

THABO VAN WOUDENBERG

PHYSICAL ACTIVITY | SOCIAL INFLUENCE | MIXED METHODS

PERSONALIA

SUMMARY STATEMENT

Academic researcher who is interested in social influences on health behaviors and well-being of young people. Likes to use creative and innovative ways to help children and adolescents live a healthy lifestyle. Expert in quantitative methods to analyse large and complex datasets.

EDUCATION

PHD, BEHAVIOURAL SCIENCE 2015-2019

Behavioural Science Institute, Radboud University, NL

Dissertation topic: Social network interventions on physical activity in youth.

Promotor: Prof. Dr. Moniek Buijzen

Co-promotor: Dr. William Burk

Supervisor: Dr. Ir. Kirsten Bevelander

MSC, RESEARCH MASTER IN PSYCHOLOGY 2012-2014

Behavioural Science Institute, Radboud University, NL

Major research project: The use of narratives to enhance presence in virtual reality.

Supervisors: Prof. Dr. Rick van Baaren, Dr. Matthijs van Leeuwen and Prof. Dr. Moniek Buijzen

Minor research project: Self persuasion to promote media literacy.

Supervisor: Dr. Esther Rozendaal

BSC, COMMUNICATION SCIENCE 2009-2012

Communication Science, Radboud University, NL

Bachelor thesis: Gamification in scientific research.

Supervisor: Dr. Jan Bosman

FRESHMAN YEAR MEDICINE 2008-2009

Medical Sciences, Radboud University, NL

FRESHMAN YEAR INDUSTRIAL DESIGN 2007-2008

Industrial design, Technical University Delft, NL

SECONDARY SCHOOL 2001-2007

Stedelijk Gymnasium Nijmegen, NL

Field of study: Nature and Health

Extracurricular courses: Latin, Geography, Top sport (hockey)

RESEARCH EXPERIENCE

POST DOCTORAL RESEARCHER 2019

Behavioural Science Institute, Radboud University, NL

Research on physical activity in adolescents

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| PHD RESEARCHER Behavioural Science Institute, Radboud University, NL Research for the MyMovez project (ERC grant) | 2015-2019 |
| RESEARCH ASSISTANT Behavioural Science Institute, Radboud University, NL Preparatory activities for the MyMovez project (ERC grant) | 2014-2015 |
| STUDENT ASSISTANT Behavioural Science Institute, Radboud University, & NHTV, Breda, NL Data collection for a virtual experiment | 2013-2014 |
| JUNIOR RESEARCHER DVJ-Insights, Nijmegen, NL programming surveys, data analysis and writing reports | 2012 |
| TEACHING EXPERIENCE | |
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| MASTHER THESIS SUPERVISOR Behavioural Science Institute, Radboud University, NL Master thesis on social network analysis on unhealthy snacking behaviour of youth | 2017-2018 |
| BACHELOR THESES SUPERVISOR Behavioural Science Institute, Radboud University, NL Bachelor thesis on motivation to exercise Bachelor thesis on brand placement in vlogs Bachelor thesis on green appeals in advertising Bachelor thesis on celebrities endorsement and exercise | 2017-2018 |
| CURRENT THEORIES OF MEDIA AND INFLUENCE Behavioural Science Institute, Radboud University, NL International course on the current theories of influence and media effects Organized fundraisers with the students for the refugees near the university | 2015-2018 |
| EXPERIMENTAL DESIGN (LEERPROJECT 3) Behavioural Science Institute, Radboud University, NL Course in which the students learn in groups to perform and report an experiment | 2016-2017 |
| CURRENT ISSUES IN COMMUNICATION SCIENCE Behavioural Science Institute, Radboud University, NL Lecture on virtual reality, fidelity, presence and applications | 2016 |
| COMMUNICATION SCIENCE SKILLS Behavioural Science Institute, Radboud University, NL Course in which the students learn the basic skills for communication scientists | 2015-2016 |
| UNIVERSITY AND ACADEMIC SERVICE | |
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| RESEARCH GROUPS Social Network group (organizer), Behavioural Science Institute, Radboud University, NL | 2014-2018 |

MyMovez group, Behavioural Science Institute, Radboud University, NL
Young Consumers group, Behavioural Science Institute, Radboud University, NL

COMMITTEES 2018
Best thesis award committee of the Behavioural Science Institute

REVIEW 2018
Ad-hoc review for PLOS one

HIRING COMMITTEE 2018
Part of the hiring committee for a PhD position at the Behavioural Science Institute

ORGANIZED WORKSHOPS, SYMPOSIA AND COLLOQUIA

Multi-method research in behavioural science: “let’s exchange ideas!”, Nijmegen 2018

This multidisciplinary symposium introduced the attendants to different methods of data gathering used in behavioural science and gives insights in possible analytical strategies. In the afternoon session, brainstorm sessions were held in which attendants were invited to create innovative research questions based on the MyMovez dataset and set up collaborations to actually carry out the study.

Personalizing psychological assessment and interventions using interactive technology, Nijmegen, 2017

During the symposium, various speakers from different disciplines inspired new ideas on various possible ways we can use interactive technology to personalize psychological assessment and interventions.

During the workshop, we held brainstorm sessions to create new ideas, and promote transdisciplinary collaboration

Tom Snijders - Introduction to Social Network Analyses, Nijmegen, 2015

For this colloquium, we invited one of the leading authorities on social network analysis to present the basic principles and applications of social network theory and social network analysis.

INTERNSHIPS

RESEARCH INTERN 2012

DVJ-Insights, Nijmegen, NL
Research on ‘the Path to Purchase’ and ‘Gamification’.
Support of the marketing research team

NURSERY INTERN 2009

Jeroen Bosch Ziekenhuis, Den Bosch, NL
Support of the nursery staff

RESEARCH INTERN 2007

BMW motorrad, Rijswijk, NL
Research on the market position of BMW motor helmets

COURSES AND TRAINING

PUBLICATION SKILLS 2018

Behavioural Science Institute, Radboud University, NL

SCIENTIFIC INTEGRITY 2018

Behavioural Science Institute, Radboud University, NL

COMPOSITIONAL DATA ANALYSIS 2017

HEPA Conference, Zagreb, Croatia
Examples of application in physical activity research

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| TOWARDS A MORE EFFICIENT AND RELIABLE PSYCHOLOGICAL SCIENCE Behavioural Science Institute, Radboud University, NL Workshop taught by Daniel Lakens, Technical University of Eindhoven | 2017 |
| PRESENTATION SKILLS Behavioural Science Institute, Radboud University, NL | 2017 |
| UTILISING SOCIAL NETWORKS FOR BEH. CHANGE IN IN COMPLEX INTERV. ISBNPA Conference, Victoria, Canada Workshop taught by Ruth Hunter; Jennifer Bingham, Queen's University Belfast And Kayla de la Haye, University of Southern California | 2017 |
| SOCIAL NETWORK APPROACH TO BEHAVIOUR CHANGE Sunbelt Conference, Brighton, England Workshop taught by Thomas Valente, University of Southern California | 2015 |
| INTRODUCTION TO RSIENA Behavioural Science Institute, Radboud University, NL Workshop taught by Christian Stechlig, University of Groningen | 2015 |
| ANALYSES IN R Behavioural Science Institute, Radboud University, NL | 2015 |
| INTRODUCTION TO A PHD IN COMMUNICATION SCIENCE ASCOR, University of Amsterdam, NL Workshop taught by Edith Smith, University of Amsterdam | 2015 |

PUBLICATIONS

H-index Google Scholar: 4

7. **Van Woudenberg, T. J.**, Simoski, B., Araújo, E. F. M., Bevelander, K. E., Burk, W. J., Smit, C. R., Buijs, L., Klein, M., & Buijzen, M. (2019). Identifying Influence Agents That Promote Physical Activity Through the Simulation of Social Network Interventions: Agent-Based Modeling Study. *Journal of Medical Internet Research*, 21 (8).
6. Smit, C. R. de Leeuw, R. N. H., Bevelander, K. E. Burk, W. J., Buijs, L., **van Woudenberg, T. J.**, & Buijzen, M. (2018). An integrated model of fruit, vegetable, and water intake in young adolescents. *Health Psychology*, 37(12), 1159
5. **Van Woudenberg, T. J.**, Bevelander, K. E., Burk, W. J., Smit, C. R., Buijs, L., & Buijzen, M. (2018). A randomized controlled trial testing a social network intervention to promote physical activity among adolescents. *BMC Public Health*, 18(1), 542.
4. Bevelander, K. E., Smit, C. R., **van Woudenberg, T. J.**, Buijs, L., Burk, W. J., & Buijzen, M. (2018). Youth's social network structures and peer influences: study protocol MyMovez project–Phase I. *BMC Public Health*, 18(1), 504.
3. Ketelaar, P. E., Bernritter, S. F., **van Woudenberg, T. J.**, Rozendaal, E., Konig, R. P., Hühn, A. E., ... & Janssen, L. (2018). "Opening" location-based mobile ads: How openness and location congruency of location-based ads weaken negative effects of intrusiveness on brand choice. *Journal of Business Research*, 91, 277-285.
2. Fernandes de Mello Araujo, E., Simoski, B., **van Woudenberg, T. J.**, Bevelander, K. E., Smit, C. R., Buijs, L. B., ... & Buijzen, M. A. (2018). Using simulations for exploring interventions in social networks: Modeling physical activity behaviour in Dutch school classes. In *Proceedings of 8th International Conference on Simulation and Modeling Methodologies, Simultech 2018*, Porto, Portugal, 29-31 July, 2018.
1. Ketelaar, P. E., Bernritter, S. F., van't Riet, J., Hühn, A. E., **van Woudenberg, T. J.**, Müller, B. C., & Janssen, L. (2017). Disentangling location-based advertising: the effects of location congruency and medium type on consumers' ad attention and brand choice. *International Journal of Advertising*, 36(2), 356-367.

CONFERENCE PRESENTATIONS

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| INSNA CONFERENCE, MONTREAL, CANADA Promoting Adolescents Physical Activity through Social Network Interventions | 2019 |
| ISBNPA CONFERENCE, PRAGUE, CZECK REPUBLIC Simulated Social Network Interventions to Promote Physical Activity: Who Should Be the Influence Agents? | 2019 |
| ETMAAL CONFERENCE, NIJMEGEN, THE NETHERLANDS Narratives in the virtual world: on Presence, Involvement and Transportation in a Virtual Reality Game. | 2019 |
| ISPAH CONFERENCE, LONDON, UK Testing a Social Network Vlog Intervention to Promote Physical Activity Among Adolescents: A Randomized Controlled Trial. | 2018 |
| HEPA CONFERENCE, ZAGREB, CROATIA A Randomized Controlled Trial Testing a Social Network Intervention to Promote Physical Activity Among Adolescents by using Smartphones. | 2017 |
| ISBNPA CONFERENCE, VICTORIA, CANADA Similarity of physical activity in youngsters' social networks: Selection or Influence? | 2017 |
| ISPAH CONFERENCE, BANGKOK, THAILAND Assessing influence of peer interaction on physical activity among youth by measuring peer proximity with mobile technology. | 2016 |
| BSI PHD DAY, NIJMEGEN, NL Social network implemented health campaign to promote physical activity among youth. | 2015 |
| ICA CONFERENCE, SAN JUAN, PUERTO RICO To be there, or not to be there: Transportation, Involvement, and Presence in Virtual Reality. | 2015 |
| ETMAAL CONFERENCE, ANTWERP, BELGIUM Narratives in the virtual world: on Presence, Involvement and Transportation in a Virtual Reality Game. | 2015 |

INVITED TALKS

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| BSI DAY, GROESBEEK, NL Social network intervention to promote physical activity in youth. | 2017 |
| ACHC MOBILE HEALTH, AMSTERMDAG, NL MyMovez Wearable Lab: 'All the gear, but no idea!' | 2017 |
| 'GYMMEN IN DE TOEKOMST' CONFERENCE, PAPENDAL, NL The use of mobile technology to promote physical activity and health. | 2015 |
| CONTEMPORARY CHALLENGES, CONFERENCE, NIJMEGEN, NL MyMovez: Health campaign using wearables | 2015 |

AWARDS AND NOMINATIONS

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| BEST PAPER | 2019 |
| ISBNPA Conference, Prague, Czech Republic | |
| Last round | |
| BEST PAPER | 2018 |
| BSI day, Groesbeek, NL | |
| Second prize | |
| BEST STUDENT PAPER | 2018 |
| SIMULTECH, Porto, Portugal | |
| nominated | |
| BEST PRESENTATION | 2017 |
| ISBNPA Conference, Victoria, Canada | |
| Top three | |
| INNOVATION AWARD | 2016 |
| ISPAH Conference, Bangkok, Thailand | |
| Last round | |

SKILLS

DATA ANALYSES

Expert in advanced analytical techniques (e.g. Mixed effects models, Social network analyses) in R.
 Expert in data handling (transforming structures, merging m multilevel imputation) in R
 Advanced in data visualizations (e.g. ggplot, ggraph, photoshop)
 Familiar with other analytical software (e.g. SPSS, Lisrel, Intellex)
 Intermediate programmer of psychological experiment (PsychoPy) in python.

PROJECT MANAGEMENT

Approach schools for participation in research projects.
 Stay in touch with contact person of the school, and schedule data collections.
 Taking care of the inventory and the research material.
 Keep track of participation a large sample of participants (ca. 1500) over multiple time periods

KNOWLEDGE DISSEMINATION

Building websites (Wordpress or R Blogdown) to keep in touch with (parents of) participants to receive consent and keep them up to date about the research projects.
 Present research findings on (inter)national conference and participating schools.
 Writing scientific articles for international scientific journals (in word and latex).
 Collaboration with other departments or disciplines.

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