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Preface and acknowledgements

During the past two decennia , this dissertation has influenced my life in different respects but with a huge impact. It was great to read, to research, to observe, to analyze, to discuss. Playing with thoughts, findings and numbers to gather more and new insights into the fascinating relationship between play and depression in young children. Also facing periods during which this creative process was blocked, doubting about everything and feeling insecure. A process that many of the readers will recognize. Doctoral theses or not, the art of living is the art of being able to play and to overcome periods in life that sometimes feel too hard to live....

I am very grateful for the support of all the people that have contributed to accomplish this dissertation. I will not mention everyone, just a selection of all those people that made it possible to reach this point in my life.

First, I would like to thank all the children, parents, clinicians, teachers and students who participated in these studies. Having a depressed child is one of the most challenging situations for parents. Thank you for your trust and for sharing your concerns and thoughts, providing us the opportunity to observe the play of your children.

There is one name that you will find throughout the whole dissertation, Marianne Riksen- Walraven. She bravely supported me throughout the whole period of working on this research. She encouraged me and took the challenge to help me finish this work. Even after a long period and quite some barriers. Without her unconditional trust, patience, critical feedback, encouragement and expertise this thesis would probably not have been finished. I also express my gratitude to Bill Burk for supporting me with all the methodological and statistical issues during the last part of my research.

Although I was not working in Nijmegen during the latest years, I acknowledge the colleagues from Nijmegen and beyond who have been supporting me especially during the first years of the research. I would like to express some special words of gratefulness to Eric De Bruyn and Henk Rost for their input and support, Marcel van Aken, Gerbert Haselager, Jessica van Mulligen and Ilse de Koeyer-Laros for sharing ideas and doubts and encouraging the intellectual challenge and the academic work. A special place in this thesis is reserved for Cees de Wit, who has always been involved in research and

clinical work on depressed children and adolescents. Our endless talks and walks, wondering how emotion and cognition are influencing each other and how these processes may underlie depression; always insisting on taking these young depressed children seriously.

I thank Marjan Freriks from the Amsterdam University of Applied Sciences, Robert Viëtor, Paul van Maanen and Agnita Mur from the Leiden University of Applied Sciences and Dorothee van Kammen from the Thomas More University of Applied Sciences Rotterdam, giving me the opportunity to finish my dissertation and the trust that was needed to take up the challenge. You missed me a lot the last years, but I am back! My research team from Leiden and Rotterdam and my dear colleagues, Dieuwke Hovinga and Aziza Mayo, thank you for standing by me during the last period of the work. And of course Ingrid Walters, whose professional support in preparing the final texts, including all the tables and numbers, the art of APA etc. has been invaluable.

This kind of work does not end when you leave the office. Dear friends and family, thank you for your patience and words of trust (although sometimes you probably did not really think it was ever going to happen).

Hans, Niek, Tim and Louise: You are my life! Now, that this dissertation has been finished, a lot more of unconditional time has become available to spend together, to enjoy and to play around.