Stellingen
Theorems as part of this dissertation
The Development of Anxiety Symptoms in Adolescents
Christina Mathyssek

1  |  Longitudinal measurement invariance testing is underutilized in developmental psychological studies (this thesis).

2  |  Given the fact that panic attacks are amongst the most debilitating psychiatric conditions, surprisingly little is known about their predictors (this thesis).

3  |  The longitudinal association between anxiety symptoms and sleep problems can be better explained by the respective chronicity of anxiety symptoms and sleep problems than by a direct effect of the one on the other (this thesis).

4  |  To better understand how pubertal timing is associated with other anxiety symptoms and other variables, pubertal timing needs to be treated as the dynamic concept it is (this thesis).

5  |  Parasympathetic nervous system reactivity plays a small role in explaining inconsistencies in the association between anxiety symptoms and sleep problems (this thesis).

6  |  Poor research is worse than no research because it gives the illusion of knowledge.

7  |  Every clinical researcher should be obligated to spend at least some time working with patients.

8  |  People who reject religion, but still believe that “everything happens for a reason” are just kidding themselves.

9  |  Shopping is an act of voting – every single time you purchase a product, you are saying: I support the practices of this company; hence, with shopping as with voting, you have the duty to inform yourself.

10 |  Just because it’s legal doesn’t mean it’s a good idea.

11 |  Every bitter failure can be sweetened by a pint of Ben & Jerry’s ice cream – unless the failure involves dieting.