

## PROPOSITIONS

1. Mental health problems decrease and delay the entrance to paid employment and increase early exit from paid employment. [this thesis]
2. Even when mental health problems do not influence educational attainment, they influence work participation later in life. [this thesis]
3. Effort-reward imbalance and overcommitment are important determinants of students' mental health. [this thesis]
4. Research on mental health in the workforce provides inputs for meaningful student-focused research. [this thesis]
5. The high variation of mental health within students alongside with changes in student life challenges, effort-reward imbalance and overcommitment suggests combining individual-focused strategies with a population-based approach to improve the academic environment. [this thesis]
6. Participatory research through social media provides public health scientists with insights concerning the problems they address.
7. Researchers should prioritize inclusiveness, as it not only provides valuable information, but also ensures that diverse populations feel recognized and represented.
8. A single observational study will not be sufficient to prove causality but may provide important insights into causes and consequences.
9. The role of a scientist goes beyond providing insights on specific topics: it also involves actively participating in and contributing to the advancement of society.
10. Just as Kobe Bryant needed Michael Jordan's shared knowledge and a supportive team to win titles and elevate the game of basketball, scientists need open science practices and cooperation to achieve their goals.
11. Although societal progress is non-linear, old challenges persist and new ones advance, the present is better than the past, and the future promises to be even brighter.

These propositions belong to the PhD thesis: Causes and consequences of mental health problems among university students and workers

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