Stellingen (premises):

1. So far, no differences were found in the recovery rates for individual CBT and group CBT of childhood anxiety disorders. These findings do not exclude that differences in working mechanisms between Individual and Group treatment do exist, as similar results may have been obtained through different processes.  
   *This thesis, chapter 2.*

2. Anxious children are more likely to benefit from treatment when they have fearless, cheerful and accepting fathers.  
   *This thesis, chapter 3.*

3. It is important to include the paternal view on children’s functioning in pretreatment clinical assessments as the prognostic value for therapeutic recovery of father reported variables appears stronger compared to maternal variables.  
   *This thesis, chapter 3 and 4.*

4. Children with Social Phobia show more impaired levels of various aspects of social performance compared to anxious children without Social Phobia with exception of self-control. As self-control predicts treatment outcome but Social Phobia does not, assessment of self-control is more valuable for the prediction of treatment outcome than type of anxiety disorder.  
   *This thesis, chapter 4.*

5. The need for clinical change in children with comorbid disorders other than an anxiety disorder is greater compared to children with one or more anxiety disorders.  
   *This thesis, chapter 5.*

6. Alliance may be of less value in the prediction of treatment outcome in clinical research trials due to a tendency to obtain generally high alliance scores with low variance.  

7. Child and adolescent therapy is coming of age regarding efficacy for anxiety but is only a toddler regarding the scientific principles to explain its effects.  

8. Though the study of mediators for treatment outcome is a valuable evolutionary step forward in treatment outcome research, making that step might be premature given our limited knowledge on ‘what works for whom’.

9. A high-quality (e-)journal, reporting null-findings on randomized clinical trials (including both psychotherapy and pharmacotherapy trials) could be of tremendous clinical, societal and scientific value.

10. Application of anxiety reducing therapeutic techniques such as cognitive restructuring, relaxation exercises and exposure are effective for the enhancement of kayaking skills in challenging conditions.  
    *Not in this thesis.*
11. Rotterdam is niet romantisch
   Heeft geen tijd voor flauwekul
   Is niet vatbaar voor suggesties
   Luistert niet naar slap gelul