REFERENCES

and Further Reading

The following list of references, further reading and links to research papers (over page) was created to complement the Anxiety Solutions cards. These references support the practice base of the techniques used in the cards.

1. Achor S 2010, The happiness advantage: the seven principles of positive psychology that fuel success and performance at work, Crown Publishing Group, USA.
2. Amen D 2015, Change your brain, change your life: the breakthrough program for conquering anxiety, depression, obsessiveness, lack of focus, anger, and memory problems, Turtleback Books, USA.
4. Byrne S 2016, Daily psych bites: hundreds of quick installations for optimism and energy, Selina Byrne Wellbeing Solutions, Melbourne, Australia.
9. Hodges J 1999, Sportsmind: an athlete’s guide to superperformance through mental and emotional training, Sportsmind Institute for Human Performance Research (originally published as a thesis in 1993 by the University of Western Sydney, Hawkesbury, Australia).
10. Kabat-Zinn J 2012, Mindfulness for beginners: reclaiming the present moment—and your life, Sounds True, USA.
23. Snyder C 1994, The psychology of hope: you can get there from here, Simon and Schuster, New York, USA.

See next page for research papers.
Studies and articles relating to the practice methods used in the Anxiety Solutions cards.

A study that distinguishes 'interoceptive awareness' from 'interoceptive accuracy'.
https://www.sciencedirect.com/science/article/pii/S0301051114002294#bib0275

Study with athletes on how the brain is altered by meditative or mindfulness activities.

Effectiveness of cognitive behavioural therapy (CBT) techniques on anxiety in children and adolescents.

The effect of fear on the brain by Toyoda et al (also cited in references above).
http://dx.doi.org/10.1155/2011/813749

Mental imagery research.

Focusses on the effectiveness of distraction techniques.

Focusses on the effectiveness of distraction techniques.
https://www.researchgate.net/publication/277608300_The_effects_of_three_different_distraction_methods_on_pain_and_anxiety_in_children

Italian study with undergraduates showing the positive effect of ‘metacognition skills’ on anxiety.

Mindfulness in Schools Project in association with the University of Exeter’s Mood Disorders Centre: evidence for the impact of mindfulness on children and young people.

Evidence (based on hormones and inflammatory markers) that mindfulness techniques may imbue resilience to ‘stressful psychological challenges’.
https://www.madinamerica.com/2017/02/research-shows-mindfulness-can-decrease-anxiety/

Social anxiety disorder and regulating emotions with mindfulness-based therapy.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4203918/

A literature search of studies on the effect of mindfulness-based therapy on anxiety and depression.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2848393/

See previous page for references and further reading.