

## Dr. Marlou Poppelaars



### Personalia

Born: 28-12-1989 in Ede, The Netherlands  
Email: m.poppelaars@rug.nl

### Skills and Strengths

- ❖ Collaboration
- ❖ Perseverance
- ❖ Creative thinking
- ❖ Organization
- ❖ Writing
- ❖ Presenting

### Software Experience

- ❖ SPSS
- ❖ MPlus
- ❖ Inquisit
- ❖ Qualtrics
- ❖ Photoshop
- ❖ Brightspace

### Organized Lab Activities

- ❖ Lab research discussions
- ❖ Peer supervision
- ❖ Writing buddy system
- ❖ Writing retreat
- ❖ Game nights
- ❖ Symposia and workshops

### Academic and Teaching Experience

- 2022/12 – Present **Postdoctoral Researcher**  
Predicting the Onset of Internalizing Psychopathology, Dr. A. M. Roest, Prof. Dr. P. de Jonge, Department of Developmental Psychology, University of Groningen.
- 2023/01 – Present **Teacher Academic Skills**  
First year course Psychology Bachelor, Small group teaching, University of Groningen.
- 2022/02 – 2022/12 **Teacher Pedagogical and Educational Sciences**  
Third year course Pedagogical Sciences Bachelor Interventions — coordination and course development; Bachelor theses Pedagogical Sciences — Individual supervision; Pre-master thesis Educational Sciences— Small group teaching, Radboud University.
- 2020/09 – 2021/10 **Postdoctoral Researcher**  
ScrollQuest 2.0: Using a behavioural assessment game to distinguish non-, transient and chronic loneliness in young adults, Dr. M. Verhagen, Prof. Dr. I. Granic, Behavioural Science Institute, Radboud University.
- 2014/05 – 2021/07 **Thesis Supervisor**  
Master and Bachelor theses Pedagogical Sciences and first year Research Master project — Individual supervision, Radboud University.
- 2013/09 – 2019/07 **PhD-Student**  
Engaging youth in depression prevention: Testing the effectiveness and appeal of applied and commercial video games, Prof. Dr. A. Lichtwarck-Aschoff, Prof. Dr. I. Granic, Developmental Psychopathology, Behavioural Science Institute, Radboud University.
- 2014/05 – 2016/11 **Guest Lecturer Post-Graduate Training Health Psychologist**  
Anxiety and Mood disorders: Gaming therapy...reality?, Interactive lecture, Radboud Center for Social Sciences.
- 2014/02 – 2014/06 **Teacher Academic Skills 2**  
Second year course Pedagogical Sciences Bachelor, Small group teaching, Radboud University.
- 2012/08 – 2013/08 **Research Project: Second year Research Master**  
A randomized controlled trial comparing school-based (Op Volle Kracht) and computerized (SPARX) depression prevention programs with adolescent girls

- with subclinical depression, Dr. A. Lichtwarck-Aschoff, Prof. Dr. I. Granic, Prof. Dr. R.C.M.E. Engels, A.M. Lobel, MSc, Y.R. Tak, MSc, Developmental Psychopathology, Behavioural Science Institute, Radboud University.
- 2012/09 – 2013/07 **Student Assistant**  
Second year course Psychology Bachelor Development of Pro- and Antisocial Behaviour, course development with Dr. T. A. M. Lansu & Dr. R. Beijers; Research coordination for Dr. Y. R. Tak, Behavioural Science Institute, Radboud University.
- 2011/11 – 2012/06 **Research Project: First year Research Master**  
Video games and short-term behavioural outcomes in children: Emotional sensitivity as a mediator, Dr. M. Zijlmans, Social Development, Behavioural Science Institute, Radboud University.
- 2011/01 – 2011/06 **Test Assistant**  
The effect of 'Language Route' on toddlers' and young children's language development, Dr. L. Druten - Frietman, Expertisecentrum Nederlands.

### Publications

- Fleming, T., Poppelaars, M., & Thabrew, H. (in press). The role of gamification in digital mental health. *World Psychiatry*.
- Weerdmeester, J., Griffioen, N. & Poppelaars, M. Games for wellbeing. In H. Pote, A. Moulton-Perkins, & S. Campbell (Eds), *Digital psychological practice: Delivering therapeutic interventions online*. Open University Press. Manuscript submitted for publication.
- Oud, M., Karyotaki, E., de Winter, L., den Hollander, W., Vermeulen-Smit, E., Stikkelbroek, Y., ... Bodden, D. *Effects of Cognitive Behavioral Therapy (CBT) for youths with a (subclinical) depression: a systematic review and meta-analysis of individual participant data*. Manuscript submitted for publication.
- Bossenbroek, R., Poppelaars, M., Creemers, D., Stikkelbroek, Y., & Lichtwarck-Aschoff, A (2022). Trajectories of symptom change in cognitive-behavioral interventions for adolescent girls with subclinical depression. *Journal of Youth and Adolescence*, 51, 659-672.  
<https://doi.org/10.1007/s10964-022-01578-5>
- Poppelaars, M., Wols, A., Lichtwarck-Aschoff, A., and Granic, I. (2022). *Impact of explicit mental health messages* [Data set]. Radboud Data Repository. <https://doi.org/10.34973/pci8-bp23>
- Poppelaars, M., Tak, Y. R., Lichtwarck-Aschoff, A., Engels, R. C. M. E., Lobel, A., Merry, S. N., Lucassen, M. F. G., & Granic, I. (2022). *RCT indicated depression prevention school-based and computerized* [Data set]. Radboud Data Repository. <https://doi.org/10.34973/j4qn-np63>
- Poppelaars, M. (2021). Engaging youth in depression prevention: Testing the effectiveness and appeal of applied and commercial video games. [Doctoral dissertation, Radboud University]. Radboud Repository. <https://repository.ubn.ru.nl/bitstream/handle/2066/239922/239922.pdf>
- Poppelaars, M., Lichtwarck-Aschoff, A., Otten, R., and Granic, I. (2021). Can a commercial video game prevent depression? Null results and whole sample action mechanisms in a randomized controlled trial. *Frontiers in Psychology*, 11(3674). <https://doi.org/10.3389/fpsyg.2020.575962>
- Poppelaars, M., Lichtwarck-Aschoff, A., Otten, R., & Granic, I. (2020). *Dataset of a randomized controlled depression prevention trial investigating the efficacy of the commercial video game Journey* [Data set]. DANS EASY. <https://doi.org/https://doi.org/10.17026/dans-zhq-2qmc>
- Wols, A., Poppelaars, M., Lichtwarck-Aschoff, A., and Granic, I. (2020). The role of motivation to change and mindsets in a game promoted for mental health. *Entertainment Computing*, 35, 100371. <https://doi.org/10.1016/j.entcom.2020.100371>
- Poppelaars, M., Wols, A., Lichtwarck-Aschoff, A., and Granic, I. (2018). Explicit mental health messaging promotes serious video game selection in youth with elevated mental health symptoms. *Frontiers in Psychology*, 9, 1837. <https://doi.org/10.3389/fpsyg.2018.01837>
- Poppelaars, M., Lichtwarck-Aschoff, A., Kleinjan, M., & Granic, I. (2018). The impact of explicit mental health messages in video games on players' motivation and affect. *Computers in Human*

- Behavior*, 83, 16-23. <https://doi.org/10.1016/j.chb.2018.01.019>
- Poppelaars, M., Tak, Y. R., Lichtwarck-Aschoff, A., Engels, R. C. M. E., Lobel, A., Merry, S. N., Lucassen, M. F. G., & Granic, I. (2016). A randomized controlled trial comparing two cognitive-behavioral programs for adolescent girls with subclinical depression: A school-based program (Op Volle Kracht) and a computerized program (SPARX). *Behaviour Research and Therapy*, 80, 33-42. <https://doi.org/10.1016/j.brat.2016.03.005>
- Granic, I., Lobel, A., Poppelaars, M., & Engels, R. C. M. E. (2015). Videospellen: De positieve effecten. *Kind en Adolescent*, 36(1), 1-22. <http://dx.doi.org/10.1007/s12453-014-0066-8>
- Poppelaars, M., Tak, Y. R., Lichtwarck-Aschoff, A., Engels, R. C. M. E., Lobel, A., Merry, S. N., Lucassen, M. F. G., & Granic, I. (2014). Autonomous and controlled motivation in a randomized controlled trial comparing school-based and computerized depression prevention programs. In Schouten, B., Fedtke, S., Schijven, M., Vosmeer, M. & Gekker, A. (Eds.), *Games for Health 2014* (pp. 125-135). Germany: Springer Fachmedien Wiesbaden. [http://dx.doi.org/10.1007/978-3-658-07141-7\\_17](http://dx.doi.org/10.1007/978-3-658-07141-7_17)

### Selection of Conferences and Seminars

- 2022/06 **European Society for Child and Adolescent Psychiatry Congress**  
Verbal presentation: Appealing to youth with video game based depression prevention
- 2019/06 **Behavioural Science Institute Day 2019**  
Invited speaker: Depression and anxiety in youth: Do we know what we are measuring?
- 2019/02 **International Convention of Psychological Science Biennial Meeting**  
Symposium chair & Verbal presentation – Approaches to internalizing psychopathology: Identifying people at risk and new targets for intervention
- 2018/06 **Grant Writing and Presenting for Funding Committees**  
Participant 2-day course
- 2017/11 **Leiden University SympoCie - Life's a Game**  
Invited speaker: Levelling up mental health interventions: Using video games to create engaging and effective interventions for youth
- 2016/07 **International Summer School in Affective Sciences 2016**  
Participation in summer school with the topic: Emotion, fictions, and virtual worlds
- 2015/12 **Depression Prevention Symposium Trimbos-Institute**  
Workshop: Video games in depression prevention
- 2015/03 **Society for Research in Child Development Biennial Meeting**  
Poster presentations: Comparing school-based and computerized indicated depression prevention programs: A randomized controlled trial & Influence of a mental health introduction on motivation for and experience of video gameplay
- 2014/11 **International Workshop Games for Emotional Health**  
Verbal presentation: Can I play some more? Development of an engaging depression prevention video game for adolescents
- 2014/10 **Games for Mental Health Europe**  
Paper symposium: Bridging clinical science and video games for children's mental health
- 2014/09 **Symposium Youth and Family Research**  
Invited speaker: Attractive interventions: Gaming for mental health
- 2014/09 **Congress of the European Association for Behavioural & Cognitive Therapies**  
Poster presentation and presentation E-Market: Testing a school-based vs. computerized selective depression prevention approach among adolescent girls: A randomized controlled trial

## Education

- 2013 – 2021 PhD in Social Sciences supervised by Dr. I. Granic & Dr. A. Lichtwarck-Aschoff  
Dissertation: *Engaging Youth in Depression Prevention: Testing the Effectiveness and Appeal of Applied and Commercial Video Games*  
Radboud University, Nijmegen, The Netherlands
- 2011 – 2013 MSc, Research Master Behavioural Science, Cum laude  
Radboud University, Nijmegen, The Netherlands
- 2008 - 2011 BSc, Pedagogical Sciences – Family and Behaviour, Cum laude  
Radboud University, Nijmegen, The Netherlands
- 2002 - 2008 Gymnasium, Natuur en Gezondheid, Cum laude  
International Baccalaureate, English Language & Literature — Higher Level  
❖ Final grade 6 which is equivalent to Cambridge English Proficiency level C1  
Marnix College, Ede, The Netherlands

## Awards

- 2016 Exploration Grant Behavioural Science Institute: Building an Interdisciplinary Expert Network ‘Tailorization of Assessment and Interventions Using Interactive Technology’  
€3000,-
- 2014 Best Research Master Thesis, First Prize Winner, Research Master Behavioural Science, Radboud University
- 2012 Best 1st year student 2011-2012, Research Master Behavioural Science, Radboud University

## Professional Service

### *Ad Hoc Reviewer*

WWTF - Vienna Science and Technology Fund (grant), Frontiers in Education, Digital Health, Frontiers in Psychology, International Medical Case Reports, Current Psychology, Internet Research, Psychology Research and Behavior Management

### *Colloquium, Symposium, and Workshop Organisation*

- 2022/11 **“Once more with feeling”: The implications of eudaimonia in video games**  
Colloquium by Nick Bowman (Texas Tech University)
- 2019/02 **Using the arts in knowledge translation**  
Workshop by Katherine Boydell (Black Dog Institute)  
**Making nuggets of research pretty**  
Colloquium by Katherine Boydell (Black Dog Institute)
- 2016/11 **Personalising Psychological Assessment and Interventions Using Interactive Technology**  
Symposium and workshop including e.g. Guillaume Chanel (University of Geneva)
- 2016/04 **Automatic Analysis of Human Behavior Through Facial Expression Dynamics**  
Colloquium by Hamdi Dibeklioglu (Delft University of Technology)

### **Media**

- 2022/01 Interview for AD "Gamen kan depressieve jongeren helpen: ‘Laten hen oefenen met emoties’"
- 2015/03 Position article for Reformatorisch Dagblad "Gamen maakt sociaal en gelukkig"
- 2015/02 Position article for SocialeVraagstukken.nl "Videogames maken jongeren socialer en gelukkiger"