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## **Stressed-out stress systems: dysregulated stress-systems in the pathophysiology of stress-related disorders**

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Dysregulated stress-systems in the pathophysiology of stress-related disorders

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1. Levels of salivary alpha-amylase (sAA) at awakening are specifically elevated in depressed patients. [This thesis]
2. Chronic HPA-axis activation induces social withdrawal, but autonomic nervous system activation does not. [This thesis]
3. Cushing's disease leads to alterations in brain structure and function, some of which are persistent. [This thesis]
4. Deactivated microglia and oligodendrocytes should be investigated in post mortem anterior cingulate cortices of (remitted) Cushing's Disease patients. [This thesis]
5. Cushing's Disease could be used as a naturalistic model to determine the effects of excessive cortisol exposure on the brain in MAS-disorder patients that have experienced more severe symptomatology. [This thesis]
6. High-intensive data collection in smaller data samples accelerates scientific insights that can more easily be implemented for the individual patient.
7. Scientist practioners are necessary to advance the field of psychology as research and clinical practice operate synergistically.
8. Global guidelines for standardized data collection and data analysis methods should be implemented to enable easier confirmation and refutation of study results.
9. The term "stress" is ambiguous and overused. To describe stress caused by allostatic overload (i.e. "the wear and tear on the body and brain that result from [stress]"), one should use the term "stressed-out". – **Bruce McEwen**
10. If we were to measure stress-system activation in the saliva of PhD students throughout the course of their PhD trajectories, on average we would find diurnal elevations of both cortisol and alpha amylase levels, as well as long-term altered brain structure and functioning.
11. In order to bring a thesis to completion, two things are needed: a goal and not quite enough time. —**inspired by Leonard Bernstein**