

Bias for the (un)attractive self; on the role of attention in eating disorders and body dissatisfaction

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Bias for the (un)attractive self

On the role of attention in eating disorders and body dissatisfaction

1. Selectieve aandacht voor onaantrekkelijke lichaamsdelen veroorzaakt lichaamsontevredenheid. *(dit proefschrift)*
2. De precieze aard van de aandachtsbias in eetstoornispatiënten is afhankelijk van het type informatie waarmee ze worden geconfronteerd. Lichaamsgerelateerde informatie leidt tot versnelde detectie terwijl voedingsgerelateerde informatie leidt tot toegenomen distractie. *(dit proefschrift)*
3. *Body checking* speelt een causale rol in de totstandkoming van een aandachtsbias voor lichaamsgerelateerde informatie. *(dit proefschrift)*
4. Eetstoornispatiënten moeten leren kijken naar hun mooie lichaamsdelen tijdens spiegel therapie. *(dit proefschrift)*
5. De aanname dat de media eetstoornissen veroorzaken is onterecht.
6. "Simplicity is elegance": dit geldt bovenal voor psychologische experimenten. Hoe eenvoudiger het experiment, hoe eleganter.
7. Het hebben van een andere passie naast de wetenschap, zoals zingen, verhoogt het relativiseringsvermogen van de wetenschapper.
8. Wetenschappelijke bevindingen zijn als kunst; een creatief experiment kan ogen openen.
9. You can't stop the waves, but you can learn to surf. *(Jon Kabat-zinn)*
10. Beauty is in the eye of the beholder and it is necessary from time to time to give a stupid or misinformed beholder a pink eye.

Elke Smeets, September 2009