

## `New Approaches in Obesity Treatment`

1. An SMS intervention through cell phones is an effective and feasible method to reduce dropout from lifestyle treatment for overweight and obese children (*present thesis*).
2. An SMS intervention through cell phones in addition to lifestyle treatment does not lead to extra improvements in BMI, eating behavior, and psychological well-being in overweight and obese children (*present thesis*).
3. Lifestyle treatment for overweight and obese children should be tailored for specific BMI and ethnic groups (*present thesis*).
4. Dropout from lifestyle treatment for overweight and obese children is related to different baseline characteristics at various stages of treatment and follow-up, e.g. ethnicity and BMI (*present thesis*).
5. A higher BMI in women with PCOS is negatively associated with psychological well-being (*present thesis*).
6. Clinicians should encourage overweight and obese women with polycystic ovary syndrome to lose weight and provide the patient with advice concerning a healthy lifestyle before initiating infertility treatment (Norman *et al.*, Human Reproduction Update 2004).
7. Attentional distraction by music increases perseverance in a treadmill test in obese youngsters (De Bourdeaudhuij *et al.* International Journal of Obesity 2002).
8. The degree of overweight in dogs, in contrast to the degree of overweight in cats, is linked to the BMI of their owners; however, the time spent walking the dog seems to affect this relation (Nijland *et al.* Public Health Nutrition 2010).
9. Cell phones are a natural fit for engaging in self-care: cell phones are already a fully integrated part of people's lives as consumers (Boland. Journal of Ambulatory Care Management 2007).
10. "Wie nog nooit een afslankdieet heeft gevolgd en toch lelijke dingen zegt over het karakter van dikke mensen, zou verplicht moeten worden om te lijnen tot hij vier keer van moorkoppen heeft gedroomd" (De Beaufort, Lof der geneeskunst 2007).
11. "Tell your heart that the fear of suffering is worse than the suffering itself. And no heart has ever suffered when it goes in search of its dream" (Paulo Coelho).