

STELLINGEN BEHORENDE BIJ HET PROEFSCHRIFT:

The causes and consequences of childhood myopia

1. Ocular scaling and emmetropisation is an ingenious system involving growth pathways, visual feedback mechanisms, genetic factors, and gene-environment interactions. (this thesis)
2. Socio-economic risk groups for myopia vary with age, whereas the underlying mediators remain identical. (this thesis)
3. Genes causing myopia in the general population already have an effect in children at a very early age and show an increased effect with less time outdoors and more nearwork. (this thesis)
4. The prevention for myopia development is achieved by a healthy eye lifestyle, with enough lux outdoors, with a good reading distance and frequent reading breaks. (this thesis)
5. Axial length and age are the most important determinant of the exponential rise in myopic visual impairment. (this thesis)
6. Some associations are underestimated by noise in the measurement method, whereas many are overrated as result of measurement inaccuracies in the confounders.
7. Interventionists have to find a balance between employing change techniques that should be effective in an ideal world, and intervention activities and materials that match the reality of priority populations and intervention contexts. (H.P. Schaalma, Psychology and Health, January 2009)
8. The difference between knowing how to run a statistical test and actually knowing what you are doing can be quite significant.
9. An increase in the speed limit to 130 km/h is a counterproductive measure for reducing traffic congestion.
10. Once a tradition becomes established by the hallmark of acknowledged authority, it takes more than cold facts to uproot it from men's minds – it takes time. (W. Nicholson, 1919)
11. Diminishing science into short statements is like scoreboard journalism: though it simplifies many steps into a single result easily accessible to a broad public, it is detrimental for the important nuances of complex matters.