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

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Propositions

No adolescent is an Island

Conceptualizing the Family System in Adolescent Depression with the Network Approach

Myrthe Veenman

1. Adolescents are not islands; understanding adolescent psychopathology requires understanding the family system (*this dissertation*).
2. To understand family dynamics in adolescent psychopathology, it is crucial to study three differences (i.e., perspectives) in particular: differences within families, differences between families, and differences over time (*Chapter 2 of this dissertation*).
3. Adolescent depression impacts adolescent *and* parent well-being (*Chapters 3, 4, and 5 of this dissertation*).
4. Whereas the focus in the literature has been mostly on negative parenting, positive parenting is an equally important factor in the family dynamics of adolescent depression (*Chapters 4 and 5 of this dissertation*).
5. The network approach is a valuable framework to conceptualize the family system in adolescent psychopathology (*this dissertation*).
6. Following Tolstoy stating that, “*All happy families are alike; each unhappy family is unhappy in its own way*” (in *Anna Karenina*, 1877), this dissertation illustrates that individual differences are universal—the question is which individual differences are meaningful in the context of clinical family interventions.
7. Qualitative information, in complement to quantitative (network) analyses, is essential to gain more insight into adolescent psychopathology.
8. The well-being of family members of adolescents with depression warrants more systematic attention in both research and practice.
9. “*Love cannot cure mental illness*” (Alice Oseman in *Heartstopper*, volume 4, 2021); hence, access to mental health services is necessary.
10. Having an open mind to other perspectives is necessary to learn, as “*In reality, we know nothing. Nothing precise. Nothing solid. We need to keep shifting viewpoints.*” (Gregoire Bouillier in *Le Syndrome de l’Orangerie*, 2024).