

Health Psychology in: **THE NETHERLANDS**

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1. Health Psychology in the Netherlands

In the Netherlands, the Association for Researchers in Psychology and Health (ARPH) represents Health Psychology at the national level (*See 3. ARPH: Association for Researchers in Psychology and Health*). Health Psychology in the Netherlands is wide spread all over the country, and (research) master programs are available at various Dutch universities.

2. Health psychology in the Netherlands and the EHPS

Health Psychology in the Netherlands is strongly attached to the EHPS, which was founded in the Netherlands in 1986. A first international expert conference on Health Psychology took place in Tilburg that year, and two years later another international meeting on life styles and health was organized in Utrecht (1988). In 2000 the annual EHPS conference, entitled: 'Models of Health and Illness Behaviour', took place in Leiden, and the annual EHPS conference on 'Health Psychology and Society' in 2007 was being organized in Maastricht, the Netherlands. In 1993 a short EHPS training course in health psychology for European postgraduate students which was funded by the EU ERASMUS program, was held in Leiden.

3. ARPH: Association for Researchers in Psychology and Health

The Dutch Association for Researchers in Psychology and Health (ARPH), was founded in April 2011 and aims to stimulate and coordinate the academic study and application of psychological approaches to health and illness. The initiative to start the Association was taken as the Dutch School of Psychology and Health had to stop its' work due to a change in the policy of Dutch Universities. The Network of researchers, which was supported by several universities until then, seem to fell apart. The Association's mission is to stimulate and coordinate the academic study of psychological approaches to health and illness by providing a platform for researchers to exchange knowledge and research initiatives on the study of health promotion, prevention of illness, and rehabilitation, to direct the development of new theoretical and methodological approaches to the study of psychology and health, and to initiate regular meetings between institutes and persons involved in the scientific study of psychology and health. Several board members of the ARPH are a member of the EHPS. In 2017, past ARPH president Prof. dr. Hagendoorn was the chair of the scientific EHPS conference committee.

An annual ARPH conference is being held for ARPH members and other researchers in the field of psychology and health. The official language used at this meeting is English. Three times per year, a newsletter is spread among the members. Link to the ARPH webpage: www.arph.nl. One can also follow ARPH on twitter ([@ARPHhealthpsych](https://twitter.com/ARPHhealthpsych)) and LinkedIn.

Showcase - With support of the ARPH, a group of ARPH members compiled a Health Psychology showcase book entitled: "Werken aan gezondheid: gezondheidspsychologen over hun

beroepspraktijk" (working on health: health psychologist about their professional practice). The showcase presents inspiring portraits of health psychologists who tell how their background in health psychology is of added value to their work in different settings (e.g., policy, private sector, clinical practice). The initiative for the showcase was taken by EHPS and ARPH members Prof. dr. de Ridder, Prof. dr. Ruiter and Prof. dr. Sanderman with the aim of improving the visibility of Health Psychologists in the Netherlands and Belgium.

The showcase is currently only available in Dutch https://www.arph.nl/images/Health-psychology-showcase_Dutch-version.pdf. The Universiteit Twente is preparing an English translation of this showcase.

4. Other psychology associations in the Netherlands

Dutch Social Psychology Association (ASPO): <https://www.sociale-psychologie.nl/>

National Behavioral Medicine Federation (NBMF): www.nbmf.nl

Clinical Health psychology (NIP): <https://www.psynip.nl/en/>

5. Education: Health Psychology master programs

In the Netherlands, the title of psychologist or health psychologist is not officially protected, and thus can be used by anyone who likes to. The title of MA in (health) psychology can only be used by those who officially graduated as such. People who want to work in healthcare as a (clinical/ healthcare) psychologist need additional training in order to obtain the obligatory registration in the Dutch registry of psychologists as a 'NIP register-psychologist', which is protected.

Health psychology master programs are offered by:

University of Leiden

<http://www.mastersinleiden.nl/programmes/health-and-medical-psychology/en/programme>;

<http://www.mastersinleiden.nl/programmes/clinical-and-health-psychology-research/en/introduction>

University of Twente

www.utwente.nl/en/education/master/programmes/psychology/specializations/health-psychology,

Utrecht University

<http://www.uu.nl/masters/en/social-and-health-psychology>

<https://www.uu.nl/masters/en/social-health-and-organisational-psychology>

Maastricht University

<https://www.maastrichtuniversity.nl/education/master/master-psychology-specialisation-health-and-social-psychology>

Open University (OU) (a virtual university, not located in a specific place) of the Netherlands

https://www.ou.nl/-/MAPGZ-2018-2019_Master-Psychology--variant-Gezondheidspsychologie?redirecter=/opleiding-overzicht?categorieen=Master.

Other Psychology, Health Promotion, or related (to Health Psychology) master programs are offered by:

- Erasmus University Rotterdam - <https://www.eur.nl/>
- Maastricht University - <https://www.maastrichtuniversity.nl/nl>
- Open University – <https://www.ou.nl/>
- Radboud University Nijmegen – <https://www.ru.nl/>

- State University Groningen - <https://www.rug.nl/>
- Tilburg University - <https://www.tilburguniversity.edu/nl/>
- University of Amsterdam - www.uva.nl/
- University of Leiden - <https://www.universiteitleiden.nl/>
- University of Twente - <https://www.utwente.nl/>
- Utrecht University - <https://www.uu.nl/>
- Free Universiteit Amsterdam - <https://www.vu.nl/>

6. Past activities in 2019

24 - 25 January 2019 - **ARPH Conference** - The eight annual conference of ARPH took place in Egmond aan Zee . More information about the conference can be found here: <https://www.arph.nl/conference/past-conferences>

24-28 June 2019 – **Summer School – Health Communication and Health Promotion: Theory and Practice** - the annual Summer School on Health Promotion and Health Communication: Theory and Practice will be held in Maastricht at Maastricht University. More information on this and future summerschool courses on this topic can be found on <https://heindevries.eu/summer-university-course>

1-5 July 2019 – **Summer School – Intervention Mapping** - The annual Summer school Intervention Mapping at Maastricht University. The summer course focuses on developing theory-based and evidence-based interventions applied to health promotion and disease prevention. The official language is English. More information on this and future summer intervention mapping summerschool courses can be found on www.interventionmapping.com.

7. Announced activities

30-31 January 2020 - **ARPH Conference** - The ninth ARPH conference will be held in Egmond aan Zee (<http://www.arph.nl/conference/upcoming-conference>).

8 April 2020 - **Dutch Conference Public Health** – Congrescentrum 1931, Den Bosch (<http://www.ncvgz.nl/>)

8. Funding possibilities:

Ongoing - The ARPH co-finances symposia that are being organized by ARPH members

NIAS Netherlands Institute for Advanced Study in the Humanities and Social Sciences
www.nias.knaw.nl

Deadline: There are various fellowships yearly, each with their own deadline.

Dutch-German collaboration: Von Humboldt Stiftung (VHS)

<https://www.nwo.nl/en/funding/our-funding-instruments/nwo/cooperation-germany---von-humboldt-stiftung-vhs/cooperation-germany---von-humboldt-stiftung-vhs.html>

The aim is to stimulate the international collaboration of excellent researchers (professors and leading in their field) by yearly granting two prizes to two excellent Dutch researchers, and to two

excellent German researchers. Dutch excellent researchers can nominate German excellent researchers, German excellent researcher can nominate Dutch excellent researchers.
Deadline: continuous application process

9. Prizes and awards

ARPH Best PhD Thesis Award 2018 is granted to Yvette Meuleman (Leiden University Medical Center) for her thesis entitled: *Disease progression & quality of life in patients with chronic kidney disease*.

ARPH Young Career Award is granted to Kaya Peerdeman (Leiden University).

ARPH Best Poster Presentation Award 2018 is granted to Monique Alblas (University of Amsterdam) for the presentation entitled: *Watching a TV show with food cues and subsequent unhealthy food intake: an eye-tracking study* and Elke Mathijssen (Sint Maartenskliniek) for the presentation entitled: *What treatment outcomes matter to patients with early rheumatoid arthritis?*

ARPH Best oral presentation award is granted to: Valérie Broers (Université de Catholique de Louvain) for the presentation entitled: *Default-name and tasting nudge increase unfamiliar, specific vegetable choice without increasing general vegetable choice*, and Houkje Adema (Wageningen University) for the presentation entitled: *Self-reported overeating of healthy and unhealthy foods: attributions for food intake*.

Dutch Public Health Dissertation Award – Mirjam Pot (TNO; HPV Vaccination) , and Koen van der Swaluw (Tilburg University, worksite exercise promotion) won the Dutch Public Health Dissertation Award 2018 at the Dutch Conference of Public Health 2018 (11 April 2019).