

Biological determinants of depression, the role of cerebral damage, microvascular dysfunction, and hyperglycaemia

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Biological determinants of depression, the role of cerebral damage, microvascular dysfunction, and hyperglycaemia: a population-based approach

1. Witte stof laesies in het brein zijn geassocieerd met het ontstaan van depressieve symptomen bij mensen ouder dan 60 jaar (*dit proefschrift*).
2. Microvasculaire disfunctie gemeten in de retina en plasma zijn geassocieerd met zowel prevalentie als incidentie depressieve symptomen (*dit proefschrift*).
3. Een depressieve stoornis gaat vaak gepaard met een verminderd cognitief functioneren (*dit proefschrift*).
4. Er bestaat een verband tussen depressieve symptomen en hyperglycemie, waarschijnlijk is dit verband in beide richtingen causaal (*dit proefschrift*).
5. Subtypering van depressie leidt tot een beter inzicht in de etiologie en tot meer behandelopties.
6. Het koppelen van klinische gegevens aan cohortdata is belangrijk om selectiebias tegen te gaan.
7. Een beter inzicht in de onderlinge beïnvloeding van mentale en fysieke gezondheid levert zowel meer preventiemogelijkheden als betere patiëntenzorg op.
8. Succesvol cardiovasculair risicomanagement vermindert het risico op depressie (*impact*).
9. Screening op depressie moet beter worden geïmplementeerd (*impact*).
10. For there is always light, if only we're brave enough to see it, if only we're brave enough to be it (*Amanda Gorman, 2021*).

Anouk F.J. Geraets, 2 juli 2021