

Stellingen behorende bij het proefschrift

## **A holistic approach to self-management in chronic kidney disease**

- 1** Addressing all three domains of self-management (medical, emotional and role management) is necessary for effectively promoting self-management. [this thesis]
- 2** Discussing sensitive topics such as sexual functioning, pregnancy and medication adherence should be standard care for patients with chronic kidney disease. [this thesis]
- 3** An outreaching approach is the best way to give care to hard-to-reach non-adherent patients with multiple problems. [this thesis]
- 4** Including the social network is necessary for providing effective self-management support and maintaining behavior change. [this thesis]
- 5** Randomized controlled trials are not feasible to test the effectiveness of adherence promoting interventions. [this thesis]
- 6** The age of transition from pediatric to adult care should not be fixed at the age of 18 years. [adapted from Jolles, 2020 & Braams, 2023]
- 7** Instead of using the Diagnostic and Statistical Manual of Mental Disorders 5th edition (DSM-5) to describe psychopathology, alternative methods to describe psychopathology are necessary to improve mental health care. [Van der Heijden, et al., 2020]
- 8** To optimize both mental and physical health of people throughout the entire lifespan, supportive interventions in the first 1000 days of life should be a priority. [Roseboom, 2024]
- 9** The future of (mental) healthcare is a network approach whereby the patient is central. [Scheepers, 2023]
- 10** Focusing on solutions is advantageous for both professionals and patients. [Bannink, 2012]
- 11** The greatness of a nation and its moral progress can be judged by the way its animals are treated. [Mahatma Gandhi]