

Stress Solutions for Today's Dietitian Webinar Series – Part 2

By Jo Lichten, PhD, RDN

References

1. Afshar H, Roohafza HR, Keshteli AH, Mazaheri M, Feizi A, Adibi P. The association of personality traits and coping styles according to stress level. *J Res Med Sci*. 2015;20(4):353-358.
2. Akerstedt T, Hallvig D, Kecklund G. Normative data on the diurnal pattern of the Karolinska Sleepiness Scale ratings and its relation to age, sex, work, stress, sleep quality and sickness absence/illness in a large sample of daytime workers [published online March 29, 2017]. *J Sleep Res*. doi: 10.1111/jsr.12528.
3. 2015 Stress in America Survey. American Psychological Association website. <http://www.apa.org/news/press/releases/stress/2015/snapshot.aspx>
4. How to choose a psychologist. American Psychological Association website. <http://www.apa.org/helpcenter/choose-therapist.aspx>
5. Lin BC, Kain JM, Fritz C. Don't interrupt me! An examination of the relationship between intrusions at work and employee strain. *Intl J Stress Manag*. 2013;20(2):77-94.
6. Barker RA, Barasi S, Neal MJ. *Neuroscience at a Glance*. 3rd ed. Malden, MA: Wiley-Blackwell; 2008.
7. Boggiano MM, Wenger LE, Turan B, Tatum MM, Morgan PR, Sylvester MD. Eating tasty food to cope. Longitudinal association with BMI. *Appetite*. 2015;87:365-370.
8. Boyce CJ, Wood AM, Powdthavee N. Is personality fixed? Personality changes as much as "variable" economic factors and more strongly predicts changes to life satisfaction. *Soc Indic Res*. 2013;111(1):287-305.
9. Brook RD, Appel LJ, Rubenfire M, et al. Beyond medications and diet: alternative approaches to lowering blood pressure: a scientific statement from the American Heart Association. *Hypertension*. 2013;61(6):1360-1383.
10. Cowley J, Kiely J, Collins D. Unravelling the Glasgow effect: the relationship between accumulative bio-psychosocial stress, stress reactivity and Scotland's health problems. *Prev Med Rep*. 2016;4:370-375.
11. Cuijpers P, Sijbrandij M, Koole S, Huibers M, Berking M, Andersson G. Psychological treatment of generalized anxiety disorder: a meta-analysis. *Clin Psychol Rev*. 2014;34(2):130-140.
12. Dusek JA, Benson H. Mind-body medicine: a model of the comparative clinical impact of the acute stress and relaxation responses. *Minn Med*. 2009;92(5):47-50.

Stress Solutions for Today's Dietitian Webinar Series – Part 2

By Jo Lichten, PhD, RDN

13. Garland EL, Fredrickson B, Kring AM, Johnson DP, Meyer PS, Penn DL. Upward spirals of positive emotions counter downward spirals of negativity: insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. *Clin Psychol Rev.* 2010;30(7):849-864.

14. Gaudio S, Brooks SJ, Riva G. Nonvisual multisensory impairment of body perception in anorexia nervosa: a systematic review of neuropsychological studies. *PLoS One.* 2014;9(10):e110087.

15. Geoffard PY, Luchini S. Changing time and emotions. *Philos Trans R Soc Lond B Biol Sci.* 2010;365(1538):271-280.

16. Goyal M, Singh S, Sibinga EM, et al. Meditation programs for psychological stress and well-being: a systematic review and meta-analysis. *JAMA Intern Med.* 2014;174(3):357-368.

17. Groesz LM, McCoy S, Carl J, et al. What is eating you? Stress and the drive to eat. *Appetite.* 2012;58(2):717-721.

18. Hackney AC. Stress and the neuroendocrine system: the role of exercise as a stressor and modifier of stress. *Expert Rev Endocrinol Metab.* 2006;1(6):783-792.

19. Haruma K, Kinoshita Y, Sakamoto S, Sanada K, Hiroi S, Miwa H. Lifestyle factors and efficacy of lifestyle interventions in gastroesophageal reflux disease patients with functional dyspepsia: primary care perspectives from the LEGEND study. *Intern Med.* 2015;54(7):695-701.

20. Jahnke R, Larkey L, Rogers C, Etnier J, Lin F. A comprehensive review of health benefits of Qigong and Tai Chi. *Am J Health Promot.* 2010;24(6):e1-e25.

21. Jang SH, Ryu HS, Choi SC, Lee SY. Psychological factors influence the gastroesophageal reflux disease (GERD) and their effect on quality of life among firefighters in South Korea. *Int J Occup Environ Health.* 2016;22(4):315-320.

22. Kachan D, Olano H, Tannenbaum SL, et al. Prevalence of mindfulness practices in the US workforce: National Health Interview Survey. *Prev Chronic Dis.* 2017;14:E01.

23. Largo-Wight E, O'Hara BK, Chen WW. The efficacy of a brief nature sound intervention on muscle tension, pulse rate, and self-reported stress: nature contact micro-break in an office or waiting room. *HERD.* 2016;10(1):45-51.

24. Learned Optimism Test. Stanford University website.
<https://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html>

25. Lee HS, Noh CK, Lee KJ. The effect of acute stress on esophageal motility and gastroesophageal reflux in healthy humans. *J Neurogastroenterol Motil.* 2017;23(1):72-79.

Stress Solutions for Today's Dietitian Webinar Series – Part 2

By Jo Lichten, PhD, RDN

26. Lehrer PM, Gevirtz R. Heart rate variability biofeedback: how and why does it work? *Front Psychol*. 2014;5:756.
27. Linnemann A, Ditzen B, Strahler J, Doerr JM, Nater UM. Music listening as a means of stress reduction in daily life. *Psychoneuroendocrinology*. 2015;60:82-90.
28. Linnemann A, Strahler J, Nater UM. Assessing the effects of music listening on psychobiological stress in daily life. *J Vis Exp*. 2017;(120).
29. Martikainen S, Pesonen AK, Lahti J, et al. Higher levels of physical activity are associated with lower hypothalamic-pituitary-adrenocortical axis reactivity to psychosocial stress in children. *J Clin Endocrinol Metab*. 2013;98(4):E619-E627.
30. Mathes WF, Brownley KA, Mo X, Bulik CM. The biology of binge eating. *Appetite*. 2009;52(3):545-553.
31. McEwen BS. Central effects of stress hormones in health and disease: understanding the protective and damaging effects of stress and stress mediators. *Eur J Pharmacol*. 2008;583(2-3):174-185.
32. Stress and your health. MedlinePlus website. <https://medlineplus.gov/ency/article/003211.htm>. Updated November 3, 2016.
33. Nabi H, Kivimäki M, Batty GD, et al. Increased risk of coronary heart disease among individuals reporting adverse impact of stress on their health: the Whitehall II prospective cohort study. *Eur Heart J*. 2013;34(34):2697-2705.
34. Moser JS, Dougherty A, Mattson WI, et al. Third-person self-talk facilitates emotion regulation without engaging cognitive control: converging evidence from ERP and fMRI. *Sci Rep*. 2017;7(1):4519.
35. Philbeck JW, Witt JK. Action-specific influences on perception and post-perceptual processes: present controversies and future directions. *Psychol Bull*. 2015;141(6):1120-1144.
36. Pokorski M, Suchorzynska A. Psychobehavioral effects of meditation [published online June 25, 2017]. *Adv Exp Med Biol*. doi: 10.1007/5584_2017_52.
37. Reivich KJ, Seligman ME, McBride S. Master resilience training in the U.S. Army. *Am Psychol*. 2011;66(1):25-34.
38. Reybrouck M, Eerola T. Music and its inductive power: a psychobiological and evolutionary approach to musical emotions. *Front Psychol*. 2017;8:494.

Stress Solutions for Today's Dietitian Webinar Series – Part 2

By Jo Lichten, PhD, RDN

39. Robertson I, Cooper CL, Sarkar M, Curran T. Resilience training in the workplace from 2003 to 2014: a systematic review. *J Occup Organ Psychol*. 2015;88(3):533-562.
40. Rutter M. Resilience as a dynamic concept. *Dev Psychopathol*. 2012;24(2):335-344.
41. Savage BM, Lujan HL, Thipparthi RR, DiCarlo SE. Humor, laughter, learning, and health! A brief review. *Adv Physiol Educ*. 2017;41(3):341-347.
42. Seligman ME. Resilience training for educators. University of Pennsylvania website. <https://www.authentichappiness.sas.upenn.edu/learn/educatorresilience>
43. Seligman ME. Building resilience. *Harv Bus Rev*. 2011;89(4):100-106, 138.
44. Sharma M, Rush SE. Mindfulness-based stress reduction as a stress management intervention for healthy individuals: a systematic review. *J Evid Based Complementary Altern Med*. 2014;19(4):271-286.
45. Sharpe JP, Martin, NR, Roth, KA. Optimism and the big five factors of personality: beyond neuroticism and extraversion. *Pers Individ Dif*. 2011;51(8):946-951.
46. Stawski RS, Cichy KE, Piazza JR, Almeida DM. Associations among daily stressors and salivary cortisol: findings from the National Study of Daily Experiences. *Psychoneuroendocrinology*. 2013;38(11):2654-2665.
47. Stults-Kolehmainen MA, Sinha R. The effects of stress on physical activity and exercise. *Sports Med*. 2014;44(1):81-121.
48. Szabo S, Yoshida M, Filakovszky J, Juhasz G. "Stress" is 80 years old: From Hans Selye original paper in 1936 to recent advances in GI ulceration [published online June 22, 2017]. *Curr Pharm Des*. doi: 10.2174/1381612823666170622110046.
49. Trampe D, Quoidbach J, Taquet M. Emotions in everyday life. *PLoS One*. 2015;10(12):e0145450.
50. Traustadóttir T, Bosch PR, Matt KS. The HPA axis response to stress in women: effects of aging and fitness. *Psychoneuroendocrinology*. 2005;30(4):392-402.
51. Ulrich-Lai, YM. Self-medication with sucrose. *Curr Opin Behav Sci*. 2016;9:78-83.
52. Usai Satta P, Oppia F, Cabras F. Overview of pathophysiological features of GERD. *Minerva Gastroenterol Dietol*. 2017;63(3):184-197.
53. van der Werff SJ, van den Berg SM, Pannekoek JN, Elzinga BM, van der Wee NJ. Neuroimaging resilience to stress: a review. *Front Behav Neurosci*. 2013;7:39.

Stress Solutions for Today's Dietitian Webinar Series – Part 2

By Jo Lichten, PhD, RDN

54. Wallace C. *Wall Street Journal*. <https://www.wsj.com/articles/whats-your-heart-rate-variability-it-may-be-time-to-find-out-1498442460>. Published June 25, 2017.

55. Yau YH, Potenza MN. Stress and eating behaviors. *Minerva Endocrinol*. 2013;38(3):255-267.

56. Zeng X, Chiu CP, Wang R, Oei TP, Leung FY. The effect of loving-kindness meditation on positive emotions: a meta-analytic review. *Front Psychol*. 2015;6:1693.

57. Zheng S, Kim C, Lal S, Meier P, Sibbritt D, Zaslowski C. The effects of twelve weeks of Tai Chi practice on anxiety in stressed but healthy people compared to exercise and wait-list groups — a randomized controlled trial [published online June 13, 2017]. *J Clin Psychol*. doi: 10.1002/jclp.22482.

58. Zhu B, Hedman A, Feng S, Li H, Osika W. Designing, prototyping and evaluating digital mindfulness applications: a case study of mindful breathing for stress reduction. *J Med Internet Res*. 2017;19(6):e197.