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Stellingen behorende bij het proefschrift

“Effects of a Self-Regulation Lifestyle Program for Post-Cardiac Rehabilitation Patients”

1. There may be unmotivated health professionals, but there is no such thing as an unmotivated patient.
2. Meaningful health goals of cardiac patients are usually quite different from cardiac rehabilitation goals.
3. In contrast to most interventions, self-regulation programs allow for lifestyle change without disturbance of wellbeing.
4. Poor and imprecise reporting of intervention content hampers the advancement of health psychology.
5. Current methods of assessment of health behaviors are wholly inadequate for research purposes (this thesis included).
6. We naively assume that the implementation of research findings in clinical practice will happen spontaneously.
7. Conducting intervention studies with patients is a privilege and researchers should treat it as such.
8. The ‘publish or perish’ culture erodes the quality of teaching at universities.
9. The principles of self-regulation should be applied to teaching at all times.
10. The chronic conducting of meta-analyses is a disease.
11. He who has a why to live can bear with almost any how (FRIEDRICH NIETZSCHE, 1844-1900).
12. The point of life is life.