Stellingen behorend bij het proefschrift

From vulnerability to resilience against depression. The value of daily-life positive emotions

Nicole Geschwind, 7 december 2011

1. Early changes in positive rather than negative affect predict recovery from depression. (this thesis)
2. Monitoring of positive emotions in early stages of treatment improves clinical decision making. (this thesis)
3. Individuals with only one or two prior episodes of depression benefit no less from MBCT than those with three or more. (this thesis)
4. Mindfulness-Based Cognitive Therapy increases momentary positive emotions and the ability to make use of natural rewards in daily life. (this thesis)
5. High sensitivity to small annoyances in daily-life is associated with increased future depressive symptoms and higher risk of transition to full-blown major depressive disorder. (this thesis)
6. A dynamic view on post-depressive scars encourages a more optimistic and less deterministic view on vulnerability.
7. Interventions to enhance resilience against depressive complaints will be more successful when they focus on positive, rather than negative emotions.
8. Life is an interconnected network of upward and downward spirals.
9. Investeringen gericht op het faciliteren van positieve emoties op de werkvloer zullen zich terugbetalen.
10. Every mystery ever solved has turned out not to be magic. (Tim Minchin)
11. We have not inherited this land from our ancestors; we have borrowed it from our children. (ancient proverb)

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