



Universiteit
Leiden
The Netherlands

Predictors, symptom dynamics and neural mechanisms of bipolar disorders

Mesbah, R.

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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).