

STELLINGEN

1. Group-based Multicomponent Therapy is a feasible, well-accepted treatment to reduce depressive symptoms in pregnant women with a mental disorder (*this thesis*)
2. Every pregnant woman with a major depressive disorder should be offered a form of psychotherapy as a first choice (*this thesis*)
3. Preference of the pregnant patient has to weigh heavily in the decision for a psychiatric treatment (*this thesis*)
4. Future randomized controlled trials have to include, next to depression, a broader range of mental disorders with comorbid disorders (*this thesis*)
5. The next challenge in perinatal psychiatry is to evaluate the (cost-) effectiveness of the Psychiatry Obstetrics Pediatrics (POP) outpatient clinics (*this thesis*)
6. To successfully engage a pregnant woman for treatment, a physician should use a holistic approach and act as a physician, psychologist and social worker at the same time
7. Bridging the mental health treatment gap must be a global priority
8. As the directors of health care, the health insurance companies should also take the oath of Hippocrates
9. The rights of a child in utero must be guaranteed, even in a mentally competent woman
10. In extreme cases, women should be tempted to have a reproductive “time-out”
11. Every day begins with an act of courage and hope: getting out of bed (Cooley, 1984)