

PROPOSITIONS

Accompanying the thesis

Neuropsychiatric Aspects of Healthy Aging:

An Epidemiological Approach

1. Targeting estrogen receptor beta may constitute a novel treatment for menopausal symptoms, including anxiety, depression, and neurodegenerative diseases. (this thesis)
2. Epigenetic modifications of the genome, such as DNA methylation and histone modifications, can play a role in neurodegenerative diseases such as Alzheimer's disease and Parkinson's disease, and could lead to preventive strategies in neurodegenerative diseases. (this thesis)
3. Due to social stigma, women tend to have more difficulty assessing the treatment and recovering from alcohol dependence than do men. (this thesis)
4. Depression might be a key player driving the sleep disturbances observed in people with normal and complicated grief. (this thesis)
5. Bereavement, its types and grief severity can lead to lower quality of life, especially in women. (this thesis)
6. A knowledge of the factors that predict problems in bereavement enables these to be anticipated and prevented. - Colin M. Parkes
7. There is a strong link between estrogen and emotional disturbances in humans, like mood fluctuations, depression, irritability, and anxiety have often been associated with low levels of estradiol in postmenopausal women. - Helene Joffe & Lee S. Cohen
8. Symptoms of complicated grief, depression, and post-traumatic stress disorder represent distinguishable syndromes. - Paul A. Boelen et al.
9. Quantitative research without qualitative research is blind; qualitative research without quantitative research is powerless. - Jorn G. Peters
10. Always be yourself unless you can be Batman. Then be Batman! - Bill Murray
11. Every problem has a solution if you have enough patience and time. - Jelena Milic