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experience

2021-2023 Postdoctoral Researcher, University of Amsterdam

I focus on two research lines: one around corona-related issues, and another on the complex interplay between insomnia and depression. I am also a member of the Data Science Centre of the University.

2020-2021 Postdoctoral Researcher, Netherlands Institute for Neuroscience and University of Amsterdam

In my first postdoc I was part of two research labs, which gave me a unique position to combine research at the brain and behavioural level. My current research into the complex interplay between insomnia and depression cultivates from this synergy.

2020 Co-founder, Science versus Corona, www.scienceversuscorona.com

Co-founder of the interdisciplinary platform Science versus Corona to unite experts, knowledge, and perspectives in our fight against corona. Project was funded €50,000 by the Netherlands Organisation for Scientific Research (NWO).

2015-2016 Teacher, University of Amsterdam

Teaching practicals to second year psychology students on research methodology and scientific writing.

2013-2015 Methodology Shop Consultant, University of Amsterdam

Providing statistical and methodological advice to students on, among other things, study-design, data analysis (in SPSS and R) and reporting of results.

education

2015-2020 PhD, Netherlands Institute for Neuroscience, *cum laude*

Dissertation "Changing perspectives on insomnia and depression: From symptoms to system", supervised by prof.dr. Eus van Someren and prof.dr. Denny Borsboom.

2013-2015 Research Master in Psychology, University of Amsterdam, *cum laude*

Major in Psychological Methods and Minor in Clinical Psychology. (Average: 8.9/10)

2010-2013 Bachelor in Psychology, University of Amsterdam, *cum laude*

Specialisation in Psychological Methods. (Average: 8.8/10)

extracurricular

2021	Oxford School of Climate Change, Oxford Climate Society (online)
2020	Machine Learning and Data Mining using Python, Maastricht School of Management
2019	Introduction to Dynamical Systems and Chaos, Santa Fe Institute (online) Modeling the Dynamics of Intensive Longitudinal Data, Utrecht University
2018	Lean Six Sigma, Yellow Belt What is Psychometrics?, University of Amsterdam Causal Inference, Erasmus University
2017	Human Connectome Summer School, Utrecht University Statistical Learning, Leiden University Generalized Latent Variable Modeling, Tilburg University

2016	Optimisation and Numerical Methods, KU Leuven, Belgium Sleep and Chronobiology Summer School, The Sleep and Circadian Neuroscience Institute (SCNi), University of Oxford, United Kingdom Statistical Learning, Stanford University (online)
2014	Erasmus Intensive Program on Mathematical Statistics, Sagadi, Estonia

research visits

02/2019	Research visit with Thomas Villemonteix, Department of psychopathology and neuropsychology, Université de Vincennes 8, Paris
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awards, grants, honours

2021	Co-applicant Innovation Grant Personalised Medicine, APH (€28.000): "Linking symptom and brain network structure to understand heterogeneity in treatment response in ADHD" Co-applicant eScience center open call for SSL in Software Performance Optimization (0.33 PYR): "Minds for mobile agents" SURF cooperative grants (EINF-813, EINF-2268) to support the e-infrastructure of our relational MySQL database
2020	Hilbert Kamphuisen prize for best dissertation 2019-2020 awarded by the Dutch Society for Sleep Wake Research PI BIAL Foundation grant (€40.000): "The whole is more than the sum of its parts: Elucidating the link between sleep quality and well-being by integrating cross-modal networks" Co-applicant Innovation Exchange Amsterdam (IXA) proof-of-concept valorisation grant (€99.924)
2018	Runner-up Best Poster Award, 3rd Annual Meeting Amsterdam Public Health Research Institute
2017	IOPS Best Poster Award, Interuniversity Graduate School of Psychometrics and Sociometrics
2016	VU–Van Someren–Fellow (€10.000)

publications

first author

- Blanken TF, Tanis CC, Nauta FH, et al. Promoting physical distancing during COVID-19: A systematic approach to compare behavioral interventions. *Sci Rep* 2021; 11:19463.
- Blanken TF, Bathelt J, Deserno MK, Voge L, Borsboom D, Douw L. Connecting brain and behavior in clinical neuroscience: A network approach. *Neurosci Biobehav Rev* 2021; 130: 81-90.
- Blanken TF, Jansson-Fröjmark M, Sunnhed R, Lancee J. Symptom specific effects of cognitive therapy and behavior therapy for insomnia: A network intervention analysis. *J Consult Clin Psychol* 2021; 89: 364-370.
- Blanken TF, Courbet O, Franc N, et al. Is an irritable ADHD profile traceable using personality dimensions? Replicability, stability, and predictive value over time of data-driven profiles. *Eur Child Adolesc Psychiatry* 2021; 30: 633-645.
- Blanken TF, Borsboom D, Penninx BWJH, Van Someren EJW. Network Outcome Analysis identifies difficulty initiating sleep as primary target for prevention of depression: A six-year prospective study. *Sleep* 2020; 43: zsz288.
- Kocavska D*, Blanken TF*, Van Someren EJW, Rösler L. Sleep during the Covid-19 pandemic: Not one size fits all. *Sleep Med* 2020; 76: 86-88.
- Blanken TF, Benjamins JS, Borsboom D, et al. Robust insomnia disorder subtypes revealed by non-sleep-related traits and life history. *Lancet Psychiatry* 2019; 6: 151-63.
- Blanken TF, Van Someren EJW. Subtyping insomnia disorder – Authors' reply. *Lancet Psychiatry* 2019; 6: 285-86.
- Blanken TF*, Van der Zweerde T*, Van Straten A, et al. Treating co-occurring insomnia and depression symptoms: Introducing Network Intervention Analysis to reveal sequential, symptom-specific effects of online insomnia treatment. *Psychother Psychosom* 2019; 88: 52-54.
- Blanken TF*, Deserno MK*, Dalege J, et al. The role of stabilising and communicating symptoms given overlapping communities in psychopathology networks. *Sci Rep* 2018; 8: 1-8.

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- **Blanken TF***, Dekker K*, Van Someren EJW. How personality profile similarity can improve comparability between assessment formats: an example of the Mini-IPIP and IPIP-NEO-120 in a Dutch community sample. *PsyArXiv* 2018; doi:10.31234/osf.io/pjtgx. [non peer reviewed]
 - Dekker K*, **Blanken TF***, Van Someren EJW. Insomnia and personality – A network approach. *Brain Sci* 2017; 7: 28.

senior author

- Burger J*, Isvoranu A*, [...], **Blanken TF**. Reporting standards for psychological network analyses in cross-sectional data. *Psych Methods* (accepted)
- Tanis CC, Leach NM, [...], **Blanken TF**. Smart Distance Lab's art fair, experimental data on social distancing during the COVID-19 pandemic. *Sci Data* 2021; 8:179.

collaborations

- Dekker MM, **Blanken TF**, Dablander F, et al. Quantifying agent impacts on contact sequences in social interactions. *SI Reports* (accepted)
- Leerssen J, Lakbila-Kamal O, Dekkers LMS, [et al., including **Blanken TF**]. Treating insomnia to prevent depression with therapist-guided digital cognitive, behavioral and chronobiological interventions: A randomized controlled trial. *Psychother Psychosom* (in press).
- Sanders J, Zomer C, Hoekstra R, [et al. including **Blanken TF**]. Verhogen van testdeelname tijdens de pilot grootschalig testen in de gemeente Dronten en de gemeente Bunschoten. Rijksinstituut voor Volksgezondheid en Milieu. doi:10.21945/RIVM-2021-0089. [non peer reviewed]
- Leerssen J, **Blanken TF**, Pozzi E, et al. Brain structural correlates of insomnia severity in 1,053 adults with Major Depressive Disorder: Results from the ENIGMA Major Depressive Disorder Working Group. *Transl Psychiatry* 2020; 10: 425.
- De Mooij S, **Blanken TF**, Grasman RPPP, et al. Dynamics of sleep: Exploring critical transitions and early warning signals. *Comput Meth Prog Bio* 2020; 193: 105448.
- Schmaal L, Pozzi E, Ho T, [et al. including **Blanken TF**]. ENIGMA MDD: Seven years of global neuroimaging studies of Major Depression through worldwide data sharing. *Transl Psychiatry* 2020; 10: 172.
- Leerssen J, Foster-Dingley JC, Lakbila-Kamal O, [et al. including **Blanken TF**]. Internet-guided cognitive, behavioral and chronobiological interventions in depression-prone insomnia subtypes: protocol of a randomized controlled prevention trial. *BMC Psych* 2020; 20:163.
- Te Lindert BHW, **Blanken TF**, Van der Meijden WP, et al. Actigraphic multi-night home-recorded sleep estimates reveal three types of sleep misperception in Insomnia Disorder and good sleepers. *J Sleep Res* 2019; 00: e12937.
- Letina S, **Blanken TF**, Deserno MK, Borsboom D. Expanding network analysis tools in psychological networks: Minimal spanning trees, participation coefficients, and motif analysis applied to a network of 26 psychological attributes. *Complexity* 2019; 2019: 9424605.
- Wei Y, **Blanken TF**, Van Someren EJW. Insomnia really hurts: Habitual insomnia increases the acute effect of a bad night's sleep on pain. *Front Psychiatry* 2018; 9: 377.
- Benjamins JS, Migliorati F, Dekker K, [et al. including **Blanken TF**]. Insomnia heterogeneity: Characteristics to consider for data-driven multivariate subtyping. *Sleep Med Rev* 2017; 37: 71-81.
- Hammerschlag AR, Stringer S, De Leeuw CA, [et al. including **Blanken TF**]. Genome-wide association analysis of insomnia identifies novel risk genes and genetic overlap with psychiatric and metabolic traits. *Nat Genet* 2017; doi.org/10.1038/ng.3888.
- Kryptos A-M, **Blanken TF**, Arnaudova I, et al. A primer on Bayesian analysis for experimental psychopathologists. *J Exp Psychopathol* 2017; 8: 140-57.
- Wei Y, Colombo MA, Ramautar JR, [et al. including **Blanken TF**]. Sleep stage transition dynamics reveal specific stage 2 vulnerability in insomnia. *Sleep* 2017; 40: doi.org/10.1093/sleep/zsx117.
- Van Borkulo CD, Borsboom D, Epskamp S, [et al. including **Blanken TF**]. A new method for constructing networks from binary data. *Sci Rep* 2014; 4: 1–10.

submitted

- Lunansky G, Hoekstra RHA, **Blanken TF**. Disentangling dynamic affect trajectories for distinct depression courses during the COVID-19 pandemic. (under review)
- Lancee J, Harvey AG, [...], **Blanken TF**. Network Intervention Analyses of cognitive therapy and behavior therapy for insomnia: process measures and symptom specific effects. (under review)
- Tanis CC, Nauta FH, [...], **Blanken TF**. Practical behavioural solutions to COVID-19: Changing the role of behavioural science in crises. (under review)

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- Dablander F*, **Blanken TF***, Tanis CC*, et al. A multidisciplinary perspective on COVID-19 exit strategies. (under review)
 - Chattraitrai T, **Blanken TF**, Lobbezoo F, et al. A network analysis of self-reported sleep bruxism in the Netherlands Sleep Registry: its associations with insomnia and several demographic, psychological, and life-style factors. (revision under review)
 - De Feijter M, Kocescvka D, **Blanken TF**, et al. The network of psychosocial health in middle-aged and older adults during the first COVID-19 lockdown. (under review)
 - Borsboom D, **Blanken TF**, Dablander F, et al. The lightning of the BECONs: A behavioural data science approach to tracking interventions in COVID-19 research. (under review)
 - Lakbila-Kamal O, Leerssen J, Reesen JE, [et al., including **Blanken TF**]. Preventing depression by treating insomnia.
- * shared first authorship

book chapters

first/senior author

- **Blanken TF**, Isvoranu AM, Epskamp E. Estimating network structures using model selection. In Isvoranu AM, Epskamp S, Waldorp LJ, Borsboom D (Eds.) *Network Psychometrics with R: A guide for behavioral and social scientists*. Routledge, Taylor & Francis Group. (In press).
- Deserno MK, Isvoranu AM, Epskamp E, **Blanken TF**. Descriptive analysis of network structures. In Isvoranu AM, Epskamp S, Waldorp LJ, Borsboom D (Eds.) *Network Psychometrics with R: A guide for behavioral and social scientists*. Routledge, Taylor & Francis Group. (In press).

presentations

invited (symposium) presentations

"Changing perspectives on insomnia and depression: From symptoms to system". Invited keynote presentation at the New Science of Mental Disorders network meeting, April 2021.

"An introduction to networks in psychology". Invited workshop for Research Seminar Amsterdam UMC, January 2021.

"Insomnia disorder subtypes and the role of hyperarousal". Symposium presentation at the 25th Congress of the European Sleep Research Society., September 2020, online.

Chair of the "European Insomnia Network session" symposium at the 25th Congress of the European Sleep Research Society, September 2020, online. Presented "Predicting, preventing, and alleviating depression: network analyses point towards the primary importance of insomnia".

"Novel network intervention and outcome analyses point towards the primary role of insomnia in predicting, preventing, and alleviating depression." 32nd APS Annual Convention, May 2020, Chicago, United States of America. [cancelled due to the corona virus]

"Voorspellen, voorkomen en verlichten van depressie: nieuwe netwerk analyses wijzen op het primaire belang van insomnie." Symposium presentation at Slaap 2019, November 2019, Ermelo, The Netherlands.

"Subtyperen van slapeloosheid toegankelijk voor iedereen." Symposium presentation at Slaap 2019, November 2019, Ermelo, The Netherlands.

"Insomnia disorder subtypes derived from life history and traits of personality and affect." Symposium presentation at German Society for Sleep Medicine, November 2019, Hamburg, Germany.

"The link between insomnia and depression: What we can learn from behaviour, brain structure, and treatment of insomnia." (together with Jeanne Leerssen and Jessica Foster-Dingley) Neuroscience Symposium at the Netherlands Institute for Neuroscience, October 2019, Amsterdam, The Netherlands.

"Big data en netwerk interventie analyse onthullen subtypen van slapeloosheid en hoe behandeling op depressieve symptomen aangrijpt." Symposium presentation at NVvP voorjaarscongres, April 2019, Maastricht, The Netherlands.

"Overlapping communities in psychopathology networks." Invited presentation at Tamas Vicsek lab at the Department of Biological Physics, Eötvös University Budapest, November 2018, Budapest, Hungary.

"Trait and life history profiles reveal stable insomnia subtypes." Symposium presentation at the 24th Congress of the European Sleep Research Society, September 2018, Basel, Switzerland.

"Het Nederlands slaapregister: Hoe het Nederlands slaapregister het mogelijk maakt om subtypen van slapeloosheid te ontdekken." Slaap 2017, November 2017, Ermelo, The Netherlands.

"Slapeloosheid vanuit een netwerkbenadering: De samenhang tussen dag- en nachtklachten." Symposium presentation at VGCT najaarscongres, November 2017, Veldhoven, The Netherlands.

"Netwerkbenadering van verschillende subtypen onder slapelozen." Symposium presentation at VGCT najaarscongres, November 2017, Veldhoven, The Netherlands.

other presentations

"Insomnia heterogeneity and its link to depression: insights from an observational, prospective, and intervention study." Symposium on 'Insomnia treatment for preventing cardiovascular diseases and mental disorders', October 2019, Hannover, Germany.

"Insomnia heterogeneity and its link to depression: insights from an observational, prospective, and intervention study." Interuniversity Graduate School of Psychometrics and Sociometrics summer conference, June 2019, Utrecht, The Netherlands.

"Introducing Network Intervention Analysis (NIA) to investigate sequential, symptom-specific treatment effects. A demonstration in co-occurring insomnia and depression." European Insomnia Network Meeting, December 2018, Oxford, United Kingdom.

"Insomnia profiles: from heterogeneous insomnia to (more) homogeneous subtypes." Third Wintersymposium on Sleep, Cognition, and Consciousness, March 2017, Kaprun, Austria.

"Insomnia profiles: preliminary results of a latent class cluster analysis." European Insomnia Network Meeting, December 2016, Amsterdam, The Netherlands.

posters

"Network Intervention Analysis. Investigating sequential, symptom-specific treatment effects: A demonstration in co-occurring insomnia and depression" 3rd Annual Meeting of the Amsterdam Public Health Research Institute, November 2018, Amsterdam. Awarded second place of the Best Poster Award.

"Robust Insomnia Disorder subtypes revealed by non-sleep-related traits and life history." NSWO Najaarssymposium, November 2018, VU University, Amsterdam.

"Robust Insomnia Disorder subtypes revealed by non-sleep-related traits and life history." Post presented at the Annual Meeting Amsterdam Neuroscience, October 2018, Amsterdam.

"Insomnia profiles: from heterogeneous insomnia to (more) homogeneous subtypes." Poster presented at the Summer Conference of the Interuniversity Graduate School of Psychometrics and Sociometrics summer conference, June 2017, KU Leuven, Belgium. Awarded the Best Poster Award.

non-scientific

Media coverage on Smart Distance Lab: The Art Fair (August 2020) and Smart Distance Lab: Supermarket (March 2021) via <https://smartdistancelab.nl/in-de-media/>.

"Value track: High tech for people flows" Ministry of Economic Affairs and Climate Policy, European Entrepreneurship Summit (<https://vimeo.com/465440149/e56e7f140a>).

"Smart Distance Lab talks" Felix Meritis, October 16 2020 and Huis Ter Duin, October 28 2020 (<https://smartdistancelab.nl/bevindingen-2/>); Huis Ter Duin, April 20 2021 (<https://www.werktodoor.nl/2021-04-10/>).

"Identification of robust, clinically relevant insomnia subtypes. Interview with Neurology Live, September 2018 via <https://www.neurologylive.com/view/tessa-blanken-msc-identification-of-robust-clinically-relevant-insomnia-subtypes>

teaching, memberships, service

workshop

Co-organizer and lecturer of the two-day workshop "Networks in psychology", February 2020, Belfast, Northern-Ireland. (18 persons)

Co-organizer and lecturer of the two-day workshop "Network analysis for psychology using R", December 2019, Trondheim, Norway. (12 persons)

lectures

"Network approaches to psychopathology: An overview." Lecture within the Master Brain and Cognitive Sciences course "Milestones, Promises, and Pitfalls", September 2021. (±60 students)

"Big behavioural data." Lecture within the first-year bachelor Psychology course "Behavioural data science", together with Charlotte Tanis, June 2021. (±500 students)

"Networks in psychology." Lecture within the second-year bachelor Psychology course "Scientific and statistical reasoning", November 2019. (±200 students)

“Model selection, accuracy, stability & replicability in psychological networks.” Lecture given at the Psychological Networks Amsterdam Winter School, January 2019, 2020; and the Psychological Networks Amsterdam Summer School, June 2019. (±30 participants)

supervision

- 2022 Behavioural Data Science Master thesis of Gigi Vissers and internship of Max Oppenheim; Research Master internship of Emily Campos Sindermann; Psychology Bachelor theses of Franca Ding, Beau Manancourt, Noah Hatakeyama, Magda Matetovici
- 2021 Behavioural Data Science Master theses of Samir van Rijn and Jonne Zijlstra; Cognitive Neurobiology and Clinical Neurophysiology Master internship of Elvira Brands
- 2020 Behavioural Data Science Master internship of Floor Nauta
- 2019 - PhD student Thiprawee Chattratrai “Relation between sleep bruxism and insomnia”
- 2019 Research master theses of Hui-Lin Ong and Izabella Engelmoer
- 2017 Research master thesis Susanne de Mooij (co-supervised with Han van der Maas)

editorial activities, memberships

- 2021 Guest editor *Journal of Behavioral Data Science*
- 2021 Member Social and Behavioural Data Science Center, University of Amsterdam
- 2021 Member Data Science Center, University of Amsterdam
- 2021 Junior staff member Interuniversity graduate school of sociometrics and psychometrics (IOPS)
- 2020 Secretary in the board of The Orange Tree art project

service

- 2021 Accreditation Committee (alumnus) Research Master Psychology, University of Amsterdam
- 2018 Accreditation Committee (PhD student) Netherlands Institute for Neuroscience