

**Department of Clinical Neuroscience**  
Division of Psychology



**Curriculum Vitae**  
**Arjan van der Star, Ph.D., M.Sc.**

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**Bio**

Arjan van der Star (born February 23, 1990 in Rotterdam, the Netherlands) is a public health scientist and epidemiologist interested in the mental health of sexual and gender minorities. Arjan graduated from the Erasmus University in Rotterdam, the Netherlands, with a Master of Science degree in Health Economics, Policy and Law. He went on and obtained a Ph.D. degree in Public Health at Karolinska Institutet in Stockholm, Sweden, and was a Postgraduate Fellow with the Esteem Program in NYC at the Yale School of Public Health, New Haven, CT. Arjan is currently a Postdoctoral Fellow with the BISH Lab and the Cancer Disparities and Cancer Communication Lab at the San Diego State University, CA. Furthermore, Arjan acts as the vice president of the section on Sexual and Gender Minority Health of the European Public Health Association and is active as a freelance consultant in Clinical Research, Market Access, and Health Economics & Outcomes Research.

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**Research area**

Arjan van der Star's research focuses on examining how stigma-related stressors may explain sexual orientation-based and gender identity-based mental health disparities and how stigma may unfold itself at several (socio-ecological) levels surrounding sexual and gender minorities. More specifically, Arjan's work focuses on how these stigma-related stressors may interact across these various levels of stigma toward sexual and gender minorities. As an example, he examines how discriminatory policies and laws may further promote different enacted forms of stigma at the interpersonal level, such as victimization and harassment, to further drive forms of self-stigma at the individual level, like the internalization of negative societal attitudes. With his strong public health background and interest, Arjan seeks to further the understanding on how policies and laws can structurally harm or protect the mental health of sexual and gender minorities. Through his research, Arjan's work primarily aims to inform policymakers on how adverse mental health outcomes resulting from stigma may be prevented among these groups. Furthermore, as Arjan's research focuses on further illuminating mechanisms underlying the processes linking stigma to poor mental health, his work may further inform psychotherapy that focuses on counteracting mental health consequences of stigma among sexual and gender minorities.

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## Work experience

### > **LGBT Health Research**

- May 2021 – Present**    **Adjunct Professor**  
**San Diego State University**
- Adjunct professor at the Department of Psychology of the San Diego State University.
- Oct. 2020 – Present**    **Postdoctoral Research Scholar**  
**San Diego State University Research Foundation**
- Project director for a suicide prevention program among sexual and gender minorities, a R61 project funded by the National Institute of Mental Health.
- Oct. 2020 – Present**    **Postdoctoral Affiliate**  
**Karolinska Institutet**
- Postdoctoral research affiliate at Dr. Richard Bränström's lab studying sexual and gender minority health.
- Oct. 2015 – Present**    **Vice President of the Section on Sexual and Gender Minority Health**  
**European Public Health Association**
- Setting up a new thematic section;
  - Building an international network of researchers, policymakers & practitioners;
  - Initiating and chairing annual workshops and symposia.
- Sep. 2016 – Oct. 2020**    **Ph.D. Candidate**  
**Karolinska Institutet**
- Research project: *Structural, interpersonal, and individual factors influencing sexual orientation-based disparities in mental health: a socio-ecological perspective on sexual minority stigma.*
- Mar. 2018 – Apr. 2019**    **Postgraduate Fellow**  
**Yale School of Public Health**
- Visiting research fellowship at the Esteem lab of dr. Pachankis as part of the Ph.D. position at Karolinska Institutet.
- Apr. 2014 – Aug. 2016**    **Visiting Research Scholar**  
**University of Amsterdam**
- Analyzing several datasets on mental health in LGBT youth;
  - Writing research proposals and protocols;
  - Writing scientific articles and manuscripts.

### > **Health Sciences**

- Oct. 2018 – Present**    **Founder & Owner**  
**Van der Star Consulting**
- Consultant in market access, clinical research, clinical evaluations, and methodology with clients including NightBalance B.V., Royal Philips N.V., Philips Respironics, Philips Sleep and Respiratory Care, and UV Smart B.V.

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- Sep. 2016 – *Consultant Research, HEOR & Market Access*  
Oct. 2019 **NightBalance**
- In-house consultant in market access, clinical research, and methodology.
- May 2011 – *Clinical Trial & Market Access Manager*  
Aug. 2016 **NightBalance**
- Setting the agenda for clinical, health economic & medico-technical research;
  - Initiating and designing new clinical trials and studies;
  - Managing clinical trials and overseeing data collection;
  - Analyzing data and performing statistical tests;
  - Writing research proposals, protocols, scientific articles & manuscripts;
  - Managing the Medical Advisory Board;
  - Defining and implementing reimbursement strategies for key markets;
  - Managing key stakeholders in sleep, pulmonary & otorhinolaryngology care.
- Jul. 2011 – *Coordinator of EUPHANxt*  
Sep. 2015 **European Public Health Association**
- Setting up a new network and platform for students, junior researchers & young professionals;
  - Building an international partnership network;
  - Initiating and chairing annual workshops and symposia;
  - Representing the next generation within the association.
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## Education

- Oct. 2020 – *Postdoctoral Research Scholar*  
Present **San Diego State University**
- Health Disparities: A Translational Research Approach, University of Puerto Rico
- Sep. 2016 – *Ph.D. Candidate in Public Health*  
Sep. 2020 **Karolinska Institutet**
- Epidemiology I Introduction to epidemiology;
  - Epidemiology II Design of epidemiological studies;
  - Biostatistics I Introduction for epidemiologists;
  - Biostatistics II Logistic regression for epidemiologists;
  - Biostatistics III Survival analysis for epidemiologists;
  - Methods for statistical analysis – From variance analysis to multilevel modeling;
  - Introduction to modern test theory and survey methodology;
  - Research strategies and design problems in healthcare research;
  - Methods for systematic review within the framework of the own thesis;
  - Theory of science, ethics, statistics, presentation techniques and search strategies;
  - Ethics, open science, and reproducible research;
  - Demystifying causal inference and mediation methods for public health researchers;
  - Thesis: Structural, interpersonal, and individual factors influencing sexual orientation-based disparities in mental health: a socio-ecological perspective on sexual minority stigma.
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- Mar. 2018 – Apr. 2019** *Postgraduate Fellow*  
**Yale School of Public Health**
- Good Clinical Practice: Basic course;
  - Human subject protection.
- Sep. 2011 – Sep. 2013** *M.Sc. Health Economics, Policy & Law*  
**Erasmus University Rotterdam**
- Economics and Financing of Health Care Systems;
  - Economics of Health and Health Care;
  - Health Technology Assessment;
  - Rationing: a multi-disciplinary approach;
  - International Health Law;
  - Health Care Governance;
  - Health Politics and Policy;
  - Health Economics & Policy in Low and Middle Income Countries;
  - Health, Economic Development & Policy;
  - Thesis: Acceptance of sexual minorities, discrimination, social capital and health and well-being: a cross-European study among members of same-sex and opposite-sex couples.
- Sep. 2008 – Sep. 2011** *B.Sc. Health Policy and Management*  
**Erasmus University Rotterdam**
- Health Economics;
  - Public Administration & Management Sciences;
  - Socio-medical Sciences;
  - Research Methods & Techniques;
  - Minor: Public Health;
  - Thesis: How can local governance affect the health outcomes of tuberculosis in Benin and South Africa from a Health System Strengthening perspective?
- Sep. 2002 – Sep. 2008** *VWO/Gymnasium degree*  
**Gereformeerde Scholengemeenschap Randstad Rotterdam**
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## Publications

**Van der Star, A.**, Bränström, R., & Pachankis, J.E. (2021). Lifecourse-varying exposure to structural stigma, minority stress reactions, and mental health among sexual minority male migrants. *European Journal of Public Health*, Epub ahead of print.

**Van der Star, A.**, Pachankis, J.E., & Bränström, R. (2020). Country-Level Structural Stigma, School-Based and Adulthood Victimization, and Life Satisfaction Among Sexual Minority Adults: A Life Course Approach. *Journal of Youth and Adolescence*, Epub ahead of print.

**Van der Star, A.** (2020). *Structural, interpersonal, and individual factors influencing sexual orientation-based disparities in mental health: a socio-ecological perspective on sexual minority stigma*. Stockholm, Sweden: Karolinska Institutet University Library.

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Bränström, R., **Van der Star, A.**, & Pachankis, J. (2019). Untethered lives: barriers to societal integration as predictors of the sexual orientation disparity in suicidality. *Social Psychiatry and Psychiatric Epidemiology*, 55(1), 89-99.

**Van der Star, A.**, Pachankis, J.E., & Bränström, R. (2019). Sexual orientation openness and depression symptoms: A population-based study. *Psychology of Sexual Orientation and Gender Diversity*, 6(3), 369-381.

Bränström, R., **Van der Star, A.**, & Pachankis, J. (2019). European-wide monitoring of sexual and gender minority health: a necessary and feasible task for advancing health equity. *European Journal of Public Health*, 29(2), 199.

Bränström, R., & **Van der Star, A.** (2016). More knowledge and research concerning the health of lesbian, gay, bisexual and transgender individuals is needed. *European Journal of Public Health*, 26(2), 208.

**Van der Star, A.** & Bränström, R. (2015). Acceptance of sexual minorities, discrimination, social capital and health and well-being: a cross-European study among members of same-sex and opposite-sex couples. *BMC Public Health*, 15(1).

Van Maanen, J.P., **Van der Star, A.**, & de Vries, N. (2015). Long-Term (6 Months) Effectiveness, Compliance, and Subjective Sleep Outcomes of Treatment with the Sleep Position Trainer in a Large Cohort of Position-Dependent OSA Patients. In *Positional Therapy in Obstructive Sleep Apnea* (pp. 265-278). New York City, NY: Springer International Publishing.

Ravesloot, M., **Van der Star, A.**, & Van Beest, E.C.V. (2015). History of Positional Therapy: Transition from Tennis Balls to New Devices. In *Positional Therapy in Obstructive Sleep Apnea* (pp. 223-235). New York City, NY: Springer International Publishing.

Bert, F., **Van der Star, A.**, & Scaiola, G. (2014). Next generation of public health professionals: networks and the EUPHANxt integration approach. *European Journal of Public Health*, 24(6), 876.

Paget, D.Z., Ricciardi, W., **Van der Star, A.**, Jakab, Z., Borg, T., Bert, F., & Scaiola, G. (2014). EUPHA office column: EUPHA 2020, the third strategy's pillar & EUPHANxt. *European Journal of Public Health*, 24(4), 696-699.

Bert, F., & **Van der Star, A.** (2014). EUPHANxt: young professionals and European Public Health: a challenge for the future. *European Journal of Public Health*, 23(4), 717-719.

Bränström, R. & **Van der Star, A.** (2013). All inclusive Public Health—what about LGBT populations?. *European Journal of Public Health*, 23(3), 353-354.

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## Ad-hoc reviewer for academic journals

Apr. 2020	Stigma and Health
Nov. 2019	Preventive Medicine
Sep. 2018	LGBT Health
Apr. 2018	Child Development (Society for Research in Child Development)

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## Scientific presentations

- Feb. 2021 *University College London – London, UK*  
**How may theories inform intervention development? - Panel: The mental health of LGBTQ+ young people: what does the research tell us and what do we need to do next?**
- Oct. 2020 *World Congress on Public Health/European Public Health Conference – Virtual*  
**Lifecourse-varying exposure to structural stigma, minority stress reactions, and mental health among sexual minority male migrants** - Workshop: Sexual minorities' mental health and their experiences of stigma and minority stress across settings
- Sep. 2020 *Karolinska Institutet – Stockholm, Sweden*  
**Structural, interpersonal, and individual factors influencing sexual orientation-based disparities in mental health: a socio-ecological perspective on sexual minority stigma** - Public defense of doctoral thesis to obtain Ph.D. degree
- Nov. 2019 *European Public Health Conference – Marseille, France*  
**Sexual orientation openness and depression symptoms: A population-based study** - Workshop: Predictors and developmental timing of mental health problems among sexual minority individuals
- Nov. 2019 *European Public Health Conference – Marseille, France*  
**LGBTQI+ discrimination in healthcare systems across Europe** - Skills building seminar: Skills camp - from soft skills to health for all
- July 2019 *Stockholm Pride – Stockholm, Sweden*  
**LGBTQ health and the influence of structural, interpersonal, and individual factors**
- Nov. 2018 *European Public Health Conference – Ljubljana, Slovenia*  
**LGBT bullying at school across 28 European countries: the impact of bullying and structural stigma on later life satisfaction** - Workshop: Growing up being LGBT in Europe: the impact of bullying and parenting behavior on mental health
- Jun. 2017 *Stolta Föräldrar – Gothenburg, Sweden*  
**Social norms and LGBT health: Heteronormativity as a unique social determinant of health for sexual and gender minorities** – West Pride lecture
- Apr. 2017 *Queerolinska – Stockholm, Sweden*  
**Sexual and gender minority health: From a Public Health perspective** – Lunch lecture
- Feb. 2017 *University of Gothenburg – Gothenburg, Sweden*  
**Sexual and gender minority health: From a Public Health perspective** – Course: Genusteoretiska perspektiv på hälsa och folkhälsans praktik

- Oct. 2015 *European Public Health Conference – Milan, Italy*  
**Acceptance of sexual minorities and the mediating role of social capital on health and well-being among members of same-sex and opposite-sex couples across Europe** - Workshop: Sexual and gender minority health: a European perspective
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### Session moderation/chairing

- May 2021 *European Public Health Week - Virtual*  
**Webinar: The Future of Public Mental Health**
- Oct. 2020 *World Congress on Public Health/European Public Health Conference - Virtual*  
**Workshop: Sexual minorities' mental health and their experiences of stigma and minority stress across settings**
- Nov. 2019 *European Public Health Conference – Marseille, France*  
**Workshop: Addressing the mental health needs of lesbian, gay, bisexual, and transgender populations**
- Nov. 2019 *European Public Health Conference – Marseille, France*  
**Pitch presentations: Sexual life, sexual health and gender: connecting the dots**
- Nov. 2018 *European Public Health Conference – Ljubljana, Slovenia*  
**Workshop: Growing up being LGBT in Europe: the impact of bullying and parenting behavior on mental health**
- Nov. 2017 *European Public Health Conference – Stockholm, Sweden*  
**Workshop: Mental health of lesbian, gay and bisexuals: results from national and cross-European studies**
- Nov. 2017 *European Public Health Conference – Stockholm, Sweden*  
**Oral presentations: Homelessness and marginalization**
- Nov. 2016 *European Public Health Conference – Vienna, Austria*  
**Workshop: Factors influencing sexual orientation-based disparities in physical health across Europe**
- Nov. 2016 *European Public Health Conference – Vienna, Austria*  
**Workshop: Mental health disparities based on sexual orientation and gender identity across Europe**
- Nov. 2016 *European Public Health Conference – Vienna, Austria*  
**Poster walk: Interesting public health issues**
- Oct. 2015 *European Public Health Conference – Milan, Italy*  
**Workshop: Sexual and gender minority health: a European perspective**
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- Nov. 2014 *European Public Health Conference – Glasgow, Scotland*  
**Skills building: The changing role of the public health professional: are we up for it?**
- Nov. 2014 *European Public Health Conference – Glasgow, Scotland*  
**Skills building: Let your voice be heard: How to communicate effectively**
- Nov. 2014 *European Public Health Conference – Glasgow, Scotland*  
**Skills building: How to write and publish an article for a public health journal**
- Nov. 2013 *European Public Health Conference – Brussels, Belgium*  
**Skills building: Public Health competencies for young professionals: a 90 minute work-out to face future challenges in public health communication**
- Nov. 2012 *European Public Health Conference – St. Julian's, Malta*  
**Skills building: How to write a scientific article and publish it**
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## Awards & Grants

- Oct. 2020 HiREC Tuition Award – USD 1,000.00  
*Course Health Disparities: A Translational Research Approach, University of Puerto Rico*
- Nov. 2019 Karolinska Institutet Travel Award – SEK 8,000.00  
*European Public Health Conference, France*
- Oct. 2019 Young Forum Gastein Fellowship  
*European Health Forum Gastein, Austria*
- Nov. 2018 Karolinska Institutet Travel Award – SEK 8,000.00  
*European Public Health Conference, Slovenia*
- Oct. 2017 Global Health Forum Taiwan Fellowship  
*Global Health Forum, Taiwan*
- Oct. 2017 Young Forum Gastein Fellowship  
*European Health Forum Gastein, Austria*
- Apr. 2017 Karolinska Institutet Research Exchange Visit Award – SEK 25,000.00  
*Esteem Lab, New York City, NY - Yale University School of Public Health, United States*
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## Memberships

- Feb. 2020 - Present International Scientific Committee – *World Congress on Public Health*
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- Feb. 2019 - Present      International Scientific Committee - *European Public Health Conference*
- Jan. 2017 - Present      JongGR - *Gezondheidsraad (Health Council of the Netherlands)*
- Oct. 2015 - Present      Section on Sexual and Gender Minority Health - *European Public Health Association*
- Jul. 2011 - Present      EUPHAnxt - *European Public Health Association*
- Apr. 2011 - Present      *European Public Health Association*
- Oct. 2017 - Oct. 2019      Young Forum Gastein - *European Health Forum Gastein*

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