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Untangling the adolescent internalizing brain: investigations on brain networks in youth with anxious and depressive problems

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Stellingen

behorende bij het proefschrift getiteld

Untangling the adolescent internalizing brain

Investigations on brain networks in youth with anxious and depressive problems

1. Development of functional connectivity, but not structural connectivity, diverges in adolescents with internalizing disorders compared to healthy peers.
This thesis
2. It is important to investigate functional connectivity of amygdala subregions.
This thesis
3. Widespread changes in white matter microstructure are present in patients with social anxiety disorder, of which some may be transdiagnostic or candidate endophenotypes.
This thesis
4. Data sharing provides many novel opportunities to investigate neurobiology in psychiatry.
This thesis
5. The complexity and impact of adolescent internalizing disorders and its intertwinement with the adolescent developing brain should not be underestimated.
6. Contradictory findings could lead to new insights when interpreted with different research methods in mind.
7. Research on underlying neurobiology of mental disorders requires active adoption of new and innovative methodologies.
8. The mind should be investigated using a holistic view, ranging from contemplative neuroscience and mind-body interventions to molecular psychiatry.
9. Rising rates of adolescent mental health problems signal the need for proactive societal-level prevention and fundamental changes, not only individual interventions.
10. The road to changing the world is never-ending - pace yourself. Take one little step at a time.
Inspired by Rupi Kaur, Indian-Canadian poet