

# Transdiagnostic approaches to mental health

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Propositions accompanying the dissertation

# **Transdiagnostic approaches to mental health**

## **Linking adversity, cognition, candidate mechanisms, and novel digital interventions**

Christian Rauschenberg, 17 December 2021

1. Adverse childhood experiences may have detrimental effects on youth mental health through transdiagnostic risk mechanisms, including individuals' stress sensitivity in daily life. *(this thesis)*
2. The jumping to conclusions reasoning bias may contribute to psychosis progression and persistence in individuals with co-occurring psychotic experiences and affective dysregulation. *(this thesis)*
3. Digital interventions hold great potential for improving public mental health. *(this thesis)*
4. Social isolation may have been a significant factor impacting youth mental health in the COVID-19 pandemic. *(this thesis)*
5. Existential domains are largely neglected in both mental health research and service provision.
6. To provide good mental health care, a specific diagnosis is not required.
7. Mental disorders are not natural kinds and reductionist approaches have limited utility.
8. Preventing adverse childhood experiences is critical, as is expanding access to evidence-based digital interventions.
9. Science may be described as the art of systematic over-simplification. *(Karl Popper)*
10. Science is not only a disciple of reason but, also, one of romance and passion. *(Stephen Hawking)*