1. An altered response to social stress is the outcome of cumulative sensitization to social interactions. (this thesis)

2. Minor daily stress plays an important role in inducing a cascade of effects that eventually leads to psychotic experiences. (this thesis)

3. Affective disturbance, particularly emotional reactivity, plays an important role as a putative mechanism through which daily stress impacts on the formation of psychotic experiences. (this thesis)

4. Ecological momentary interventions, delivering treatment in the real-world and in real-time, tailored to what individuals need in a given moment and context, improve treatment outcome. (this thesis)

5. Researchers, clinicians, and policymakers need to work together closely in order to reduce burden for patients, their friends, relatives and society as a whole (this thesis - valorization)

6. Embracing big data in psychiatry research improves our understanding of the complexity of psychopathology.

7. “Psychopathology and its functional impairments are expressed in real-world settings: No one is diagnosed or treated because of how they behave in a laboratory or consulting room.” (Saul Shiffman)

8. “Psychiatry must move beyond a prescientific ‘battle of paradigms’ to embrace complexity and support empirically rigorous and pluralistic explanatory models.” (Kenneth Kendler)

9. “The important thing is to never stop questioning.” (Albert Einstein)