

References



G E M

GET EXPERIENCE IN MINDFULNESS

- Baldwin, J., Arseneault, L., Caspi, A., Fisher, H., Moffitt, T., Odgers, C., et al. (2017). Childhood victimization and inflammation in young adulthood: A genetically sensitive cohort study. *Brain Behav. Immun.*
- Barr, D. (2017). The childhood roots of cardiovascular disease disparities. *Mayo Clin Proc.*, 92(9), 1415-1421.
- Benson H. (1984). The relaxation response and stress. Chapter 21. In Behavioral Health. J.D.
- Carmody, J., & Baer, R. (2008). Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness based stress reduction program. *J Behav Med*, 31, 23-33.
- Chen, Y., Yang, X., Wang, L., & Zhang, X. (2013). A randomized controlled trial of the effects of brief mindfulness meditation on anxiety symptoms and systolic blood pressure in nursing students. *Nurse Education Today*, 33, 1166-1172.
- Erogul, M., Singer, G., McIntyre, T., & Stefanov, D. (2014). Abridged mindfulness intervention to support wellness in first-year medical students. *Teaching and Learning in Medicine*, 26(4), 350-356.
- Frederickson, B., Cohn, M., Coffey, K. Pek, J., Finkel, S. Open Hearts Build Lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources. *J Pers Soc Psychol.* 2008 Nov; 95(5): 1045-1062 doi: 10.1037/a0013262
- Fortuna, L., Porche, M., & Padilla, A. (2017). A treatment development study of a cognitive and mindfulness-based therapy for adolescents with co-occurring post-traumatic stress and substance use disorder. *Psychology and Psychotherapy: Theory, Research and Practice*, 1-21.
- Gallego, J., Aguilar-Parra, J., Cangas, A., Langer, A., & Manas, I. (2014). Effect of a mindfulness program on stress, anxiety and depression in university students. *Spanish Journal of Psychology*, 17(109), 1-6.
- Ganesan, S., Acharya, A., Chauhan, R., & Acharya, S. (2017). Prevalence and risk factors for low back pain in 1,355 young adults: A cross-sectional study. *Asian Spine J*, 11(4), 610-617.
- Heim, C., & Nemeroff, C. (2001). The role of childhood trauma in the neurobiology of mood and anxiety disorders: Preclinical and clinical studies. *Biol Psychiatry*, 49, 1023-1039.
- Houle, T., Turner, D., Goldin, A., Porter, J., Martin, V., Penzien, D., et al. (2017). Forecasting individual headache attacks using perceived stress: Development of a multivariable prediction model for persons with episodic migraine. *Headache*, 57(0017-8748), 1041-1050.

References



G E M

GET EXPERIENCE IN MINDFULNESS

- Kajeepeta, S., Gelaye, B., Jackson, C., & Williams, M. (2015). Adverse childhood experiences are associated with adult sleep disorders: A systematic review. *Sleep Med.*, 16(3), 320-330.
- Matarazzo et al. (Eds). New York: John Wiley and Sons. 326-337.
- Mendelson, T., Greenber, M., Dariotis, J., Gould, L., Rhoades, B., & Leaf, P. (2010). Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth. *J Abnorm Child Psychol*, 38, 985-995.
- Raidl, M., Johnson, S., Gardiner, K., Denham, M., Spain, K., & Lanting, R. (2004). Use retrospective surveys to obtain complete data sets and measure impact in extension programs. *Journal of Extension*, 42. Retrieved October 19, 2005, from <http://www.joe.org/joe/2004april/rb2.shtml>
- Seyle H. (1973). The evolution of the stress concept. *American Scientist*. 61: 692-699.
- Shim, M., Im, C., & Lee, S. (2017). Disrupted cortisol brain network in post-traumatic stress disorder patients: A resting-state electroencephalographic study. *Translational Psychiatry*, 7, 1231.
- Yaribeygi, H., Panahi, Y., Sahraei, H., Johnston, T., & Sahebkar, A. (2017). The impact of stress on body function: A review. *EXCLI Journal* 2017, 16(1611-2156), 1057-1072.