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Propositions for the dissertation

## **Placebo and nocebo effects in itch: from conditioning to psychophysiological effects**

Stefanie Meeuwis

1. Placebo and nocebo effects can arise in itch and itch-related dermatological conditions through various mechanisms, including associative and instructional learning pathways (this dissertation).
2. Placebo and nocebo effects illustrate how closely body and mind are intertwined.
3. Using associative learning to strengthen placebo responses in pharmacotherapy may be a promising method to optimize existing treatment for itch in clinical practice (this dissertation).
4. Placebo effects may be elicited for itch by verbal suggestions, regardless of whether they are suggested to be intentional treatment or unintentional side effects of a treatment (this dissertation).
5. That verbal suggestions can elicit both placebo and nocebo effects emphasizes that careful and deliberate communication has a central role in clinical practice.
6. Clinicians should take patients' own expectancies of treatment outcomes into consideration and discuss them during consults, as these could be crucial for successful treatment.
7. Explaining placebo effects through an open-label rationale may offer opportunities in clinical practice to utilize them while taking an ethical and conscientious approach (this dissertation).
8. Subjectivity is both a strength and limitation of placebo research: subjective expectancy and experience are at the core of the field, but can one's experience truly be the same once asked about?
9. Expectations could contribute to optimization of health– and making people aware of their expectations about future events could additionally change their experience of these events.