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## Mood and the pill

Hamstra, D.A.

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# Mood and the Pill

Danielle Hamstra, 30 September 2021

- a) It is problematic that scientific findings on human cognition are often based on female participants whose hormonal status is not assessed.
- b) It is problematic that no methodological consensus exists on how the female hormonal status should be accounted for in human cognition research.
- c) The MR-gene is associated with attentional control, risk tolerance in decision-making and the personality trait optimism (chapter 4, 5 and 7).
- d) The genetic make-up of MR-haplotype 2 carriers may be advantageous, especially in (potentially) stressful circumstances (chapters 1, 4 and 8).
- e) Lower affect variability and reduced sensitivity to facial expressions of emotions may be experienced as blunting effects of the pill (this thesis).
- f) It needs to be further investigated whether the reduced recognition of facial expressions of some emotions by pill-users influences their social interactions (chapter 8).
- g) There is an urgent need for further research on the influence of the female hormonal status on mechanisms of stress coping (chapters 3, 4, 5 and 8).
- h) A complex research question deserves a simple research design (chapters 5, 7 and 8).
- i) The saying that the exception proves the rule, pleads against the common practice to delete outliers without investigating them carefully.
- j) The way and amount of participant compensation may confound psychological research findings.
- k) The increased vulnerability of women to mood disorders is the result of biological, psychological and social factors. Social factors are particularly important, as women are still more likely to become a victim of violence.