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## Friendship stress buffering in young people with childhood adversity

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**Friendship Stress Buffering  
in Young People with Childhood Adversity**

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# **Friendship Stress Buffering in Young People with Childhood Adversity**

## **Proefschrift**

ter verkrijging van  
de graad van doctor aan de Universiteit Leiden,  
op gezag van rector magnificus prof.dr.ir. H. Bijl,  
volgens besluit van het college voor promoties

te verdedigen op donderdag 25 september 2025  
klokke 11:30 uur

door

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# **Friendship Stress Buffering in Young People with Childhood Adversity**

## **Doctoral Dissertation**

to obtain the degree of Doctor of Philosophy from Leiden University,  
under the authority of Rector Magnificus prof.dr.ir. H. Bijl,  
according to the decision of the doctorate board

to be defended on Thursday, September 25, 2025  
at 11:30am

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## **Trigger Warning**

This dissertation discusses childhood trauma, which may evoke distressing emotions or memories in some individuals.

If you find yourself struggling with the content discussed, please consider reaching out to a trusted friend, family member, or mental health professional for support and guidance.

Visit [www.findahelpline.com](http://www.findahelpline.com) to connect with a trained crisis counselor near you.





To my parents, Meike and Gerd, who inspire me,  
my brothers, Robin and Leon, who empower me,  
my husband, Fabian, who completes me.

You are my everything.



**Sometimes it is the people who no one imagines anything of  
who do the things that no one can imagine.**

The Imitation Game

This quote is often associated with the movie *The Imitation Game*, which depicts the life of the pioneering British mathematician and computer scientist Dr. Alan Turing. Dr. Turing played a crucial role in decrypting the German Enigma code during World War II and laid the foundation for modern computing. Reports suggest that Dr. Turing experienced social isolation and bullying in his formative years, and as an adult, he continued to face persecution, discrimination, and harassment due to his homosexuality up until his untimely death in 1954.

This quote shall serve as a reminder of our collective responsibility to foster an environment of openness and inclusivity. To embrace diversity and to recognize the inherent potential in every individual, regardless of their background, identity, or life circumstances. It beckons us to envision a society that challenges stereotypes, dismantles systemic barriers, and advocates for the creation of safe spaces where every individual is being given the opportunity to thrive.



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