

Filling the Glass

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Propositions of the thesis

'Filling the Glass: optimism as a protective factor against pain-induced executive functioning impairments'

- Experimentally induced pain does not only deteriorate concurrent, but also subsequent executive task performance (*this dissertation*)
- Although optimism is considered a personality trait, it is possible to change optimism (*this dissertation*)
- It is important to not only concentrate on the negative effects of pain but also to pursue factors that protect against these effects (*this dissertation*)
- The distinction between positive affect and optimism is irrelevant for chronic pain patients (*this dissertation*)
- Insurance companies and policy makers should acknowledge the enormous societal impact of chronic pain and promote research that examines psychological factors that can reduce this impact (*valorisation*)
- The ultimate aim of science is to establish what is true and something is only true when it replicates.
- 'Don't become a mere recorder of facts, but try to penetrate the mystery of their origin' (*Ivan Pavlov*)
- 'The separation of psychology from the premises of biology is purely artificial, because the human psyche lives in indissoluble union with the body' (*Carl Jung*)
- 'Worrying means you suffer twice' (*Newt Scamander from Fantastic Beasts and Where to Find Them*)
- 'Wonder is the beginning of wisdom' (*Socrates*)
- 'There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle' (*Albert Einstein*)