

Towards enhanced management of fear of falling in older people

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Propositions of the doctoral dissertation

Towards enhanced management of fear of falling in older people

Unravelling interventions and measuring related avoidance of activity

1. Holistic exercise interventions are a promising method to reduce fear of falling.
2. We have to be careful when tailoring interventions for fear of falling.
3. A Matter of Balance – Netherlands is particularly useful for people who report both fear of falling and depressive symptoms.
4. The FES-IAB is a worthy replacement of the FES-I and offers possibilities to promote an understudied research field.
5. Quantitative effectiveness research without a validated measurement instrument is a waste of resources.
6. We should invest in automation of systematic reviews and meta-analyses.
7. Scientists who want to properly interpret intervention effects should have a basic knowledge of intervention components.
8. This dissertation opens the door to effective treatment of fear of falling.
9. Work-life balance is a contradictio in terminis.
10. Statistical analyses should always be conducted by a team of researchers and statisticians.

Marlot Kruisbrink

May 10th, 2022