

Bronbestanden 'Evidence Based'

1

Taylor, N. Z., & Millier, P. M. R. (2016). Personality and Individual Differences. Paid, 89(C), 123–128. <http://doi.org/10.1016/j.paid.2015.10.005>

2

Wolever, R. Q., Bobinet, K. J., McCabe, K., Mackenzie, E. R., Fekete, E., Kusnick, C. A., & Baime, M. (2012). Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial. *Journal of Occupational Health Psychology*, 17(2), 246–258. <http://doi.org/10.1037/a0027278>

3

Yang, E., Schamber, E., Meyer, R.M.L., & Gold, J.I. (2018) Happier Healers: Randomized Controlled Trial of Mobile Mindfulness for Stress Management. *The Journal of Alternative and Complementary Medicine*, 24, 505–513.

4

Fortney, L., Luchterhand, C., Zakletskaia, L., Zgierska, A., & Rakel, D. (2013). Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study. *The Annals of Family Medicine*, 11(5), 412–420. <http://doi.org/10.1370/afm.1511>

5

Cavanagh, K., Churchard, A., O'Hanlon, P., Mundy, T., Votolato, P., Jones, F., Gu, J., & Strauss, C. (2018) A Randomised Controlled Trial of a Brief Online Mindfulness-Based Intervention in a Non-clinical Population: Replication and Extension 1–15.

6

Yang, E., Schamber, E., Meyer, R.M.L., & Gold, J.I. (2018) Happier Healers: Randomized Controlled Trial of Mobile Mindfulness for Stress Management. *The Journal of Alternative and Complementary Medicine*, 24, 505–513.

7

Black, D. S., O'Reilly, G. A., Olmstead, R., Breen, E. C., & Irwin, M. R. (2015). Mindfulness Meditation and Improvement in Sleep Quality and Daytime Impairment Among Older Adults With Sleep Disturbances: A Randomized Clinical Trial. *JAMA Internal Medicine*, 175(4), 494–501. <http://doi.org/10.1001/jamainternmed.2014.8081>

8

Klatt, M. D., Buckworth, J., & Malarkey, W. B. (2008). Effects of Low-Dose Mindfulness-Based Stress Reduction (MBSR-ld) on Working Adults. *Health Education & Behavior*, 36(3), 601–614. <http://doi.org/10.1177/1090198108317627>

9

Cohen-Katz, Joanne PhD; Wiley, Susan D. MD; Capuano, Terry MSN, MBA; Baker, Debra M. MA; Shapiro, Shauna PhD. The Effects of Mindfulness-based Stress Reduction on Nurse Stress and Burnout: A Quantitative and Qualitative Study. *Holistic Nursing Practice*: November-December 2004 - Volume 18 - Issue 6 - p 302–308

10

Young, K.S., van der Velden, A.M., Craske, M.G., Pallesen, K.J., Fjorback, L., Roepstorff, A., & Parsons, C.E. (2018) Neuroscience and Biobehavioral Reviews. *Neuroscience and Biobehavioral Reviews*, 84, 424–433.

11

Lutz, J., Herwig, U., Opialla, S., Hittmeyer, A., Jaencke, L., Rufer, M., Holtforth, M.G., & Bruehl, A.B. (2014) Mindfulness and emotion regulation-an fMRI study. *Soc Cogn Affect Neurosci*, 9, 776–785.