

University of Groningen

Lifestyle interventions in patients with a severe mental illness

Looijmans, Anne

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version

Publisher's PDF, also known as Version of record

Publication date:

2018

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Looijmans, A. (2018). Lifestyle interventions in patients with a severe mental illness: Addressing self-management and living environment to improve health. [Groningen]: Rijksuniversiteit Groningen.

Copyright

Other than for strictly personal use, 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), unless the work is under an open content license (like Creative Commons).

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.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

LIFESTYLE INTERVENTIONS

in patients with a severe mental illness

ADDRESSING SELF-MANAGEMENT AND LIVING ENVIRONMENT
TO IMPROVE HEALTH

Anne Looijmans

LIFESTYLE INTERVENTIONS IN PATIENTS WITH A SEVERE MENTAL ILLNESS
Addressing self-management and living environment to improve health

ISBN: 978-94-6375-134-6
Author: Anne Looijmans
Lay-out: Nikki Vermeulen - Ridderprint BV
Printing: Ridderprint BV - www.ridderprint.nl

The printing of this thesis was financially supported by the University of Groningen, University Medical Center Groningen, Graduate School of Medical Sciences SHARE, and the Netherlands Association for the Study of Obesity. Financial support by the Dutch Heart Foundation for the publication of this thesis is gratefully acknowledged.

© Anne Looijmans, Groningen 2018.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means mechanically, by photocopying, recording or otherwise, without the written permission of the author.



rijksuniversiteit
groningen

Lifestyle interventions in patients with a severe mental illness

Addressing self-management and living environment to improve
health

Proefschrift

ter verkrijging van de graad van doctor aan de
Rijksuniversiteit Groningen
op gezag van de
rector magnificus prof. dr. E. Sterken
en volgens besluit van het College voor Promoties.

De openbare verdediging zal plaatsvinden op
woensdag 14 november 2018 om 12.45 uur

door

Anne Looijmans

geboren op 3 december 1987
te Leeuwarden

Promotores

Prof. dr. R.A. Schoevers

Prof. dr. R.P. Stolk

Copromotores

Dr. F. Jörg

Dr. ir. E. Corpeleijn

Beoordelingscommissie

Prof. dr. W. Cahn

Prof. dr. A. Dijkstra

Prof. dr. B. van Meijel

Paranimfen

Leanne K. Küpers

Petra C. Vinke

CONTENT

Chapter 1	General introduction	9
-----------	----------------------	---

PART I - Targeting the obesogenic environment of residential SMI patients: the ELIPS study

Chapter 2	Changing the obesogenic environment of severe mentally ill residential patients: ELIPS, a cluster randomised study design	21
Chapter 3	Changing the obesogenic environment to improve cardiometabolic health in residential patients with a severe mental illness: cluster randomized controlled trial	41
Chapter 4	Effects of a lifestyle intervention on psychosocial well-being of severe mentally ill residential patients: ELIPS, a cluster randomized controlled pragmatic trial	61
Chapter 5	Physical activity type, intensity, duration and fitness level in patients with severe mental illness – improvements after lifestyle intervention and relation to mental well-being (ELIPS)	81

PART II - Multidimensional lifestyle intervention for SMI outpatients: the LION study

Chapter 6	Design of the Lifestyle Interventions for severe mentally ill Outpatients in the Netherlands (LION) trial; a cluster randomised controlled study of a multidimensional web tool intervention to improve cardiometabolic health in patients with severe mental illness	101
Chapter 7	Multidimensional lifestyle intervention using a web tool to improve cardiometabolic health in severe mentally ill patients: results of a cluster randomized controlled trial (LION)	123
Chapter 8	Cost-effectiveness and budget impact analysis of a 12-month multidimensional lifestyle intervention to improve cardiometabolic health in patients with a severe mental illness	143

PART III - Lessons learned from two large pragmatic lifestyle interventions

Chapter 9	Introducing lifestyle interventions in long-term psychiatric care: lessons learned from two pragmatic randomized controlled trials	163
Chapter 10	General discussion	179
Chapter 11	Summary	193
	Nederlandse samenvatting	195
	About the author	198
	Other SHARE dissertations	201
	Dankwoord	203

