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Women's health and wellbeing: the roles of early life adversity, stress and lifestyle

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Stellingen

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Women's health and wellbeing: the roles of early life adversity, stress and lifestyle

Lotte van Dammen

1. Childhood adversity is associated with poorer health behaviors, and more stress-related symptoms among adult women (this thesis)
2. Person-related and environment-related childhood adverse events are not only linked to levels of cortisol, but also to DHEA concentrations, in a sex-specific manner (this thesis)
3. A preconception lifestyle intervention improved cardiometabolic health and physical quality of life among women with obesity and infertility, although these effects were not maintained over time (this thesis)
4. Selective participation is problematic in follow-up studies, precluding robust conclusions regarding long-term effectiveness of interventions (this thesis)
5. A lifestyle intervention is especially effective in improving body composition among obese women who experienced childhood adversity (this thesis)
6. Lifestyle intervention studies should include mental wellbeing outcomes, since these outcomes are highly relevant for daily functioning and could possibly increase motivation to lose weight and lead to better weight maintenance
7. Was mich nicht umbringt, macht mich stärker (Friedrich Nietzsche)
8. Our society should invest in improving the early environment, from conception onwards, in order to reduce cardiovascular disease rates in adulthood
9. The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not (Mark Twain)

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