

## **Ms. Dr. V. Kraaij**

### **Expertise**

Coping; goal adjustment; motivational interviewing chronic disease; medical conditions; hiv; infertility; negative life events; mental health; depression; self-help interventions; e-health.

### **Associate Professor**

Faculty Social and Behavioural Sciences  
Institute Psychology  
Section Clinical Psychology

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**Vivian Kraaij** is Associate Professor in Psychology at the Department of Clinical Psychology at Leiden University, The Netherlands. Her work at the University consists of a combination of research, course development, teaching and management tasks.

### **Academic Career**

2017-present	Associate Professor (UHD) Clinical Psychology at Leiden University.
2011-present	Assistant Professor (UD) Clinical (and Health) Psychology at Leiden University.
2005–2011	Senior Researcher / Assistant Professor Medical Psychology, Leiden University Medical Center.
2002–2005	Assistant Professor (UD) Clinical and Health Psychology at Leiden University.
2000-2002	Postdoc Clinical and Health Psychology at Leiden University.
2000	PhD Clinical and Health Psychology at Leiden University. Project: Depressive symptoms in the elderly: Negative life events and buffering factors.
1995-2000	PhD student Clinical and Health Psychology at Leiden University. Research School: Psychology & Health.
1993-1995	Research and Teacher Assistant Clinical and Health Psychology at Leiden University.

1992-1993	Researcher at the Family Research Laboratory at the University of New Hampshire (USA).
1988-1994	MA (Cum Laude) Clinical and Health Psychology, Leiden University.
1987-1988	State University of New York at Stony Brook (USA).

## **Research**

My main research interest concerns the coping and goal adjustment strategies that people use to handle their chronic disease/medical condition or stressful life events and its relationship with psychological well-being. With these components we develop evidence-based low-demanding and cost-effective self-help intervention programs to improve psychological well-being. We develop both self-help programs in booklet format and online self-help programs (e-health). In addition, I am one of the developers of the Cognitive Emotion Regulation Questionnaire ([www.cerq.leidenuniv.nl](http://www.cerq.leidenuniv.nl)), which can be used to measure people's cognitive coping strategies.

Keywords: Coping; goal adjustment; motivational interviewing; chronic disease; medical conditions; life events; hiv; infertility; mental health; depression; self-help interventions; e-health.

## **Teaching**

Development of several courses (Motivational Interviewing for Medical Doctors; Psychodiagnostics; E-health); Coordination of BA course Psychodiagnostics (Adults); Teaching various BA and MA courses; MA thesis supervision, PhD student supervision.

## **Management**

Chair of the Board of Examiners of the Institute of Psychology (2015-present).

Member of committees, such as advisory committees ("Instituutsraad Psychologie") and work groups in and outside the faculty.

Member of the board of Clinical and Health Psychology (2009-2011: representative of Medical Psychology).