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Well-being and headache in adolescence : A self-regulation perspective

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Stellingen behorende bij het proefschrift

‘Well-being and headache in adolescence: A self-regulation perspective’

1. Adolescent goals are shaped by life circumstances and social context rather than by the experience of a health complaint such as headache.
2. Headache during adolescence does not affect the end goal but rather the journey towards it.
3. The belief in one's ability to cope with frustration is a more important determinant of headache than the actual coping strategies employed.
4. Interventions aimed at improving psychological and physical well-being in adolescents should focus on improving self-regulation skills.
5. Worrying about an unachieved goal is detrimental to psychological well-being in particular when the developmental deadline for achieving the goal has passed.
6. “Adaptive goal disengagement tendencies have the potential to benefit physical health by relieving psychological distress” (Wrosch et al., 2007).
7. Health goals which are conditional upon the absence of stress in other life domains are unlikely to be realised (adapted from the self-pain enmeshment theory, see Morley et al. 2005).
8. Qualitative research is an indispensable component of goal research.
9. The anonymity of an online diary for adolescents is both its strength and its weakness.
10. Conducting research into effectiveness of coping strategies does not guarantee effective personal coping.
11. The added benefit of conducting research in a foreign language is mastering that language.
12. Sudoku is an excellent form of positive refocusing.