Maastricht University

An epidemiological approach to depression

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Propositions associated with the dissertation:

An epidemiological approach to depression: social networks, physical activity and diet

1.   Less emotional support and fewer family members increase the risk of depressive symptoms.

2.   Individuals with higher level of cardiorespiratory fitness are less prone to develop incident depressive symptoms.

3.   Having prevalent depressive symptoms is associated with more sedentary time, especially in the afternoon and early the evening,

4.   Having prevalent depressive symptoms is associated with less light physical activity throughout the whole day and less moderate-to-vigorous physical activity in the morning, and early in the afternoon. Similar results, but attenuated, for incident depressive symptoms.

5.   A higher adherence to healthy diet (Dutch Healthy Index) lowest the risk of incident depressive symptoms.

6.   Higher health impacts can be achieved through public health initiatives instead of acting at individual level.

7.   Through public health strategies some mental health diseases (e.g., depression) can be prevented, improving and prolonging populations' life.

8.   The COVID-19 pandemic stressed that the most pressing need today is guaranteeing the equity of access to health care and services for all, especially more vulnerable population.

9.   Results of the current thesis contribute in disentangle which characteristics of the social network and which specific aspects of some lifestyle factors are important in treating and preventing depressive symptoms.

10.   "When you look at yourself from a universal standpoint, something inside always reminds or informs you that there are bigger and better things to worry about" (Albert Einstein).

Vincenza Gianfredi, December 19, 2022