

Bengt Annebäck
Spec. i allm. psykiatri

Referenser

- Klatt, M.D, Buckworth, J., Malarkey, W.B. (2008) Effects of Low – Dose Mindfulness – Based Stress Reduction (MBSR-ld) on Working Adults
Health Educ Behav Online First on May 9 2008
- Grossman, P., Nieman, L., Schmidt, S., & Walach, H. (2004) Mindfulness-based stress reduction and health benefits .A meta-analysis. *Journal of Psychosomatic research*, 57, 35-42
- Gura,s.T. (2002) yoga for stress reduction and injury prevention at work. *Journal of prevention, Assessment &rehabilitation* 19, 3-7
- Kabat- Zinn, J (2003) Mindfulness-based interventions in context: Past, present and future .
Clinical Psychology: Science and practice, 10, 144-156
- Reibel, D.K., Greeson, J.M., Brainard, G.C. & Rosenzweig, S.(2001) Mindfulness stress reduction and health-related quality of life in a heterogenous patient population . *General Hospital Psychiatry*, 23, 183-192
- Tennant, C. (2001) Work-related stress and depressive disorders .*Journal of Psychosomatic research* 51, 697-70
- Van der Klink, J.J., Blonk,R.W., Schene, A.H., &van Dijk, F.J. (2001) The benefits of interventions for work-related stress. *American journal of Public Health*, 91, 270-276
- Lilja, J.L, Frodi-Lundgren, A, Johansson Hanse J, Josefsson, T., Lundh, LG, Sköld, C. Hansen, E., Broberg A.G., (2011) Five Facets Mindfulness Questionnaire – Reliability and Factor Structure : A Swedish version.
Cognitive Behaviour Therapy pp.1-13, 2