

Propositions accompanying the thesis:
HEALTH-RELATED QUALITY OF LIFE OF MOTHERS AND CHILDREN
by Guannan Bai

- I. Health care professionals should acknowledge the potential impact of symptoms of nausea, vomiting and fatigue in early pregnancy and when applicable, discuss with patients how to manage or cope with these symptoms. (*this thesis*)
- II. Physical and mental trajectories of health-related quality of life during pregnancy differ, with the most common ones being “healthy trajectories”. (*this thesis*)
- III. Maternal postpartum psychopathology is profoundly associated with worse mental health-related quality of life two months after delivery. (*this thesis*)
- IV. To truly understand associations between maternal quality of life during pregnancy and adverse birth outcomes more research is needed. (*this thesis*)
- V. Childhood chronic conditions (asthma; eczema; dyslexia; attention deficit hyperactivity disorder; migraine/severe headache) are associated with relatively low health-related quality of life scores of children and of their parents and other family members. (*this thesis*)
- VI. “There is no health without mental health.” (*Martin Prince, et al. LANCET. 2007*)
- VII. “Children with mental disorders face major challenges with stigma, isolation and discrimination, as well as lack of access to health care and education facilities, in violation of their fundamental human rights.” (*World Health Organization; www.who.int, accessed at 21 November, 2018*)
- VIII. “Health is created by caring for oneself and others, by being able to take decisions and have control over one's life circumstances, and by ensuring that the society one lives in creates conditions that allow the attainment of health by all its members.”(*Ottawa Charter for Health Promotion. World Health Organization. 1986*)
- IX. “Telomeres of women with the relatively highest levels of perceived stress are on average shorter by the equivalent of at least one decade of additional aging compared to women with the relatively lowest levels of perceived stress.” (*Elissa S Epel, et al. PNAS 2004*)
- X. “If we want more evidence-based practice, we need more practice-based evidence.” (*Lawrence Green; www.lgreen.net, accessed at 21 November, 2018*)
- XI. “Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.” (*J.K. Rowling. Harry Potter and the prisoner of Azkaban. 1999*)

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