

Stellingen behorend bij het proefschrift:

**Screening for cardiovascular diseases: First results of the ROBINSCA trial**

1. The ROBINSCA trial is executed adequately to provide evidence on the effectiveness of CAC screening, which is expected to show a reduction in coronary heart disease morbidity and mortality of at least 15% (*this thesis*).
2. Contamination in the ROBINSCA trial is below the predefined rate and unlikely to affect the power to demonstrate a potential effect of early detection and treatment of a high CVD risk (*this thesis*).
3. CAC scoring classified significantly fewer individuals at high-risk in both men and women compared to traditional risk assessment, and potentially results in a substantial reduction in preventive care (*this thesis*).
4. The risk-based selection that was used in the ROBINSCA trial detects a large proportion of the targeted asymptomatic high-risk population, and identifies 30.7% of men and 16.8% of women with a CAC score of  $\geq 100$  that are recommended for preventive treatment (*this thesis*).
5. Receiving the CVD risk screening result, especially when the CAC score was quantified, is a teachable moment that can enhance cardiovascular disease prevention-seeking behavior through consulting a general practitioner and high compliance with preventive treatment (*this thesis*).
6. While the effects of raised blood pressure, overweight and obesity, and raised cholesterol on cardiovascular outcomes are largely similar between women and men, prolonged smoking and diabetes are significantly more hazardous for women than for men (Appelman et al, *Atherosclerosis*, 2015).
7. Randomized controlled trials, the gold standard for assessing screening interventions, can only assess efficacy limited by the circumstances of the implementation, including potential contamination in the control arm, screening attendance and compliance with recommendations (de Koning et al, *Cancer*, 2018).
8. Moderate coffee consumption is associated with a lower risk of developing CVD and long-term heavy consumption of coffee is not associated with elevated CVD risk (Ding et al, *Circulation*, 2014).
9. Physical activity not only prevents several non-communicable diseases, but can also improve mental health status and prevent future depression (Mammen et al, *Am J Prev Med*, 2013).
10. Mind wandering, or distraction, facilitates creative problem solving (Baird et al, *Psychol Sci*, 2012).
11. Logical consequences are the scarecrows of fools and the beacons of wise people (Thomas Huxley).