

Stellingen behorende bij het proefschrift:

**The role of IL-23 and CCR6<sup>+</sup> memory T helper cells in healthy and inflammatory arthritis conditions**

1. Congenital depletion of IL-23R signaling in mice results in lower bone mass due to abnormalities in bone formation. (This thesis)
2. IL-23 has inhibitory effects on osteoclast-related genes in monocytes when co-cultured with Th17 or Th17.1 cells. (This thesis)
3. In contrast to IL-23R<sup>+</sup>  $\gamma\delta$  T cells, IL-23R<sup>+</sup>CD4<sup>+</sup> T cells can be found in the joints at very early stages of joint inflammation. (This thesis)
4. IL-23-dependent phase of T-cell driven arthritis is mediated by CD4<sup>+</sup>CCR6<sup>+</sup> T cells. (This thesis)
5. CCR6<sup>+</sup> T helper subpopulations have potentially different roles in PsA skin versus joint disease. (This thesis)
6. Whatever may be the modes of using animal models for biomedical researches, it should abide by the principles of 3Rs, i.e., reduction, refinement, and replacement of animals. (Mukherjee et al., 2022, Lab Anim. Res. 38, 18)
7. Due to insufficient opportunities for everyone to stay within the academic setting, only 31% of PhD graduates continue to work at a University or UMC. Therefore, it is important that PhD students are offered career activities that match the possibilities of young researchers outside the University or UMC. (adapted from Rathenau Instituut, 22Jun2023, De loopbaan van gepromoveerden)
8. Taking microbreaks on the job contributes to less end-of-workday negative effects (e.g., anxiousness and fatigue). (Kim et al., 2017, J. Organiz. Behav., 38: 28–44)
9. Food is more than nourishment; it is a joy which can bring people together. (adapted from Dunbar et. al, 2017, Adaptive Human Behavior and Physiology 3, 198–211)
10. The world has enough for everyone's needs, but not for everyone's greed.  
Mahatma Gandhi
11. Daring to fail leads to pleasant surprises and more happiness.