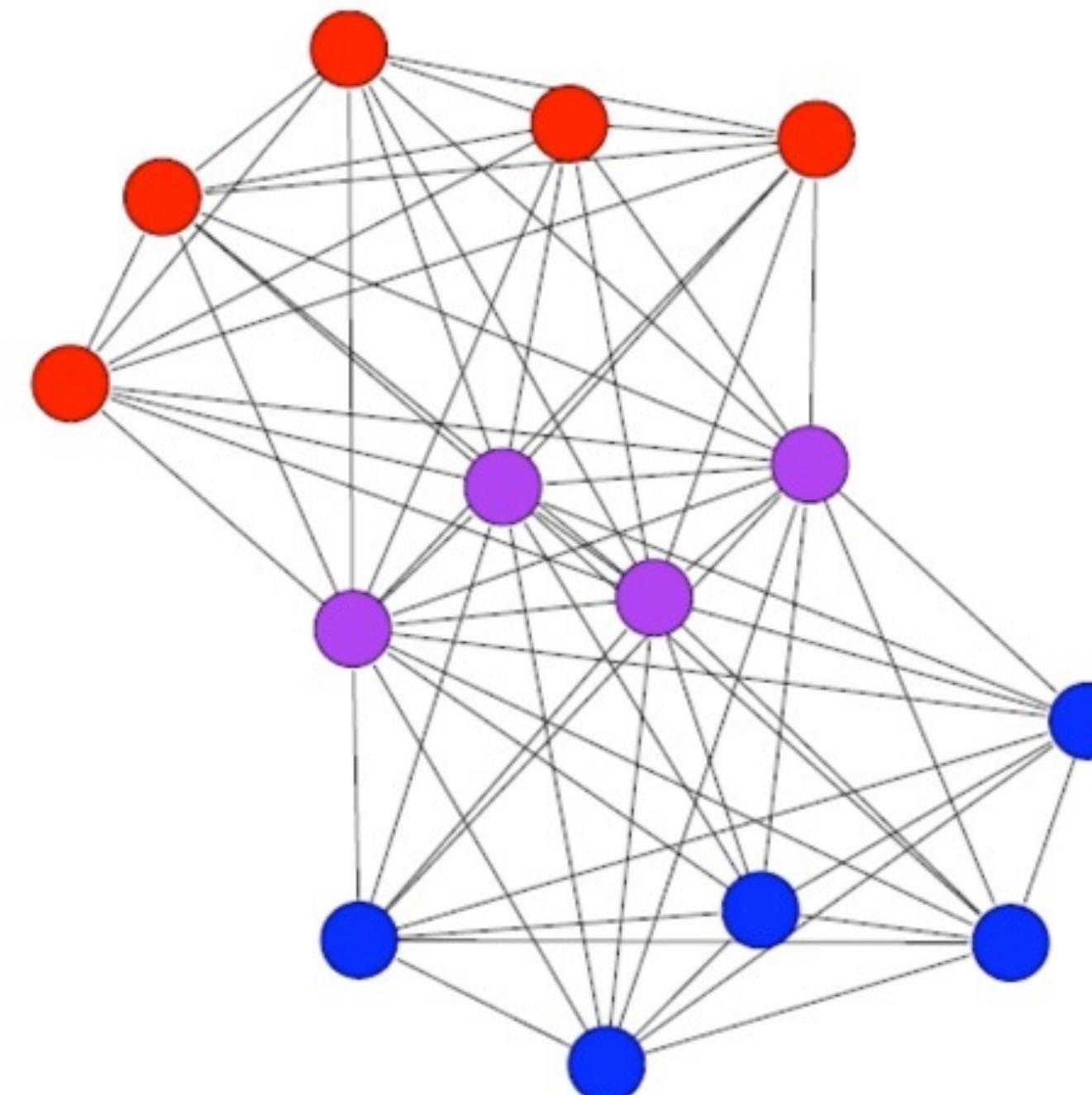
---

*Major depressive episode*

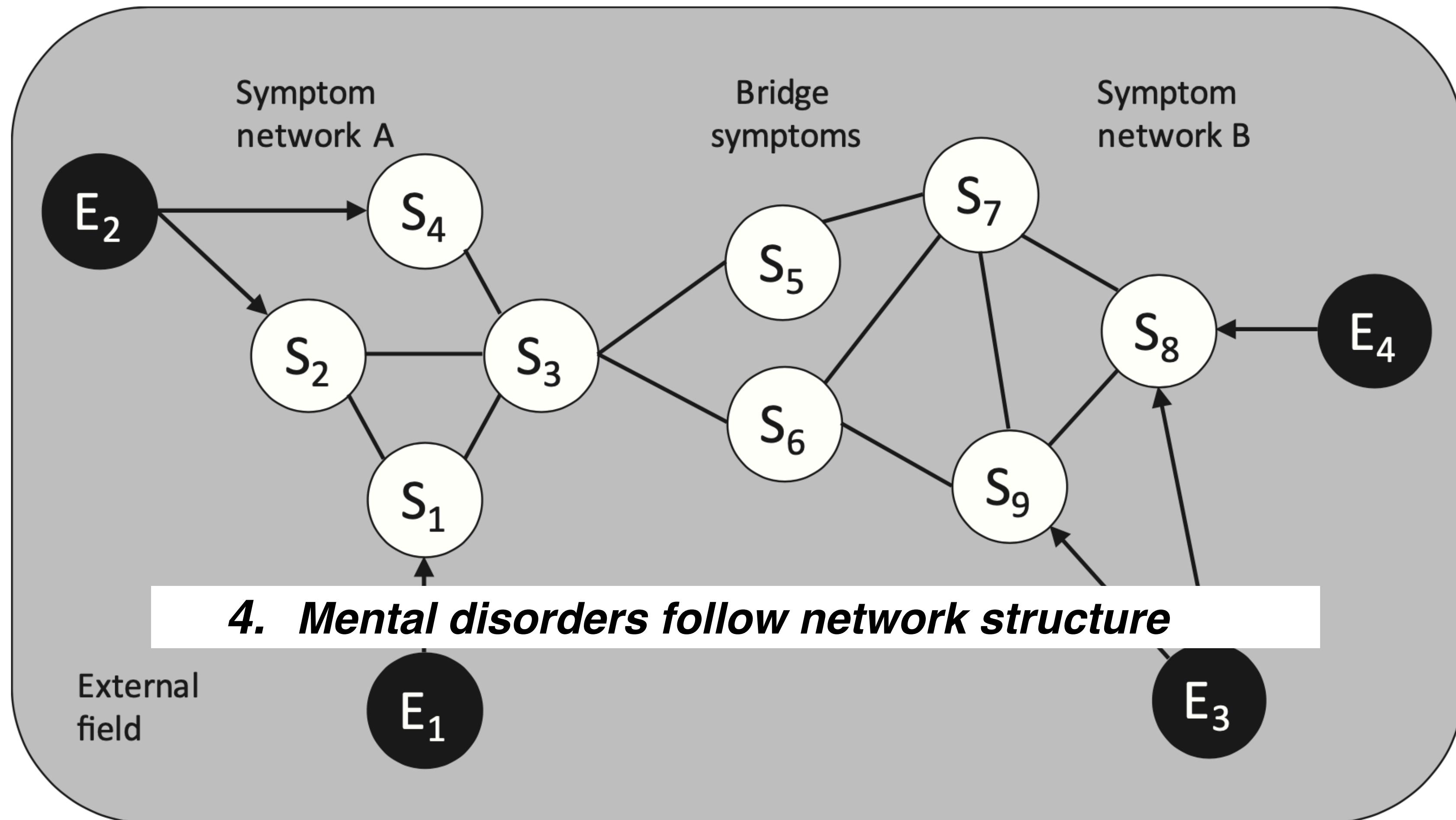
- Depressed mood
- Loss of interest
- Fatigue
- No concentration
- Sleep problems
- Agitation
- Weight disturbance
- Reproach
- Suicidal ideation

*Generalized anxiety disorder*

- Feels Anxious
- Anxious on multiple events
- Fatigue
- No concentration
- Sleep problems
- Restlessness
- Cannot control worry
- Irritability
- Muscular tension



# Comorbidity

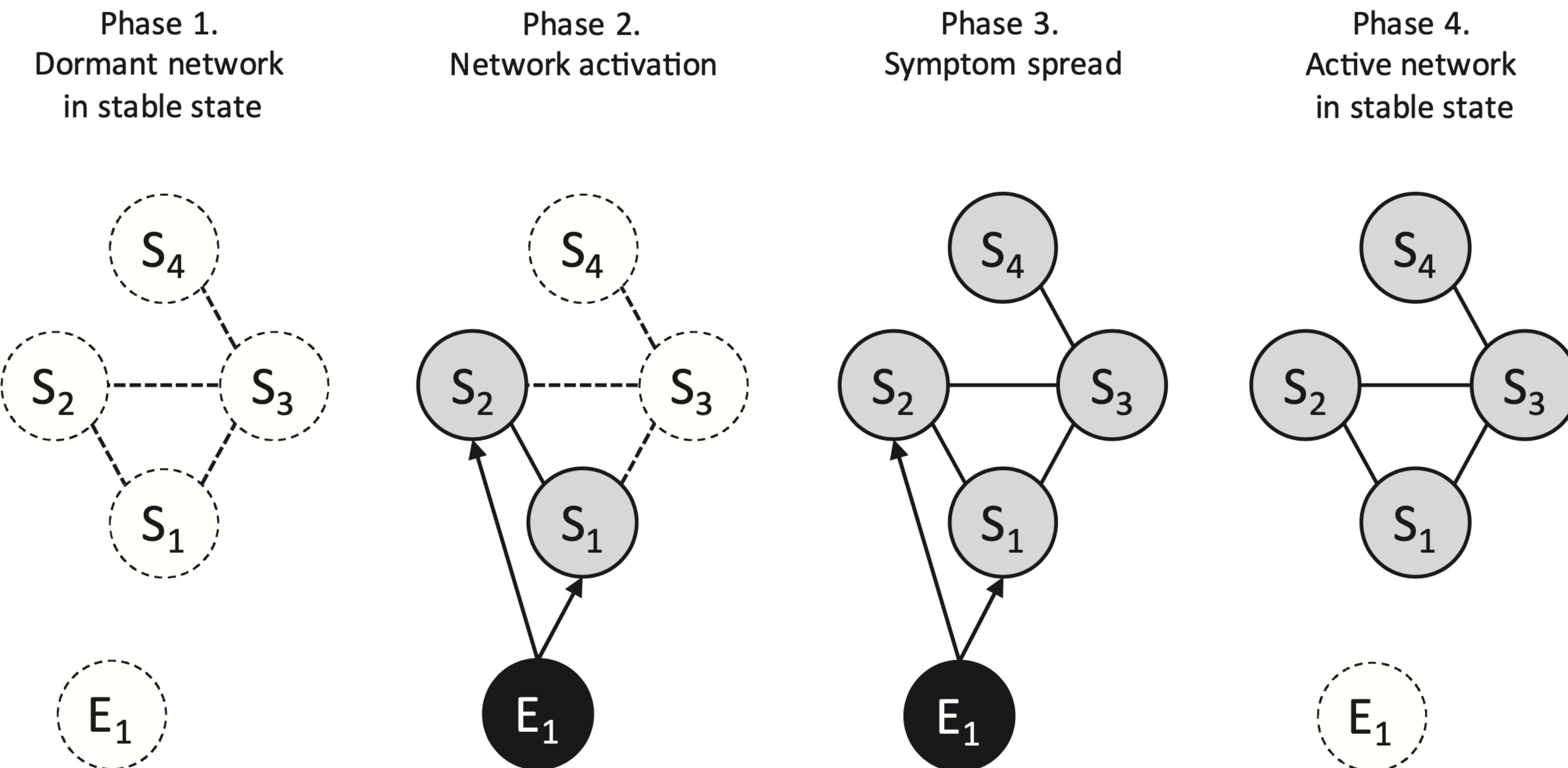


# Network theory of psychopathology

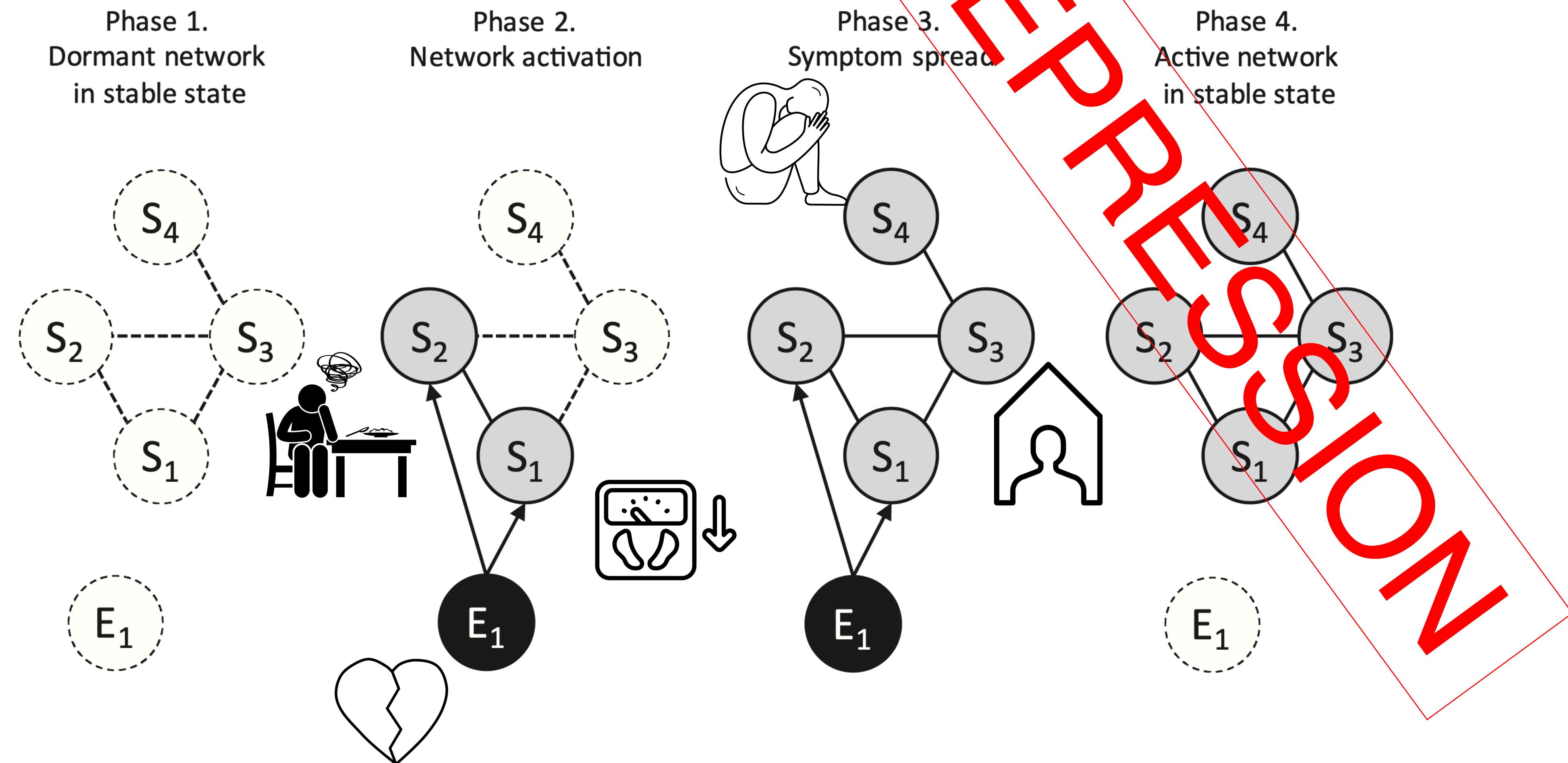
---

- Five principles
  1. *Complexity*
  2. *Symptom-component correspondence*
  3. *Direct causal connections*
  4. *Mental disorders follow network structure*
  5. ***Hysteresis***

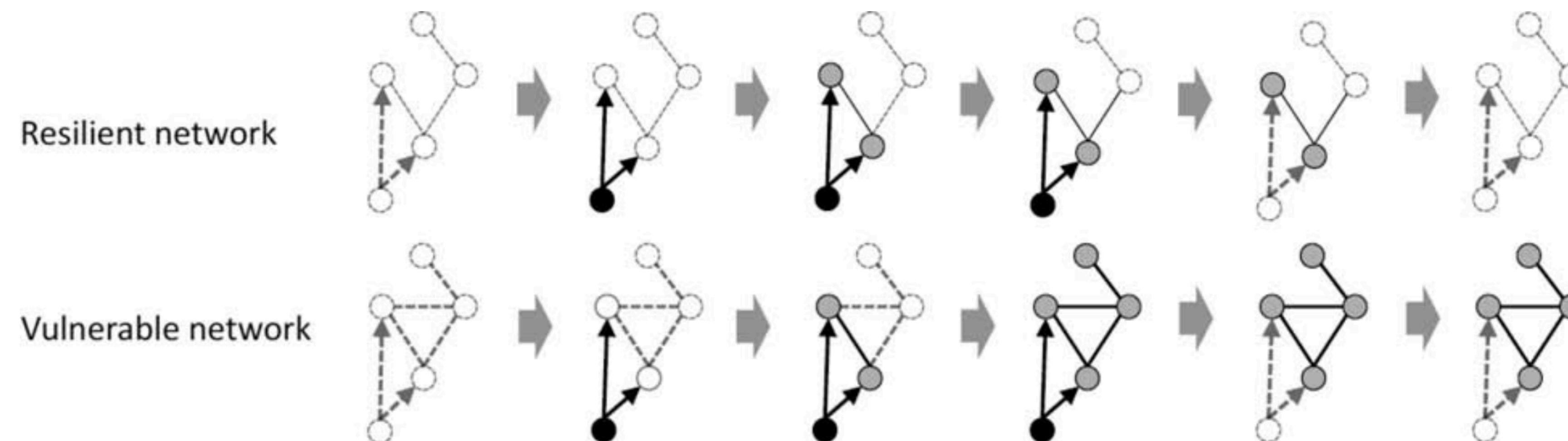
# Developing psychopathology



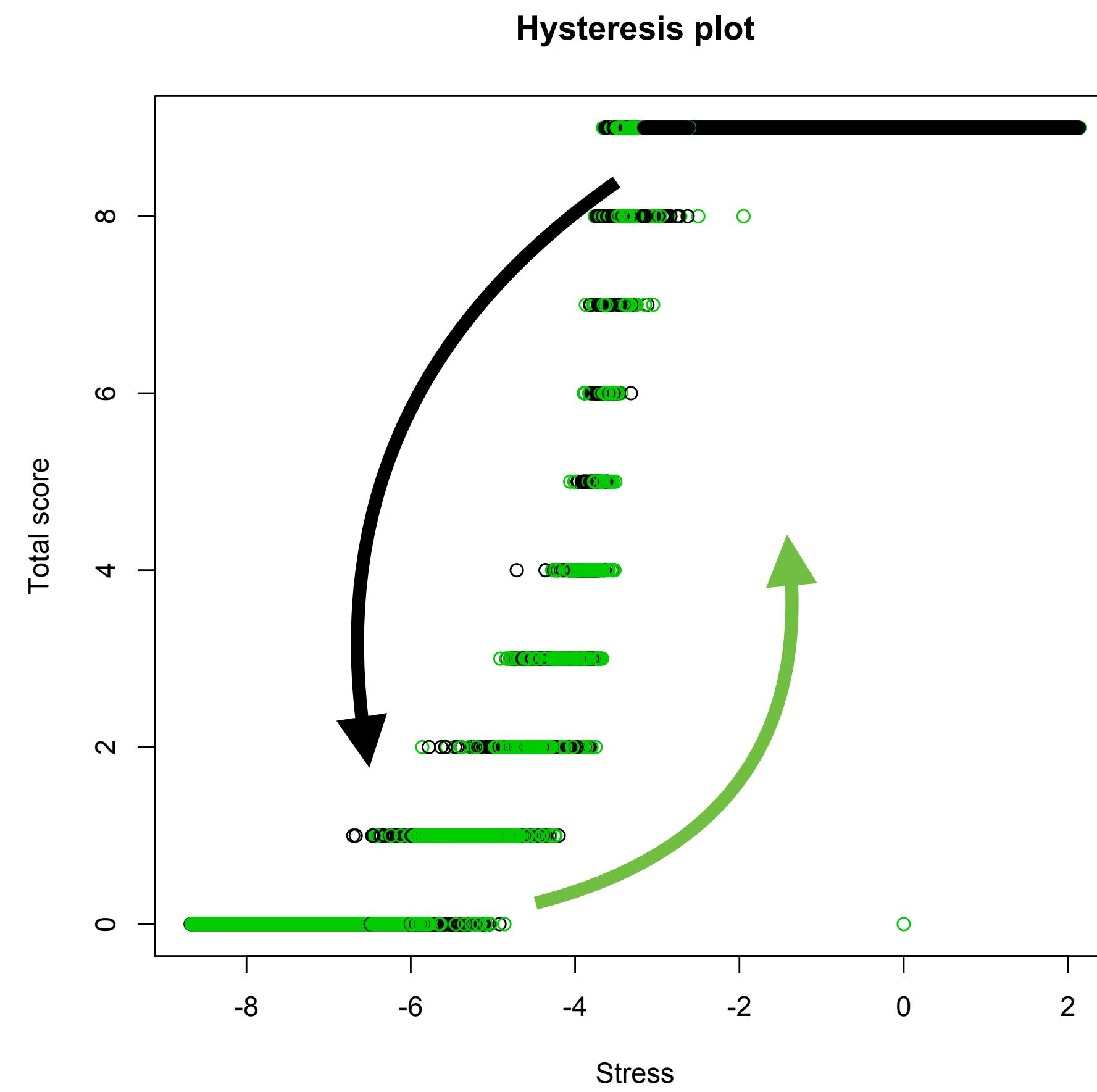
# Developing psychopathology



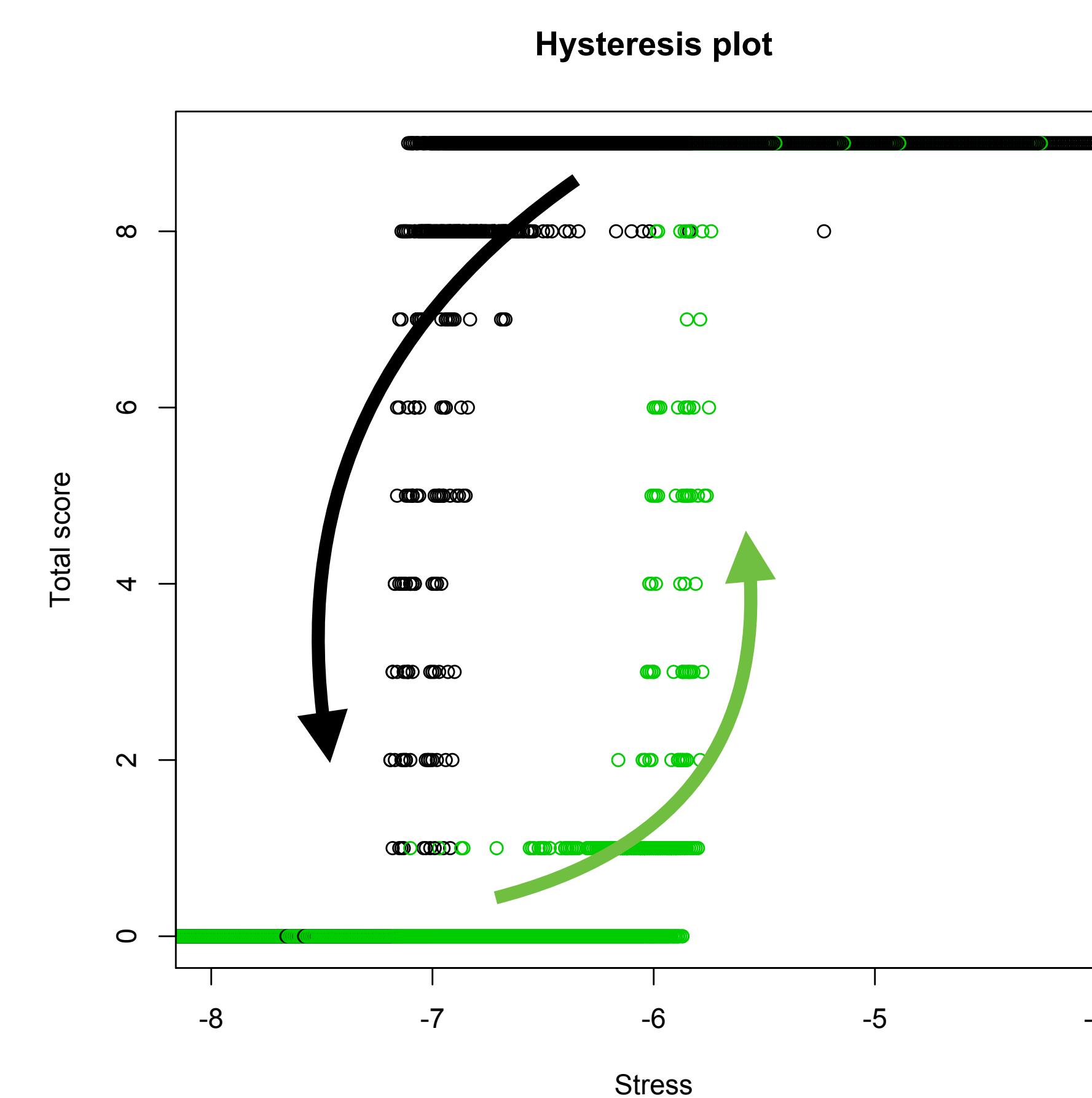
# Vulnerability



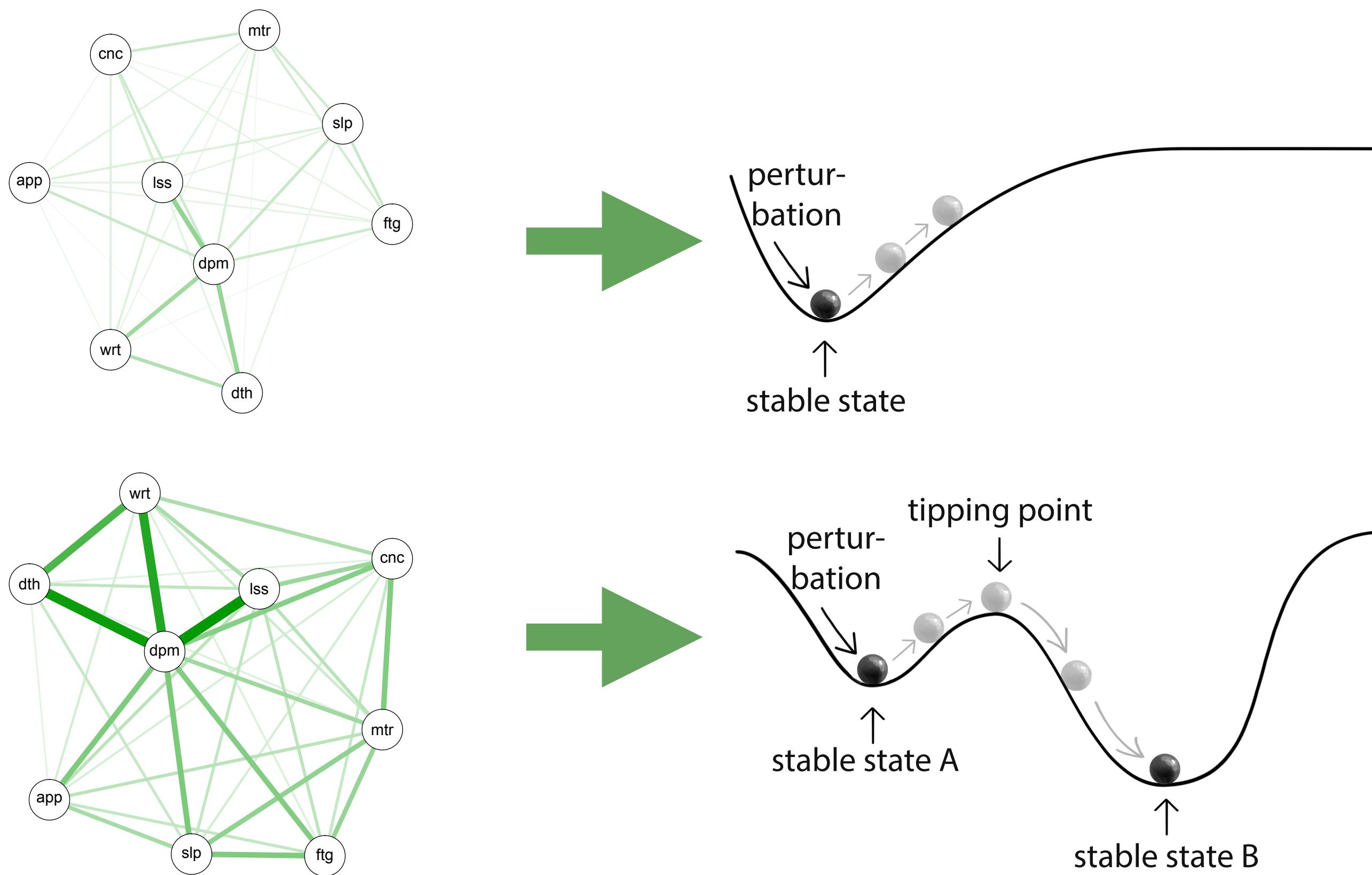
# Weakly connected



# Strongly connected

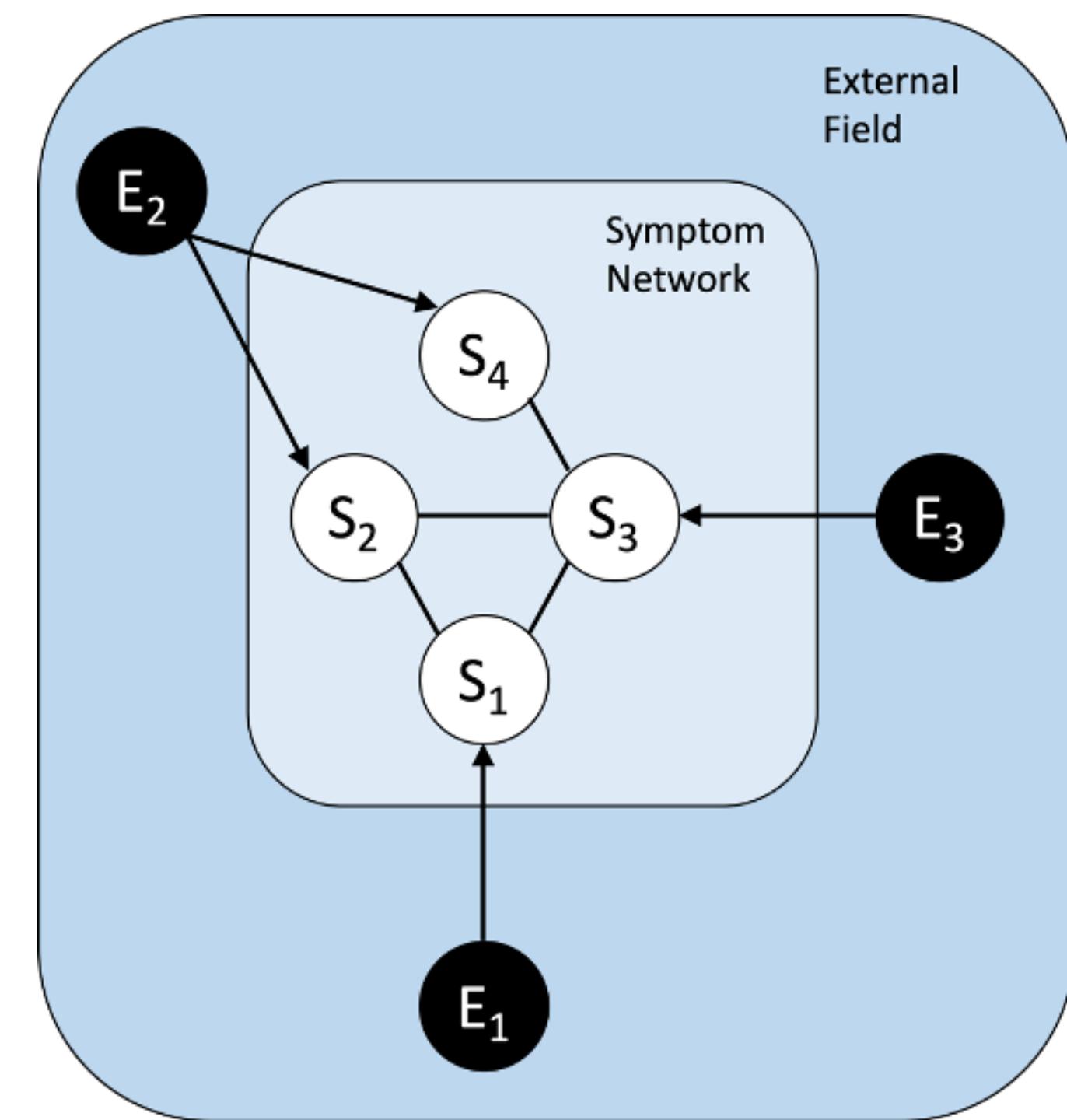


# Strong connectivity yields sudden transitions to alternative attractors



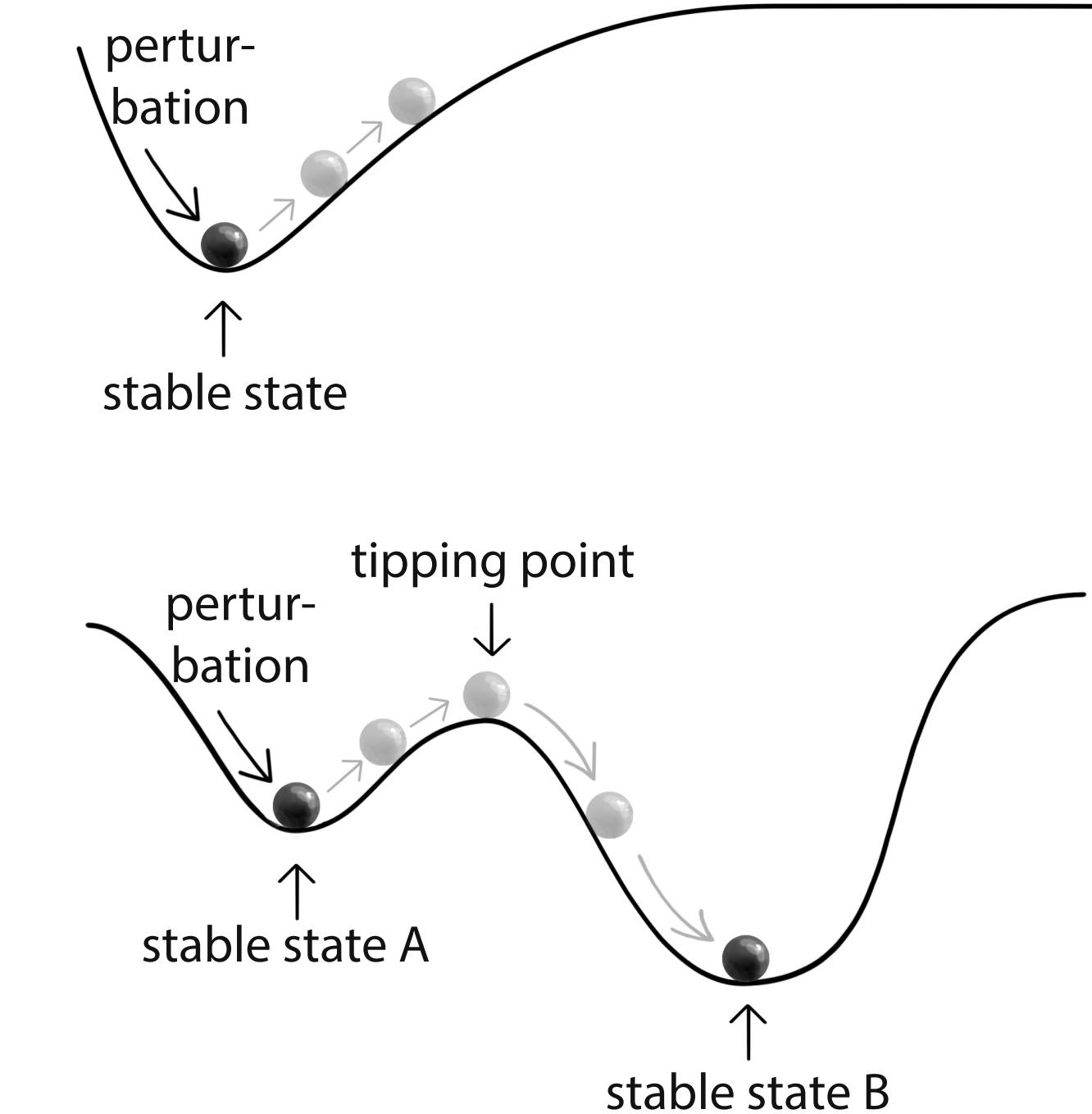
# Symptom network

- The simplest symptom network consists of:
  - Node thresholds: how easily a symptom is activated
  - Connections: how easily does activation spread
  - External factors: outside influences that activate symptoms



# Mental disorders as attractor states

- Network theory: *Mental disorders are alternative stable states in a symptom network*
- Mental disorders arise from (local) hyper-connectivity of the symptom network in combination with (possibly random) perturbations
- This leads the network to get “stuck” in its disordered state
- Whether this shift is permanent depends on the size of the hysteresis effect

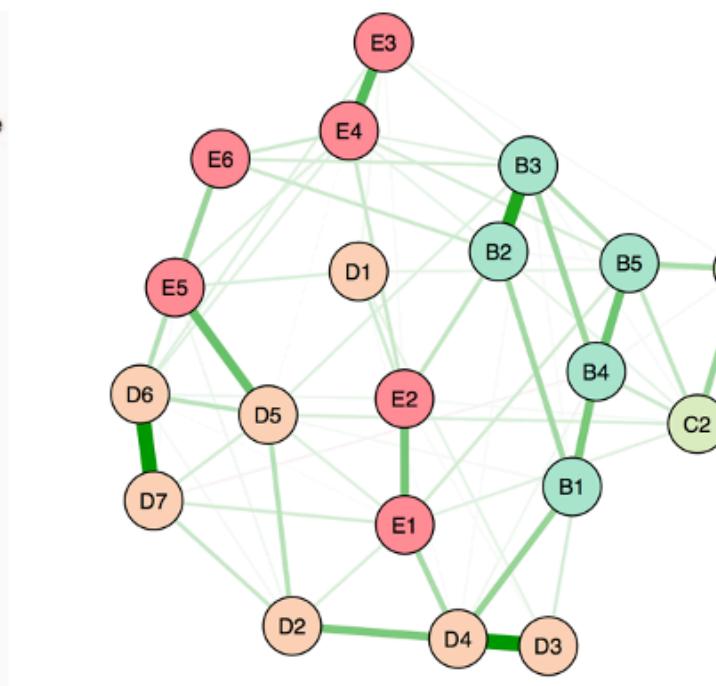
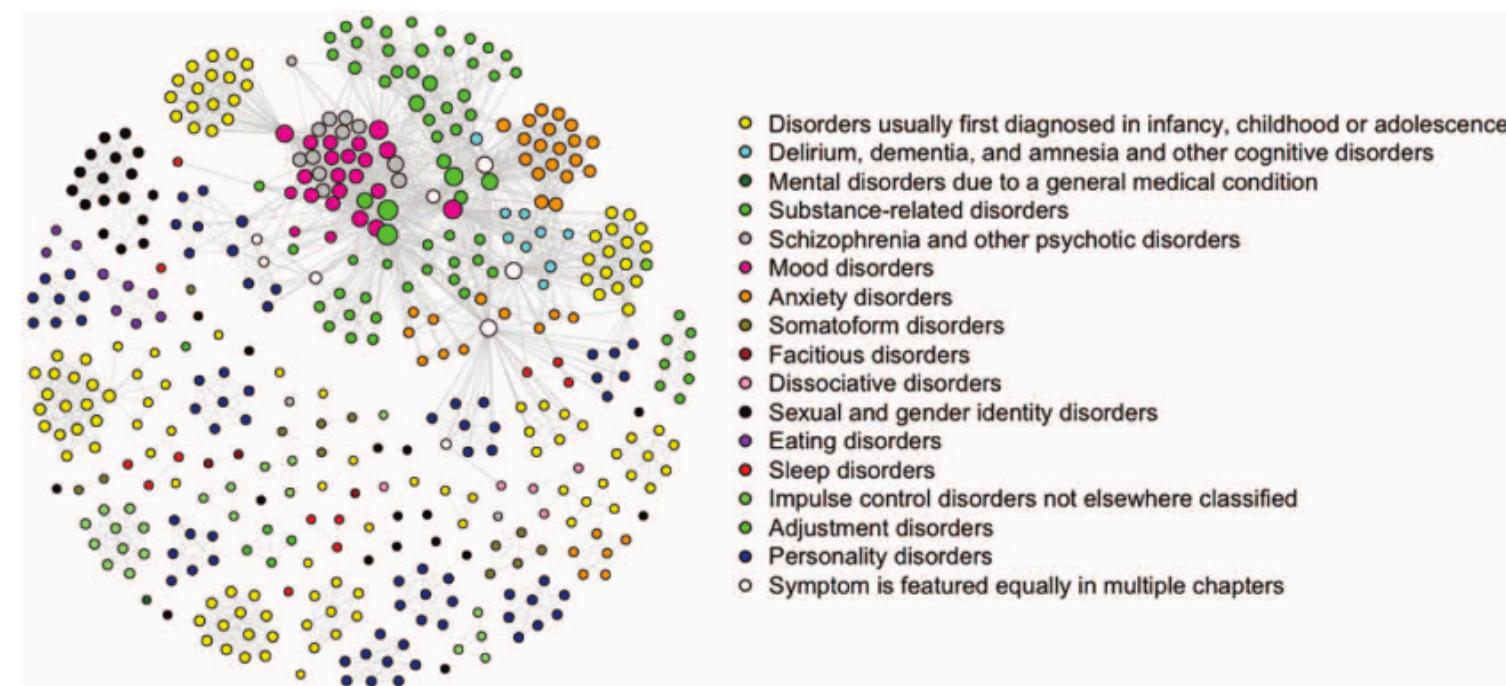


---

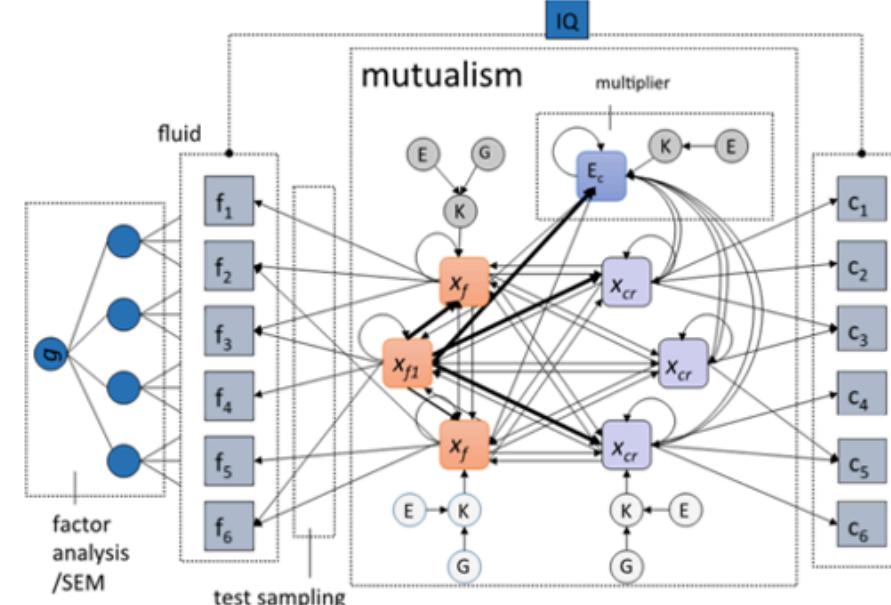
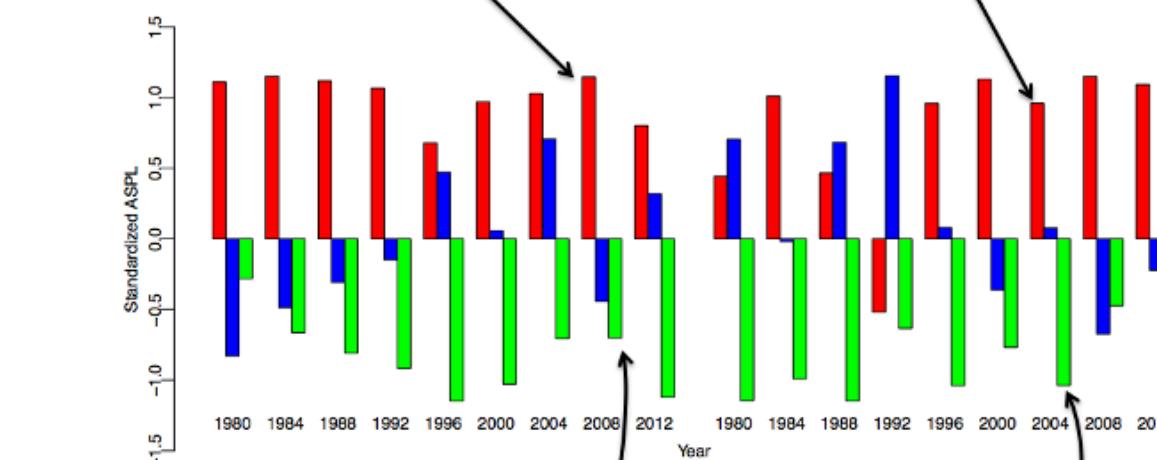
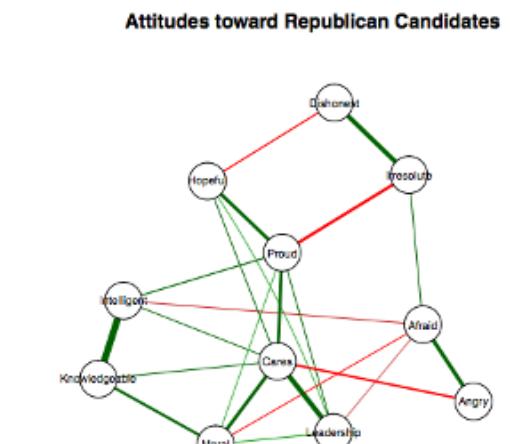
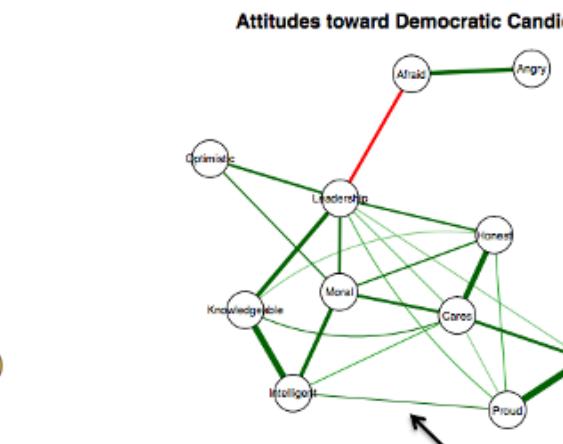
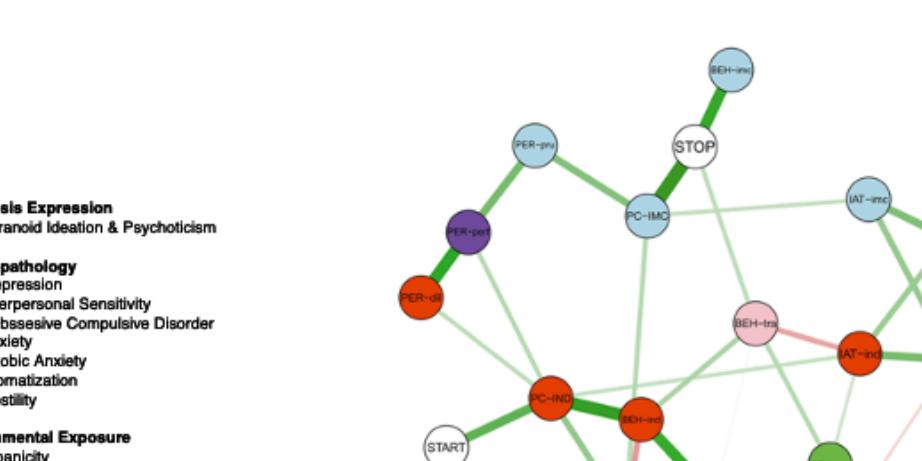
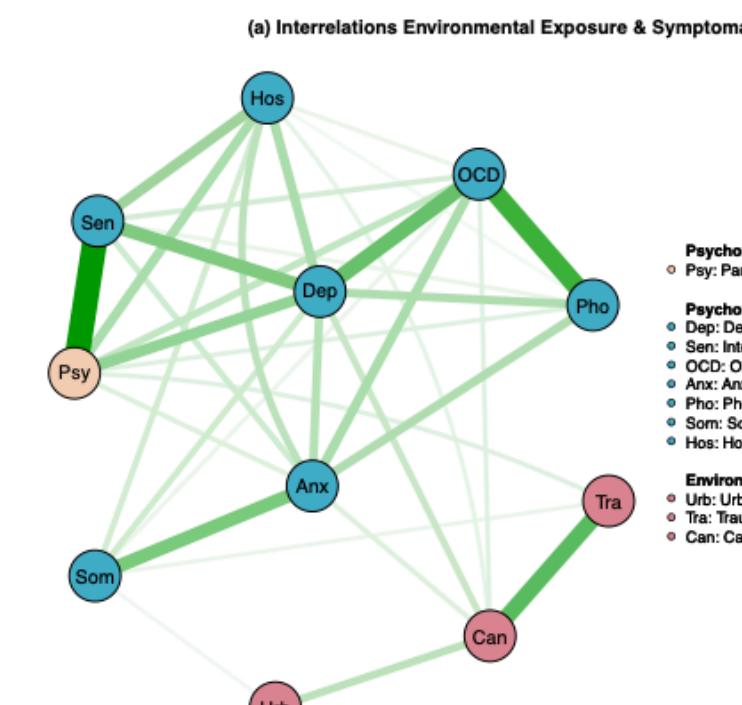
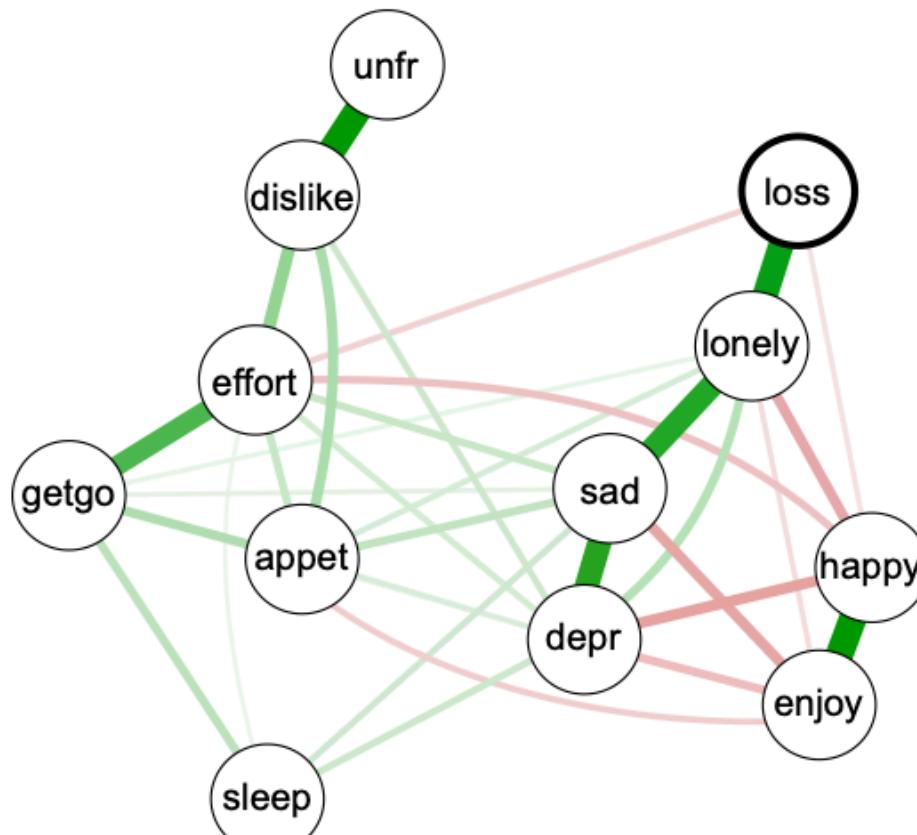
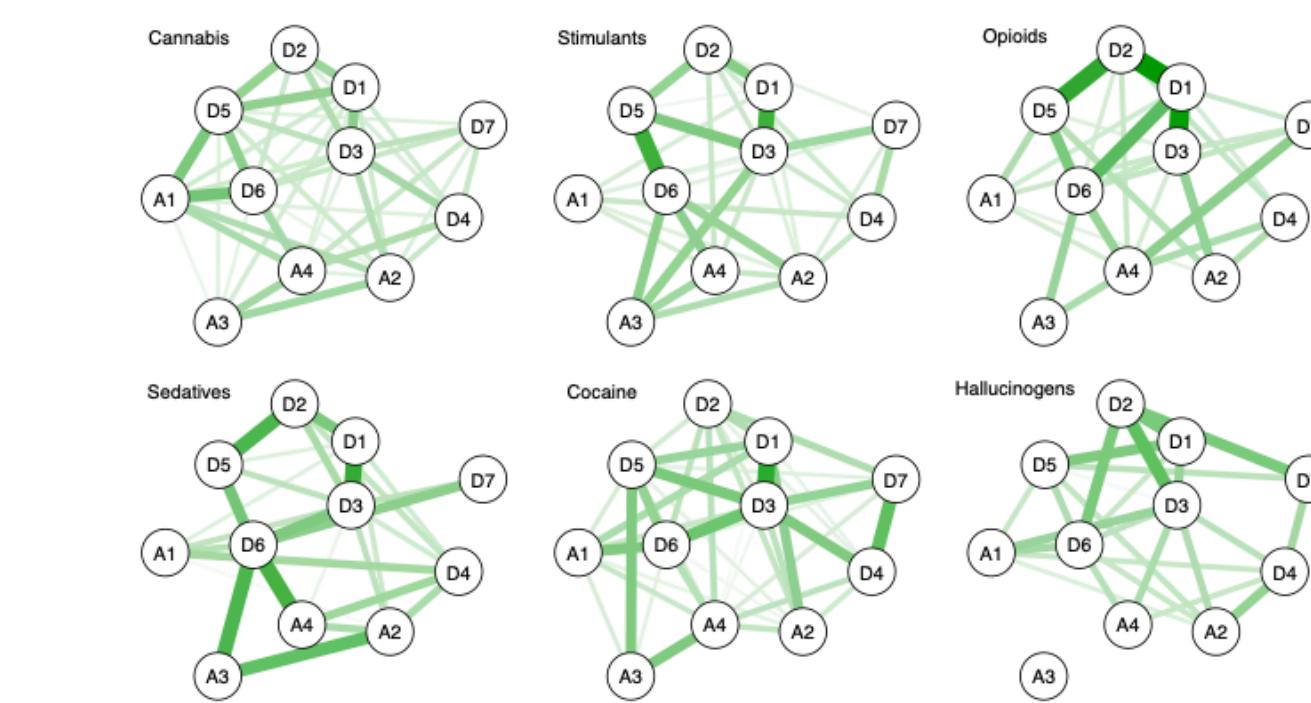
2010

today

- From observations & questions to new directions
- What is a network? The network approach
- Network theory of psychopathology
- **Network models in psychopathology**
- Note on theory and models

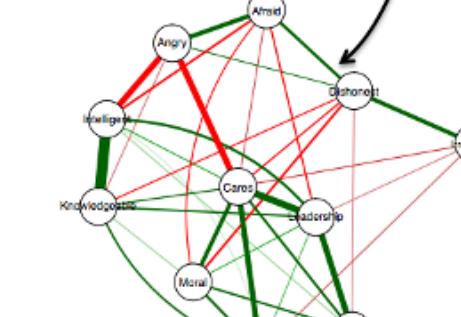
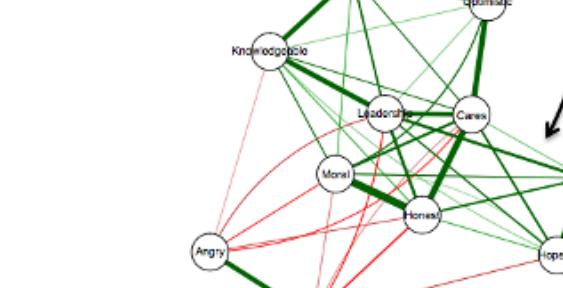
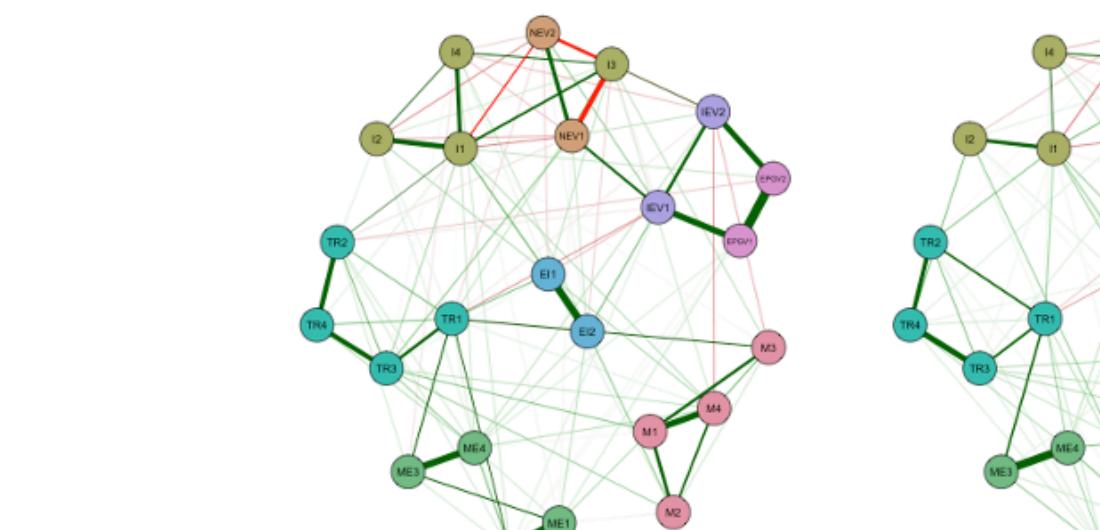


B1 - Intrusive thoughts  
 B2 - Nightmares  
 B3 - Flashbacks  
 B4 - Emotional cue reactivity  
 B5 - Physiological cue reactivity  
 C1 - Avoidance of thoughts  
 C2 - Avoidance of reminders  
 D1 - Trauma-related amnesia  
 D2 - Negative beliefs  
 D3 - Blame of self other others  
 D4 - Negative trauma-related emotions  
 D5 - Loss of interest  
 D6 - Detachment  
 D7 - Restricted affect  
 E1 - Irritability/anger  
 E2 - Self-destructive/reckless behavior  
 E3 - Hypervigilance  
 E4 - Exaggerated startle response  
 E5 - Difficulty concentrating  
 E6 - Sleep disturbance



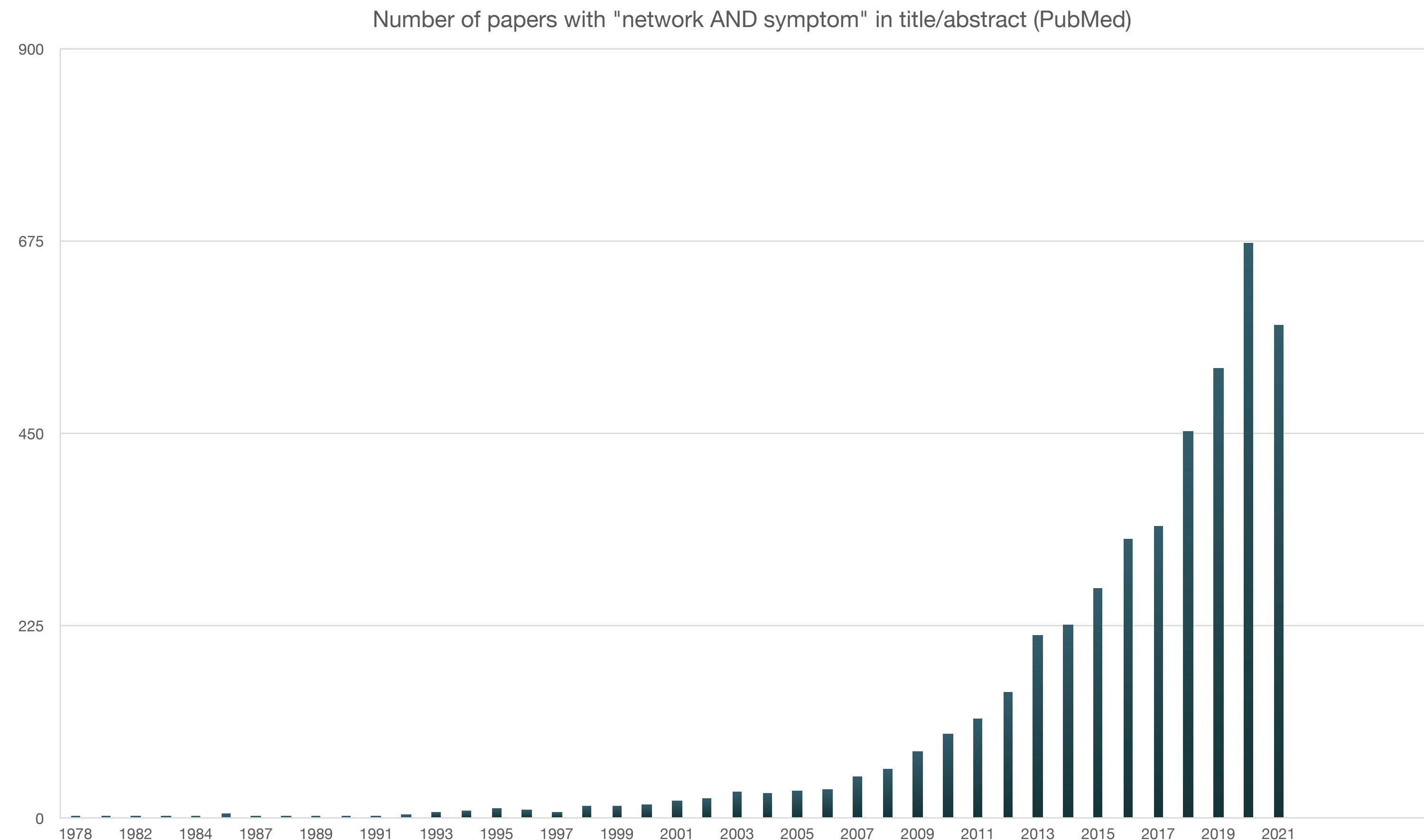
Majority

Minority



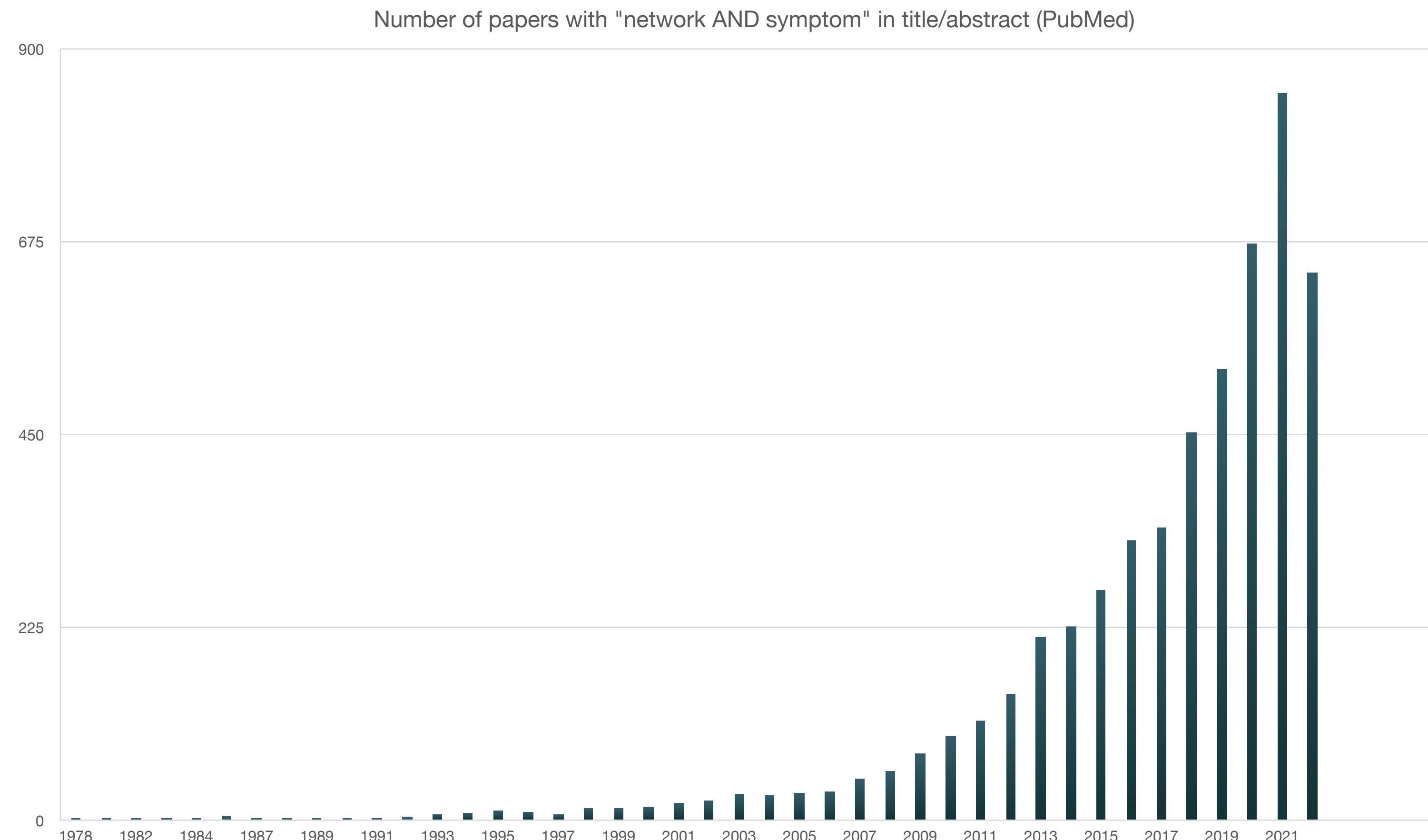
# Networks in psychology

---



# Networks in psychology

---



---

2010

today

- From observations & questions to new directions
- What is a network? The network approach
- Network theory of psychopathology
- Network models in psychopathology
- **Note on theory and models**

# **network approach**

- map out complexity

# **network theory**

- system of causal relations to explain phenomena

# **network model**

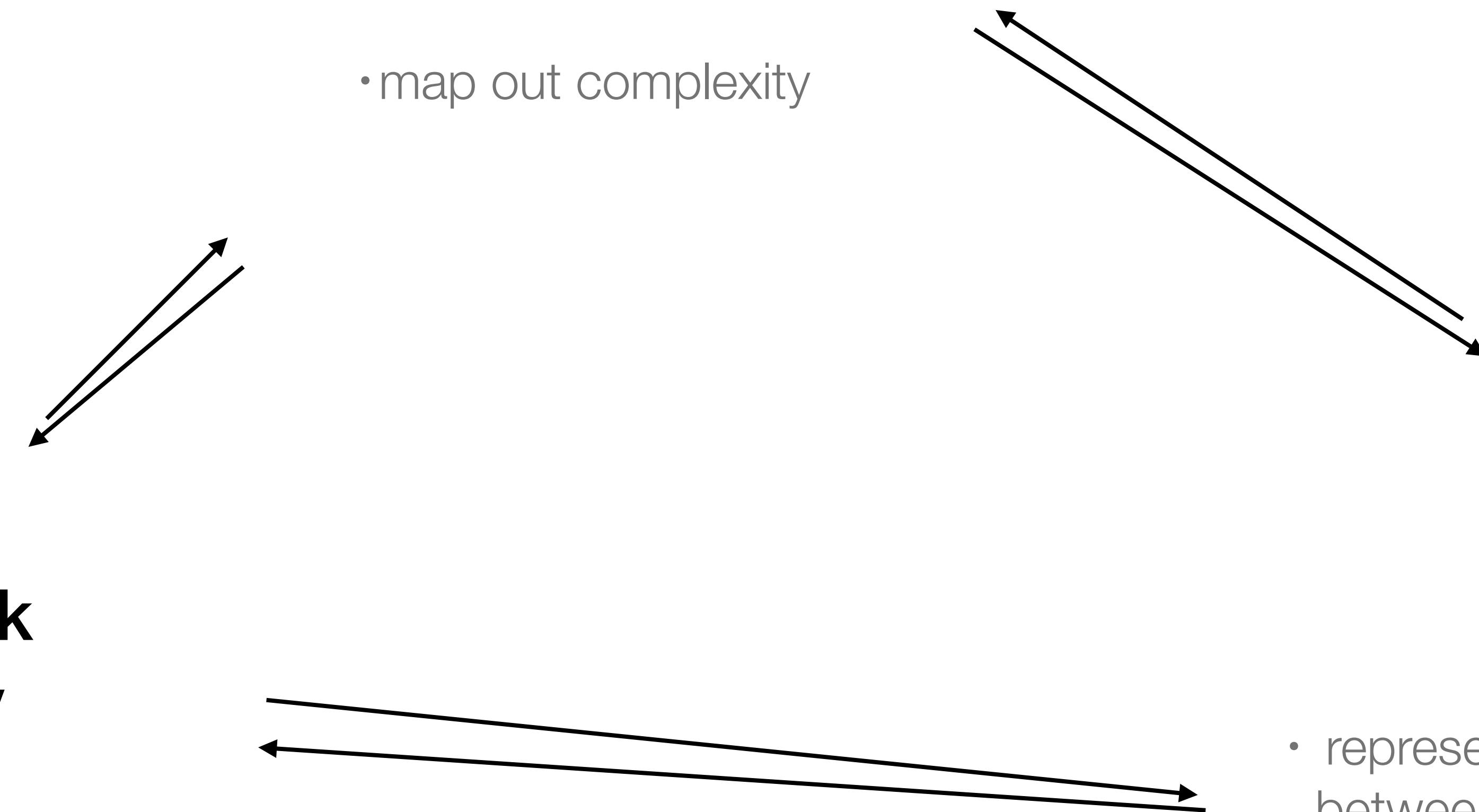
- represents statistical relations between variables in a dataset

## **network approach**

- map out complexity

## **network theory**

- system of causal relations to explain phenomena



## **network model**

- represents statistical relations between variables in a dataset

## **network approach**

- map out complexity

## **network theory**

- system of causal relations to explain phenomena

can also exist independently of one another: one can adhere to the theory without using models, or use models without believing in the theory

## **network model**

- represents statistical relations between variables in a dataset

## **network approach**

- map out complexity

## **network theory**

- system of causal relations to explain phenomena

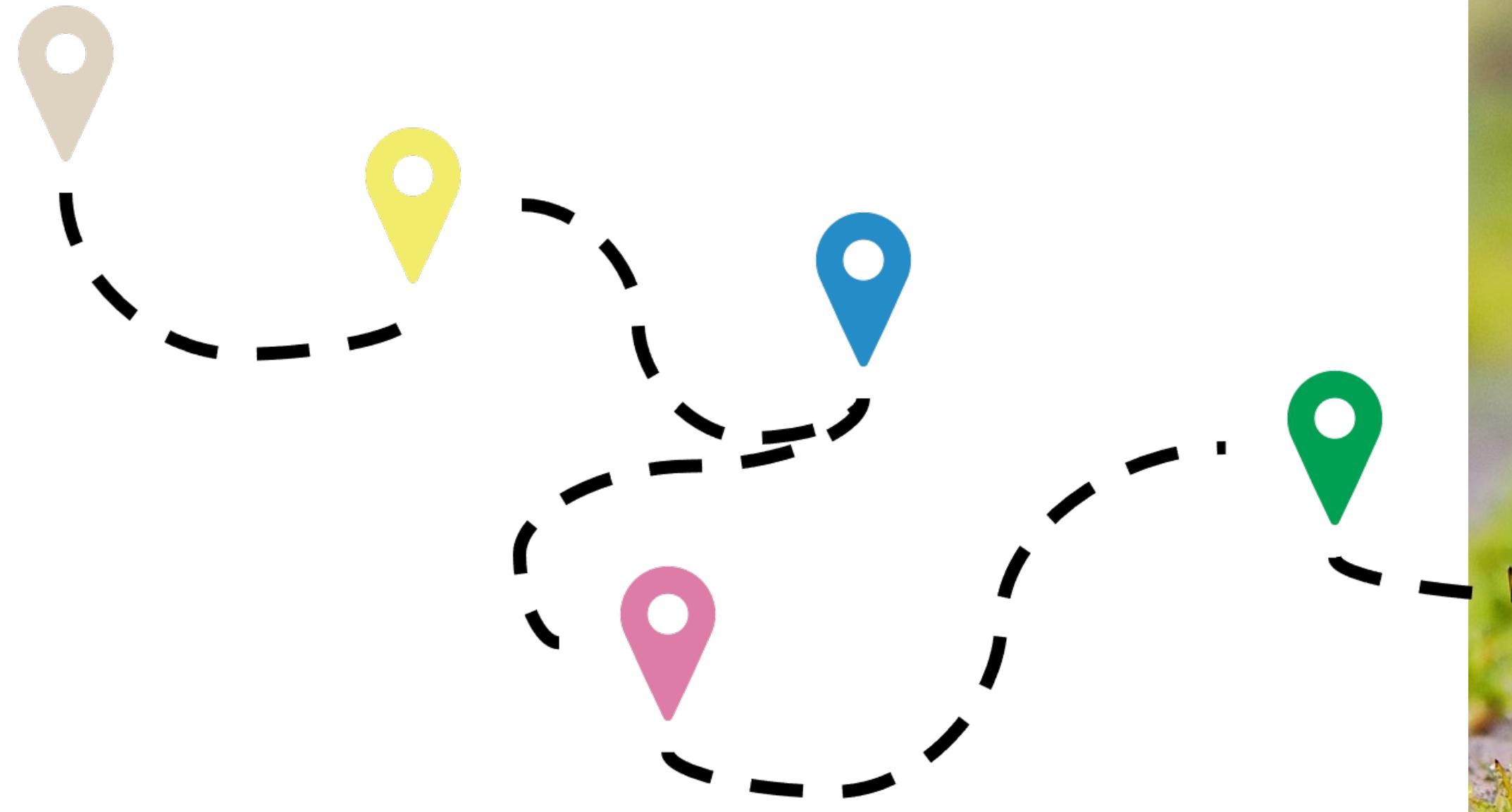
can also exist independently of one another: one can adhere to the theory without using models, or use models without believing in the theory

## **network model**

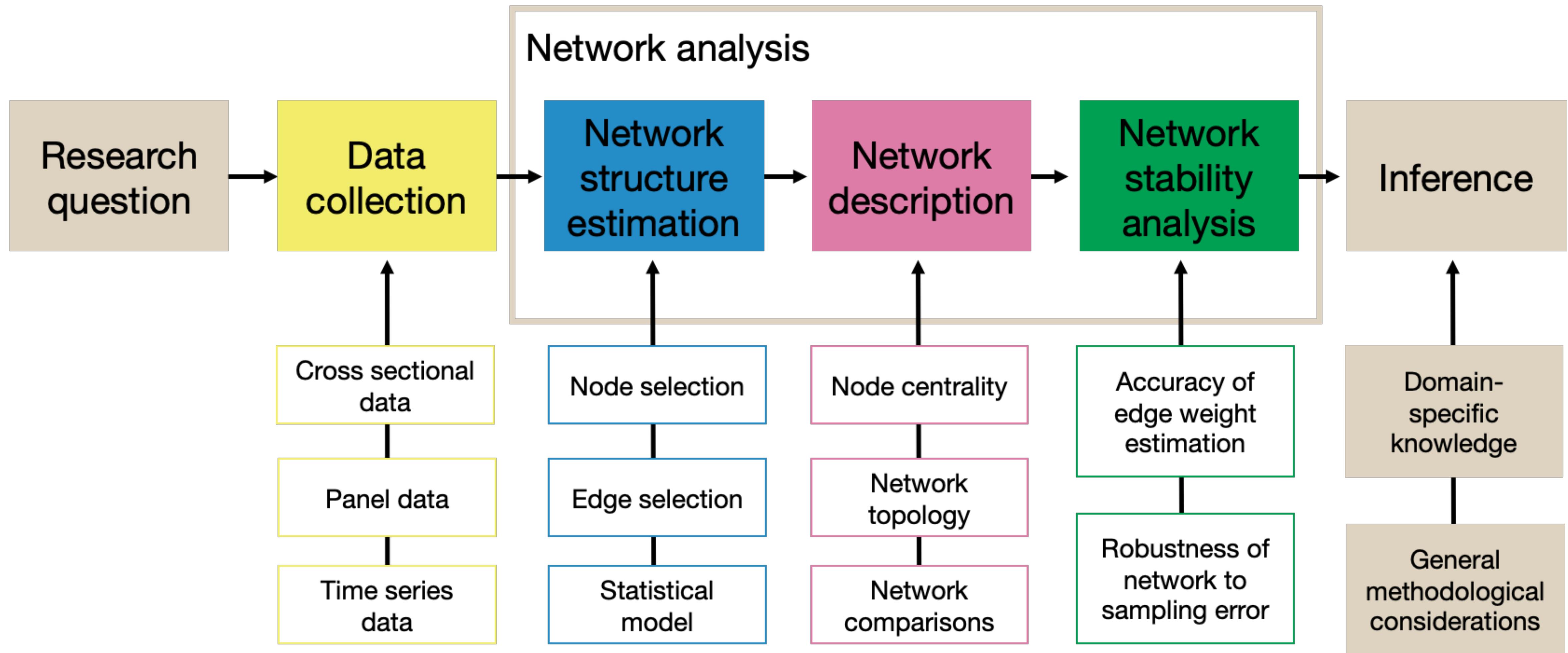
- represents statistical relations between variables in a dataset

More on this in lecture by Denny Borsboom (December 1st)

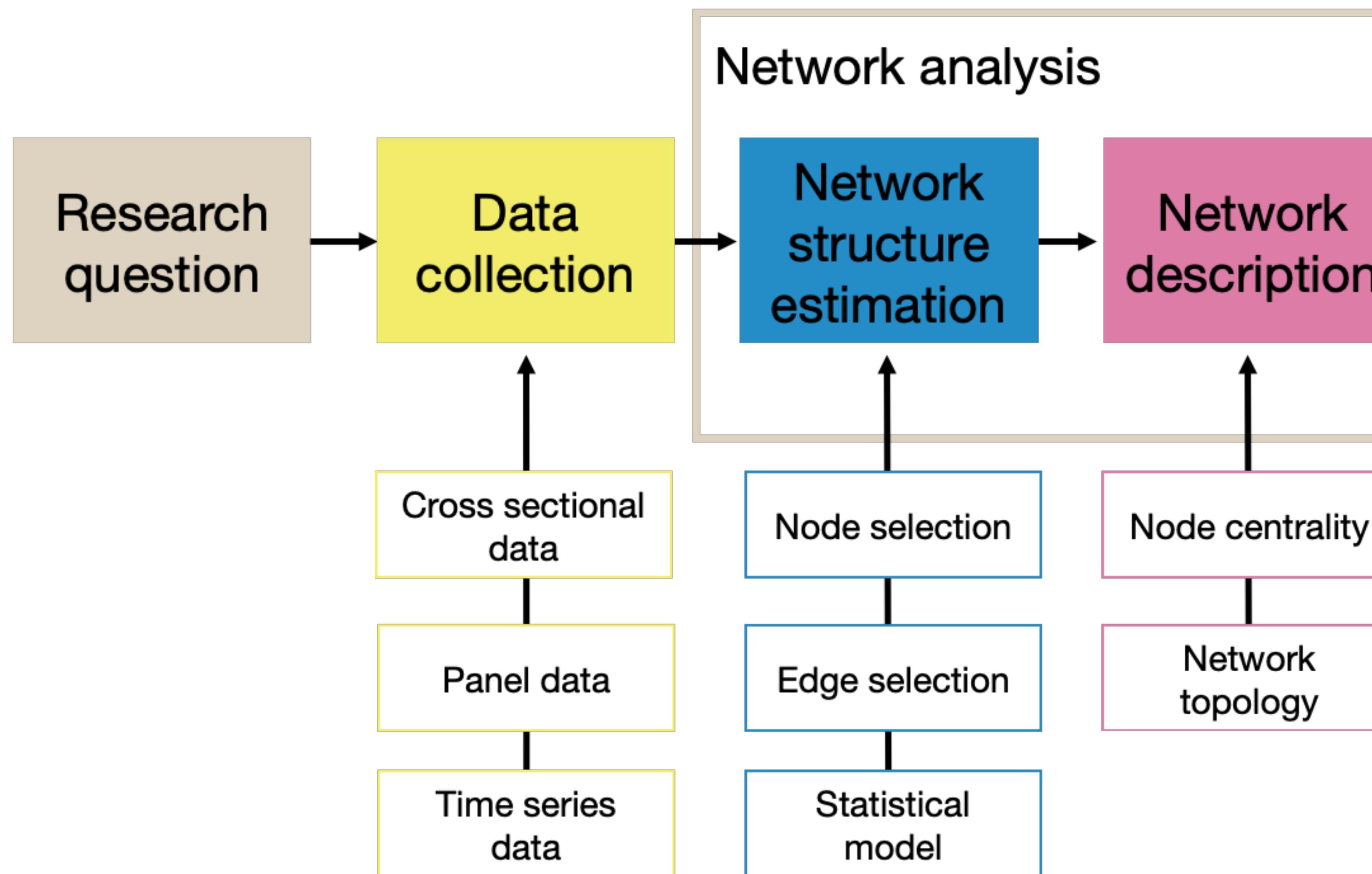
# The network analysis landscape



# Work flow in the network approach



# Work flow in the network approach—In today's lecture



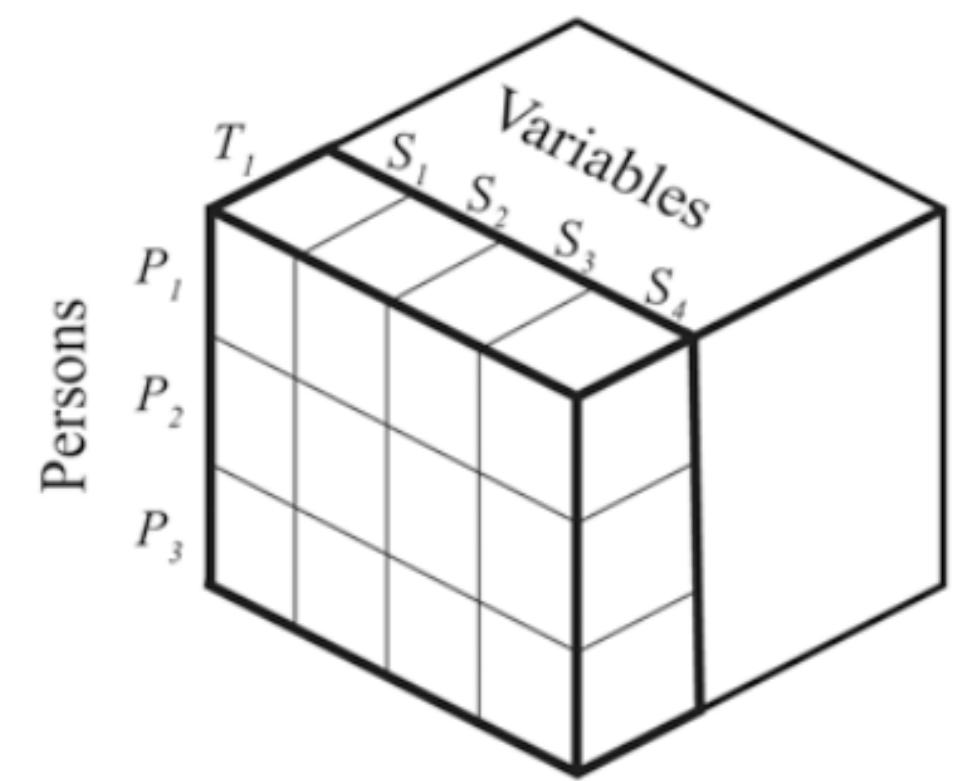
# Research questions

---

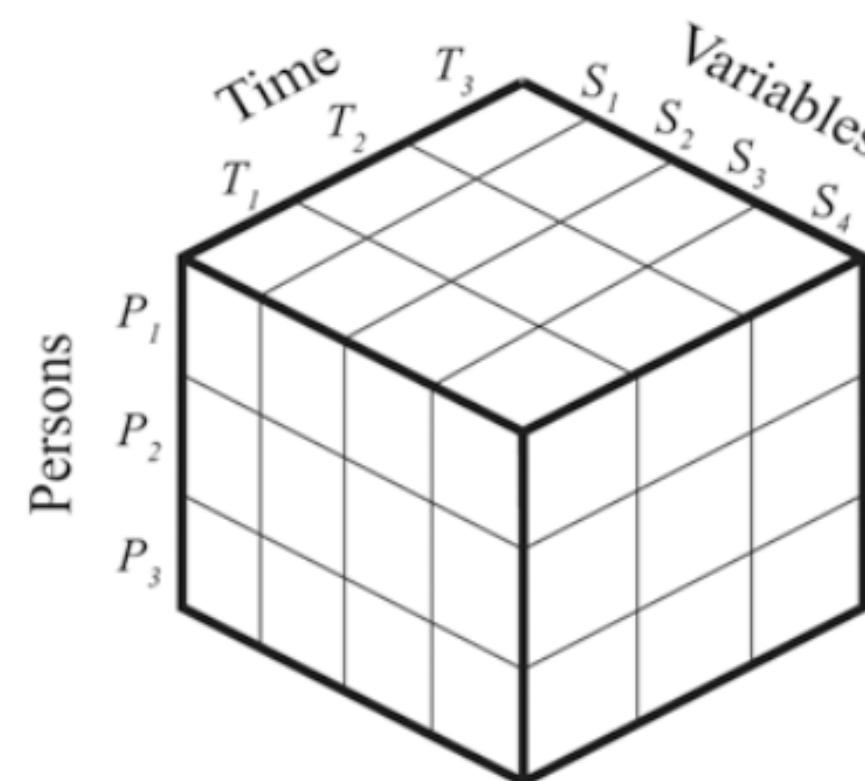
*What kind of research questions do you think are suited to answer using a network approach?*

# Data structures

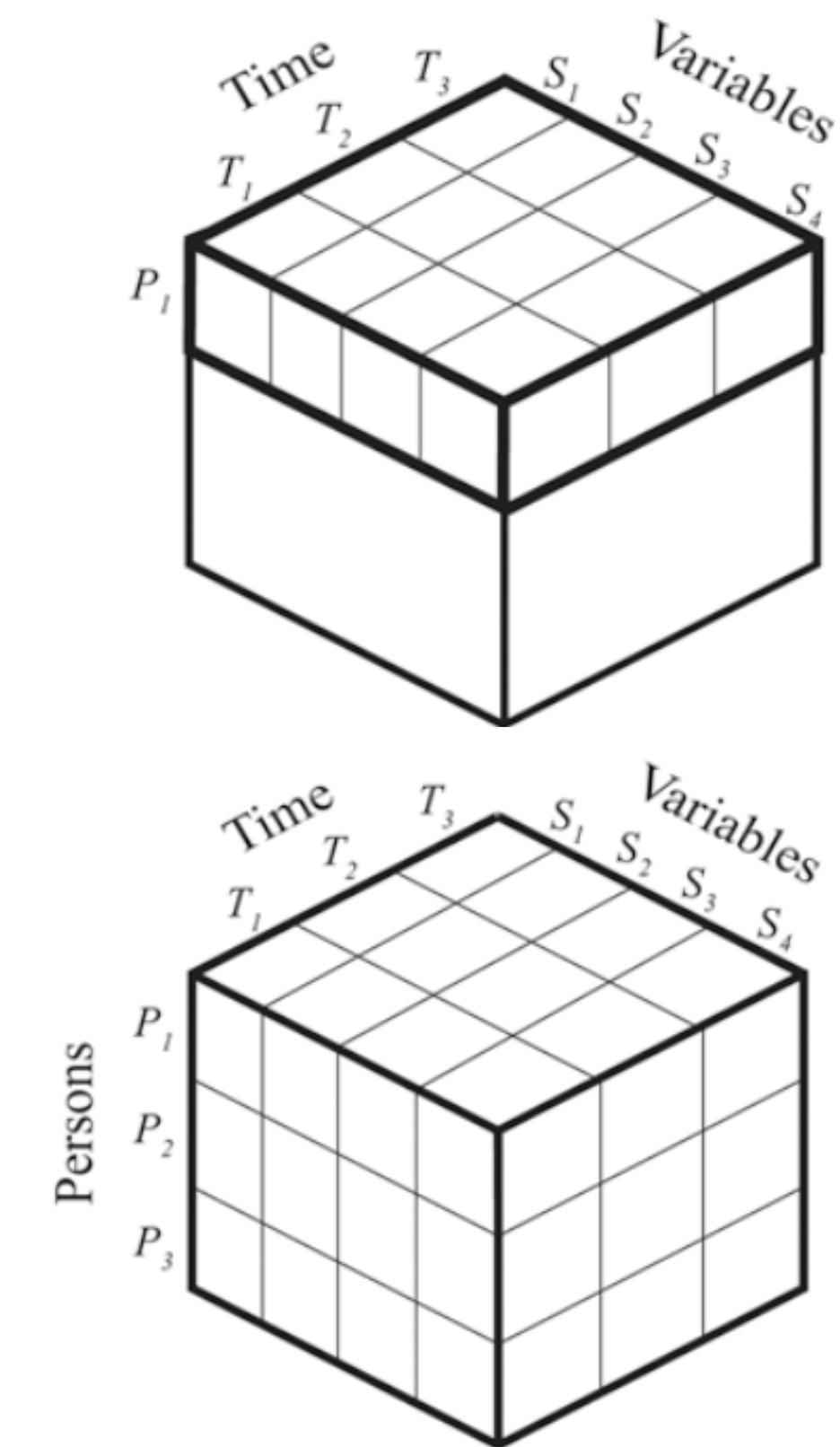
cross-sectional data  
( $N = \text{large}$ ,  $T = 1$ )



panel data  
( $N >> T$ )



time series data  
( $N > 1$ ,  $T = \text{large}$ )



# Statistical procedures

cross-sectional data  
( $N = \text{large}$ ,  $T = 1$ )

- Ising model
  - College 3
- Gaussian Graphical Model (GGM)
  - College 3
- Mixed Graphical Model (MGM)
  - See online tutorials and symposium

panel data  
( $N >> 1$ )

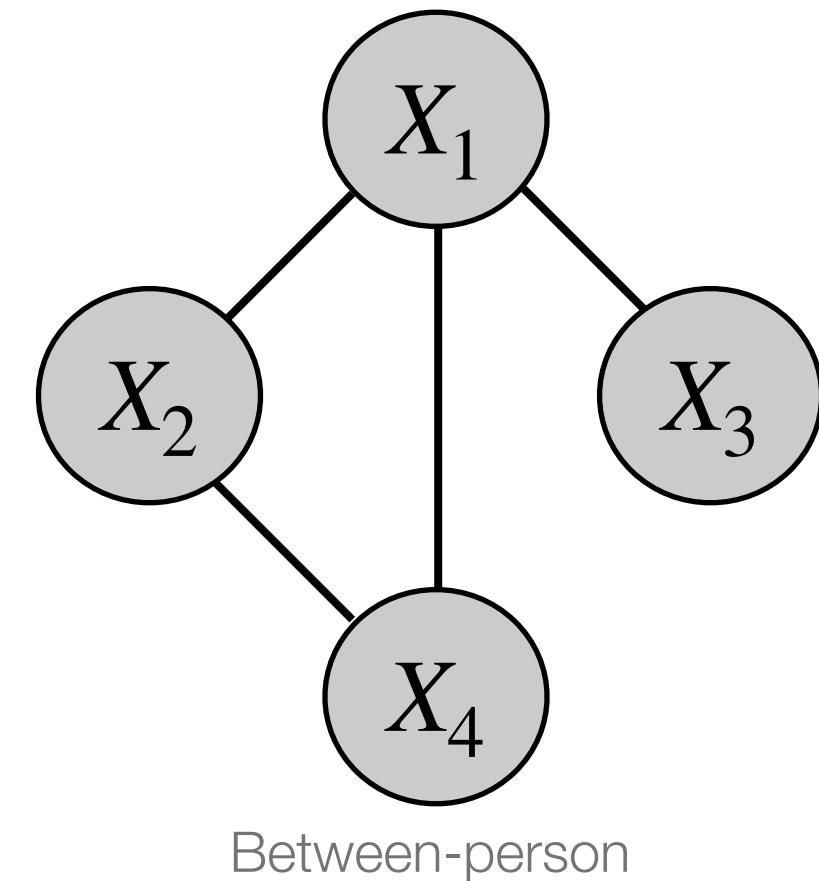
- Multilevel graphical Vector Autoregression (VAR)
  - College 4

time series data  
( $N > 1$ ,  $T = \text{large}$ )

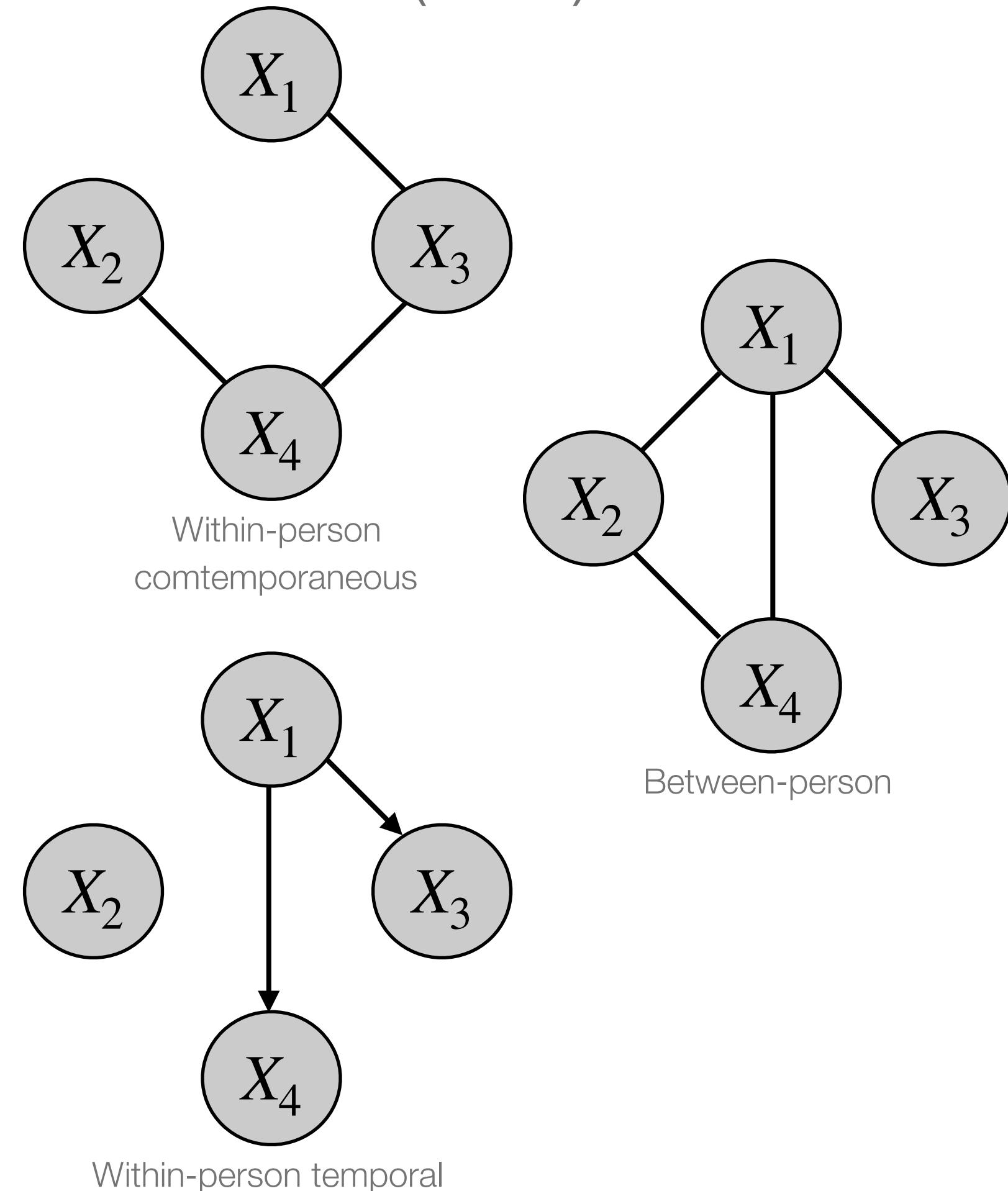
- Graphical Vector autoregression
  - College 4
- Multilevel graphical Vector Autoregression (VAR)
  - College 4

# Network types

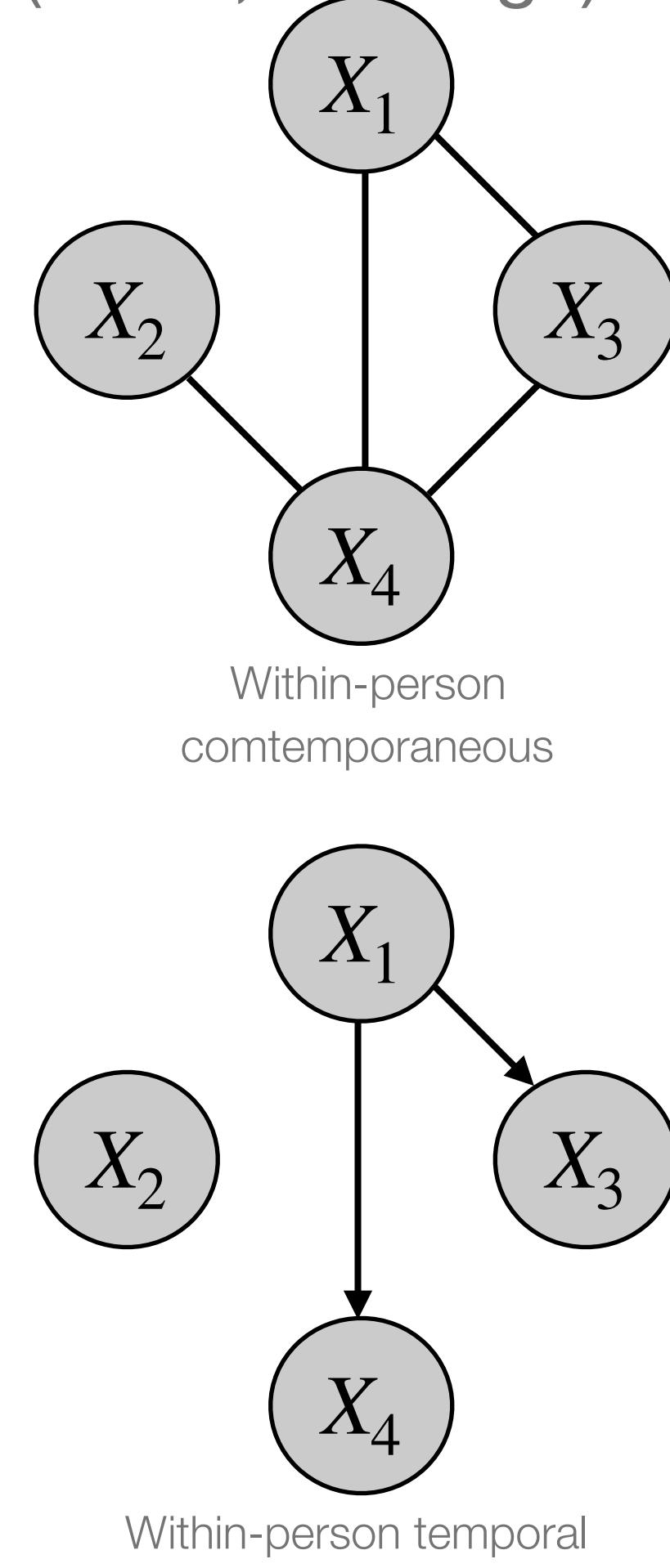
cross-sectional data  
( $N = \text{large}$ ,  $T = 1$ )



panel data  
( $N >> 1$ )

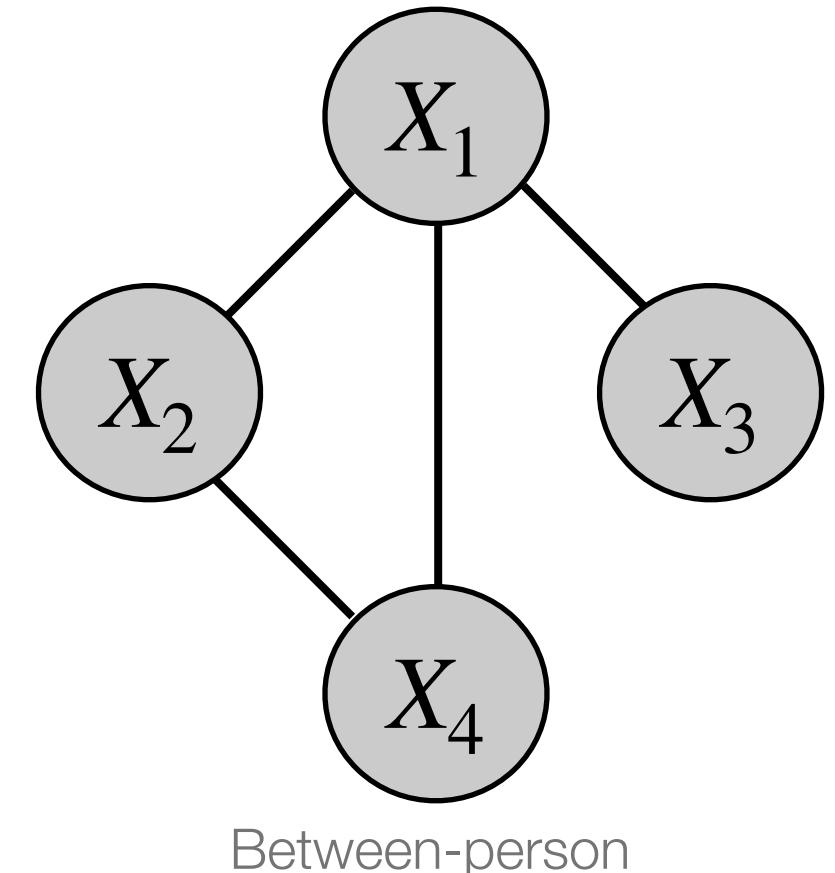


time series data  
( $N = 1$ ,  $T = \text{large}$ )

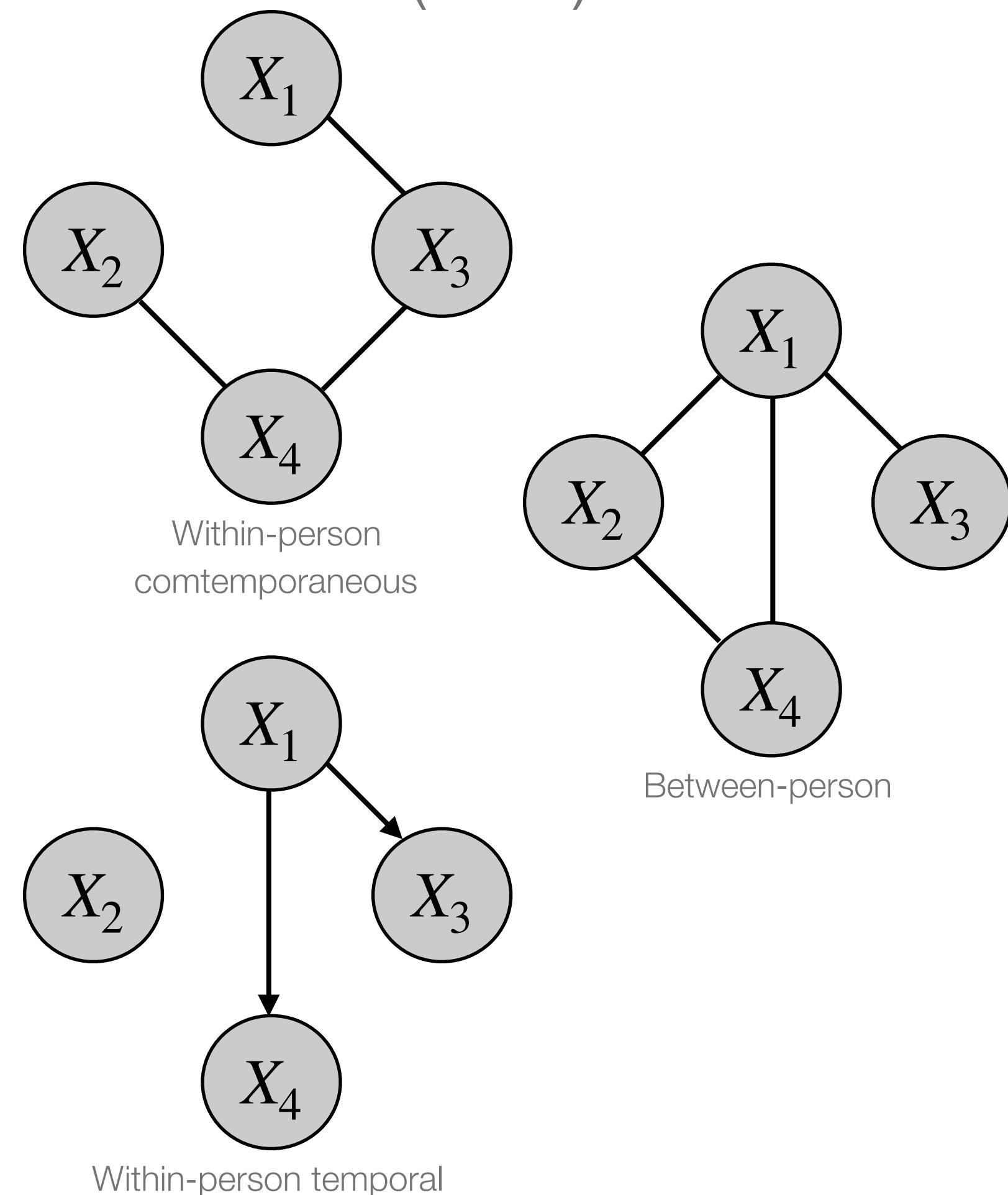


# Network types

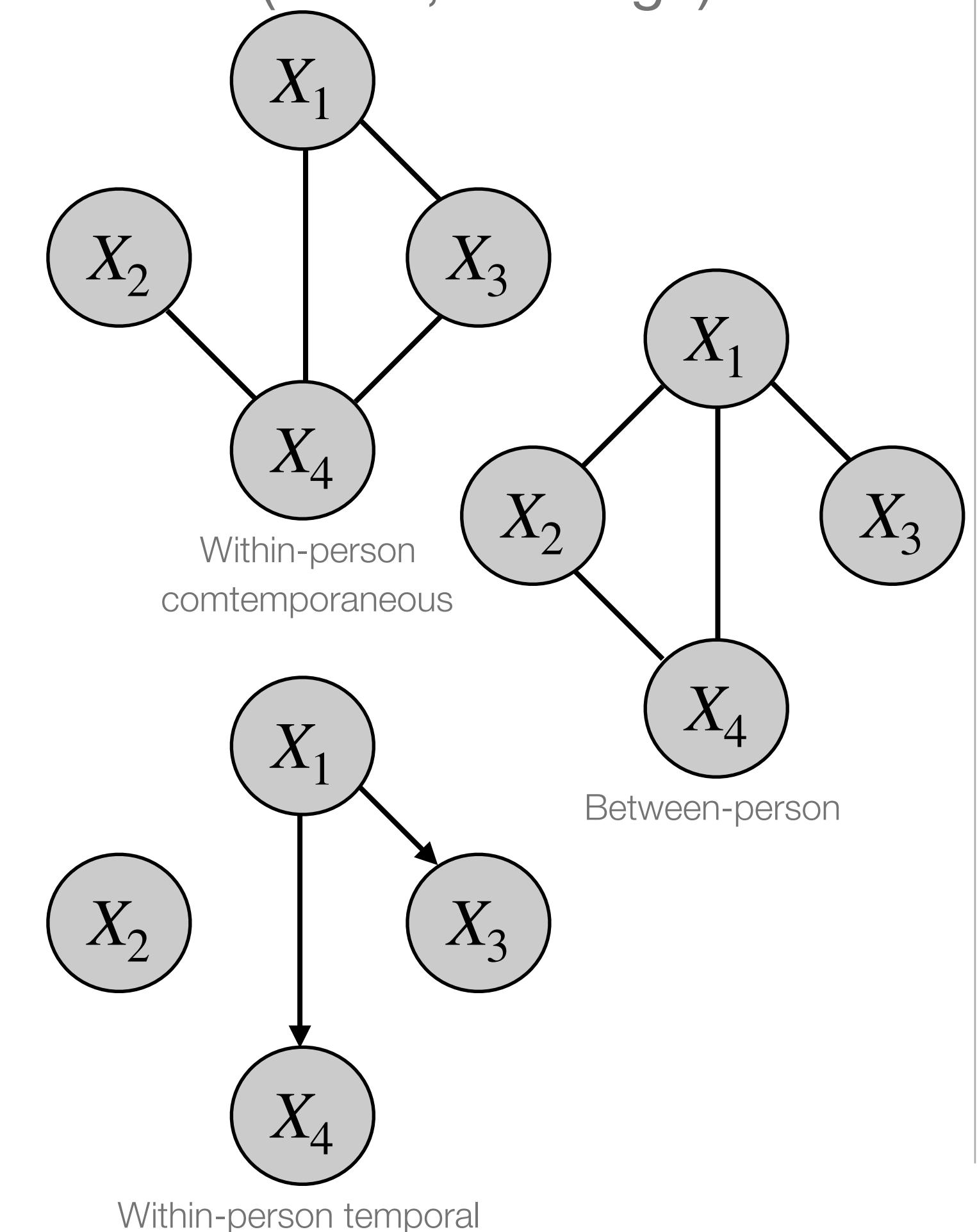
cross-sectional data  
( $N = \text{large}$ ,  $T = 1$ )



panel data  
( $N >> 1$ )



time series data  
( $N > 1$ ,  $T = \text{large}$ )



# Network description

## Local network properties

### **RQ: The role of specific nodes in the network**

- Centrality
  - Direct connectivity
    - node degree, node strength, one-step expected influence
  - Indirect connectivity
    - closeness, betweenness, two-step expected influence
  - Bridge centrality
    - Strength, bridge expected influence, closeness, betweenness
- Clustering

## Global network properties

### **RQ: The role of the whole network structure**

- Degree distributions
- Connectivity
  - Density/sparsity of a network
- Clustering
  - Global clustering coefficient, transitivity
- Community detection

# Cross-sectional network techniques — Ising model

- RQ1: How are individual depression symptoms related?
- RQ2: Which symptoms are important in the depression network?
- Data:
  - N = 1108
  - Binary data on 27 items from the Inventory of depressive Symptomatology
- Network model:
  - Ising model
- Network description:
  - Community structure
  - node strength, betweenness, local clustering
- Inference:
  - Most cognitive depressive symptoms cluster together and these symptoms are high on at least two out of three centrality measures

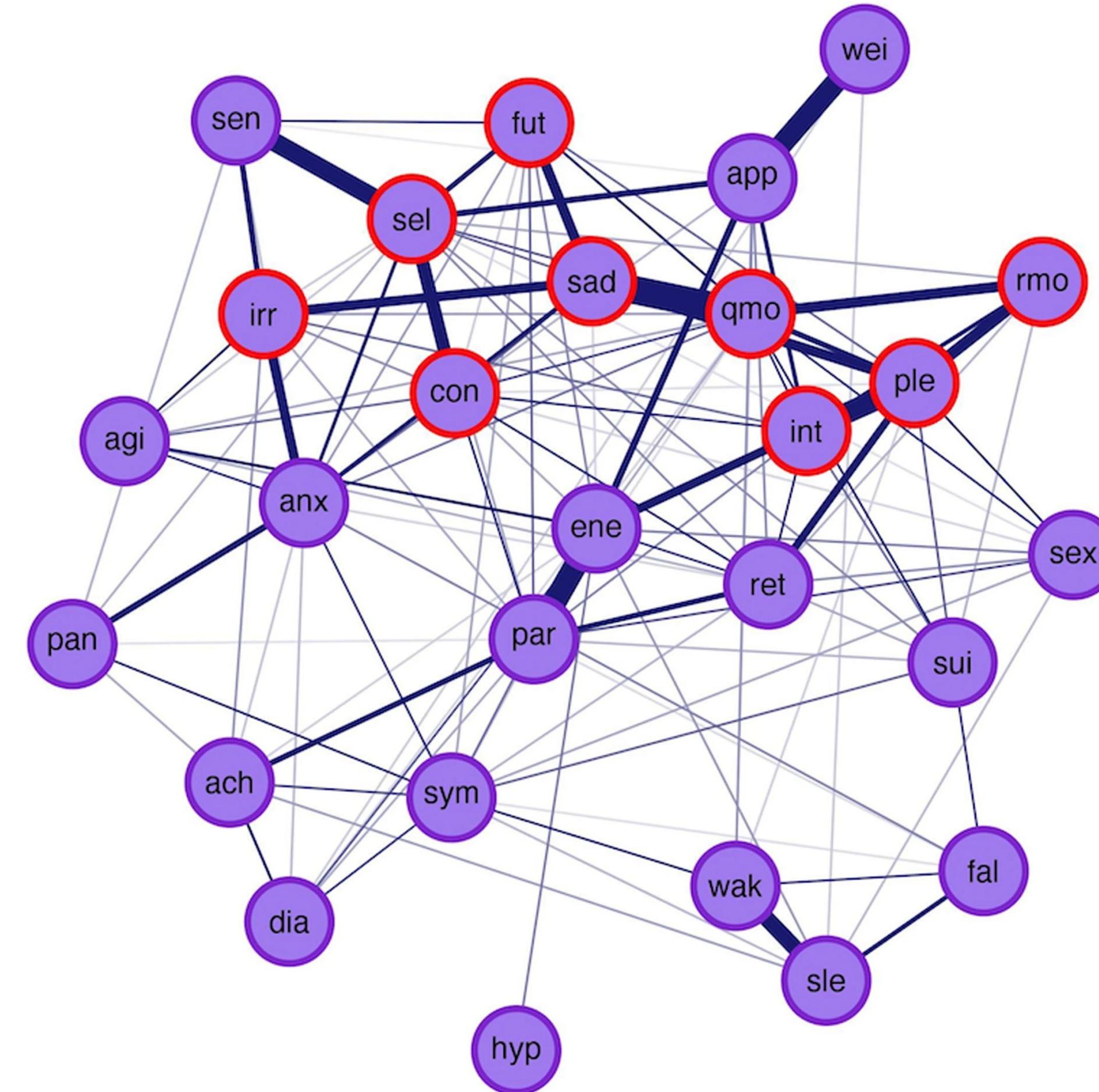


Figure 3 in Van Borkulo, C. D., Borsboom, D., Epskamp, S., Blanken, T. F., Boschloo, L., Schoevers, R. A., & Waldorp, L. J. (2014). A new method for constructing networks from binary data. *Scientific reports*, 4(1), 1-10.

ach: aches and pains  
agi: psychomotor agitation  
anx: feeling anxious  
app: change of appetite  
con: concentration problems  
dia: diarrhea/constipation  
ene: energy level  
fal: falling asleep  
fut: view of myself  
hyp: hypersomnia  
int: general interest  
irr: feeling irritable  
pan: panic/phobic symptoms  
par: leaden paralysis  
ple: capacity for pleasure (not sex)  
qmo: quality of mood  
ret: psychomotor retardation  
rmo: respons of mood  
sad: feeling sad  
sel: view of oneself  
sen: interpersonal sensitivity  
sex: interest in sex  
sle: sleep during the night  
sui: suicidal thoughts  
sym: other bodily symptoms  
wak: waking up too early  
wei: change of weight

# Cross-sectional network techniques — GGM

- RQ1: Identify pathways that may be involved in the relationship between childhood trauma and psychosis
- Data:
  - N = 552
  - Symptoms of psychosis, general psychopathology and childhood trauma
- Network model:
  - Gaussian Graphical Model
- Network description:
  - Node strength, betweenness and closeness
  - Inspected shortest paths between trauma scale and the positive and negative symptoms of the PANSS
- Network inference:
  - Childhood trauma subscales are not directly associated with any positive or negative symptoms, only via general psychopathology symptoms, i.e., general psychopathology could function as a mediator

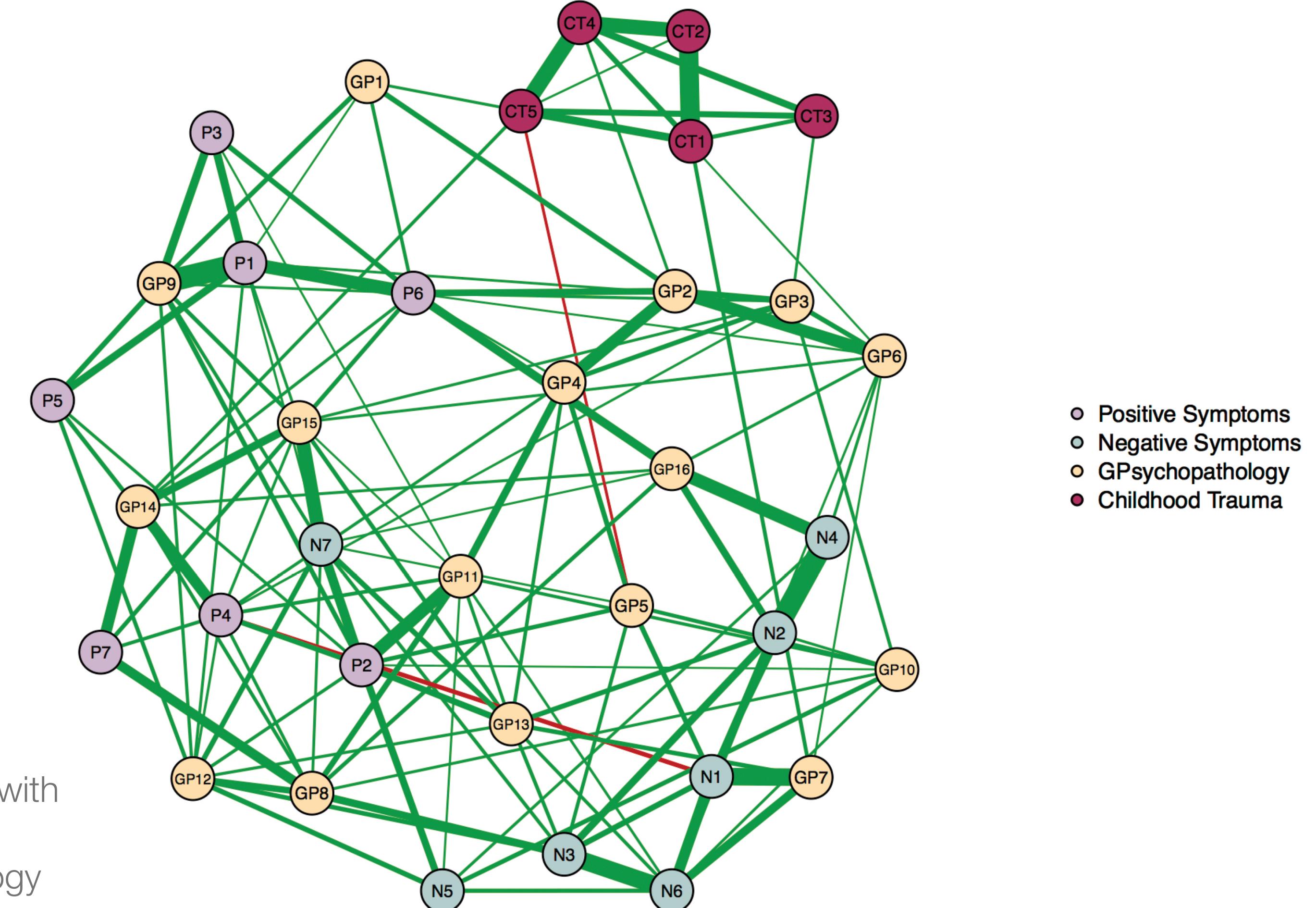


Figure 1 in Isvoranu, A. M., van Borkulo, C. D., Boyette, L. L., Wigman, J. T., Vinkers, C. H., Borsboom, D., & Group Investigators. (2017). A network approach to psychosis: pathways between childhood trauma and psychotic symptoms. *Schizophrenia bulletin*, 43(1), 187-196.

# Cross-sectional network techniques — MGM

- RQ1: What is the sequential development and order of CBT-induced effects on symptoms of insomnia and depression throughout the course of treatment?
- Data:
  - N = 104
  - Symptoms of insomnia and depression
- Network model:
  - MGM for each week of treatment combined with Network Intervention Analysis (NIA)
- Network description:
  - Influence of treatment variable
- Network inference:
  - Treatment had a primary effect on insomnia symptoms. Sequential development indicated that treatment first improved sleep problems and later on dissatisfaction with sleep

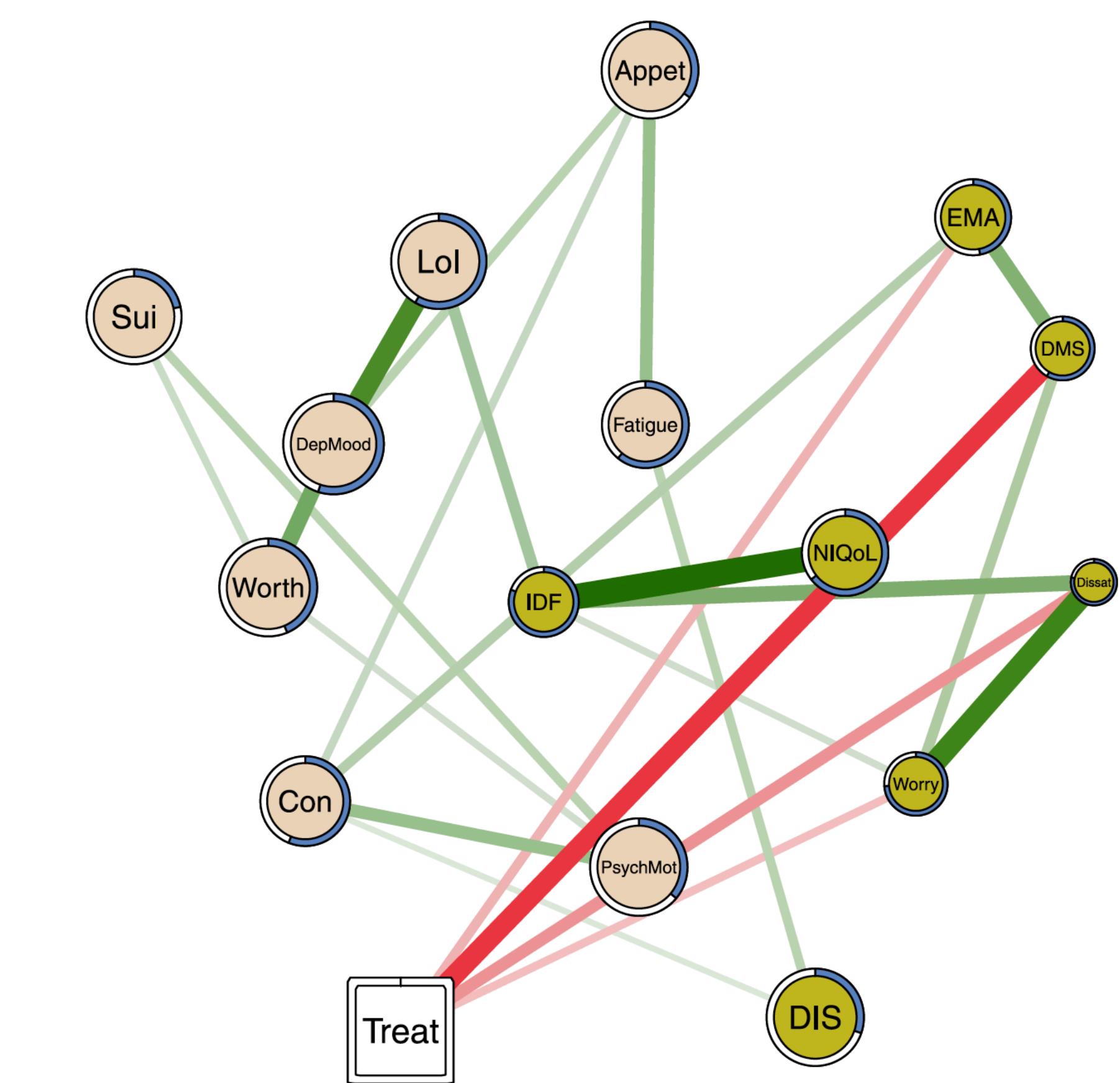


Figure 1 in Blanken, T. F., Van Der Zwaerde, T., Van Straten, A., Van Someren, E. J., Borsboom, D., & Lancee, J. (2019). Introducing network intervention analysis to investigate sequential, symptom-specific treatment effects: a demonstration in co-occurring insomnia and depression. *Psychotherapy and Psychosomatics*, 88(1), 52-54.

# Time series network techniques — GVAR for panel data

- RQ: Evaluate the interconnections between work-related psychosocial risks and resources over 12 years
- Data:
  - N = 10.892 at baseline
  - T = 4 (spanning 12 years)
  - Psychosocial measures such as: job demands, team climate, job control
- Network model:
  - Panel VAR
- Network description:
  - Strength centrality
- Network inference:
  - Psychosocial factors show a clear pattern of clustering. Team climate and procedural and interactional justice were the most connected factors with other psychosocial factors.

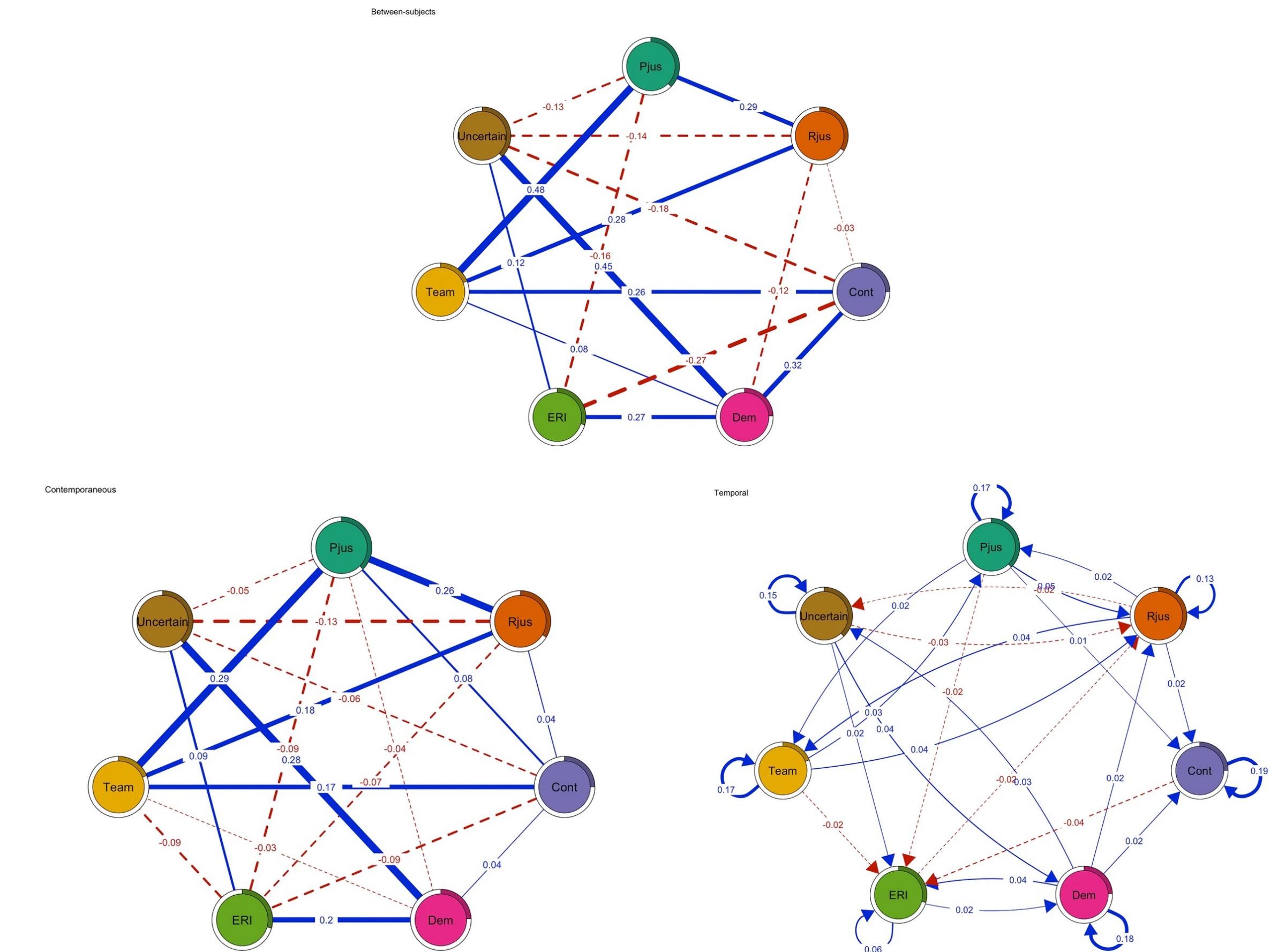


Figure 3, 4, and 5 in Elovainio, M., Hakulinen, C., Komulainen, K., Kivimäki, M., Virtanen, M., Ervasti, J., & Oksanen, T. (2022). Psychosocial work environment as a dynamic network: a multi-wave cohort study. *Scientific reports*, 12(1), 1-11.

# Time series network techniques — GVAR

- RQ 1: How do Eating Disorder (ED) symptoms in one person relate to other ED symptoms accounting for all other symptoms?
- RQ2: How do ED symptoms in one person differ from ED symptoms in another person with the same diagnoses?
- Data:
  - N = 200 (for individual networks)
  - T = 48
  - ED symptoms
- Network model:
  - Graphical VAR
- Network description:
  - Strength centrality
- Network inference:
  - While symptom connections vary greatly in individual networks, the most common symptoms that provide input to predict other symptoms were cognition focused such as fear of weight gain, and overvaluation of weight and shape.

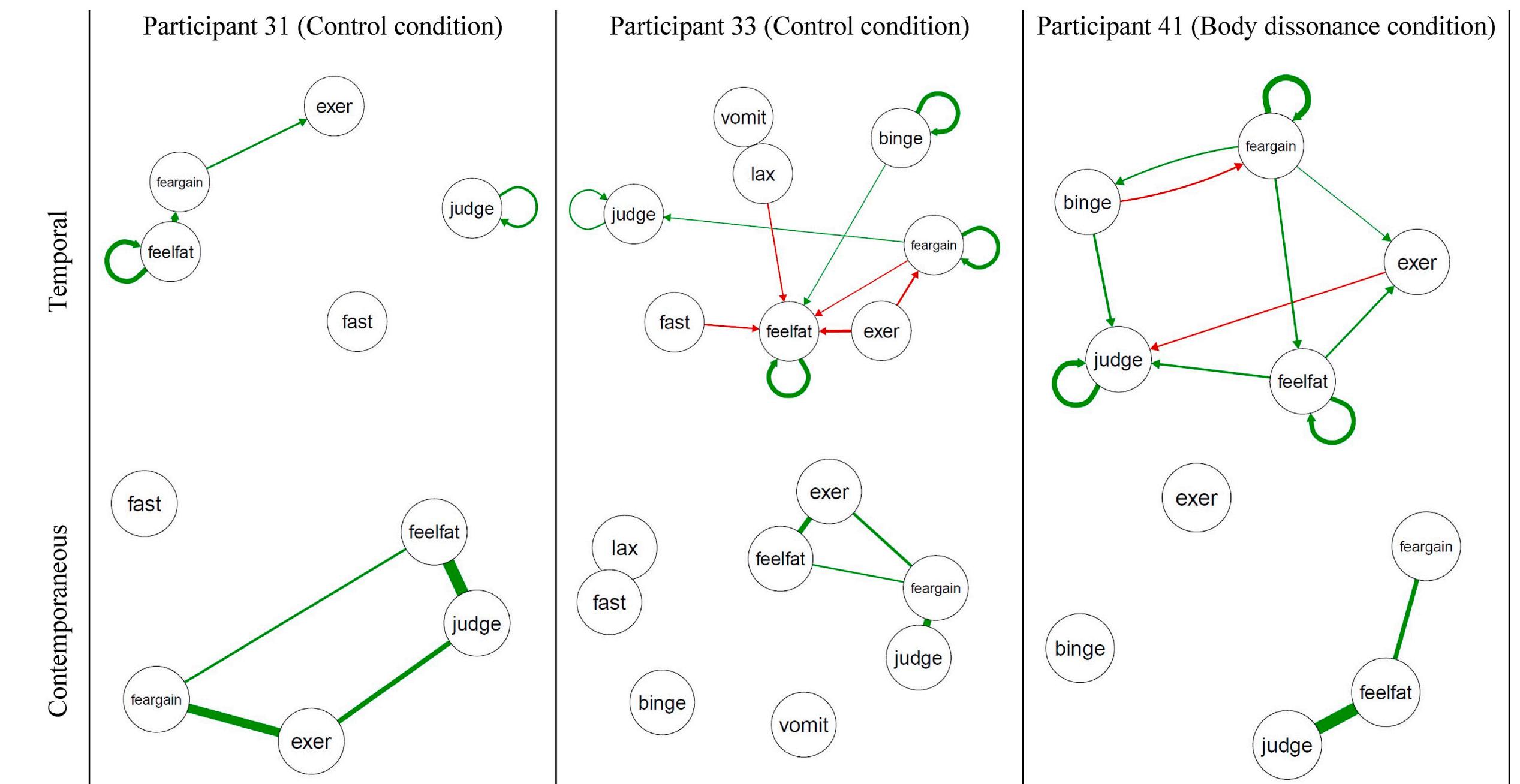
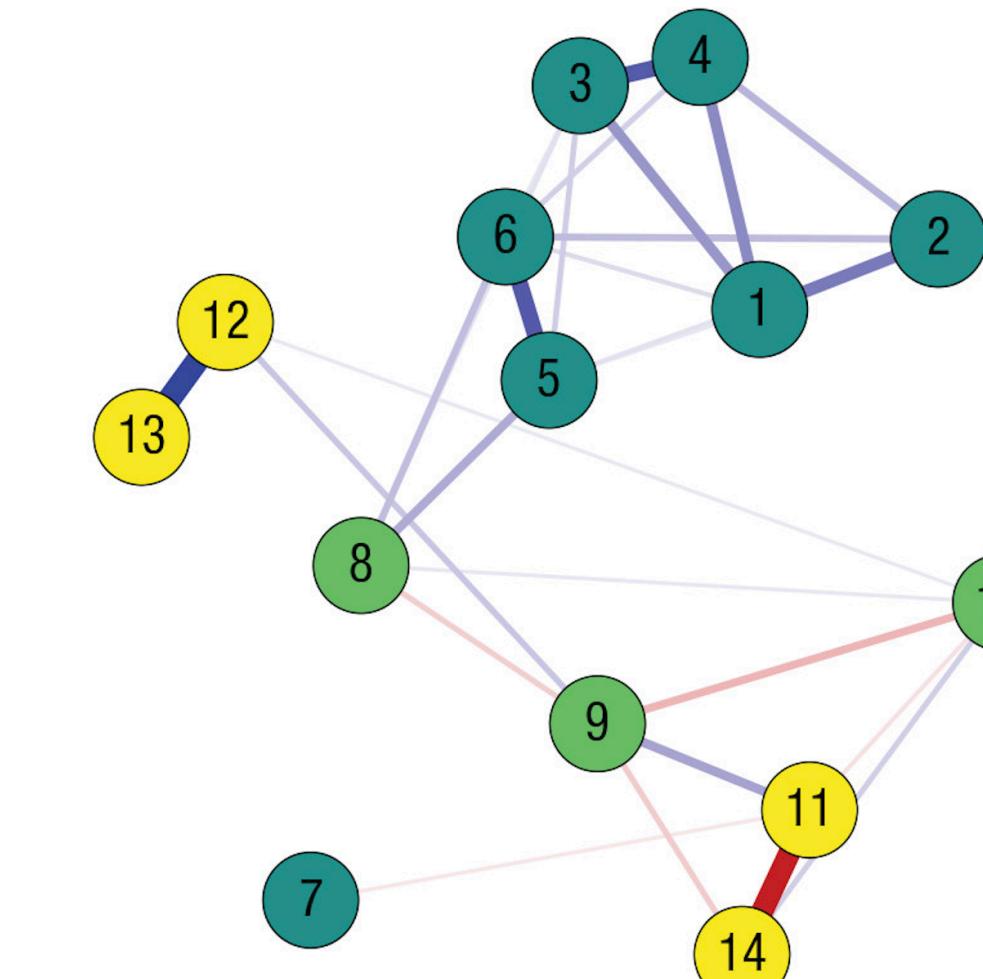


Figure 4 in Levinson, C. A., Vanzhula, I. A., Smith, T. W., & Stice, E. (2020). Group and longitudinal intra-individual networks of eating disorder symptoms in adolescents and young adults at-risk for an eating disorder. *Behaviour research and therapy*, 135, 103731.

# Time series network techniques — mlVAR

- RQ: What are the potential causal relations among mental health and covid-19 concerns (e.g., do COVID-19 concerns lead to higher levels of mental health problems at the next measurement point)?
- Data:
  - $N = 80$
  - $T = 56$
  - Mental health problems, social contact and isolation, and concerns about the COVID-19 pandemic
- Network model:
  - ml VAR
- Network inference:
  - Mental health items were interrelated, and indicated potential vicious cycles: e.g., loneliness was positively related to mental health problems and concerns about COVID-19 predicted mental health outcomes.

Contemporaneous Network



Temporal Network

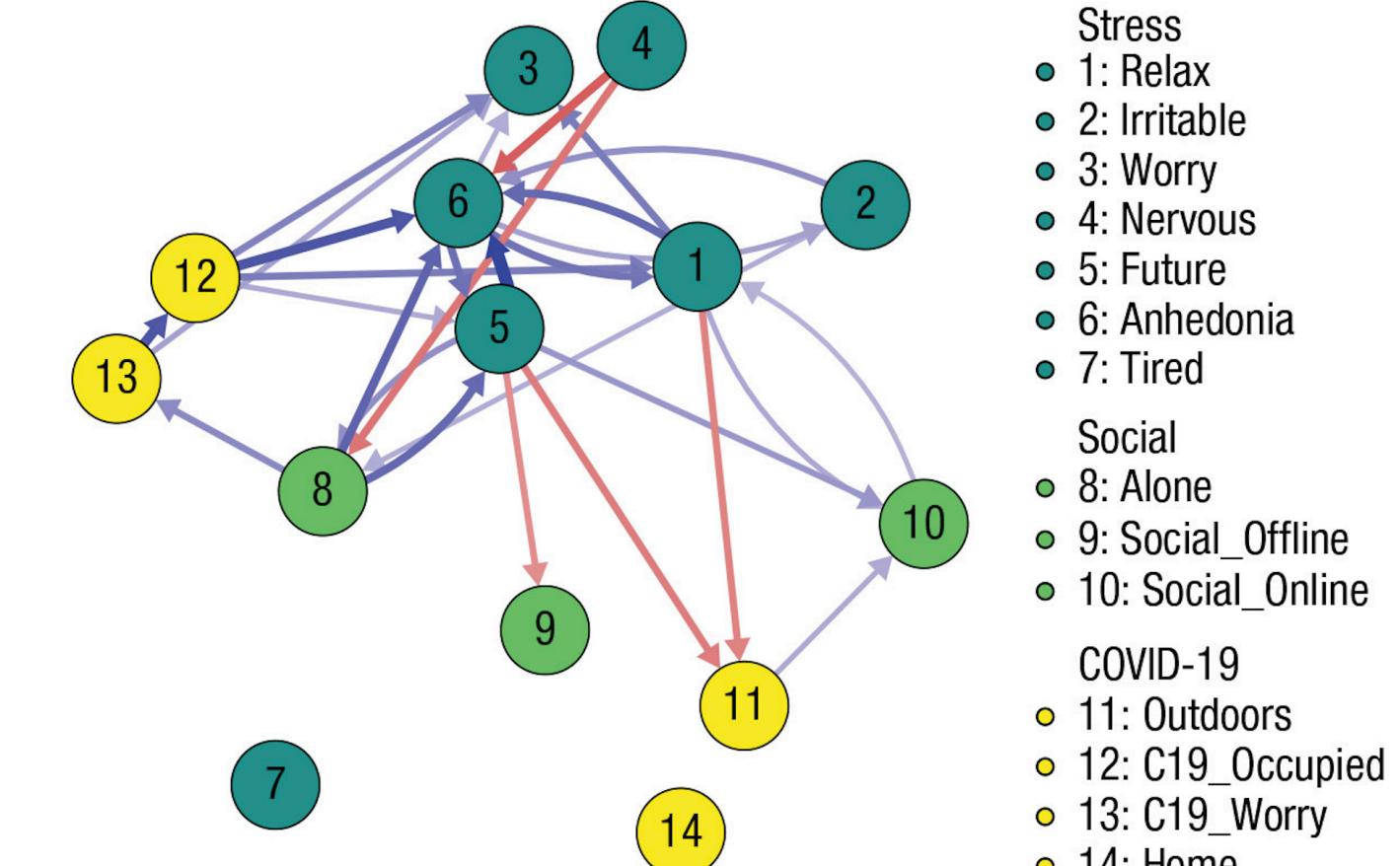
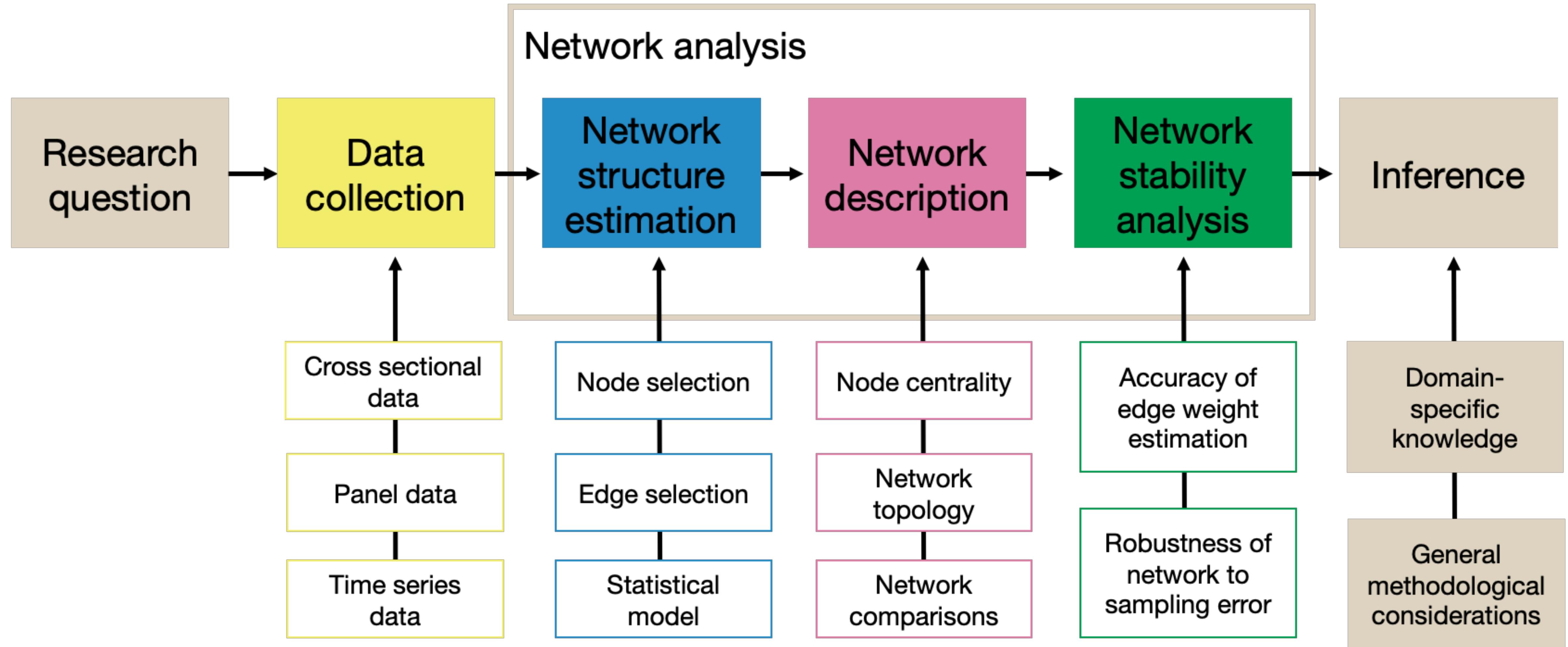


Figure 3 in Fried, E. I., Papanikolaou, F., & Epskamp, S. (2022). Mental health and social contact during the COVID-19 pandemic: an ecological momentary assessment study. *Clinical Psychological Science*, 10(2), 340-354.

# What to expect



# References

---

- Blanken, T. F., Van Der Zweerde, T., Van Straten, A., Van Someren, E. J., Borsboom, D., & Lancee, J. (2019). Introducing network intervention analysis to investigate sequential, symptom-specific treatment effects: a demonstration in co-occurring insomnia and depression. *Psychotherapy and Psychosomatics*, 88(1), 52-54.
- Borsboom, D., Deserno, M. K., Rhemtulla, M., Epskamp, S., Fried, E. I., McNally, R. J., ... & Waldorp, L. J. (2021). Network analysis of multivariate data in psychological science. *Nature Reviews Methods Primers*, 1(1), 1-18.
- Elovinio, M., Hakulinen, C., Komulainen, K., Kivimäki, M., Virtanen, M., Ervasti, J., & Oksanen, T. (2022). Psychosocial work environment as a dynamic network: a multi-wave cohort study. *Scientific reports*, 12(1), 1-11.
- Fried, E. I., Papanikolaou, F., & Epskamp, S. (2022). Mental health and social contact during the COVID-19 pandemic: an ecological momentary assessment study. *Clinical Psychological Science*, 10(2), 340-354.
- Isvoranu, A. M., van Borkulo, C. D., Boyette, L. L., Wigman, J. T., Vinkers, C. H., Borsboom, D., & Group Investigators. (2017). A network approach to psychosis: pathways between childhood trauma and psychotic symptoms. *Schizophrenia bulletin*, 43(1), 187-196.
- Levinson, C. A., Vanzhula, I. A., Smith, T. W., & Stice, E. (2020). Group and longitudinal intra-individual networks of eating disorder symptoms in adolescents and young adults at-risk for an eating disorder. *Behaviour research and therapy*, 135, 103731.
- Robinaugh, D. J., Hoekstra, R. H., Toner, E. R., & Borsboom, D. (2020). The network approach to psychopathology: a review of the literature 2008–2018 and an agenda for future research. *Psychological medicine*, 50(3), 353-366.
- Van Borkulo, C. D., Borsboom, D., Epskamp, S., Blanken, T. F., Boschloo, L., Schoevers, R. A., & Waldorp, L. J. (2014). A new method for constructing networks from binary data. *Scientific reports*, 4(1), 1-10.