

Long-Term Cortisol Exposure in Stress-Related Diseases

01. Long-term cortisol and long-term cortisone levels are associated with markers of lifestyle and somatic health. (*This thesis*)
02. Long-term cortisol levels are elevated in patients with a current affective disorder but normal in patients with a remitted disorder. This may be indicative of a state rather than a trait overactivation of the HPA axis in affective disorders. (*This thesis*)
03. Higher long-term cortisol levels represent the severity of psychiatric disorders and not a specific diagnosis. (*This thesis*)
04. Stress does not equal stress; the interpretation of a stressor plays a major role in determining long-term cortisol levels. (*This thesis*)
05. Social support counteracts the effects of stress. (*This thesis*)
06. "On an incredibly simplistic level, you can think of depression as occurring when your cortex thinks an abstract thought and manages to convince the rest of the brain that this is as real as a physical stressor." (*Robert Sapolsky*)
07. "'Stressed' is 'desserts' spelled backwards. Coincidence? I think not!" (*Unknown author*)
08. "Der Geist einer Sprache offenbart sich am deutlichsten in ihren unübersetzbaren Worten." (*Marie von Ebner-Eschenbach*)
09. Physical activity decreases psychological distress. (*Hamer et al., Br J Sports Med., 2009, 43(14):1111-4*)
10. The regular consumption of coffee is beneficial for one's health. (*Ding et al., Circulation, 2015, 132(24):2305-15*)
11. "Als de moed in je schoenen zakt, ga dan eens op je kop staan." (*Loesje*)