

# Affect dynamics : a focus on genes, stress, and an opportunity for change

## Citation for published version (APA):

Menne-Lothmann, C. (2015). Affect dynamics : a focus on genes, stress, and an opportunity for change. Maastricht: Maastricht University.

## Document status and date:

Published: 01/01/2015

## Document Version:

Publisher's PDF, also known as Version of record

## Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

## General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

[www.umlib.nl/taverne-license](http://www.umlib.nl/taverne-license)

## Take down policy

If you believe that this document breaches copyright please contact us at:

[repository@maastrichtuniversity.nl](mailto:repository@maastrichtuniversity.nl)

providing details and we will investigate your claim.

Stellingen horende bij het proefschrift

## **Affect dynamics: a focus on genes, stress, and an opportunity for change**

Claudia Menne-Lothmann, 29 januari 2015

- 1 Daily life reward experience and positive emotions can thrive in individuals irrespective of their genetic variation. (this thesis)
- 2 Benign interpretation bias modification training is particularly effective if individuals are instructed to use their imagination during the training. (this thesis)
- 3 The current findings on interpretation bias modification training suggest that making training with particular characteristics broadly and – ideally – freely available may effectively reduce negative interpretation biases in the population. (this thesis – valorization)
- 4 Experimental exposure to slightly negative digital peer evaluations regarding appearance, intelligence, and congeniality is stressful as indicated by explicit, implicit, and biological stress-measures. (this thesis)
- 5 Subtle dynamics of affective processes as occurring in daily life are more informative for future outcome of depressive symptoms than the Hamilton Depression Rating Scale. (this thesis)
- 6 If daily life stress sensitivity and reward sensitivity are different entities, two separate targets for intervention suggest themselves.
- 7 Positive emotions trigger upward spirals toward emotional well-being. (Fredrickson & Joiner)
- 8 I know that there is nothing better for people than to be happy and to do good while they live. (Ecclesiastes 3:12, The Bible)
- 9 Man muss sich durch die kleinen Gedanken, die einen ärgern, immer wieder hindurchfinden zu den großen Gedanken, die einen stärken. (Dietrich Bonhoeffer)