

CURRICULUM VITAE

■ Personal information

Name : R.N. (Robin Niels) Kok MSc, BSc
Address :
Telephone :
E-mail : info@robinkok.eu
Date and place of birth :

■ Education

Master's degree in psychology (MSc)

University of Twente, Enschede, the Netherlands (2008 - 2010).

My master's thesis investigated the psychological motivations and personality traits, attitudes and coping styles in members of the general public with long-term benzodiazepine (tranquillizers) use / dependence. This was a pilot investigation for an internet-based intervention for cutting down or quitting benzodiazepine use.

Bachelor's degree in psychology (BSc)

University of Twente, Enschede, the Netherlands (2003 – 2008).

My bachelor's thesis focused on risk perception of new technologies such as UMTS and genetically manipulated food in the general population.

English language and literature (no degree)

Radboud University Nijmegen, Nijmegen, the Netherlands (1999 – 2002).

Did not finish due to a lack of motivation and uncertainty about career opportunities.

■ Relevant working experience

PhD candidate (2010 – current; expected to finish in 2014)

My main occupation at the department of clinical psychology of VU University Amsterdam is researching internet-based guided self-help for phobias in outpatient clinics. This randomised controlled trial assesses the clinical effectiveness and cost-effectiveness of internet-based guided self-help to 212 patients on a waiting list for face-to-face psychotherapy. Doctoral supervisors: prof. dr. Pim Cuijpers, prof. dr. Annemieke van Straten and prof. dr. Aartjan Beekman.

Junior researcher (2009 – 2010)

I co-authored a systematic review at the University of Twente. This systematic review focused on the influence of persuasive design and technological features on adherence and attrition in e-health interventions (see publications). For this review I designed and performed the literature search, article screening and quality checks and reviewed and commented on the drafts and final manuscript.

Visiting fellow at the Australian National University (2013 – current)

In collaboration with prof. dr. Kathy Griffiths I developed a questionnaire to measure stigma surrounding specific phobias, using a novel technique (Amazon MTurk) to obtain a representative sample for validating this questionnaire.

■ Additional positions

Executive committee Dutch ISRII (2011 – current)

The NSRII is the Dutch branch of the International Society for Research on Internet Interventions (ISRII). In collaboration with other members of the committee I take care of general organisational matters such as organising congresses, maintaining the website (www.nsrrii.nl), etc.

Coordinator and lecturer masterclass e-mental-health (2011 – 2014)

Alongside prof. dr. Heleen Riper I developed and lecture a masterclass e-mental health for master's students of clinical psychology. I coordinate the masterclass, decide on the content of lectures together with prof. dr. Riper, and gave a series of lectures and set and marked exams and

assignments.

System administrator / coordinator e-health platform Minddistrict (2011 – 2014)

I help to deploy / implement new interventions for all VU/VU medical centre users, and afterwards resolve issues, answer questions and streamline communications between researchers and the company providing the e-health platform (www.minddistrict.com).

Thesis supervision clinical psychology (2010 – current)

I supervise and guide undergraduate and master's degree students in writing their theses on varying subjects within the domain of (clinical) psychology.

Ad-hoc reviewer (2011 – current)

Ad-hoc peer reviewer for Journal of Medical Internet Research (IF 4.7), Australian and New Zealand Journal of Psychiatry (IF 3.3) Diabetes Research and Clinical Practice (IF 2.7), BMC Psychiatry (IF 2.55), BMC Trial (IF 2.2) and Anxiety, Stress & Coping (IF 2.0).

■ Skills

Language skills

Dutch: native

Engels: active – very good, CEFR C2 (approx. IELTS 8.0-8.5)

German: active – fair

French: passive – fair

Computer skills

Broad experience with software (Microsoft Office, SPSS, STATA, Comprehensive Meta-Analysis, EndNote, etc.), and operating systems (Windows, Linux, Android, iOS and Mac OS X). Skilled in working with literature databases (Pubmed, Scopus, Web of Knowledge, EMBASE, Picarta, etc). Experienced in deploying and maintaining LAMP-servers (Linux-Apache-MySQL-PHP) and deploying and maintaining simple (CMS-based) websites (Joomla, Wordpress etc.)

■ Academic publications

Published:

Kok, R. N., van Straten, A., Beekman, A. T. F., Bosmans, J. E., de Neef, M., & Cuijpers, P. (2012). Effectiveness and cost-effectiveness of web-based treatment for phobic outpatients on a waiting list for psychotherapy: protocol of a randomised controlled trial. *BMC Psychiatry*, 12(1), 131. doi:10.1186/1471-244X-12-131.

Kelders, S. M., **Kok, R. N.**, Ossebaard, H. C., & Van Gemert-Pijnen, J. E. (2012). Persuasive System Design Does Matter: a Systematic Review of Adherence to Web-based Interventions. *Journal of Medical Internet Research*, 14(6), e152. doi:10.2196/jmir.2104

Seekles, W., Cuijpers, P., **Kok, R.**, Beekman, A., van Marwijk, H., & van Straten, A. (2012). Psychological treatment of anxiety in primary care: a meta-analysis. *Psychological medicine*, 1-11. doi:10.1017/S0033291712000670

Accepted for publication:

Cristea, I. A., **Kok, R. N.**, & Cuijpers, P. (2014). The efficacy of cognitive bias modification interventions in anxiety and depression: A meta-analysis. *British Journal of Psychology* (accepted for publication).

Submitted / under (re-) review:

Kok, R. N., Donker, T., Batelaan, N., Beekman, A. T. F., van Straten, A., & Cuijpers, P. (2014). Psychological treatment of specific phobias: a meta-analysis. Under re-review in *Clinical Psychology Review*.

Kok, R. N., van Straten, A., Beekman, A. T. F., de Neef, M., & Cuijpers, P. (2014). Short-term effectiveness of web-based guided self-help for phobic outpatients: results from a randomised controlled trial. Submitted to the *Journal of Medical Internet Research*