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The disappearance of a significant other

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STELLINGEN

behorende bij het proefschrift

The disappearance of a significant other: Consequences and care

1. Er bestaan meer overeenkomsten dan verschillen tussen het rouwproces van mensen van wie een dierbare is vermist en van wie een dierbare is overleden.
2. Voortdurend blijven nadenken over de oorzaken en gevolgen van de langdurige vermissing van een dierbare is kenmerkend voor achterblijvers die kampen met psychische klachten.
3. Niet alle achterblijvers na vermissing met aanhoudende rouw, posttraumatische stress en/of depressie klachten hebben baat bij cognitieve gedragstherapie met elementen van mindfulness.
4. Wetenschappelijk onderzoek naar rouwklachten is gebaat bij overeenstemming tussen wetenschappers over de criteria van een rouwstoornis.
5. De praktische, juridische en psychologische ondersteuning van achterblijvers na vermissing dient te worden verbeterd.
6. “Hope is not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.” Karel Hvizdala (Disturbing the Peace: A Conversation with Karel Hvizdala, p. 181-182).