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## Unresolved-disorganized attachment, psychopathology, and the adolescent brain

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### Citation

Hoof, M. J. van. (2019, November 21). *Unresolved-disorganized attachment, psychopathology, and the adolescent brain*. Retrieved from <https://hdl.handle.net/1887/80838>

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**Title:** Unresolved-disorganized attachment, psychopathology, and the adolescent brain

**Issue Date:** 2019-11-21

STELLINGEN BEHOREND BIJ HET PROEFSCHRIFT GETITELD  
“UNRESOLVED-DISORGANIZED ATTACHMENT, PSYCHOPATHOLOGY,  
AND THE ADOLESCENT BRAIN”

BY MARIE-JOSÉ VAN HOOFF

1. Unresolved-disorganized loss and trauma and Coherence of mind scales of the Adult Attachment Interview differentiate adolescents with childhood sexual abuse from those with clinical depression and non-clinical controls over and beyond psychiatric symptoms. *[Chapter 2, this thesis]*
2. Adolescents with childhood sexual abuse show slower reaction times and higher scores (i.e. negative attention bias) for fearful and neutral faces compared to adolescents with anxiety/depressive disorders and non-clinical controls. *[Chapter 3, this thesis]*
3. Adolescents with unresolved-disorganized attachment show smaller left hippocampal volume with resting state functional connectivity differences in the limbic brain networks, regardless of a General Psychopathology Factor. *[Chapter 4, this thesis]*
4. Reduced integrity in white matter is independently associated with both unresolved-disorganized attachment and a General Psychopathology Factor. *[Chapter 5, this thesis]*
5. In rest, adolescents with unresolved-disorganized attachment show greater functional connectivity between the left amygdala and brain areas involved with resting consciousness, mental imagery, modeling people’s views, spatial orientation, dissociation, depersonalization, and derealization. *[Chapter 6, this thesis]*
6. In rest, adolescents with unresolved-disorganized attachment show less left amygdala-medial frontal cortex connectivity involved with cortical control, regardless of a General Psychopathology Factor. *[Chapter 6, this thesis]*
7. Unresolved-disorganized attachment may be a trans-diagnostic risk factor that should be taken into account in many a clinical psychiatric research project. *[this thesis]*
8. Both a categorical and a dimensional approach to attachment and psychopathology are needed in research studies, in order to interpret results adequately. *[this thesis]*

9. Unresolved-disorganized attachment is the linguistically analyzed reflection of dissociation and emotional ambiguity regarding the object of trauma. *[derived from coding according to Main, Goldwyn, & Hesse, 2003; attachment field]*
10. 'Play is the highest form of research' according to scientists involved with  $E=mc^2$  and those involved with children alike. *[Albert Einstein (1879-1955); Dijkgraaf, 2019, p. 292; Bowlby (1969/1982, 1973, 1980, 1988); Ainsworth (1970/1978); attachment field]*
11. For an external PhD student grit is the most important ingredient in thesis writing over time. *[e.g. Arco-Tirado et al., 2019; Clark & Malecki, 2019; Guo, et al., 2019; Jachimowicz et al., 2018; Tang et al., 2019]*
12. The dual PhD trajectory should be applied to all external PhD students, since "stress would be easier to handle wrapped in fair trade chocolate". *[The Dual PhD brochure Leiden University; free after Mignonnette from Côte d'Or and Tony Choclonely]*
13. There is accumulating scientific evidence that intuition is a better advisor than any rational thought whatever. *[inspired by Albert Einstein (1879-1955); Dijkgraaf, 2019, p. 290; Daniel Goleman, 2004; Lufityanto, Donkin, Pearson, 2016; Foundation for Natural Leadership]*
14. Gratitude cannot always be captured in one page: it needs as much space as words able to touch the heart of the particular welldoer. *[a critical note on the PhD thesis instructions on acknowledgements of Leiden University]*