

Stress Sensitivity in Psychosis

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Propositions accompanying the dissertation:

Stress Sensitivity in Psychosis: Assessment, Mechanism & Intervention

Thomas R. Vaessen, 13th of June 2018

- I. Assessing stress in daily life is challenging, but of great value to the understanding of the development of mental illness (this thesis)
- II. Stress sensitivity is indicative for mental health, but the link with psychopathology is more complex than mere increased reactivity (this thesis)
- III. mHealth approaches targeting stress are an important addition to current treatment and prevention of psychopathology (this thesis)
- IV. The cortisol response to stressors is a better biomarker for mental illness than overall cortisol levels (this thesis)
- V. Teaching individuals at early age how to deal with stressors may have major implications for the prevention of psychopathology
- VI. Mental health, like all other indicators of fitness, depends on an individual's environment
- VII. Progress in our understanding of psychosis is hampered by treating it as a brain disorder
- VIII. The development of intelligent health (iHealth) will shift mental health care from a reactive to a proactive and personalized discipline - Sofian Berrouguet