

Chapter 5: Treatments and therapies for mental health

References

1. Horvath AO, Luborsky L. The role of the therapeutic alliance in psychotherapy. *J Consult Clin Psychol.* 1993;61(4):561-573. doi:10.1037/0022-006X.61.4.561.
2. Bordin ES. Theory and research on the therapeutic working alliance: New directions. In: *The Working Alliance: Theory Research and Practice.* ; 1994:13-37.
<http://books.google.co.uk/books?hl=en&lr=&id=twiQpUYzM4QC&oi=fnd&pg=PA13&dq=working+alliance+theory+research&ots=6ZKLlk6Chg&sig=gJ1Lznp-kM-sdSN-AUZUPFWm9-A>.
3. Amick HR, Gartlehner G, Gaynes BN, et al. Comparative benefits and harms of second generation antidepressants and cognitive behavioral therapies in initial treatment of major depressive disorder: systematic review and meta-analysis. *Bmj.* 2015:h6019. doi:10.1136/bmj.h6019.
4. Jensen MP, Adachi T, Tomé-Pires C, Lee J, Osman ZJ, Miró J. Mechanisms of hypnosis: Toward the development of a biopsychosocial model. *Int J Clin Exp Hypn.* 2015;63(1):34-75. doi:10.1080/00207144.2014.961875.
5. Häuser W, Hagl M, Schmierer A, Hansen E. The Efficacy, Safety and Applications of Medical Hypnosis. *Dtsch Arztebl Int.* 2016;113(17):289-296. doi:10.3238/ärztebl.2016.0289.

6. Church D, Yount G, Brooks AJ. The effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. *J Nerv Ment Dis.* 2012;200(10):891-896. doi:10.1097/NMD.0b013e31826b9fc1.
7. Dhond RP, Kettner N, Napadow V. Neuroimaging Acupuncture Effects in the Human Brain. *J Altern Complement Med.* 2007;13(6):603-616. doi:10.1089/acm.2007.7040.
8. Clond M. Emotional Freedom Techniques for Anxiety: A Systematic Review With Meta-analysis. *J Nerv Ment Dis.* 2016;204(5):388-395. doi:10.1097/NMD.0000000000000483.
9. Nelms JA, Castel L. A Systematic Review and Meta-Analysis of Randomized and Nonrandomized Trials of Clinical Emotional Freedom Techniques (EFT) for the Treatment of Depression. *Explor J Sci Heal.* 2016;12(6):416-426. doi:10.1016/j.explore.2016.08.001.
10. Church D, Sparks T, Clond M. EFT (Emotional Freedom Techniques) and Resiliency in Veterans at Risk for PTSD: A Randomized Controlled Trial. *Explor J Sci Heal.* 2016;12(5):355-365. doi:10.1016/j.explore.2016.06.012.
11. Feinstein D, D. F. ENERGY PSYCHOLOGY: A REVIEW OF THE PRELIMINARY EVIDENCE. *Psychotherapy.* 2008;45(2):199-213. doi:10.1037/0033-3204.45.2.199.
12. D Church. The economic cost savings of energy pschology treatment. *Energy Pshcology.* 2010.
13. Mason E. Energy psychology and psychotherapy: A study of the use of energy psychology in psychotherapy practice. *Couns Psychother Res.* 2012;12(3):224-232. doi:10.1080/14733145.2012.657208.

14. Kuyken W, Warren FC, Taylor RS, et al. Efficacy of mindfulness-based cognitive therapy in prevention of depressive relapse an individual patient data meta-analysis from randomized trials. *JAMA Psychiatry*. 2016;73(6):565-574.
doi:10.1001/jamapsychiatry.2016.0076.
15. Cipriani A, Furukawa TA, Salanti G, et al. Comparative efficacy and acceptability of 21 antidepressant drugs for the acute treatment of adults with major depressive disorder: a systematic review and network meta-analysis. *Lancet*. March 2018. doi:10.1016/S0140-6736(17)32802-7.
16. Cipriani A, Furukawa TA, Salanti G, et al. Comparative efficacy and acceptability of 12 new-generation antidepressants: a multiple-treatments meta-analysis. *Lancet*. 2009;373(9665):746-758.
doi:10.1016/S0140-6736(09)60046-5.
17. Moncrieff J. The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment.; 2016. doi:10.1007/978-0-230-58944-5.
18. Kennedy DO, Veasey R, Watson A, et al. Effects of high-dose B vitamin complex with vitamin C and minerals on subjective mood and performance in healthy males. *Psychopharmacology (Berl)*. 2010;211(1):55-68. doi:10.1007/s00213-010-1870-3.
19. Ernst E, Rand JI, Stevenson C. Complementary Therapies for Depression. *Arch Gen Psychiatry*. 1998;55(11):1026.
doi:10.1001/archpsyc.55.11.1026.
20. Dimeo F, Bauer M, Varahram I, Proest G, Halter U. Benefits from aerobic exercise in patients with major depression: a pilot study. *Br J Sports Med*. 2001;35(2):114-117. doi:10.1136/BJSM.35.2.114.

21. Scarmeas N, Levy G, Tang MX, Manly J, Stern Y. Influence of leisure activity on the incidence of Alzheimer's disease. *Neurology*. 2001;57(12):2236-2242.
<http://www.ncbi.nlm.nih.gov/pubmed/11756603>. Accessed January 26, 2018.
22. Jiang B, Li D, Larsen L, Sullivan WC. A Dose-Response Curve Describing the Relationship Between Urban Tree Cover Density and Self-Reported Stress Recovery. *Environ Behav*. 2014;48(4):607-629. doi:10.1177/0013916514552321.
23. Thompson Coon J, Boddy K, Stein K, Whear R, Barton J, Depledge MH. Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity Indoors? A Systematic Review. *Environ Sci Technol*. 2011;45(5):1761-1772. doi:10.1021/es102947t.
24. www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html.
25. Myers CA, Vandermosten M, Farris EA, et al. White Matter Morphometric Changes Uniquely Predict Children's Reading Acquisition. *Psychol Sci*. 2014;25(10):1870-1883. doi:10.1177/0956797614544511.
26. Poulin MJ, Brown SL, Dillard AJ, Smith DM. Giving to others and the association between stress and mortality. *Am J Public Health*. 2013;103(9):1649-1655. doi:10.2105/AJPH.2012.300876.
27. Roth DL, Haley WE, Hovater M, Perkins M, Wadley VG, Judd S. Family caregiving and all-cause mortality: Findings from a population-based propensity-matched analysis. *Am J Epidemiol*. 2013;178(10):1571-1578. doi:10.1093/aje/kwt225.

28. Hoogwelt MT, Versteeg H, Hansen TB, Thygesen LC, Pedersen SS, Zwisler AD. Exercise mediates the association between positive affect and 5-year mortality in patients with ischemic heart disease. *Circ Cardiovasc Qual Outcomes.* 2013;6(5):559-566. doi:10.1161/CIRCOUTCOMES.113.000158.
29. Diener E, Chan MY. Happy People Live Longer: Subjective Well-Being Contributes to Health and Longevity. *Appl Psychol Heal Well-Being.* 2011;3(1):1-43. doi:10.1111/j.1758-0854.2010.01045.x.
30. www.frontiersin.org/articles/10.3389/fimmu.2016.00693/full.
31. Young SN. How to increase serotonin in the human brain without drugs. *J Psychiatry Neurosci.* 2007;32(6):394-399. doi:10.1111/jhn.12223.