

Psychological adjustment to stress and trauma : hippocampal configuration learning, cognitive emotion regulation, and frontal brain asymmetry, as predictors of resilience

Citation for published version (APA):

Meyer, T. (2015). *Psychological adjustment to stress and trauma : hippocampal configuration learning, cognitive emotion regulation, and frontal brain asymmetry, as predictors of resilience*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20150423tm>

Document status and date:

Published: 01/01/2015

DOI:

[10.26481/dis.20150423tm](https://doi.org/10.26481/dis.20150423tm)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Download date: 25 Apr. 2024

Propositions of the thesis

Psychological adjustment to stress and trauma Hippocampal configuration learning, cognitive emotion regulation, and frontal brain asymmetry, as predictors of resilience

Thomas Meyer

1. Context is everything. Only when it changes, we need mechanisms to regulate the emotions we feel and the memories we have.
2. The ability to learn contextual information prevents intrusive trauma memories in a post-traumatic context. (*Brewin et al., 1996; an idea picked up in Chapter 2*)
3. Because context is everything, cognitive emotion regulation strategies that are thought to be adaptive can sometimes be inefficient or even maladaptive. (*Chapter 4 and 7*)
4. The maintenance, but not the initial development of post-traumatic stress symptoms, is moderated by the way individuals regulate their own emotions. (*Chapter 7*)
5. Frontal EEG asymmetry is related to psychological resilience. We just don't really know when, where, and why. (*Chapter 5 and 6*)
6. Predictions from straightforward models of brain asymmetry in emotion often lead to disappointment. (*Chapter 5 and 6*)
7. Researchers can cope with disappointment in adaptive and maladaptive ways. Publication bias is the result of a maladaptive coping style.
8. Research on individual differences first establishes statistical associations and then tests causality. Ideally, valorisation opportunities emerge as a natural by-product.
9. Science will stagnate if it is made to serve practical goals. *Albert Einstein*
10. The best way to have a good idea is to have a lot of ideas. *Linus Pauling*
11. Taal verschaft toegang tot de culturele rijkdom van een land. Daarom hoort de taal van het gastland bij de belangrijkste dingen die je als buitenlandse student kunt leren.