

## PROPOSITIONS

*pertaining to the thesis 'Prognostic factors for clinical outcomes in patients with primary biliary cholangitis'*

1. The patient characteristics of patients with PBC, along with clinical outcomes, have evolved over the past decades, consistent with an increase in age, milder disease stage, and improved clinical outcomes. (*this thesis*)
2. In order to optimize transplant-free survival of patients with PBC, the goals of treatment should be bilirubin below 0.6 times the upper limit of normal or ALP normalization. (*this thesis*)
3. Fibrosis stage should be considered during risk stratification for the need of second-line therapies for PBC as patients with biochemical response to UDCA and advanced fibrosis have diminished transplant-free survival. (*this thesis*)
4. While increased patient age is associated with improved response to UDCA and a lesser deviation from survival to that of the general population, male sex is not independently associated with either of these outcomes and thus not an inherent risk factor in PBC. (*this thesis*)
5. There is a need for simple risk stratification tools for patients with PBC to be used in non-expert settings and to determine the need for referral, for which the ABA assessment tool may be considered. (*this thesis*)
6. An apple a day may not keep the doctor away but is linked to reduced prescription use. (*Davis et al. JAMA Internal Medicine, 2015*)
7. Mobile technology could be considered as a means to improve medication adherence, particularly in chronic diseases. (*Thakkar et al. JAMA Internal Medicine, 2016*)
8. Academic achievement requires self-control, focusing on the long-term goals in the wake of momentary distractions. (*Duckworth et al. Annual Review of Psychology, 2019*)
9. Overall sleep patterns of quality and duration have an impact on academic performance. (*Okano et al. npj Science of Learning, 2019*)
10. Global shifts towards an energy-balanced and predominantly plant-based diet can reduce environmental impact and improve sustainability, particularly in high-income and middle-income countries. (*Springmann et al. The Lancet Planetary Health, 2018*)
11. Music is the universal language.