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## Unraveling the rhythm of depression

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DOI:  
[10.33612/diss.864177912](https://doi.org/10.33612/diss.864177912)

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

*Publication date:*  
2023

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

*Citation for published version (APA):*

Minaeva, O. (2023). *Unraveling the rhythm of depression: exploring physical activity, sleep, and circadian markers for depression detection and prediction*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen. <https://doi.org/10.33612/diss.864177912>

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# Unraveling the Rhythm of Depression

Exploring Physical Activity, Sleep, and Circadian Markers  
for Depression Detection and Prediction

Olga Minaeva

Layout and cover design: Olga Minaeva  
Printed by: Ridderprint, the Netherlands

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university of  
 groningen

# Unraveling the rhythm of depression

Exploring physical activity, sleep, and circadian markers for  
depression detection and prediction

**PhD thesis**

to obtain the degree of PhD at the  
University of Groningen  
on the authority of the  
Rector Magnificus Prof. J.M.A. Scherpen  
and in accordance with  
the decision by the College of Deans.

This thesis will be defended in public on

Wednesday 24 January 2024 at 16.15 hours

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*Посвящается моим родителям, которые не  
побоялись отпустить меня следовать за мечтой*

*Dedicated to my parents, who were not afraid to let me  
go to pursue my dream*



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