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Reducing the chronic disease burden in China: tailoring a self-management intervention among Chinese people with chronic lung disease

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Stellingen behorende bij het proefschrift

Reducing the chronic disease burden in China: Tailoring a self-management intervention among Chinese people with chronic lung disease

1. The chronic disease burden in China can be reduced through self-management interventions. — (*this thesis*)
2. Blended self-management interventions partially replace traditional face-to-face elements and provide improved health care, yielding significant benefits. — (*this thesis*)
3. A tailoring approach, rather than a universal “one size fits all” strategy, can optimize the successful implementation of the self-management intervention. — (*this thesis*)
4. Implementing the self-management intervention must leverage local context facilitators to tackle chronic lung disease. — (*this thesis*)
5. The tailored implementation of self-management intervention should address the phase of the implementation process and the specific context. — (*A. Versluis, EJGP 2020; 26(1):140-145.*)
6. Tailored self-management intervention could reduce exacerbation onset and the time between exacerbation recognition and action in chronic pulmonary obstructive disease. — (*C. Hallensleben, CEH 2020; 3, 63-68.*)
7. eHealth technologies in China can improve the quality of life and reduce hospitalization rates in chronic pulmonary obstructive disease. — (*F.L. Liu, Telemed J E Health 2020; 26(9):1075-1092.*)
8. The eHealth technologies are not the end but the means to provide better care. — (*N. H. Chavannes, inaugural lecture eHealth in disease management: goal or tool?, Leiden University Medical Center, 2015.*)
9. Change is the only constant in life; embracing it at any moment is important to grow and adapt to new circumstances.
10. When the winds of change blow, some people build walls, and others build windmills. — Chinese Proverb
11. Resilience is an essential aspect of scientific research, as failures and setbacks are inevitable in academic careers; let us learn from these experiences and use them as opportunities for personal and professional growth.