Stress resilience : learning from imaging the brain

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Propositions of the thesis

Stress Resilience
Learning from imaging the brain

1. The iMAST is an excellent tool to systematically investigate the time-dependent mediating role of cortisol in the brain's response to a stressor (*Chapter 1*).

2. Resting state functional connectivity (rsFC) is informative in characterizing the temporal trajectory of cortisol-induced changes in brain connectivity during stress adaptation.

3. Timing is important. This is certainly true in the realm of how stress affects memory formation (*Chapter 3*).

4. The moderating role of lateralised frontal activity on acute stress responses is state-dependent, with relatively more left-sided activation characterising resilience (*Chapter 2 & 4*).

5. Deriving frontal EEG asymmetry from the individual alpha band is key in accounting for lateralised individual differences in the processing of stressors by the brain (*Chapter 4*).

6. Ensuring reproducibility on the individual level is a fundamental challenge in neurofeedback studies (*Chapter 5*).

7. Placebo controlled studies and comparisons with other established therapies are necessary before any translation of neurofeedback to a more applied context is justified.

8. With modern society becoming increasingly more demanding and complex, knowledge about successful adaptation to stress also becomes progressively more important.

9. Running a neurofeedback study is an excellent intervention method to train your own stress resilience.

10. *Karakter wint van talent, als talent geen karakter heeft (Frank de Boer).*

Conny Quaedflieg , Maastricht, January 21st 2016