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### What's in a mood?

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DOI:  
[10.33612/diss.200101721](https://doi.org/10.33612/diss.200101721)

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*Document Version*  
Publisher's PDF, also known as Version of record

*Publication date:*  
2022

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*  
Helmich, M. A. (2022). *What's in a mood? looking for dynamic predictors of individual improvement in depression*. University of Groningen. <https://doi.org/10.33612/diss.200101721>

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# What's in a mood?

## Looking for dynamic predictors of individual improvement in depression

**Marieke A. Helmich**

1. The road to recovery from depression seldom follows a simple straight line (Chapter 2).
2. A snapshot of the destabilisation in negative affect is of limited value as a predictor of the course of depressive symptom improvement (Chapter 3).
3. There is no one-size-fits-all definition of a “critical transition” in depression: methods must account for individual variation in what constitutes relevant change (Chapters 4 & 6).
4. Having a uniquely suitable dataset is no guarantee for the successful detection of early warning signals (Chapters 5, 7, & 8).
5. It is too early for early warning signals (Chapters 7 & 8).
6. Describing change processes in depression with dynamical systems ideas is easy, testing these principles empirically is not.
7. Alternative stable states in depression should not be oversimplified: symptoms can shift in clinically relevant ways other than from present to absent or vice versa.
8. We lack an empirically grounded understanding of the time scales over which depressive mood and symptoms change.
9. Patients learn more from the process of monitoring their mood in itself than from reflecting on a report a researcher shows them after four months.
10. “Everyone may be ordinary, but they’re not normal.” — Haruki Murakami
11. Good things can come from bad situations. — a simple truism

