

## About the author

Anke Boerema was born on July 6 1987 in Hoorn, the Netherlands. After graduating high school in 2004, she started the bachelor Social Educational Care Work at the Hogeschool van Amsterdam where she graduated in 2008. Although social work appealed to her on many levels, she made the choice to broaden her knowledge of scientific research. She went on to study Clinical Psychology at the Vrije Universiteit Amsterdam and received her master degree cum laude in 2012. As a student at the Vrije Universiteit Amsterdam, she assisted in several research projects at the department of Clinical Psychology. There she discovered that conducting research had become a passion as well. Once graduated, Anke worked for four years as a junior researcher at the department of Clinical Psychology. The first two years, she examined the reasons for low patient participation rates in preventive interventions for depression together with K. van Zoonen. This endeavour gradually changed into a Phd-project, and resulted in the current thesis. Her main interests lie in access to mental health care, depression and help-seeking behavior.

In August 2016 Anke became a teacher at the Hogeschool van Amsterdam at the department of Social Work.