

## University of Groningen

### A Move Ahead

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## **Stellingen**

*Propositions accompanying this dissertation*

### **A Move Ahead**

Research into the physical activity support of  
people with (severe or profound) intellectual disabilities

Leontien Bossink

1. Motor behavior encompasses everything that we do, therefore it is most remarkable that the motor activation of people with profound intellectual and multiple disabilities is so limited (this dissertation).
2. Addressing a vulnerable group of people, such as people with profound intellectual and multiple disabilities, is informative to the larger goal of solving the physical inactivity phenomenon in all people with intellectual disabilities (this dissertation).
3. More often stakeholders view factors as barriers to physical activation when they have no direct responsibility over them (this dissertation).
4. Changing direct support professional behavior is the only way to change inactivity in people who are interdependent on support in daily life due to their profound intellectual and severe motor disabilities (this dissertation).
5. Although direct support professionals believe that the characteristics of the people with whom they have worked with highly affected their capability, motivation, and opportunities afforded, it does not explain the variance observed in their behavior (this dissertation).
6. A comprehensive approach to changing the behavior of direct support professionals is required, starting with increasing their capability and reducing the mix of environmental constraints (this dissertation).
7. Ineffective interventions equal time and money that could be spent on other activities (this dissertation).
8. It is only when we keep increasing our knowledge with regard to the content of physical and motor interventions that direct support professionals can be expected to use such interventions in a targeted, individually focused, and meaningful way (this dissertation).
9. Sticking to the superiority of randomized controlled trials is a threat to research in people with profound intellectual and multiple disabilities (this dissertation).
10. Whoever is seeking documentation of clinical practice needs to be critical enough to avoid the lure of the gold standard in assessing evidence, so as to not end up . . . with fool's gold (Rosner, 2002).