

University of Groningen

## A Dynamical Approach to Psychological Resilience

Hill, Yannick

DOI:  
[10.33612/diss.144252644](https://doi.org/10.33612/diss.144252644)

**IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.**

*Document Version*  
Publisher's PDF, also known as Version of record

*Publication date:*  
2020

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*  
Hill, Y. (2020). *A Dynamical Approach to Psychological Resilience*. University of Groningen.  
<https://doi.org/10.33612/diss.144252644>

### Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

### 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.

*Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.*

YANNICK HILL

# A Dynamical Approach to Psychological Resilience

## Colofon

### **A Dynamical Approach to Psychological Resilience**

*Design/Lay-out*

Proefschriftenbalie, Nijmegen

*Print*

Ipskamp Printing, Enschede

ISBN 978-94-6421-047-7

© 2020, Yannick Hill



university of  
 groningen

# A Dynamical Approach to Psychological Resilience

**PhD thesis**

to obtain the degree of PhD at the  
 University of Groningen  
 on the authority of the  
 Rector Magnificus Prof. C. Wijmenga  
 and in accordance with  
 the decision by the College of Deans.  
 This thesis will be defended in public on  
 Thursday 26 November 2020 at 12.45 hours

by

**Yannick Hill**

born on 23 August 1992  
 in Gherden, Germany

**Supervisors**

Prof. N.W. van Yperen

Prof. R.R. Meijer

**Co-supervisor**

Dr. R.J.R. den Hartigh

**Assessment Committee**

Prof. C. Gernigon

Prof. K.A.P.M. Lemmink

Prof. C.J. Albers

# Table of Contents

<b>Chapter 1</b>	Introduction	7
<b>Chapter 2</b>	Resilience in sports from a dynamical perspective	17
<b>Chapter 3</b>	Variations in Self-reported Protective Factors of Resilience in Athletes	45
<b>Chapter 4</b>	Resilience improves with repeated stressors in a motor task	63
<b>Chapter 5</b>	Predicting resilience losses in dyadic team performance	79
<b>Chapter 6</b>	Antifragility in climbing: Determining optimal stress loads for athletic performance training	103
<b>Chapter 7</b>	Summary & General Discussion	125
<b>Chapter 8</b>	Nederlandse Samenvatting (Dutch Summary)	141
	References	145
	Acknowledgements	162
	Curriculum Vitae	166

