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## Unraveling the rhythm of depression

Minaeva, Olga

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# Unraveling the Rhythm of Depression

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

Olga Minaeva

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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  
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 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

by

**Olga Viacheslavovna Minaeva**

born on 10 August 1992  
 in Tula, Russia

## **Supervisors**

Dr. H. Riese

Prof. M.C. Wichers

## **Co-supervisor**

Dr. S.H. Booij

## **Assessment Committee**

Prof. E. van Someren

Prof. A. Lichtwarck-Aschoff

Prof. M.J. van Tol

*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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