

## University of Groningen

### Thinking about Thinking

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## **Propositions**

accompanying the PhD thesis

### **Thinking about Thinking**

1. Basic cognitive processes may constitute part of the foundation of cognitive impairments in adult ADHD (Chapter 2).
2. Replicating the influence of basic processes on higher order functions reinforces the importance of basic processes for cognitive functioning in adult ADHD (Chapter 3).
3. Value progress over perfection (in finishing a PhD and life in general).
4. Patients with ADHD may show deficits in self-awareness of attention but may have intact awareness in memory and executive functions (Chapter 5).
5. Also healthy individuals struggle to evaluate themselves realistically (Chapter 5).
6. Adults with ADHD experience problems in being aware of, reflecting on and regulating their cognition (Chapter 6).
7. For both patients with ADHD and healthy individuals, metacognition seems to relate to inattentive symptoms but not anxiety or depression (Chapter 6).
8. Metacognition influences daily functioning, as rated by patients themselves and also by their relatives (Chapter 6).
9. Self-awareness is essential not just for your own but also for others' safety (e.g. driving or partner acrobatics).
10. Measuring metacognition represents inherent conundrum and a combination of subjective and objective measures may be needed to explore different facets of this construct (Chapter 5 & 6).

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