

Stress Sensitivity in Psychosis

Citation for published version (APA):

Vaessen, T. (2018). *Stress Sensitivity in Psychosis: Assessment, Mechanism & Intervention*. [Doctoral Thesis, Maastricht University]. Gildeprint Drukkerijen. <https://doi.org/10.26481/dis.20180613tv>

Document status and date:

Published: 01/01/2018

DOI:

[10.26481/dis.20180613tv](https://doi.org/10.26481/dis.20180613tv)

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.

Propositions accompanying the dissertation:

Stress Sensitivity in Psychosis: Assessment, Mechanism & Intervention

Thomas R. Vaessen, 13th of June 2018

- I. Assessing stress in daily life is challenging, but of great value to the understanding of the development of mental illness (this thesis)
- II. Stress sensitivity is indicative for mental health, but the link with psychopathology is more complex than mere increased reactivity (this thesis)
- III. mHealth approaches targeting stress are an important addition to current treatment and prevention of psychopathology (this thesis)
- IV. The cortisol response to stressors is a better biomarker for mental illness than overall cortisol levels (this thesis)
- V. Teaching individuals at early age how to deal with stressors may have major implications for the prevention of psychopathology
- VI. Mental health, like all other indicators of fitness, depends on an individual's environment
- VII. Progress in our understanding of psychosis is hampered by treating it as a brain disorder
- VIII. The development of intelligent health (iHealth) will shift mental health care from a reactive to a proactive and personalized discipline - Sofian Berrouiguet