

A biopsychosocial approach to fatigue in patients on chronic haemodialysis treatment

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Propositions to the thesis

A biopsychosocial approach to fatigue in patients on chronic haemodialysis treatment

1. Fatigue in patients on chronic haemodialysis (HD) treatment varies *between* and *within* individuals. (*this thesis*)
2. Inflammation may only partially explain general fatigue in chronic HD patients. (*this thesis*)
3. Psychological and contextual factors in chronic HD patients' daily life contribute to fatigue above and beyond biological factors. (*this thesis*)
4. Fatigue reports based on a person's memory may misrepresent their actual symptom experience. (*this thesis*)
5. "The experience sampling method (ESM) captures the film rather than a snapshot of daily life." (*Myin-Germeys et al. Psychological Medicine 2009*)
6. An *mHealth* (mobile health) ESM-based fatigue measurement has the potential to become the golden standard Patient-Reported Outcome Measure (PROM) in chronic HD patients. (*this thesis, valorization*)
7. ESM paves the road towards personalized interventions, where a person's motivation and a solid therapeutic relationship determine how far that road will go.
8. Chronic optimism is a good protective factor against the impact of chronic illnesses on daily life.
9. "Great things never came from comfort zones." (*author unknown*)
10. "Crossing the starting line may be an act of courage, but crossing the finish line is an act of faith." (*John Bingham*)