



## UvA-DARE (Digital Academic Repository)

### Breaking the cycle of depression

*Towards targeting multiple underlying mechanisms*

Legemaat, A.M.

#### Publication date

2022

[Link to publication](#)

#### Citation for published version (APA):

Legemaat, A. M. (2022). *Breaking the cycle of depression: Towards targeting multiple underlying mechanisms*. [Thesis, fully internal, Universiteit van Amsterdam].

#### General rights

It is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), other than for strictly personal, individual use, unless the work is under an open content license (like Creative Commons).

#### Disclaimer/Complaints regulations

If you believe that digital publication of certain material infringes any of your rights or (privacy) interests, please let the Library know, stating your reasons. In case of a legitimate complaint, the Library will make the material inaccessible and/or remove it from the website. Please Ask the Library: <https://uba.uva.nl/en/contact>, or a letter to: Library of the University of Amsterdam, Secretariat, Singel 425, 1012 WP Amsterdam, The Netherlands. You will be contacted as soon as possible.

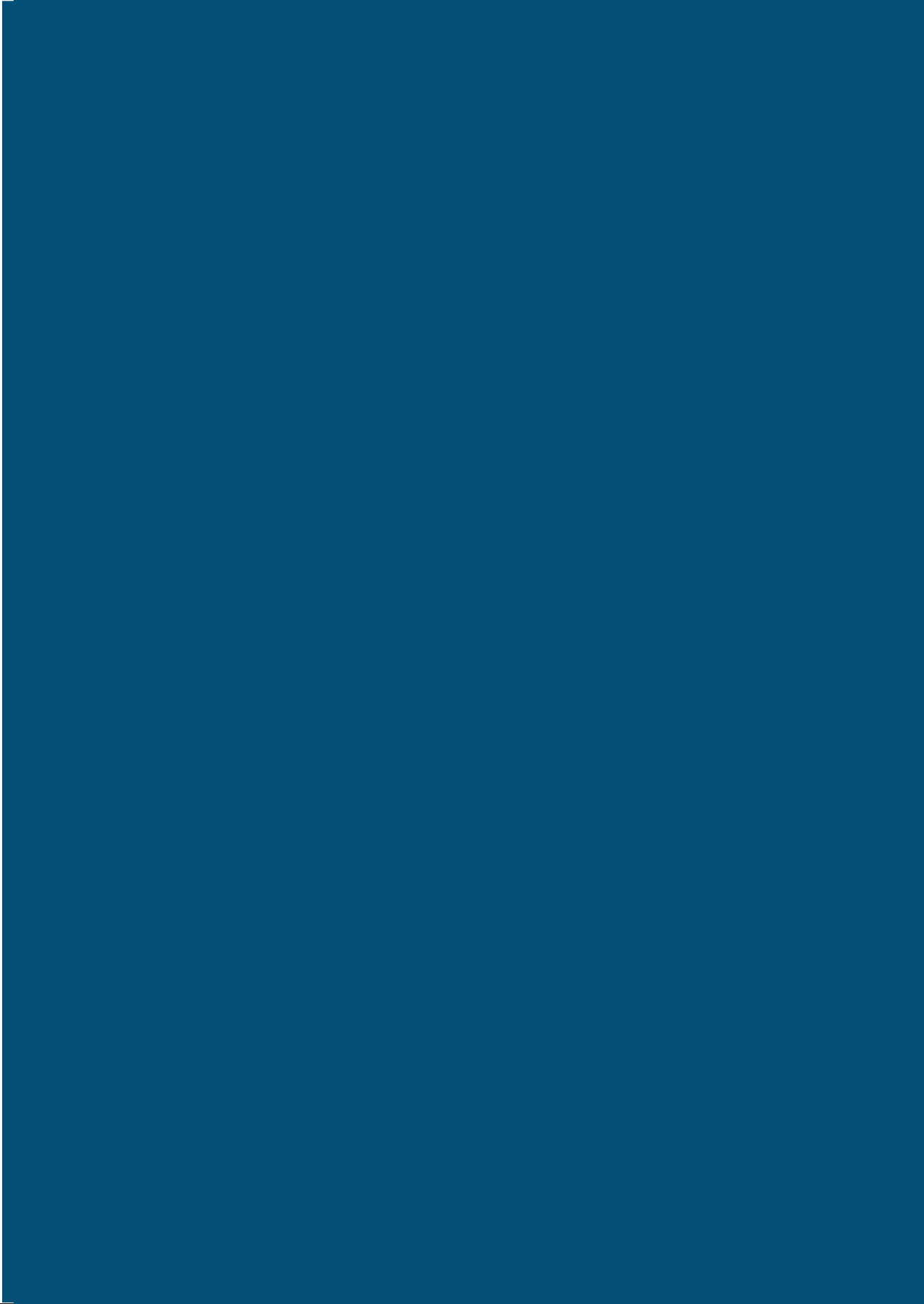
# **BREAKING THE CYCLE OF DEPRESSION**

Towards targeting  
multiple underlying  
mechanisms



**AMANDA MANUELA LEGEMAAT**





# **Breaking the cycle of depression**

Towards targeting multiple  
underlying mechanisms

**Amanda Manuela Legemaat**

**Cover image** J. Sayuri | Human (Homo sapiens) *axial view*  
**Layout** Renate Siebes | Proefschrift.nu  
**Printed by** Proefschriftmaken, De Bilt  
**ISBN** 978-94-90791-98-8

**© 2022 Amanda Legemaat**

All rights reserved. No part of this dissertation may be reprinted, reproduced, or utilized in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying and recording or any information storage or retrieval system, without prior written permission of the author.

# **Breaking the cycle of depression**

Towards targeting multiple  
underlying mechanisms

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad van doctor  
aan de Universiteit van Amsterdam  
op gezag van de Rector Magnificus  
prof. dr. ir. P.P.C.C. Verbeek

ten overstaan van een door het College voor Promoties ingestelde commissie,  
in het openbaar te verdedigen in de Aula der Universiteit  
op woensdag 2 november 2022, te 11.00 uur

door

Amanda Manuela Legemaat

geboren te Maastricht

## **Promotiecommissie**

### **Promotores:**

prof. dr. C.L.H. Bockting

AMC-UvA

prof. dr. D.A.J.P. Denys

AMC-UvA

### **Copromotores:**

dr. H. Burger

Rijksuniversiteit Groningen

dr. G.J. Geurtsen

AMC-UvA

### **Overige leden:**

prof. dr. B.A. Schmand

AMC-UvA

prof. dr. R.W.H.M. Ponds

Vrije Universiteit Amsterdam

prof. dr. S.B. Schagen

Universiteit van Amsterdam

prof. dr. A. Aleman

Rijksuniversiteit Groningen

prof. dr. M.J.E. van Zandvoort

Universiteit Utrecht

prof. dr. C.A.M. van Bennekom

AMC-UvA

Faculteit der Geneeskunde



# TABLE OF CONTENTS

1

7 General introduction

23 Effectiveness of cognitive remediation in  
depression: a meta-analysis

2

3

61 Enduring effects of Preventive Cognitive  
Therapy in adults remitted from recurrent  
depression: the DELTA study 20-year follow-up

79 Augmenting neurocognitive remediation  
therapy to Preventive Cognitive Therapy for  
partial remitted depressed patients: protocol of a  
pragmatic multi-centre randomised controlled trial

4

5

103 Is suboptimal effort an issue?  
Neuropsychological performance validity  
in major depressive disorder: a systematic  
review and meta-analysis

131 General discussion

6

149 English summary

153 Dutch summary / Nederlandse samenvatting

159 About the author

160 Curriculum vitae

161 PhD portfolio

165 Acknowledgements / Dankwoord