



Universiteit  
Leiden  
The Netherlands

## **No adolescent is an island: conceptualizing the family system in adolescent depression with the network approach**

Veenman, M.

### **Citation**

Veenman, M. (2026, February 5). *No adolescent is an island: conceptualizing the family system in adolescent depression with the network approach*.

Retrieved from <https://hdl.handle.net/1887/4291726>

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/1887/4291726>

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

# **No adolescent is an Island**

Conceptualizing the Family System in Adolescent  
Depression with the Network Approach

by

**Myrthe Veenman**

Cover: Wendy Bour  
Print: Gildeprint — [www.gildeprint.nl](http://www.gildeprint.nl)

Copyright © 2025 by Myrthe Veenman

All rights reserved. No parts of this dissertation may be reproduced or transmitted in any form or by any means without written consent from the authors.

# **No adolescent is an Island**

Conceptualizing the Family System in Adolescent Depression  
with the Network Approach

Proefschrift

ter verkrijging van

de graad van doctor aan de Universiteit Leiden,

op gezag van rector magnificus prof.dr. S. de Rijcke,

volgens besluit van het college voor promoties

te verdedigen op donderdag 5 februari 2026

klokke 16.00 uur

door

Myrthe Veenman

geboren te Haarlem

in 1995

**Promotor:**

Prof.dr. B.M. Elzinga

**Co-promotor:**

Dr. E.I. Fried

**Promotiecommissie:**

Prof.dr. H.E. Hulst (Wetenschappelijk Directeur Instituut/voorzitter)

Prof.dr. M. Kindt (Universiteit van Amsterdam)

Dr. L.J. Waldorp (Universiteit van Amsterdam)

Prof.dr. A.C.K. van Duijvenvoorde

Prof.dr. A. Bexkens



*This PhD thesis is part of the project ‘New Science of Mental Disorders’ ([www.nsmd.eu](http://www.nsmd.eu)), supported by the Dutch Research Council and the Dutch Ministry of Education, Culture and Science (NWO gravitation grant number 024.004.016).*

# Table of contents

<b>Chapter 1</b>	General introduction	1
<b>Chapter 2</b>	Studying Family Systems of Adolescent Depression: A Matter of Perspective	15
<b>Chapter 3</b>	A Network Study of Family Affect Systems in Daily Life	45
<b>Chapter 4</b>	Not to Worry? The Relation between Parental Worry, Self-Efficacy, and Parenting Behaviors in the Context of Adolescent Depression	85
<b>Chapter 5</b>	Parental Worry and Self-Efficacy when Raising Adolescents with Depression: A Mixed-Method Approach	125
<b>Chapter 6</b>	General discussion	169
<b>Appendices</b>		
	References	183
	Samenvatting	217
	Curriculum vitae	221
	Acknowledgements	224



*“No man is an island,  
Entire of itself;  
Every man is a piece of the continent,  
A part of the main.”*

**- John Donne**