Psychological and Neuroendocrine Determinants of Stress Regulation in Women

1. Maladaptive personality characteristics should be considered when investigating personality influences on stress susceptibility in the general population. (this thesis)

2. Understanding the underlying mechanisms of stress in personality disorders has direct clinical implications. It will allow therapists to tailor their interventions to specific psychophysiological profiles. (this thesis)

3. In women, the L variant of the serotonin transporter-linked polymorphic region (5-HTTLPR) potentiates cortisol reactivity in response to psychosocial stress. (this thesis)

4. The levonorgestrel releasing intrautrauterine device (LNG-IUD) releases sufficient amounts of progestin into the systemic circulation to sensitize hypothalamic/pituitary function. Therefore, the claim that the LNG-IUD has negligible systemic effects should be revised. (this thesis)

5. Under acute stress conditions, cortisol rather than progesterone, stimulates gonadotropin release in healthy premenopausal women. (this thesis)

6. The neuroendocrine system should be considered an important factor in the diagnosis and treatment of psychiatric disorders.

7. The development of an effective contraceptive method for men is essential to share the responsibility and the burden of contraception.

8. Progress in understanding the interplay between reproductive and mental health in women will only be achieved in a multidisciplinary setting.

9. Improvement of women's societal status by raising access to education and employment worldwide is the most straightforward and constructive way to solve the global overpopulation crisis.

10. Science is like a travel, it is not only about the destination, but also the road you are on. It is a fun and fulfilling process of curious investigation; it is about the momentum that makes you want to keep going.

11. Donating one's placenta to scientific research would bring many more benefits to women's health, than consuming or banking it.