

Predictors, symptom dynamics and neural mechanisms of bipolar disorders

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Stellingen behorende bij het proefschrift getiteld Predictors, Symptom Dynamics and Neural Mechanisms of Bipolar Disorders.

- 1. A manic episode is a prerequisite for bipolar disorder but understanding potential risk factors and prodromal features may help to avoid a diagnostic delay (this thesis).
- 2. Individuals with a unipolar depression with higher levels of anger and lower agreeableness are at increased risk for conversion to a bipolar disorder (this thesis).
- 3. Knowing a patient's dynamic symptom profile is a first step towards personalized treatment (this thesis).
- 4. The DSM classification of a bipolar disorder should be reconceptualized as a disorder of a complex dynamic system (this thesis).
- 5. Aberrations in the fronto-limbic network, present in both euthymic and symptomatic patients, may be underlying cognitive and emotional dysfunctions in bipolar disorders (this thesis).
- 6. Psychotherapy is frequently overlooked in the management of bipolar disorder, despite its potential for understanding and managing symptoms, developing coping skills, and improving overall functioning.
- 7. Insufficient attention has been given in psychiatric research to the heterogeneity of psychiatric disorders, highlighting the need for a comprehensive approach that considers biological, psychological, and social factors in the assessment and management of individuals.
- 8. Early detection and intervention can improve the course of affective disorders and reduce the risk of chronic disability.
- 9. The media plays a powerful role in shaping public opinion, perception, and misconceptions of mental disorders, and should be more aware of its negative contribution to stigma (e.g., portraying mental disorders as dangerous stereotypes).
- 10. Parenting involves constantly serving as role models for children, as children often shape their life more on what they see than on what they are told.
- 11. The presence of hope can alleviate feelings of despair and helplessness, offering a sense of possibility and belief in our ability to overcome obstacles. وجود امید می تواند احساس ناامیدی و درماندگی را کاهش دهد و احساس امکان و باور به توانایی ما برای غلبه بر موانع را ارائه

دهد

12. The PhD experience is a transformative journey of personal growth (though often at the expense of some questionable life choices).