

Stellingen behorende bij het proefschrift

Stressed Out!

Stress physiology in anxious children

1. Low autonomic arousal is a marker for the development of externalizing problems during childhood, while high autonomic arousal is a marker of early and persistent internalizing problems (this thesis).
2. A child with a clinical anxiety disorder experiences persistent stress, as indexed by a basal hypoactivation of the hypothalamic-pituitary-adrenal axis, elevated sympathetic, and lowered parasympathetic autonomic nervous system activity (this thesis).
3. The specific psychophysiological profile that is associated with clinical specific phobia provides evidence that it is a valid taxonomic construct (this thesis).
4. Increase in basal hypothalamic-pituitary-adrenal axis functioning is associated with successful standardized stepped-care cognitive behavioral therapy treatment of children with an anxiety disorder (this thesis).
5. In children with a clinical anxiety disorder a higher pretreatment sympathetic reactivity in response to a stressor is associated with less improvement in anxiety symptoms one year later (this thesis).
6. It is increasingly clear that mind-body dualism is at best an oversimplified way of conceptualizing human illness and at worst the source of serious practical problems that adversely affect patient care (Sharpe & Walker, 2010).
7. The decentralization and simultaneous transformation of youth care in the Netherlands cannot be realized successfully as a sharp budget cut in youth care was introduced.

8. The demographic development in the age structure of residents (i.e., fewer children and more elderly) of the Netherlands demands extra investment in education, physical and mental health(care) of children and young people in the Netherlands to bear the societal costs of a large group of elderly residents.
9. Current service configuration of distinct child and adolescent mental health and adult mental health services is considered the weakest link where the care pathway should be most robust (Singh, S. e.a. (2013). *Seventh Framework Programme: "THE MILESTONE PROJECT"*).
10. The increased assessment of metrics and key performance indicators to compare care and research institutions has unintended negative consequences on quality of care and research.
11. "A person's a person, no matter how small." (Dr. Seuss, author).