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Obesity and Depression

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Stellingen

Behorende bij het proefschrift:

Obesity and depression
An Intertwined Public Health Challenge

Yeshambel Tesfa Nigatu

November 25, 2015

1. Obesity is bidirectionally associated with depression. *-this thesis-*
2. Obesity and depression are far more intertwined than usually thought. *-this thesis-*
3. Both the weight and mental health problems reinforce each other and increase the risk for sickness absence beyond either of these conditions alone. *-this thesis-*
4. Intervening on obesity may be more beneficial for individuals with major depression compared to those without major depression regarding the risk of high work performance impairment. *-this thesis-*
5. The combination of obesity and depression diminishes more individual reserves compared with either condition alone. *-this thesis-*
6. Persons suffering from both obesity and depression are more likely to consume health care resources compared to those suffering from either condition alone. *-this thesis-*
7. Body and mind cannot be separated for purposes of treatment, for they are one and indivisible. Sick minds must be healed as well as sick bodies. *- Jeff C. Miller*
8. I have learnt that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

- Booker T. Washington

9. I eat because I am depressed and I am depressed because I eat.

- *Fat bastard revelation (Austin powers movie)*

10. Which came first-obesity or depression? It's hard to say, but thinking about it...is depressing!