

VU Research Portal

Multiple Levels of Influence on Wellbeing: Individual Factors, Relationships, and Life Events

Büyükcan Tetik, A.

2015

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Büyükcan Tetik, A. (2015). *Multiple Levels of Influence on Wellbeing: Individual Factors, Relationships, and Life Events*. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam].

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

Acknowledgements

This journey started with an email I sent to Catrin in 2011. Nuffic (Netherlands Organization for International Cooperation in Higher Education) had announced a grant competition for PhD projects, but it was necessary to submit a proposal with a professor from the Netherlands. I knew what I was interested in, but I did not know any professor from the Netherlands. I spent hours to write an email to Catrin and asked many people for their opinions. Ultimately, that email was the starting point of my PhD journey.

My journey was full of mixed emotions (happiness, sadness, passion, anxiety, honor, hope, joy, guilt, admiration etc.). Fluctuations between these emotions would be a summary of a typical PhD journey, in my opinion. Nevertheless, from each and every part of this experience, I learned something. Thanks to the contributions of all the people I'd like to acknowledge below, this journey was exciting and honorable in good times, and tolerable in bad times. They encouraged, supported, enlightened, soothed, and/or motivated me. I feel extremely lucky that I met all of them.

It is so difficult to tell the reader about my relationship with Catrin. I cannot find the right words to thank her. Nevertheless, I know that even if I will not be able to do it, she knows me by heart. In my opinion, close relations add meaning to people's life. Catrin has contributed to the meaning and purpose of my life in several respects. First, having her as a supervisor, colleague, and a friend has been an invaluable contribution. She fired my passion in science. She taught me a broad range of knowledge from different fields (social, clinical, and developmental psychology, family science, neuroscience, sociology). She initiated collaborations with other nice and prestigious people in our projects. She encouraged me to develop my skills in statistics. Nevertheless, one of the main things I learned from Catrin is the importance of caring other people and not losing our virtues in the name of ambition. She did not try to teach this to me; but she, herself, was a perfect example of this life style. I wholeheartedly thank Catrin for her understanding, generous, mature, humorous, and kind nature.

The Committee of my dissertation was a "dream team". I admire each of the Committee members, namely Paul van Lange, Johan Karremans, Lorne Campbell, Marleen de Moor, Susan Branje, and Tila Pronk. In the research of all of them, one can feel their effort to understand human beings, and their concern for making other people's lives better. All of them are passionate in their work and very open-minded. Thank you very much for being role models to me.

I was lucky in my collaborations during my PhD. Working with all of these collaborators (Sofie, Kathleen, Merel, Karin, Lydia, Henk, Maggie, Wolfgang, Corné, Peter, Camiel, Roy, Kim, Meike) was a great pleasure. Kathleen was an unexpected and great contribution to my life. No one could imagine a successful scholar and professor like her to be that polite, sensitive, and funny. There is no paper I worked on that has not cited her work. I will continue learning from her. Maggie is my role model in terms of writing. I wholeheartedly hope that I will be able to write as well as she does one day. Henk, Wolfgang, and Maggie always reminded me the link between the scientific world and “real” life. Thanks to all the comments I received from them and all the knowledge they shared with me, I’d like to continue my research in the field of bereavement. Lydia Krabbendam is a scientist who smiles and laughs most of the time. She showed me how a researcher can be both successful and joyful.

I’d like to thank Lorne Campbell for many reasons including, but not limited to, accepting me to his laboratory as a visitor researcher, listening my opinions, discussing many ideas and current developments in the field with me, introducing the open science movement to me, and my purple UWO sweatshirt. Lorne is incredible at balancing things. That is, he can be both warm and professional, both concerned and respectful, and both a good listener and an efficient talker at the same time. Thank you very much, Lorne, for making me a part of your research group.

I’d like to thank Tila, Francesca, and Mariko. First, I want to thank them for responding to my dozens of emails during the IARR mini-conference organization process. Teamwork was incredibly productive and fun with you. I feel very lucky for knowing you. Second, reading your work is very inspiring to me. I’ll always be a fan of your research.

Due to the limited space, I have to thank some people only with a few sentences, but they all are parts of wonderful memories. Peter, Hanna, and Sacha always reminded me the beauty of a family, and shared a lot of laughs with me. Josh, thanks a lot for giving me the opportunity to be your teaching assistant and learn from your unique talent in teaching. Carlo, it meant a lot to me when you told me that I’m not a foreigner in the Department. Aisha, you not only helped me in many stressful situations, but also became a close friend of mine. Myrte, Marina, Maaïke, Ivanka, Machteld, Margreet, Annelies, Juliëtte (Casse), Eline, Frank, Floortje, Mathilde, Juliette (Liber), Agnes, Paula, and Sabina: You were so kind, helpful, and friendly to me all the time, and accepted me as I am. Maria, Ingrid, Carla, and Floris were so nice to me and made all the bureaucratic

workload seem very easy. I was very lucky to meet regularly with Gesa, Reine, Chei, Fieke, and Mariko altogether. Their feedback and suggestions helped me to develop my research several times. They were always generous to share their experience, opinions, and knowledge with me. Clasiën was more than a colleague to me, and made my life in the Netherlands more enjoyable. Kim, even our small talks encouraged me and changed my way of thinking many times. Emma, Olivia, Iro, and Bilgehan, thanks for your contributions to my research. Yayouk, your enthusiasm inspires me. Silvia, how can a person be as kind and warm as you are? Jeffrey, Annemijn, Van, Nic, Nikki, Anna, and Simone, thank you very much for making me a part of your research group meetings. Marco, thank you very much for developing the mini-conference website, recommending practical solutions to our problems, and warm emails. Amsterdam, you are so beautiful and will always be in my heart.

My dear friends, Evren, Didem, and Burcak, we always shared our good and bad times with each other even when we were not physically together. I'm grateful for all the moments I spent with you. Funda, I cannot imagine a life without you. Eren, I would have been a depressed person, if I did not have you during this process. You are one of the nicest things that happened to me in the Netherlands. Sevgi, Deniz, Murat, Metin, and Tugce, let's continue laughing altogether please. Seyda and Tugba, you are my mature, silent, and responsive friends. Cor, you are such an extraordinary person and please stay like this. Michal, thanks to you, I got rid of my stress and anxiety in my first months. Chei, I think we both know that we are going to be parts of each other's lives forever. You are so special. Shalini, Achal, and Joey, you added a different taste to my life. I admired all of you individually, and as a family.

My life is beautiful especially because I have a great family. Since my childhood, I have always felt being loved. Annecigim, sen benim birtanemsin, canimsin, guzeller guzelisin. Seni kocaman kucakliyorum. Biricik babacigim, senden ogrendiklerim her zaman bana yol gosterdi ve hep gosterecek. Abicigim ve Orhan Veli, sizi dusununce bile gozlerim doluyor. Sizin gibi kardeslerim oldugu icin kendimi ne kadar sansli hissettigimi anlatamam. Ama kardesim olmanizdan da ote, ayri ayri kisiliklerinize hayranim. Yasemin, ne kadar da beklenmedik guzel bir katkı oldun hayatima. Elif, tum farkliligima ragmen beni oldugum gibi kabul ettigin icin cok tesekkur ederim. Aras, Bilge, Alkim, ve Ruzgar, Hollanda'dayken en cok ozledigim insanların basinda yer aliyorsunuz. Ayse Anne, Bilal Baba, Emel, Bulent, ve Kuzey, sizinle gecirdigim zamanlari dusunmek bile icimi isitiyor. Hepinize cok tesekkur ederim.

And my Erhan... I was able to understand many psychological terms and theories thanks to you and our relationship. You are one of the people I know who have the highest levels of self-control. I observe day by day how our personalities are getting merged, and how much I include you in myself. I realize how we sculpt each other and help us grow toward our goals and ideal selves. When I received an email from Catrin four years ago letting me know that I got the grant, I remember myself screaming in front of the computer because of happiness. Nevertheless, I also remember myself crying whole night that day. Living in another country without you was extremely difficult. I cannot tell you how deeply I appreciate your understanding. From now on, however, I am finally back to kissing you every morning. I love you with all my heart.

