

**Katleen Bogaerts**

° 08-05-1980

Rehabilitation Sciences and Physiotherapy, Faculty of Medicine and Life Science, UHasselt, Agoralaan, 3590 Diepenbeek, Belgium

Research Group on Health Psychology  
Department of Psychology, University of Leuven, Tiensestraat 102, 3000 Leuven, Belgium

Tumi Therapeutics (partnership with KULeuven)  
Multidisciplinary Center of Excellence for the prevention, diagnostics and treatment of hyperventilation, stress-related disorders and medically unexplained physical symptoms  
Region Limburg: De Lobbert 6, 3550 Heusden-Zolder, Belgium  
Region Limburg: Steenweg 32, 3890 Gingelom, Belgium  
Region Limburg: Zetellaan 68, 3630 Maasmechelen  
Region Limburg: Tongerlostraat 16, 3960 Bree  
Region Vlaams-Brabant: Industrieweg 3, 3001 Leuven (Wetenschapspark Haasrode), Belgium

**Education**

- Master in Clinical and Health Psychology (2003)
- PhD in Clinical and Health Psychology (2008)
- Licensed psychotherapist (postgraduate cognitive behavioral therapy)

**Positions**

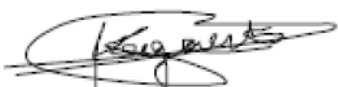
- Assistant Professor, UHasselt (2017 – present)
- Visiting Professor, K.U.Leuven (2017 – present)
- Member Board of Governors Unizo Limburg (2016 – present)
- Visiting Lecturer, Thomas More, Postgraduate Psychodiagnostics (2017 – present)
- Lecturer, K.U.Leuven, Postgraduate Cognitive Behavioral Therapy (2013 – present)
- Founder and CEO of Tumi Therapeutics (2012 – present)
- Staff member of Research Group on Health Psychology and The Center for Excellence: Generalization in Health and Psychopathology: research – practice coordinator (2013 – 2017) and valorization officer (2014 – 2017)
- Project leader (K.U.Leuven) of TETRA project (2013 – 2015)
- Postdoctoral researcher, K.U.Leuven (2011 – 2017)
- Postdoctoral Fellow of the Research Foundation – Flanders (FWO), K.U.Leuven (2008- 2011)
- Research assistant of the Research Foundation – Flanders (FWO), K.U.Leuven (2004-2008)
- Teaching assistant (AAP), K.U.Leuven (2003 – 2004)

**Research domains**

Interoception – stress-related disorders (including burn-out) – functional syndromes and chronic pain – stress physiology – neural mechanisms – behavioral therapy – biofeedback – health psychology – respiratory psychophysiology

**Research expertise**

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My main research interest is in Medically Unexplained Symptoms (MUS), or bodily symptoms for which no diagnosed organic disease can be found. The high prevalence of MUS constitutes a major theoretical, clinical and socio-economical challenge. Based on our own findings and on recent theoretical advances from other groups, we believe that dysregulation of the stress physiology and dysfunctional interoceptive processes in the central nervous system may importantly contribute to MUS. To this end, (peripheral) physiological, self-report and behavioral measures as well as brain imaging techniques (fMRI and PET) are used. This research line aspires a contribution to the identification of the (neural) processes underlying the generation of MUS and to the development of more refined treatment packages.

*I am (co-)promotor of several doctoral and master theses, e.g.*

Elena Constantinou	Affective processing of interoceptive information in persons with Medically Unexplained Symptoms	2014
Maaïke Van den Houte	Symptom perception processes in functional somatic syndromes	2017
Claire De Decker	Detection of underlying mechanisms in functional somatic syndromes and translation to concrete treatment components	ongoing
Charlotte Amerijckx	Hyperventilation in recurrent non-specific low back pain: a bottom up and top down perspective	ongoing

*Membership of PhD commission:*

Eline Coppens	The role of childhood adversities in fibromyalgia: mediating and moderating factors. A multilevel approach.	ongoing
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*Current projects:*

“Feared Back” – Fear of movement as a predictor of resumption of work after back surgery. A prospective study (RIZIV study)

### **Clinical expertise**

More than 15 years of experience in the treatment of stress-related disorders, functional syndromes and chronic pain

Main supervisor at Tumi Therapeutics

As practice coordinator for the KU Leuven I stimulated scientist-practitioner cooperation and contacts between our research group and the university hospital (e.g. managing stress lab) and other peripheral hospitals (e.g. TRACE project, ZOL Genk)

### **Teaching expertise**

Assistant Professor in Health Psychology, UHasselt

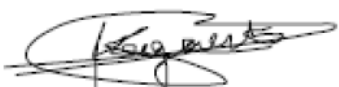
Visiting Professor K.U.Leuven

Guest Lecturer Postgraduate Psychodiagnostics Thomas More

Lecturer Postgraduate Cognitive Behavioral Therapy K.U.Leuven

Presenter at numerous international conferences

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Lecturer “Stress physiology and specialized treatment” for therapists at Tumi Therapeutics  
Training for authorities about stress-related disorders (e.g., Flemish Ministry for Welfare, Public Health and Family; VCLB, ...)  
Speaker at training day Domus Medica, “LOK” meetings for physicians and “LOKK” for physical therapists (stress, burn-out, functional syndromes)  
Speaker on invitation for medical specialist meetings in hospitals (psychiatrists, pneumologists, gastroenterologists, rheumatologists, multidisciplinary pain clinic, gynaecologists, internists, orthopedists, E.N.T. specialists, ...)  
Speaker on invitation for business and companies  
Training days for prevention advisors and advisory doctors

### **Business expertise**

Tumi for Business: Sensibilisation, prevention and Evidence-Based Employee Assistance Programs (EAP) for burn-out (ongoing projects with diverse companies, e.g. KBC, Carglass, UZ Leuven, ...)

### **Memberships & affiliations**

Member of: Belgian Federation for Psychologists (BFP), Flemish Association of Clinical Psychologists (VVKP), Flemish Association for Behavioral Therapy (VVGt), International Society for the Advancement of Respiratory Psychophysiology (ISARP), and the Association for Applied Psychophysiology and Biofeedback (AAPB), UNIZO Limburg, NSZ, VKW Limburg.

### **Awards**

May 1998: ‘Prize of the Minister’ (8-day work visit at the United Nations, New York), top prize of an essay contest organized by the Ministry of Employment, Labour and Social Dialogue on the occasion of 50 years of women’s right to vote. Title of dissertation: “Will women make the difference in politics in the 21th century?”

#### *Student Award of Excellence*

Awarded at the 11<sup>th</sup> meeting of the International Society for the Advancement of Respiratory Psychophysiology (ISARP), Princeton, USA; 17-19 October 2004.

#### *Nominee Livia Award 2015*

May 2015: an award for entrepreneurial women who lead by example (Unizo)

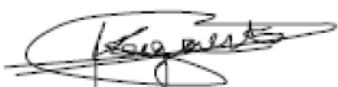
### **Five most important/significant publications**

**Bogaerts, K.**, Van Eylen, L., Wan, L., Bresseleers, J., Van Diest, I., De Peuter, S., Stans, L., Decramer, M., & Van den Bergh, O. (2010). Distorted symptom perception in patients with Medically Unexplained Symptoms. *Journal of Abnormal Psychology*, 119 (1), 226-34. [IF: 5,235].

Wan, L., Van Diest, I., De Peuter, S., **Bogaerts, K.**, & Van den Bergh, O. (2009). Repeated breathlessness experiences induced by hypercapnia: Differential effects on intensity and unpleasantness. *Chest*, 135, 455-61. [IF: 6,360].

**Bogaerts, K.**, Li, Wan., Van Diest, I., Stans, L., Decramer, M., & Van den Bergh, O. (2012). Peak-End Memory Bias in Laboratory-Induced Dyspnea: A Comparison of Patients With Medically Unexplained Symptoms and Healthy Controls. *Psychosomatic Medicine*, 74, 974-981. [IF: 4,077].

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**Bogaerts, K.**, Hubin, M., Van Diest, I., De Peuter, S., Van Houdenhove, B., Van Wambeke, P., Crombez, G., & Van den Bergh, O. (2007). Hyperventilation in patients with Chronic Fatigue Syndrome: The role of coping strategies. *Behaviour Research & Therapy*, *45*, 2679-90. [IF: 3,600].

**Bogaerts, K.**, Rayen, L., Lavrysen, A., Van Diest, I., Janssens, T., Schruers, K., & Van den Bergh, O. (2015). Unraveling the relationship between trait negative affectivity and habitual symptom reporting. *PLoS One*, *20*,10(1):e0115748. [IF: 3,057].

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