

Working your way through self-esteem

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Propositions accompanying the dissertation

Working your way through self-esteem

Mary Rose Postma

1. Guided self-help may be a supportive context for interventions, in particular targeting self-esteem (this dissertation).
2. An association between self-esteem and psychotic experiences is reciprocal (this dissertation).
3. Targeting self-esteem in an intervention has significant potential to prevent the development and maintenance of psychopathology later in life (this dissertation).
4. The need is not so much to develop new intervention components addressing self-esteem but to keep youth involved in putting interventions into practice (this dissertation).
5. Future research should place more emphasis on measures of resilience.
6. Every randomized controlled trial testing the efficacy of an ecological momentary intervention (EMI) should perform a process evaluation of some form to interpret the main findings of the efficacy trial as well as to build knowledge on the working mechanisms of EMIs for further development and implementation.
7. The SELFIE intervention, if proven (cost)-effective, seems to be equipped for prevention and early intervention.
8. When blocked in writing, start walking.
9. Kan ik niet bestaat niet en proberen kun je leren.
10. In every walk with nature one receives far more than he seeks (John Muir).