

# Esther Metting

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I am psychologist and epidemiologist, currently working as assistant professor at the University Medical Center Groningen and the Faculty of Economics and Business (University of Groningen). I am Gastwissenschaftler at Charité Berlin, My dissertation (2017) was titled “Development of patient centered management of asthma and COPD in primary care” with a strong emphasis on the use of technology and patient involvement. My unique experience in **clinical, behavioural and implementation science** have led to a solid and multidisciplinary basis for eHealth research. In the past years I have coached and lectured numerous bachelor, master and PhD students with different backgrounds and from different faculties. My goal is to use my talent, experience and my passion for science to improve scientific knowledge in the field of eHealth and enhance the availability of healthcare for deprived populations by using technology. I am regularly visible in national and regional media where I explain the relevance of my research to the public. In 2021 I received a prestigious VENI Grant and I am member of the Young Academy Groningen.

## Management skills

In my role as project leader and chair I have learned to **manage longitudinal (international) projects** with researchers, health care professionals, patients, staff, and students. I have also worked as **project leader eHealth in a large health care organization** and I am active as board member or advisor in several patient organisations. I have chaired a large international research project in three European countries and the results of this project led to adaptation of the clinical guidelines. These hands-on experiences with patients, health care professionals and health care organisations are valuable in my daily work.

## Main current positions

- Since 2021 **Assistant professor eHealth. University Medical Center Groningen**
- Since 2019 **Assistant professor. University of Groningen, Faculty of Economics and Business**
- Since 2021 Member steering committee Digital Literacy Coalition
- Since 2020 Scientific advisor evaluation CoronaMelder and CoronaCheck application *Dutch Ministry of Health*
- Since 2020 Development of evaluation framework for Health apps. *Gezondheidsraad*
- Since 2019 Coach PhD course Public Health Cross-border healthcare *Aletta Jacobs School of Public Health*
- Since 2019 Lecturer and student coach Health Psychology. *Dpt. Health Psychology. UMCG*
- Since 2020 Aletta Jacobs Fellow. *Aletta Jacobs School of Public Health*

Since 2019 Fellow of the SOM Research Institute. *University of Groningen*  
Since 2019 Member/liaison eHealth stakeholder group. *UMCG*  
Since 2019 Board Member. *Reumapatiëntenvereniging Groningen*

**Other current positions:** Scientific advisor (International Primary Care Respiratory Society, since 2016). Scientific advisor (NHG-CAHAG, since 2017). Expert member (Expert technology Group of the Respiratory Effectiveness Group, since 2018). Lecturer Academic Program Strategic Leadership for Medical Specialists, University of Groningen (2021).

### Past positions

2018-2020 Lecturer methodology. *International Primary Care Respiratory Society*  
2014-2019 Chair. *Inhaler Research Workgroup foundation*  
2017-2019 Postdoc researcher. *UMCG, department of Primary Care*  
2018-2019 Project leader eHealth in a large health care organization. *Certe laboratory*  
2019 Teacher applied psychology. *Hanze University Groningen*  
2012-2017 PhD candidate. *UMCG*  
2009-2012 Several scientific internships in the UMCG including experiments with nystagmus patients in driving simulator, development of a prevention program in metabolic syndrome psychiatric patients and the development of a self-management program for children with atopic dermatitis.

**Other past positions:** Project leader NFU Citrien 1 and 2 eHealth (UMCG, 2016-2022). Editor in Chief (NHG-CAHAG bulletin, 2019-2021). Co-chair (iPSpine patient advisory board, 2019-2020). Expert European Centre for Disease Prevention and Control (2020), Expert advisor for Veiligheidsregio Groningen on societal impact of COVID-19 and for VSNU regarding physical education during the pandemic (2020-2021).

### Education

2020 University Teaching Certificate (UTQ/BKO). *University of Groningen*  
2017 PhD theses. *UMCG*  
2012-2023 Basic course on regulations for clinical investigators (BROK) certificate. *UMCG*  
2012 Master Clinical and Psychosocial Epidemiology. *University of Groningen*  
2019 Epidemiologist B. *Stichting opleiding Medisch-Biologisch Wetensch. Onderzoeker*  
2010-2012 Bachelor and master Psychology. *University of Groningen*

### Grants approved

2021 ZonMW (280K): VENI, E-Health for all, how to engage the digital illiterate?

- 2021 EU-Interreg (100K): What do we do with the flu? Cross-border comparison of healthcare decision making processes of general practitioners and patients regarding antibiotic prescription
- 2021 Dutch Ministry of Health (20K): assessment of students' intentions to test for COVID-19 and feasibility evaluation of COVID-19 fast lane testing in education
- 2020 ZonMW (49K): URinControl: implementatie van een kosteneffectieve app voor de behandeling van vrouwen met urine-incontinentie
- 2020 Westerdokters/ZonMW (5K): Telemonitoring chronic patients in primary care
- 2020 Dutch Ministry of Health (45K): Evaluation of the CoronaMelder
- 2019 Interreg (1K): Evaluation of opinions regarding eHealth in the Dutch-German cross border region
- 2018 UMCG/ZonMW (30K): NFU Citrien 2 eHealth. Implementation/upscaling eHealth projects
- 2018 Stichting Coolsingel (5K): The use of bronchial challenge tests in primary care to diagnose asthma
- 2017 Novartis, TEVA, GSK, Boehringer Ingelheim, SANDOZ, Mundipharma (200K): International two-day conference regarding inhaler technique instructions.
- 2017 KNMP (100K): Development of an online shared decision-making tool for patients
- 2016 Novartis, TEVA, GSK, Boehringer Ingelheim, SANDOZ, Mundipharma (100K): Extensive qualitative and quantitative research project regarding the development of a new didactic based inhaler research instruction
- 2015 Novartis (2K): Development of a diagnostic decision tree for obstructive pulmonary diseases
- 2014 Stichting astma bestrijding (3K): Assessing the needs and perspectives of patients with asthma and chronic obstructive pulmonary disease on patient web portals: focus group study

## Impact

**Awards:** Nomination "Women in the Media award 2021", Bonus for excellent work, Board of Directors UMCG 2018. Best abstract IPCRG Porto 2018. Best abstract ERS London 2016. Top publication award: SHARE 2015. Most relevant study: Longfonds 2013

**Media:** Expert reflection report on COVID-19 for Dutch Ministry of Health "lessons learned," Farma magazine, Radio 1 "Dit was de dag", Radio 1 "Nieuws&co", **WNL Goedemorgen Nederland, Nieuwsuur, Eenvandaag**, RTV Noord radio and TV, Dagblad van het Noorden newspaper and live broadcast, Magazine De

Praktijkondersteuner, CAHAG bulletin, Reformatorisch Dagblad, Financiële Dagblad. Trouw, Omrop Fryslan, NOS news webpage and more.

**Organized:** Main organizer of the International Inhaler Research Workgroup conference 2018 **(200 delegates)**. Involved in the organization of the International IPCRG conferences in 2018 and 2019, and of the Dutch NHG-CAHAG conferences in 2019 and 2017.

### Invited/keynote speaker

2022	Groningen	Solidary meeting Aletta Jacobs School of public health
2021	Online	Dutch epidemiology Society
2020	Online	EHMA (European Health Management Association) panel discussion "Value Based Healthcare: what how and why?"
2019	China	Chest hospital conference (presentation eHealth/integrated care)
2019	China	Primary Care seminar (presentation eHealth, personalised health)
2018	Portugal	IPCRG conference (presenting winning abstract inhaler technique)
2018	Nederland	Longdagen (personalised care)
2018	Nederland	Slotmanifestatie eHealth NFU (personalised digital health)
2018	Nederland	CAHAG conferentie (presentation online shared decision making)
2018	Nederland	Gr. Apothekers Vereniging (presentation inhaler technique)
2014	Greece	IPCRG conference (decision tree analysis to predict diagnoses)

### Invited lecturer

2020	Asia	IPCRG virtual research school (workshop qualitative research)
2019	Bangladesh	Conference Lung Health (workshops eHealth, qualitative research)
2019	Romania	IPCRG conference Health (workshop qualitative research)
2019	Nederland	Doktersacademie (workshop inhaler technique)
2015	UK	European Lung Foundation (workshop patient involvement)

### Publications

#### Scientific

1. Ribeiro Ferreira, V. , Seddighi, H. , Beumeler, L. , Metting, E. & Gallo, V. eHealth tools to assess neurological function: a systematic review protocol for a mapping exercise. BMJ Open. 2022 Sep;12(9):1-4.
2. van de Vijver, S. , Hummel, D. , van Dijk, A. H. , Cox, J. , van Dijk, O. , Van den Broek, N. & Metting, E. Evaluation of a Digital Self-management Platform for Patients With Chronic Illness in Primary Care: Qualitative Study of Stakeholders' Perspectives. JMIR formative research. 2022 Aug;6(8).
3. Metting, E. Maak digitale zorg voor iedereen toegankelijk. ICT&Health. 2022 Jun.

4. Rollema, C. , van Roon, E. N. , van Boven, J. F. M. , Hagedoorn, P. , Klemmeier, T. , Kocks, J. W. H., Metting, E. I. , Elberink, J. N. G. O. , Peters, T. T. A. , Giorgi, M. R. M. S. & de Vries, T. W. Pharmacology, particle deposition and drug administration techniques of intranasal corticosteroids for treating allergic rhinitis, *Clinical and Experimental Allergy*. 2022 Aug;52(11):1247-1263.
5. van der Waal, N. E. , de Wit, J. , Bol, N. , Ebbers, W. , Hooft, L. , Metting, E. & Van der Laan, L. N. Predictors of contact tracing app adoption: Integrating the UTAUT, HBM and contextual factors., *Technology in Society*. 2022 Aug;71(1):1-15.
6. Verpaalen, I. A. M. , Holland, R. W. , Ritter, S. , van Hooff, M. , Ebbers, W. , 't Hooft, L. , Metting, E. & van der Laan, L. N. Resistance to contact tracing applications: The implementation process in a social context., *Computers in Human Behavior*. 2022 Sep;134(1):1-13.
7. Schipper, N. , Baron, A. J. , Flokstra-De Blok, B. M. J. , Wouters, H. , Metting, E. I. , Van Heijst, E. , Riemersma, R. A. , Kerstjens, H. A. M. & Kocks, J. W. H. Adherence to medication advice through a remote electronic asthma and COPD service., 2021 Sep;58(65).
8. Mariani, S. , Metting, E. , Lahr, M. M. H. , Vargiu, E. & Zambonelli, F. Developing an ML pipeline for asthma and COPD: The case of a Dutch primary care service., : *International Journal of Intelligent Systems*. 2021 Nov;36(11):6763-6790.
9. Metting, E., Dassen, L., Aardoom, J., Versluis, A. & Chavannes, N. Effectiveness of Telemonitoring for Respiratory and Systemic Symptoms of Asthma and COPD: A Narrative Review., *Life* 2021 Nov.;11(11):1-21.
10. Peters-Geven, M. M., Rollema, C., Metting, E. I., van Roon, E. N., & de Vries, T. W. The quality of instructional videos for administration of intranasal spray on YouTube: an observational study. *JMIR medical education*. 2020;6(2):223668.
11. Baron, A. J., Flokstra-de Blok, B. M. J., van Heijst, E., Riemersma, R. A., Sonnenschein-van der Voort, A. M. M., Metting, E., & Kocks, J. W. H. Prevalence of asthma characteristics in copd patients in a dutch well-established asthma/COPD service for primary care. *Int J Chron Obstruct Pulmonary Disease*. 2020;15(1):1601-1611.
12. Janknegt, R., Kooistra, J., Metting, E., & Dekhuijzen, R.. Rational selection of inhalation devices in the treatment of chronic obstructive pulmonary disease by means of the system of objectified judgement analysis *European Journal of Hospital Pharmacy*, 2021;28(2): e4.
13. Bins, J. E., Metting, E. I., Muilwijk-Kroes, J. B., Kocks, J. W. H., & In 't Veen, J. C. C. M.. The use of a direct bronchial challenge test in primary care to diagnose asthma. *NPJ primary care respiratory medicine*, 2020;30(1):45-45.
14. Román-Rodríguez M, Metting E, Gacia-Pardo M, Kocks J, van der Molen T. Wrong inhalation technique is associated to poor asthma clinical outcomes. Is there room for improvement? *Curr Opin Pulm Med*. 2019;25(1):18-26.

15. Metting, E.I., Schrage A.J., Sanderman R., van der Molen T., Kocks J.W.H. Assessing the needs and perspectives of patients with asthma and chronic obstructive pulmonary disease on patient web portals: a focus group study. JMIR. 2018;2(2): e22.
16. Westerik, J. A. M., Metting, E., van Boven, J. F. M., Tiersma, W., Kocks, J. W. H., & Schermer, T. R. J. Associations between chronic comorbidity and exacerbation risk in primary care patients with COPD. European Respiratory Journal. 2017;18(1): 1-17.
17. Tsiligianni, I., Metting, E., van der Molen, T., Chavannes, N., & Kocks, J. Morning and night symptoms in primary care COPD patients: a cross-sectional and longitudinal study. An UNLOCK study from the IPCRG npj Primary Care Respiratory Medicine. 2016; 26(1): 1-8.
18. Metting, E. I., In 't Veen, J. C. C. M., Dekhuijzen, P. N. R., van Heijst, E., Kocks, J. W. H., Muilwijk-Kroes, J. B., van der Molen, T. Development of a diagnostic decision tree for obstructive pulmonary diseases based on real-life data. ERJ Open Research. 2016; 2(1).
19. Metting, E. I., Riemersma, R. A., Kocks, J. H., Piersma-Wichers, M. G., Sanderman, R., & van der Molen, T. Feasibility and effectiveness of an Asthma/COPD service for primary care: A cross-sectional baseline description and longitudinal results. npj Primary Care Respiratory Medicine. 2015; 25(1): 1-7.

### Societal

20. Metting, E. I.. Evaluatie CoronaMelder op de processen van de eerstelijns en de GGD in opdracht van Ministerie van VWS. 2021: 1-12.
21. Wolfgang, E. I., van der Laan, N., Hooft, L., Metting, E. I. Evaluatieprotocol Effectiviteit CoronaMelder in opdracht van Ministerie van VWS. 2020: 1-16.
22. Scheenhart, N., Azdahic, A., Metting, E. I. Preventie: een taak van de huisarts? Een exploratief onderzoek naar meningen van huisartsen in Noord-Nederland. Press. Huisarts en Wetenschap, 2020.
23. Metting E. I., Kocks JWH, Schrage A. Social problemen bij astma en COPD. 2017: 1-4.
24. Metting E. I., Riemersma R. A., Kocks J.-W. H., Piersma-Wichers M. G., Sanderman R., van der Molen T. Een astma/COPD-dienst voor de huisartsenpraktijk. Nederlands Tijdschrift voor Geneeskunde. 2016 Jul 4;160(27). D281.