

VU Research Portal

Stress in Pregnant and Non-Pregnant Women

van der Zwan, J.E.

2019

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

van der Zwan, J. E. (2019). *Stress in Pregnant and Non-Pregnant Women: From Measurement to Intervention*. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam].

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

Table of Contents

Chapter 1	General introduction	7
Chapter 2	Validation of the Dutch version of the Pregnancy Experience Scale	19
Chapter 3	Longitudinal associations between sleep and anxiety during pregnancy, and the moderating effect of resilience, using parallel process latent growth curve models	35
Chapter 4	Physical activity, mindfulness meditation, or heart rate variability biofeedback for stress reduction: A randomized controlled trial	51
Chapter 5	A RCT comparing daily mindfulness meditations, biofeedback exercises, and daily physical exercise on attention control, executive functioning, mindful awareness, self-compassion, and worrying in stressed young adults	73
Chapter 6	The effect of heart rate variability biofeedback training on mental health of pregnant and non-pregnant women: A randomized controlled trial	91
Chapter 7	General discussion	113
Appendices	References	126
	Summary	144
	Samenvatting (Summary in Dutch)	148
	Dankwoord (Acknowledgments in Dutch)	152
	About the author	156