



Prof. Christiaan Vinkers Biography



Prof. Christiaan Vinkers is a clinical psychiatrist and Professor of Stress and Resilience at Amsterdam UMC. His work explores how stress, trauma, and resilience influence mental health, combining insights from biology, psychology, and daily life. By integrating laboratory findings with real-world data (from genetics to social context), he aims to understand why some people remain resilient under pressure while others become vulnerable to anxiety or depression. He participates in several national and international initiatives, including DESTRESS (Lead), Stress in Action, STRESS-NL (Co-Founder), and the Dutch Depression Network – DepressieNET (Co-Founder) building bridges between fundamental science, clinical care, and society. Through this work, he seeks not only to advance knowledge about stress and stress-related disorders but also to translate it into better treatment, prevention, and public understanding of mental health.