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The Netherlands

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

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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

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Stellingen behorende bij het proefschrift getiteld:

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

1. Due to the chronic nature of PDD-symptoms, self-management programs such as PPEP4All-PDD should be extended beyond 3 months and include sessions to discuss homework (*this thesis*).
2. Patients with (chronic) depression should be encouraged to learn and use self-management techniques early in treatment to promote patient self-efficacy and empowerment (*this thesis*).
3. Depression becomes more recurrent as the number of depressive episodes increases and is connected to a higher level of stress sensitivity and internalized negative cognitions (*this thesis*).
4. Due to the continual fluctuation and switching of depressive and (comorbid) anxiety symptoms, a new way of diagnosing patients that uses a dimensional approach is needed (*this thesis*).
5. As part of self-management, patients need to build new softer beliefs and identity, focused on self-acceptance and self-love (*this thesis*).
6. Qualitative interviews should be an integral part of conducting quantitative research.
7. Loneliness appears to be a new pandemic (Holt-Lunstad, 2017; 2021). Part of treatment or rehabilitation should focus on promoting the ability to socialize with others, by offering training on communication and social skills and offering opportunities to connect with others.

Holt-Lunstad, J. The Potential Public Health Relevance of Social Isolation and Loneliness: Prevalence, Epidemiology, and Risk Factors, *Public Policy & Aging Report*, Volume 27, Issue 4, 2017, Pages 127–130, <https://doi.org/10.1093/ppar/prx030>

Holt-Lunstad J. Loneliness and Social Isolation as Risk Factors: The Power of Social Connection in Prevention. *American Journal of Lifestyle Medicine*. 2021;15(5):567-573.
doi:[10.1177/15598276211009454](https://doi.org/10.1177/15598276211009454)
8. Using a dimensional diagnosis may reduce stigma around psychiatric issues.
9. Offering digital or AI-based psychoeducational programs prior to starting treatment may ameliorate the practical problem of long waiting times in mental healthcare.
10. A PhD-trajectory teaches the PhD-student how to stand firm in the face of uncertainty.
11. Assimilating a new culture requires mental flexibility and emotional fortitude as one relinquishes certain cultural traits from one's heritage culture and integrates new cultural values and norms from the host society.
12. Feeling unsafe in one's childhood results in epigenetic changes to one's immune system that persists into adulthood. This requires teaching your mind and body to feel safe again as an adult, taking into account your physical sensitivities.