
Dr Sonia Boender

Full list of publications, presentations and communications

Summary

- Publications in the field of health sciences, infectious disease epidemiology, public health
- Methodology: qualitative epidemiological analysis (observational research, cohort studies) qualitative and mixed-methods research
- Presentations: scientific conferences, science communication
- Online publication records: [Google Scholar page](#); ORCID [0000-0002-4418-3713](#)
- Peer-review activities: [Publons](#)

Research papers

Published

1. Outbreak of COVID-19 in Germany Resulting from a Single Travel-Associated Primary Case.
Böhmer MM, Buchholz U, Corman VM, Hoch M, Katz K, Marosevic DV, Böhm S, Woudenberg T, Ackermann N, Konrad R, Eberle U, Treis B, Dangel A, Bengs K, Fingerle V, Berger A, Hörmansdorfer S, Ippisch S, Wicklein B, Grahl A, Pörtner K, Muller N, Zeitlmann N, Boender TS, Cai W, Reich A, and an der Heiden M, Rexroth U, Hamouda O, Schneider J, Veith T, Mühlemann B, Wölfel R, Antwerpen M, Walter M, Protzer U, Liebl B, Haas W, Sing A, Drosten C, Zapf A.
Lancet ID 2020. Available at SSRN: <https://ssrn.com/abstract=3551335>
2. Acute hepatitis C infection among adults with HIV in the Netherlands between 2003 and 2016: a capture-recapture analysis for the 2013 to 2016 period.
Boender TS, Op de Coul E, Arends J, Prins M, van der Valk M, van der Meer JTM, van Benthem B, Reiss P, Smit C.
Euro Surveill. 2020 Feb;25(7). doi: 10.2807/1560-7917.ES.2020.25.7.1900450.
3. Effectiveness of transmitted drug resistance testing before initiation of antiretroviral therapy in HIV-positive individuals.
J Acquir Immune Defic Syndr. 2019 Nov 1;82(3):314-320. Doi: 10.1097/QAI.0000000000002135.
Lodi S, Günthard HF, Gill J, Phillips AN, Dunn D, Vu Q, Siemieniuk R, Garcia F, Logan R, Jose S, Bucher HC, Scherrer AU, Reiss P, van Sighem A, Boender TS, Porter K, Gilson R, Paraskevis D, Simeon M, Vourli G, Moreno S, Jarrin I, Sabin C, Hernán MA.
4. Compliance with laboratory monitoring guidelines in outpatient HIV care: a qualitative study in the Netherlands.
Toxopeus DCM, Pell CL, Westrhenen NB, Smit C, Wit FWNM, Ondo P, Reiss P, Boender TS.
AIDS Care. 2019 Jan 2;1-8. doi: 10.1080/09540121.2018.1563280.

5. Previous antiretroviral drug use compromises standard first-line HIV therapy and is mediated through drug-resistance.
Inzaule SC, Kityo CM, Siwale M, Akanmu AS, Wellington M, de Jager M, Ive P, Mandaliya K, Stevens W, Boender TS, Ondo P, Sigaloff KCE, Naniche D, Rinke de Wit TF, Hamers RL.
Sci Rep. 2018 Oct 25;8(1):15751. doi: 10.1038/s41598-018-33538-0
6. AIDS Therapy Evaluation in the Netherlands (ATHENA) national observational HIV cohort: cohort profile.
Boender TS, Smit C, Sighem AV, Bezemer D, Ester CJ, Zaheri S, Wit FWNM, Reiss P; ATHENA national observational HIV cohort.
BMJ Open. 2018 Sep 24;8(9):e022516. doi: 10.1136/bmjopen-2018-022516.
7. Suboptimal immune recovery during antiretroviral therapy with sustained HIV suppression in sub-Saharan Africa.
Kroeze S, Ondo P, Kityo CM, Siwale M, Akanmu S, Wellington M, de Jager M, Ive P, Mandaliya K, Stevens W, Boender TS, de Punder ME, Sigaloff KCE, Reiss P, Wit FWNM, Rinke de Wit TF, Hamers RL.
AIDS. 2018 May 15;32(8):1043-1051. doi: 10.1097/QAD.0000000000001801.
8. Effect of immediate initiation of antiretroviral treatment on the risk of acquired HIV drug resistance.
Lodi S, Günthard HF, Dunn D, Garcia F, Logan R, Jose S, Bucher HC, Scherrer AU, Schneider MP, Egger M, Glass TR, Reiss P, van Sighem A, Boender TS, Phillips AN, Porter K, Hawkins D, Moreno S, Monge S, Paraskevis D, Simeon M, Vourli G, Sabin C, Hernán MA; HIV-CAUSAL Collaboration.
AIDS. 2018 Jan 28;32(3):327-335. doi: 10.1097/QAD.0000000000001692.
9. Pretreatment HIV drug resistance results in virological failure and accumulation of additional resistance mutations in Ugandan children.
Kityo C* & Boerma RS*, Sigaloff KCE, Kaudha E, Calis JCJ, Musiime V, Balinda S, Nakanjako R, Boender TS, Mugenyi PN, Rinke de Wit TF. [*Authors contributed equally to the work].
J Antimicrob Chemother. 2017 Sep 1;72(9):2587-2595. doi: 10.1093/jac/dkx188.
10. [Twenty years of combination antiretroviral therapy for HIV infection in the Netherlands: progression and new challenges].[Article in Dutch]
Brinkman K* & Boender TS*, van der Valk M, van Sighem A, Reiss P, Kroon FP, namens het ATHENA observationele HIV cohort. [*Authors contributed equally to the work]
Ned Tijdschr Geneesk. 2017;161(0):D1123.
11. Adherence to antiretroviral therapy for HIV in sub-Saharan Africa and Asia: a comparative analysis of two regional cohorts.
Bijker R, Jiamsakul A, Kityo C, Kiertiburanakul S, Siwale M, Phanuphak P, Akanmu S, Chaiwarith R, Wit FW, Sim BL, Boender TS, Ditangco R, Rinke De Wit TF, Sohn AH, Hamers RL.
J Int AIDS Soc. 2017 Mar 3;20(1):1-10. doi: 10.7448/IAS.20.1.21218.
12. High levels of pre-treatment HIV drug resistance and treatment failure in Nigerian children
Boerma RS* & Boender TS*, Sigaloff KCE; Rinke de Wit TF; Boele van Hensbroek M;

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- Ndembi N; Adeyemo T; Temiye EO; Osibogun A; Ondo, P, Calis JC* & Akanmu AS*
[*Both first and both senior authors contributed equally to the work].
J Int AIDS Soc. 2016 Nov 10;19(1):21140. doi: 10.7448/IAS.19.1.21140.
13. Suboptimal viral suppression rates among HIV-infected children in low- and middle-income countries: a meta-analysis.
Boerma RS, Boender TS, Bussink AP, Calis JC, Bertagnolio S, Rinke de Wit TF, Boele van Hensbroek M, Sigaloff KC.
Clin Infect Dis. 2016 Dec 15;63(12):1645-1654. doi: 10.1093/cid/ciw645
14. Second-line HIV Treatment in Ugandan Children: Favorable Outcomes and No Protease Inhibitor Resistance.
Boerma RS* & Kityo C*, Boender TS, Kaudha E, Kayiwa J, Musiime V, Mukuye A, Kiconco M, Nankya I, Nakatudde L, Mugenyi PN, Boele van Hensbroek M, Rinke de Wit TF, Sigaloff KC & Calis JC. [*Both first and both senior authors contributed equally to the work].
J Trop Pediatr. 2017 Apr 1;63(2):135-143. doi: 10.1093/tropej/fmw062.
15. Protease Inhibitor Resistance in the First 3 Years of Second-Line Antiretroviral Therapy for HIV-1 in Sub-Saharan Africa.
Boender TS, Hamers RL, Ondo P, Wellington M, Chimbete C, Siwale M, Labib Maksimos EE, Balinda SN, Kityo CM, Adeyemo TA, Akanmu AS, Mandaliya K, Botes ME, Stevens W, Rinke de Wit TF, Sigaloff KC.
J Infect Dis. 2016 Sep 15;214(6):873-83. doi: 10.1093/infdis/jiw219. Epub 2016 Jul 11.
16. Accumulation of HIV-1 drug resistance after continued virological failure on first-line ART in adults and children in sub-Saharan Africa.
Boender TS, Kityo CM, Boerma RS, Hamers RL, Ondo P, Wellington M, Siwale M, Nankya I, Kaudha E, Akanmu AS, Botes ME, Steegen K, Calis JC, Rinke de Wit TF, Sigaloff KC.
J Antimicrob Chemother. 2016 Oct;71(10):2918-27. doi: 10.1093/jac/dkw218.
17. HIV Drug Resistance Among Children Initiating First-Line Antiretroviral Treatment in Uganda.
Kityo C, Sigaloff KC, Boender TS, Kaudha E, Kayiwa J, Musiime V, Mukuye A, Kiconco M, Nankya I, Nakatudde-Katumba L, Calis JC, Rinke de Wit TF, Mugenyi PN.
AIDS Res Hum Retroviruses. 2016 Jul;32(7):628-35. doi: 10.1089/AID.2015.0215.
18. Sequencing paediatric antiretroviral therapy in the context of a public health approach.
Boerma RS, Boender TS, van Hensbroek MB, Rinke de Wit TF, Sigaloff KC.
J Int AIDS Soc. 2015 Dec 2;18(Suppl 6):20265. doi: 10.7448/IAS.18.7.20265.
19. Pretreatment HIV drug resistance increases regimen switches in sub-Saharan Africa.
Boender TS, Hoenderboom BM, Sigaloff KC, Hamers RL, Wellington M, Shamu T, Siwale M, Labib Maksimos EE, Nankya I, Kityo CM, Adeyemo TA, Akanmu AS, Mandaliya K, Botes ME, Ondo P, Rinke de Wit TF.
Clin Infect Dis. 2015 Dec 1;61(11):1749-58. doi: 10.1093/cid/civ656.
20. Long-term Virological Outcomes of First-Line Antiretroviral Therapy for HIV-1 in Low- and Middle-Income Countries: A Systematic Review and Meta-analysis.
Boender TS, Sigaloff KC, McMahon JH, Kiertiburanakul S, Jordan MR, Barcarolo J, Ford N,

Rinke de Wit TF, Bertagnolio S.

Clin Infect Dis. 2015 Nov 1;61(9):1453-61. doi: 10.1093/cid/civ556.

21. Research in action: from AIDS to global health to impact. A symposium in recognition of the scientific contributions of Professor Joep Lange.

Boender TS[†], Barré-Sinoussi F, Cooper D, Goosby E, Hankins C, Heidenrijk M, de Jong M, Kazatchkine M, Laoye F, Merson M, Reiss P, Rinke de Wit TF, Rogo K, Schellekens O, Schultsz C, Sigaloff KC, Simon J, Zewdie D.[[†]Primary author. Subsequent authors listed alphabetically]

Antivir Ther. 2015;20(1):101-8. doi: 10.3851/IMP2946.

22. Performance and logistical challenges of alternative HIV-1 virological monitoring options in a clinical setting of Harare, Zimbabwe.

Ondoa P, Shamu T, Bronze M, Wellington M, Boender TS, Manting C, Steegen K, Luethy R, Rinke de Wit T.

Biomed Res Int. 2014;2014:102598. doi: 10.1155/2014/102598.

23. Barriers to Initiation of Pediatric HIV Treatment in Uganda: A Mixed-Method Study.

Boender TS, Sigaloff KC, Kayiwa J, Musiime V, Calis JC, Hamers RL, Nakatudde LK, Khauda E, Mukuye A, Ditai J, Geelen SP, Mugenyi P, Rinke de Wit TF, Kityo C.

AIDS Res Treat. 2012;2012:817506. doi: 10.1155/2012/817506.

Collaboration papers

24. Prevalence and Clinical Outcomes of Poor Immune Response Despite Virologically Suppressive Antiretroviral Therapy Among Children and Adolescents With Human Immunodeficiency Virus in Europe and Thailand: Cohort Study.

European Pregnancy and Paediatric HIV Cohort Collaboration (EPPICC) Study Group in EuroCoord.

Clin Infect Dis. 2020 Jan 16;70(3):404-415. doi: 10.1093/cid/ciz253.

25. First-line HIV treatment failures in non-B subtypes and recombinants: a cross-sectional analysis of multiple populations in Uganda.

Poon AFY, Ndashimye E, Avino M, Gibson R, Kityo C, Kyeyune F, Nankya I, Quiñones-Mateu ME, Arts EJ; The Ugandan Drug Resistance Study Team.

AIDS Res Ther. 2019 Jan 22;16(1):3. doi: 10.1186/s12981-019-0218-2.

26. Clinically relevant thresholds for ultrasensitive HIV drug resistance testing: a multi-country nested case-control study.

Inzaule SC, Hamers RL, Noguera-Julian M, Casadellà M, Parera M, Kityo C, Steegen K, Naniche D, Clotet B, Rinke de Wit TF, Paredes R; PanAfrican Studies to Evaluate Resistance.

Lancet HIV. 2018 Nov;5(11):e638-e646. doi: 10.1016/S2352-3018(18)30177-2. Epub 2018 Sep 30.

27. Gender differences in the use of cardiovascular interventions in HIV-positive persons; the D:A:D Study.

Hatleberg CI, Ryom L, El-Sadr W, Mocroft A, Reiss P, De Wit S, Dabis F, Pradier C, d'Arminio Monforte A, Kovari H, Law M, Lundgren JD, Sabin CA; Data Collection of Adverse Events of Anti-HIV drugs (D:A:D) Study group.

J Int AIDS Soc. 2018 Mar;21(3). doi: 10.1002/jia2.25083.

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28. Management of drug interactions with direct-acting antivirals in Dutch HIV/hepatitis C virus-coinfected patients: adequate but not perfect.
Smolders EJ, Smit C, de Kanter C, Dofferhoff A, Arends JE, Brinkman K, Rijnders B, van der Valk M, Reiss P, Burger DM; ATHENA National HIV Observational Cohort.
HIV Med. 2018 Mar;19(3):216-226. doi: 10.1111/hiv.12570. Epub 2017 Dec 1.
29. High Treatment Uptake in Human Immunodeficiency Virus/Hepatitis C Virus-Coinfected Patients After Unrestricted Access to Direct-Acting Antivirals in the Netherlands.
Boerekamps A, Newsum AM, Smit C, Arends JE, Richter C, Reiss P, Rijnders BJA, Brinkman K, van der Valk M; NVHB-SHM Hepatitis Working Group and the Netherlands ATHENA HIV Observational Cohort.
Clin Infect Dis. 2018 Apr 17;66(9):1352-1359. doi: 10.1093/cid/cix1004.

Preprints/submitted work

30. Patient characteristics rather than choice for dolutegravir or elvitegravir determine the likelihood of cART discontinuation; evidence from the ATHENA national observational HIV cohort study in the Netherlands
Bollen PDJ, Hakkers CS, Boender TS, van Crevel R, Brouwer A, Hoepelman IM, Reiss P, Wit FWNM, Arends JE, Burger DM, on behalf of the ATHENA national observational HIV cohort.
31. The etiology of viremic episodes during antiretroviral therapy in sub-Saharan Africa: HIV drug resistance, non-adherence and low-level viremia.
Inzaule SC, Bertagnolio S, Kityo C, Siwale M, Akanmu S, Wellington M, de Jager M, Iwe P, Mandaliya K, Stevens W, Boender TS, Ondo P, Sigaloff KCE, Rinke de Wit TF, Hamers RL.
32. Risk of Guillain-Barré Syndrome after vaccination against human papillomavirus (HPV): a systematic review & meta-analysis.
Boender TS, Bartmeyer B, Coole L, Wichmann O, Harder T.
Review protocol registered: PROSPERO 2019 CRD42019123533 Available from:
https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42019123533

Other publications

Published

- Robert Koch-Institut: Infektionsepidemiologisches Jahrbuch für 2018, Berlin, 2019, 6.30 Kryptosporidiose; p. 151-154.
- Monitoring Report 2018. Human Immunodeficiency Virus (HIV) Infection in the Netherlands.
van Sighem A.I., Boender T.S., Wit F.W.N.M., Smit C., Matser A., Reiss P.
Amsterdam: Stichting HIV Monitoring, 2018.
 - Chapter 2: Response to combination antiretroviral therapy.
Sonia Boender, Ard van Sighem, Ferdinand Wit, Kees Brinkman, Kees van Nieuwkoop, Anne Wensing, Peter Reiss
- Monitoring Report 2017. Human Immunodeficiency Virus (HIV) Infection in the Netherlands.

van Sighem AI, Boender TS, Wit FWNM, Smit C, Matser A, Reiss P.
Amsterdam: Stichting HIV Monitoring, 2017. Available online at
<http://www.hiv-monitoring.nl>

- Chapter 2: Response to combination antiretroviral therapy.
Sonia Boender, Ard van Sighem, Ferdinand Wit, Kees Brinkman, Kees van Nieuwkoop, Anne Wensing, Peter Reiss
- Chapter 7: Quality of care.
Colette Smit, Jan Prins, Kees Brinkman, Suzanne Geerlings, Frank Kroon, Sonia Boender, Peter Reiss.
- Monitoring Report 2016. Human Immunodeficiency Virus (HIV) Infection in the Netherlands.
van Sighem AI, Boender TS, Wit FWNM, Smit C, Matser A, Reiss P.
Amsterdam: Stichting HIV Monitoring, 2016. Available online at
<http://www.hiv-monitoring.nl>
 - Chapter 2: Response to combination antiretroviral therapy.
Sonia Boender, Ard van Sighem, Ferdinand Wit, Kees Brinkman, Jan Prins, Anne Wensing, Peter Reiss
 - Chapter 7: Quality of care.
Colette Smit, Jan Prins, Kees Brinkman, Suzanne Geerlings, Frank Kroon, Sonia Boender, Peter Reiss
- PhD thesis: Long-term effects of HIV treatment in sub-Saharan Africa: from access to quality.
T.S. Boender.
Supervisors: Prof. dr. T.F. Rinke de Wit & Prof. dr. M. Boele van Hensbroek.
Co-supervisors: Dr. K.C.E. Sigaloff & Dr. J.C.J. Calis.
Date of PhD defense: May 20th, 2016.
Available online at <http://hdl.handle.net/11245/1.530341>

Conference proceedings

Oral presentations

- Risk of Guillain-Barré Syndrome after vaccination against human papillomavirus (HPV): a systematic review. Abstract #2.2.
European Scientific Conference on Applied Infectious Disease Epidemiology (ESCAIDE 2019), 27 November 2020, Stockholm, Sweden.
- Notification and registration of acute hepatitis C infection among HIV-positive adults.
[Presentation in Dutch: Acute hepatitis C bij mensen met hiv: melding & registratie], Annual SOA/HIV Expertmeeting, 22 June 2018, Netherlands National Institute for Public Health and Environment [Rijksinstituut voor Volksgezondheid en Milieu, RIVM], Bilthoven, the Netherlands.
- Accumulation of HIV-1 drug resistance after continued virological failure on first-line antiretroviral therapy in adults and children. Abstract #7.

10th International Workshop on HIV Treatment, Pathogenesis, and Prevention Research in Resource Limited Settings (INTEREST), May 3-6 2016, Yaoundé, Cameroon.

- Protease Inhibitor Resistance at 2nd-Line HIV Treatment Failure in Sub-Saharan Africa. XXV International HIV Drug Resistance Workshop, 21-22 February 2016, Boston: Abstract #38.

Featured in: Global Antiviral Journal Volume 12 Supplement 1.

- Pretreatment HIV Drug Resistance Increases Regimen Switch in Sub-Saharan Africa. Conference on Retroviruses and Opportunistic Infections (CROI) 23-26 February 2015, Seattle: Abstract #118.

Featured in: Olender, S.A. et al., 2015. CROI 2015: Advances in antiretroviral therapy. Top Antivir Med, 23(1), pp.28–45.

- Pretreatment HIV Drug Resistance Increases Regimen Switch in Sub-Saharan Africa. XXIV International HIV Drug Resistance Workshop, 21-22 February 2015, Seattle: Abstract #3.

Featured in: Prevalence of transmitted drug resistance globally: highest in Australia, US and some European countries but between-country differences in all regions. iBase HIV Treatment Bulletin. 24 March 2015.

- Continued virological failure and unnecessary switching of antiretroviral treatment for HIV-1 may occur despite access to viral load monitoring. African Society for Laboratory Medicine (ASLM) Conference 1 December 2014, Cape Town, South Africa.

Poster presentations

- Substantial decline in virological failure after combination antiretroviral treatment (cART) initiation in treatment-naïve HIV-positive adults in the Netherlands from 1996 to 2016. 22nd International AIDS Conference (AIDS 2018), Amsterdam, Netherlands, 23-27 July 2018. Abstract 1405.
- Acute hepatitis C infection among HIV-positive adults in the Netherlands: a capture-recapture analysis of two national databases. 22nd International Workshop on HIV and Hepatitis Observational Databases (IWHOD), Fuengirola, Spain, 22-24 March 2018. Abstract 036.
- Substantial decline in virological failure after combination antiretroviral treatment (cART) initiation in treatment-naïve HIV-positive adults in the Netherlands from 1996 to 2016. 22nd International Workshop on HIV and Hepatitis Observational Databases (IWHOD), Fuengirola, Spain, 22-24 March 2018. Abstract 115.
- Initiation of cART: a nationwide overview of variation between HIV treatment centres in the Netherlands. 9th IAS Conference on HIV Science (IAS), Paris, France, 23-26 July 2017. Abstract #WEPED1415.
- Durability of first-line combination antiretroviral therapy (cART) for HIV in the Netherlands. 21st International Workshop on HIV and Hepatitis Observational Databases (IWHOD), Lisbon, Portugal, 30th March - 1st April 2017. Abstract #110.
- HIV drug resistance after continued virological failure on first line antiretroviral therapy predicts limited role for second-generation non-nucleoside reverse transcriptase

inhibitors in sub-Saharan Africa. 20th International Workshop on HIV Observational Databases (IWHOD) 7-9th April 2016, Budapest, Hungary. Abstract #123.

- Protease Inhibitor Resistance at 2nd-line HIV Treatment Failure in Sub-Saharan Africa. Conference on Retroviruses and Opportunistic Infections (CROI) February 22–25 2016, Boston, MA, USA. Abstract #498.

Featured in: Taylor BS, Olender SA, Tieu HV, Wilkin TJ. CROI 2016: Advances in antiretroviral therapy. *Top Antivir Med* 2016 May-Jun;24(1):59-81.

- Long-term virological outcomes of first-line antiretroviral therapy for HIV-1 in low- and middle-income countries: a systematic review and meta-analysis. Netherlands Conference on HIV Pathogenesis, Epidemiology, Prevention and Treatment (NCHIV) 18 November 2014: Abstract #38.
- Favorable Long-term Outcomes of 2nd-line ART Despite Drug-Resistant HIV-1 in Sub-Saharan Africa. Conference on Retroviruses and Opportunistic Infections (CROI) 3-6 March 2014: Abstract #570.

Featured in: Taylor BS, Shalev N, Wilkin TJ. CROI 2014: Advances in antiretroviral therapy. *Top Antivir Med* 2014 May; 22: 616–31.

Invited talks

Policy meetings

- National Uganda Virus Research Institute Stakeholders' Workshop. Kampala, Uganda. March 11-12th, 2015. Workshop theme: Working together for better HIV laboratory services and improved delivery of prevention and care. Presentation: HIV Drug Resistance in Sub-Saharan Africa response to 1st-line ART.

Featured in newspaper article: New Vision, HIV drug resistance worries experts, March 13, 2015.

- HIV Drug Resistance Technical Working Group, Harare, Zimbabwe. October 29th, 2015. Presentation title: Long-term HIV treatment outcomes: findings from the PASER study, highlights from Zimbabwe.

Guest lectures

Guest/invited lecturer in infectious disease epidemiology, international public health, and HIV and drug resistance, 1-3 lectures/year, since 2013:

- Health Sciences – Public Health & Infectious Diseases (MSc), and Introduction to Health Sciences (1st year BSc) Health Sciences, VU University Amsterdam, the Netherlands.
- Introduction to Public Health, Epidemiology (2nd/3rd year BSc), Amsterdam University College, the Netherlands
- Healthcare Management and Modelling (2nd/3rd year BSc), Industrial Engineering Eindhoven University of Technology, the Netherlands.

Science communication

- HIV Next Gen Workshop, to mobilize 120 passionate students to become the next generation of HIV leaders and change makers (parallel to the AIDS 2018 conference), 23 July 2018.
Session 4: How to limit the spread of the virus.
Presentation and interview, together with Dr Stefano Vella.
- In the week of 22-28 April 2019, I (@SoniaBoender) tweeted for the Dutch rotating curator account for scientists: [@NL_Wetenschap](#)
Blog post: <https://soniaboender.wordpress.com/blog-posts/>