

Is this for real?

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PROPOSITIONS OF THE THESIS

Is this for real?

The role of advanced placebo technology when using Transcranial Magnetic Stimulation in clinical practice

1. Administering repetitive transcranial magnetic stimulation administered over the left dorsolateral prefrontal cortex (DLPFC) results in reduced cigarette consumption, nicotine dependence, craving, and perceived stress among smokers. – *This thesis*
2. When using advanced placebo TMS technology capable of mimicking all aspects of the real TMS experience, the effects of placebo TMS and real TMS are not significantly different when treating smoking cessation in adult smokers who are highly motivated to stop using. They just all stop. – *This thesis*

3. Both rTMS and intramuscular (IM) ketamine therapies lead to improvements of depressive and anxiety symptoms among patients with treatment-resistant depression (TRD).– *This thesis*
4. Reducing cortical excitability of bilateral orbitofrontal cortex (OFC) with inhibitory low-frequency (LF)-rTMS protocols can effectively reduce the frequency of focal attacks in epileptic patients. – *This thesis*
5. High-frequency (HF)-rTMS over the right primary motor cortex (M1) is a safe and well-tolerated therapeutic approach for improving symptoms of Parkinson's disease.– *This thesis*
6. Placebo effects in clinical practice are not per se a problem. In fact, if specific to a certain intervention, the placebo effect of this intervention has therapeutic value.
7. Improving mental health needs new non-pharmacological treatment alternatives. Noninvasive brain stimulation and ketamine have proven to be such effective and safe treatment alternatives.

8. In the end, it is about the patients and their well-being that should be central in all our treatment efforts with decisions exclusively based on the science, not on ideology, commercial interest, or lobbying which too often influence health policy makers and regulatory approvals.

9. The ability to be in the present moment is a major component of mental wellness. *Abraham Maslow*.

10. Healing takes time, and asking for help is a courageous step. *Mariska Hargitay*