

Propositions thesis

1. Light therapy should be implemented in clinical practice as treatment option for depression during pregnancy (this thesis).
2. Depression during pregnancy is common. Health professionals should be aware of this the whole year through, not just during autumn and winter (this thesis).
3. More research is necessary to explore how sleep problems and antepartum depressive symptoms are associated in psychiatric patients (this thesis).
4. The decrease in benzodiazepine prescriptions and the increase of women discontinuing benzodiazepines during pregnancy in the past decades are possibly caused by changing treatment guidelines (this thesis).
5. Benzodiazepine use during pregnancy is prevalent worldwide, with great variations across countries (this thesis).
6. The trend of alternative facts, as we see in the growing support for anti-vaccination and the flat earth theory, is concerning.
7. "Learning is not a one-time event or a periodic luxury." – Amy Edmondson.
8. There are still many taboos in the field of mental health. Breaking these would be a first important step on the road to recovery.
9. In the Netherlands, from a medical point of view, daylight saving time should be replaced by permanent 'winter time'.
10. "Light affects our circadian rhythms more powerfully than any drug." – Chuck Czeisler, *Nature*, 2013.
11. "Never underestimate the power of a girl with a book." – Ruth Bader Ginsburg.