

**Prader Willi syndrome: Advancing knowledge about the effects of growth hormone treatment in children and young adults**

1. In infants with PWS, mental and motor development improve during GH treatment, reducing the gap between infants with PWS and healthy peers. *(this thesis)*
2. Cognitive functioning during long-term GH treatment in children with PWS is on average lower than in healthy references, but develops at the same pace. *(this thesis)*
3. As GH treatment has been shown to have very positive effects in both children and adults with PWS, GH treatment is highly recommended for adults with PWS and confirming adult GHD by a GHRH-Arginine test should not be a prerequisite for treating adults with PWS. *(this thesis)*
4. GH treatment does not prevent the decline in bone mineral density in hypogonadal young adults with PWS, unless it is combined with sex steroid replacement therapy. *(this thesis)*
5. Continuation of GH treatment in young adults with PWS after attainment of adult height is safe with regard to sleep related breathing disorders. *(this thesis)*
6. Shorter leukocyte telomere length might be involved in the reported accelerated ageing process in adults with PWS. *(this thesis)*
7. The development and adjustment of health promotion in people with intellectual disability benefits from taking into account individual preferences, motivation, behavior, physical disabilities, mental state and factors in the physical environment. *(Kuijken et al. Journal of Intellectual Disability Research 2016)*
8. The way society treats people with an intellectual disability too often reduces them to their disability by attributing their personality, behavior and preferences solely to their disability. *(Wasserman et al. Stanford Encyclopedia of Philosophy 2016)*
9. The desire to help others is a robust predictor both of current happiness and cumulative life satisfaction. *(Moynihan et al. Am Rev Public Adm. 2015)*
10. Good sleep not only restores the body, but also elevates the mind's view of life. *(Shin et al. Frontiers in Psychology 2018)*
11. Eating together promotes happiness and a sociable life.

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