



Universiteit
Leiden
The Netherlands

Effects of a self-regulation lifestyle program for post-cardiac rehabilitation patients

Janssen, V.R.

Citation

Janssen, V. R. (2012, September 25). *Effects of a self-regulation lifestyle program for post-cardiac rehabilitation patients*. Retrieved from <https://hdl.handle.net/1887/19850>

Version: Not Applicable (or Unknown)

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/19850>

Note: To cite this publication please use the final published version (if applicable).

Cover Page



Universiteit Leiden



The handle <http://hdl.handle.net/1887/19850> holds various files of this Leiden University dissertation.

Author: Janssen, Veronica Regina

Title: Effects of a self-regulation lifestyle program for post-cardiac rehabilitation patients

Issue Date: 2012-09-25

Stellingen behorende bij het proefschrift

“Effects of a Self-Regulation Lifestyle Program for Post-Cardiac Rehabilitation Patients”

1. There may be unmotivated health professionals, but there is no such thing as an unmotivated patient.
2. Meaningful health goals of cardiac patients are usually quite different from cardiac rehabilitation goals.
3. In contrast to most interventions, self-regulation programs allow for lifestyle change without disturbance of wellbeing.
4. Poor and imprecise reporting of intervention content hampers the advancement of health psychology.
5. Current methods of assessment of health behaviors are wholly inadequate for research purposes (this thesis included).
6. We naively assume that the implementation of research findings in clinical practice will happen spontaneously.
7. Conducting intervention studies with patients is a privilege and researchers should treat it as such.
8. The ‘publish or perish’ culture erodes the quality of teaching at universities.
9. The principles of self-regulation should be applied to teaching at all times.
10. The chronic conducting of meta-analyses is a disease.
11. He who has a *why* to live can bear with almost any *how*
(FRIEDRICH NIETZSCHE, 1844-1900).
12. The point of life is life.