

Utilizing exposome score for schizophrenia to predict mental health outcomes

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Propositions belonging to this thesis

Utilizing exposome score for schizophrenia to predict mental health outcomes

Gamze Erzin - April 25th, 2022

1. Environmental exposures are not independent entities. There are causal and noncausal associations, as well as interactions between exposures.
2. Most environmental exposures that play a role in the development of psychosis also cause impairment in quality of life and functioning.
3. There is a need to identify and modify environmental risk factors to improve mental well-being at the population level. The exposome paradigm offers a holistic approach to understanding the complex, intertwined, and dynamic role of the environment in human health.
4. Exposome score for schizophrenia may be useful for risk-enrichment to target selective smaller samples for expensive, experimental, or time-consuming methods.
5. 'Genes may act in ways that are complementary to the environment by making people more or less sensitive to the environments that cause psychosis'. *Jim van Os.*
6. 'We hope to improve our understanding of the decline in psychosocial function and highly variable recovery in psychotic illness by exploring the validity of stratifying patients across different illness trajectories. Stratification of psychosis into functional trajectories will help to characterize those at early risk of long-term poor outcomes'. *Scott R. Clark et al. 2018*
7. 'Despite some claims to the contrary, environmental influences have been found to operate within the normal range, and not just in relation to extreme environments (although, for obvious reasons, the effects of the latter are greater)'. *Micheal Rutter*
8. Findings from this thesis are linked with national and international research programs like "personalized medicine". This thesis enhances knowledge about the role of environmental exposures in understanding pathoetiology of psychosis spectrum disorder.
9. The exposome score for schizophrenia, created by adapting the exposome paradigm, helps researchers understand the effects of environmental exposures on mental health outcomes. It will also have an important place in the future for clinicians to evaluate the risk of psychosis or psychosis in routine clinical evaluation.
10. 'There was still a question in her eyes— one that she did not like to put into words.' *Simone de Beauvoir, The Woman Destroyed*
11. 'Existence is an imperfection.' *Jean-Paul Sartre*