

PROPOSITIONS

Predictors and Outcomes of Adolescents' Sexual and Reproductive Health

An Ecological Approach

1. In the Netherlands, the United States, and Brazil, boys tend to have more sexual partners than girls.

This thesis

2. Girls who have a higher-quality relationship with their mothers are less likely to initiate early sexual intercourse.

This thesis

3. Adolescents who communicate more frequently about sexuality with their friends engage in more sexual behaviors at an early age.

This thesis

4. In the Netherlands, the United States, and Brazil, more in-school sexuality education is associated with more optimal SRH behaviors and outcomes (i.e., fewer sexual partners, more condom use, and more use of other contraceptives).

This thesis

5. Adolescents who have a relatively high-quality relationship with their parents have relatively high levels of psychological well-being (i.e., higher levels of global and physical self-esteem, and lower levels of depression).

This thesis

6. Mindfulness training can be an effective component of student mental health promotion strategies.

Galante J, et al. A mindfulness-based intervention to increase resilience to stress in university students (the Mindful Student Study): a pragmatic randomized controlled trial. The Lancet Global Health. 2018; 3(2):e72–e81

7. E-cigarette use predicts subsequent regular tobacco cigarette use among adolescents.

Bold KW, et al. Trajectories of E-Cigarette and Conventional Use Among Youth. Pediatrics. 2018; 141(1):e20171832

8. Nutrition can both cause and cure disease.

Leemakers, et al. A priori and a posteriori derived dietary patterns in infancy and cardiometabolic health in childhood: The role of body composition. Clinical Nutrition. 2017(17):30291-1.

9. Exclusive breastfeeding up to 6 months of age predicts more optimal long-term health outcomes.

Horta BL, Victora CG. Long-term effects of breastfeeding. A systematic review. World Health Organization. 2013.

10. Nothing in life is to be feared, it is only to be understood.

Marie Curie

11. Happiness is the only thing that doubles when shared.

Albert Schweitzer

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