

Stellingen

Theorems as part of this dissertation

The Development of Anxiety Symptoms in Adolescents

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- 1 | Longitudinal measurement invariance testing is underutilized in developmental psychological studies (this thesis).
- 2 | Given the fact that panic attacks are amongst the most debilitating psychiatric conditions, surprisingly little is known about their predictors (this thesis).
- 3 | The longitudinal association between anxiety symptoms and sleep problems can be better explained by the respective chronicity of anxiety symptoms and sleep problems than by a direct effect of the one on the other (this thesis).
- 4 | To better understand how pubertal timing is associated with other anxiety symptoms and other variables, pubertal timing needs to be treated as the dynamic concept it is (this thesis).
- 5 | Parasympathetic nervous system reactivity plays a small role in explaining inconsistencies in the association between anxiety symptoms and sleep problems (this thesis).
- 6 | Poor research is worse than no research because it gives the illusion of knowledge.
- 7 | Every clinical researcher should be obligated to spend at least *some* time working with patients.
- 8 | People who reject religion, but still believe that “everything happens for a reason” are just kidding themselves.
- 9 | Shopping is an act of voting – every single time you purchase a product, you are saying: I support the practices of this company; hence, with shopping as with voting, you have the duty to inform yourself.
- 10 | Just because it’s legal doesn’t mean it’s a good idea.
- 11 | Every bitter failure can be sweetened by a pint of Ben & Jerry’s ice cream – unless the failure involves dieting.