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)*