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Maneuvering through a world of stressors: adolescents' experience of stress, the effectiveness of a psychoeducational program about stress, and the self-perceived need for additional support

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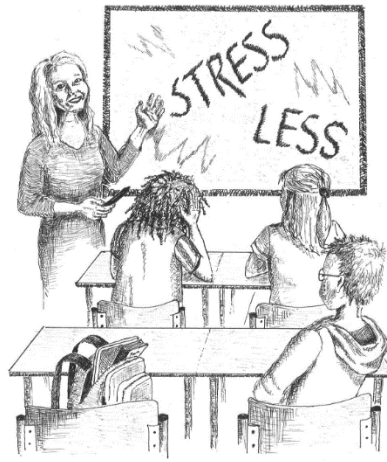
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Propositions

Accompanying the public defense of Simone Vogelaar's dissertation

Maneuvering through a World of Stressors

1. Adolescents experience relatively high stress from school, health, and future uncertainty, while reporting less stress from social stressors and financial pressure (this dissertation).
2. The overall level of stress experienced by adolescents does not differ between ethnic backgrounds or educational levels (this dissertation).
3. A psychoeducation program about stress leads to more knowledge about stress but it should not be expected that such a program decreases the level of psychological problems (this dissertation)
4. Self-referral after a psychoeducational program about stress is a suitable way to offer low-threshold interventions to adolescents in need of preventative mental health support (this dissertation).
5. The Adolescent Stress Questionnaire – Short is a useful instrument for practitioners and researchers to get a broad view of stressors experienced by Dutch-speaking adolescents (this dissertation).
6. It is harder to convince parents to let their child join a research study about stress than adolescents themselves.
7. Self-referral empowers adolescents to make their own decision about whether to follow an intervention.
8. Asking adolescents whether they want preventative support increases their motivation to participate in a skills-based intervention.
9. Everyone needs a little bit of stress in their life but not too much.
10. Talking about stress raises awareness about experienced stressors.
11. When a house of cards comes crashing down, know that you can always rebuild it.