



Universiteit
Leiden

The Netherlands

Learning to swim the endless waves: examining self-management and risk factors for (chronic) depression

Solis, E.C.

Citation

Solis, E. C. (2025, October 9). *Learning to swim the endless waves: examining self-management and risk factors for (chronic) depression*. Retrieved from <https://hdl.handle.net/1887/4262751>

Version: Publisher's Version

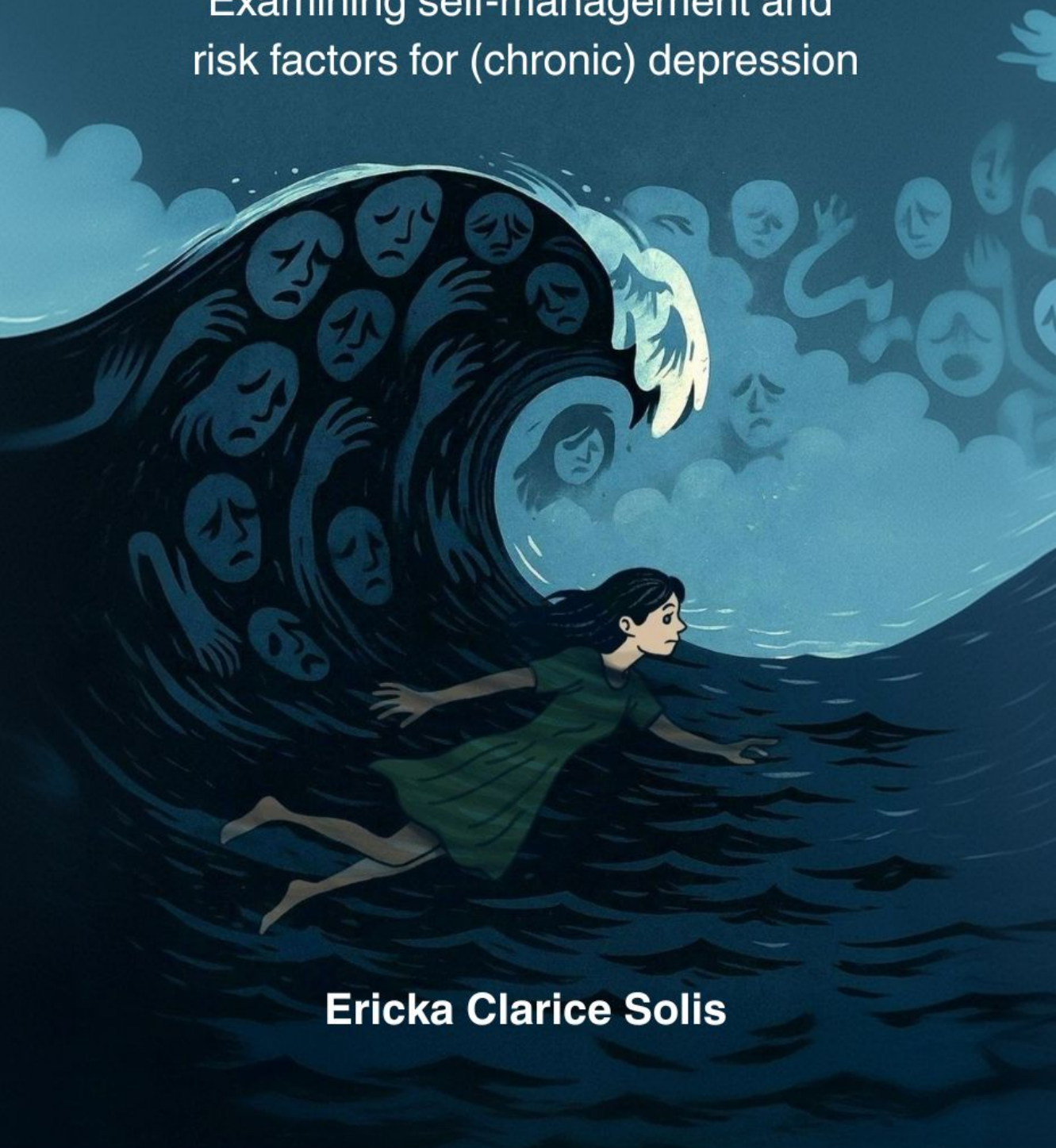
License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/4262751>

Note: To cite this publication please use the final published version (if applicable).

LEARNING TO SWIM THE ENDLESS WAVES:

Examining self-management and
risk factors for (chronic) depression



Ericka Clarice Solis