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Stellingen behorend bij het proefschrift

“Self-Regulation, Physical Activity and Unexplained Chronic Fatigue: From determinants to Interventions”

1. All interventions for patients suffering from chronic fatigue must contain a physical activity component.
2. Most behavioral interventions in chronic fatigue patients targeting physical activity are ineffective.
3. Identifying specific, individual perpetuating factors of fatigue for each chronic fatigue patient should be compulsory before offering any form of intervention.
4. Not the practitioner but the chronic fatigue patient should guide the treatment.
5. Self-regulation based interventions are superior to other psychological interventions offered to chronic fatigue patients.
6. General practitioners know too little about basic principles of motivation and self- regulation.
7. The most important flaws of current behavioral intervention studies are poor reporting and a lack of fidelity assessment of the intervention.
8. For health psychology to move forward, advances in theory need to be tested in real life circumstances.
9. Too many intervention trials are a waste of money because of inadequate recruitment and retainment of trial participants.
10. Lack of funding and proper job contracts are detrimental for researchers’ energy and the advancement of science.
11. There is nothing more rewarding than the completion of a challenging task.
12. Writing on a balcony with a sea-view is truly inspiring.
13. “Every decoding is another encoding” (David Lodge, Small World, 1984).