

Sampling the self

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Propositions accompanying the dissertation

Sampling the self

Investigating and improving self-esteem in pathways to psychopathology

Maud Daemen, 15th of July 2022

- 1) Individuals with familial liability to psychosis (patients and their first-degree relatives) might benefit from targeting momentary self-esteem to decrease the intensity of psychotic experiences and negative affect in daily life (*this thesis*).
- 2) Self-esteem is an important psychological mechanism underlying the association between childhood trauma and the intensity of psychotic experiences in daily life (*this thesis*).
- 3) Measures of explicit, implicit and momentary self-esteem may all tap different aspects of the self-esteem construct, which means they may be complementary and all important in their own right (*this thesis*).
- 4) Targeting (fluctuations in) momentary self-esteem and negative affect in daily life using ecological momentary interventions may reduce and prevent psychotic experiences to transform into psychotic symptoms, or even a full psychotic disorder (*this thesis*).
- 5) Treatment strategies for psychotic disorder should not only focus on solely reducing psychotic symptoms, but should also target psychological mechanisms, such as (momentary) self-esteem and negative affect, preferably in the early stages.
- 6) Self-esteem should be a key concept in the treatment of psychopathology.
- 7) Accessible EMIs should be freely available in order to reduce or prevent psychopathology.
- 8) In ESM research the principle “less is more” applies.
- 9) Improving self-esteem in early stages prevents transdiagnostic mental health problems.
- 10) A Rubik’s cube is like individuals who endured childhood trauma, it’s not broken, but we might gently try to shape it step by step.
- 11) A rat in a maze is free to go anywhere as long as it stays inside the maze. (Margaret Atwood)