

Positive Health Workshop Reference List

Healthy Eating and Positive Psychology

Ait-Hadad W, Bénard M, Shankland R, et al. Optimism is associated with diet quality, food group consumption and snacking behavior in a general population. *Nutr J.* 2020;19(1):6.

Carillo A, Feig EH, Harnedy LE, et al. The role of psychological constructs in diet and eating behavior among people with metabolic syndrome: A qualitative study. *Health Psychol Open.* 2022;9(1):20551029211055264.

Gardner MP, et al. Better moods for better eating? How mood influences food choice. *Journal of Consumer Psychology.* 2014; 24(3):320-335.

Hingle MD, Wertheim BC, Tindle HA, Optimism and diet quality in the Women's Health Initiative. *J Acad Nutr Diet.* 2014;114(7):1036-1045.

Huffman JC, Golden J, Massey CN. A Positive Psychology-Motivational Interviewing Program to Promote Physical Activity in Type 2 Diabetes: The BEHOLD-16 Randomized Trial. *Gen Hosp Psychiatry.* 2021;68:65–73.

Mujcic R, Oswald AJ. Evolution of well-being and happiness after increases in consumption of fruit and vegetables. *Am J Public Health.* 2016;106(8):1504-10

Lee MF, Angus D, Walsh H, Sargeant S. “Maybe it’s Not Just the Food?” A Food and Mood Focus Group Study. *Int J Environ Res Public Health.* 2023;20(2011).

Mantzios M, Wilson J, Linnell KJ. Comparing mindfulness-based intervention strategies: differential effects on working memory capacity, affective responses, and eating behaviours. *Clinical Psychology & Psychotherapy.* 2015 ;22(2), 167-179.

Nguyen T T, Devlin J, Nguyen TN, et al. Gratitude and its association with self-control, eating behavior, and body weight. *Journal of Health Psychology.* 2018;23(2), 180-189.

Pänkäläinen M, Fogelholm M, Valve R, et al. Pessimism, diet, and the ability to improve dietary habits: a three-year follow-up study among middle-aged and older Finnish men and women. *Nutr J.* 2018;17(1):92.

Rose J, Pedrazzi R, Dombroski SU. Examining dietary self-talk content and context for discretionary snacking behavior: A qualitative interview study. *Health Psychol Behav Med.* 2022; 10(1):399-414.

Turner-McGrievy GM, Wright JA, Migneault JP, et al. The interaction between dietary and life goals: Using goal systems theory to explore healthy diet and life goals. *Health Psychol Behav Med.* 2014;2(1):759-769.

Wang C, Chen L, Wu Y, et al. Effects of a brief self-compassion intervention on eating behaviors in female college students. *Journal of Health Psychology.* 2019; 24(3), 328-337.

Whatnall MC, Patterson AJ, Siew YY, Kay-Lambkin F, Hutchesson MJ. Are Psychological Distress and Resilience Associated with Dietary Intake Among Australian University Students? *Int J Environ Res Public Health.* 2019;16(21):4099.

White BA, Horwath CC, Conner TS. Many apples a day keep the blues away--daily experiences of negative and positive affect and food consumption in young adults. *British Journal of Health Psychology.* 2013;18(4):782-798

Yoshikawa A, Smith ML, Lee S, et al. The role of improved social support for healthy eating in a lifestyle intervention: *Telexercise Select. Public Health Nutr.* 2021;24(1):146-156.

Physical Activity and Positive Psychology

Babyak M, Blumenthal JA, Herman S, et al. Exercise treatment for major depression: Maintenance of Therapeutic Benefit at 10 Months. *Psychosom Med.* 2000;62:633–638.

Bandura, A. (1997). *Self-efficacy: The exercise of control.* New York, NY: W H Freeman and Company.

Blake H. Physical activity and exercise in the treatment of depression. *Front Psychiatry.* 2012;3:106.

Blumenthal JA, Babyak MA, Doraiswamy PM, et al. Exercise and pharmacotherapy in the treatment of major depressive disorder. *Psychosom Med.* 2007;69(7):587-596.

Carek PJ, Laibstain SE, Carek SM, et al. Exercise for the treatment of depression and anxiety. *Int J Psychiatry Med.* 41(1):15-28.

Carragher, M., Golding, L., & Mansfield, M. (2016). A systematic review of positive psychology interventions in sport. *International Review of Sport and Exercise Psychology*, 9(1), 50-63.

Cooney GM, Dwan K, Greig CA, et al. Exercise for depression, *Cochrane Database Syst Rev.* 2013;9.

Dinas PC, Koutedakis Y, Flouris AD. Effects of exercise and physical activity. *Ir J Med Sci.* 2011; 180:319-325

Ernst C, Olson AK, Pinel JP, et al. Antidepressant effects of exercise: evidence for an adult-neurogenesis hypothesis? *J Psychiat Neurosci*. 2006 ;31(2):83-92.

Feig EH, Harnedy LE, Golden J, Thorndike AN, Huffman JC, Psaros C. A Qualitative Examination of Emotional Experiences During Physical Activity Post-metabolic/Bariatric Surgery. *Obes Surg*. 2022;32(3):660-670.

Fredrickson BL. The broaden-and-build theory of positive emotions. *Phil Trans R Soc Lond*. 2004;359:1367-1377.

Hallgren M, Stubbs B, Vancmpfort D, et al. treatment guidelines for depression: greater emphasis on physical activity is needed. *European Psychiatry*. 2017 ;40 :1-3

Hansen CJ, Stevens LC, Coast R. Exercise duration and mood state: how much is enough to feel better? *Health Psychol*. 2001;20(4):267-275.

Hardy, J., Hall, C. R., & Hardy, L. (2012). Quantifying athlete self-talk: Development and validation of the sport self-talk questionnaire. *Journal of Sport and Exercise Psychology*, 34(6), 878-897.

Hartman SJ, Dunsinger SI, Bock BC, et al. Physical activity maintenance among Spanish-speaking Latina in a randomized controlled trial of an internet-based intervention. *J Behav Med*. 40(3):392-402.

Hogan CL, Catalino LI, Muta J, et al. Beyond emotional benefits : Physical activity and sedentary behavior affect psychosocial resources through emotions. *Psychol & Health*. 2015;30(3):354-369.

Kandola A, Ashdown-Franks G, Hendrikse J, et al. Physical activity and depression: Towards understanding the antidepressant mechanisms of physical activity. *Neurosci BioBehav Rev*.2019;107:525-539.

Kim ES, Kubzansky LD, Soo J, Boehm JK. Maintaining healthy behavior: A prospective study of psychological well-being and physical activity. *Ann Behav Med*. 2017;51930:337-347.

Koh YS, Asharan PV, Devi F, et al. A cross-sectional study of the perceived barriers to physical activity and their associations with domain-specific physical activity and sedentary behavior. *BMC Public Health*. 2022;22:1051.

Larsen BA, Benitez TJ, Mendoza-Vasconez AS, et al. Randomized trial of a physical activity intervention for Latino med: Activo. *Am J Prev Med*. 59(2):219-227.

Lathia N, Sandstrom GM, Mascolo C, et al. Happier People Live More Active Lives: Using Smartphones to Link Happiness and Physical Activity. *PloS One*. 2017;12(1):e0160589.

Layous, K, Chancellor J, Lyubomirsky S. Positive activities as protective factors against mental health conditions. *Journal of Abnormal Psychology*. 2017;126(1), 50–60.

Li J, Huang Z, Si W, Shao T. The effects of physical activity on emotions in children and adolescents: A systematic review and meta-analysis. *Int J Environ res Public Health*. 2022;19(21):14185.

Lianov LS, Adamson K, Kelly JH, et al. Lifestyle Medicine Core Competencies: 2022 Update. *Am J Lifestyle Med*. 2022;16(6):734-739.

Mammen G, Faulkner G. Physical activity and the prevention of depression: a systematic review of prospective studies. *Am J Prev Med*. 2013;45(5):649-657.

Marshall D. The upward spiral of self-development and well-being: An examination of upward spirals and vantage resources and their contribution to sustained self-development, well-being, and lifestyle transformation. Master of Applied Positive Psychology (MAPP) Capstone project. August 2, 2020. https://repository.uoenn.edu/mapp_capstone/194

McKercher C, Sanderson K, Schmidt MD, et al. Physical activity patterns and risk of depression in young adulthood: a 20-year cohort study since childhood. *Soc Psychiatry Psychiatr Epidemiol*. 2014;49(11):1823-34.

McAuley E, Jerome GJ, Elavsky, S, et al. Predicting long-term maintenance of physical activity in older adults. *Preventive Medicine*. 2003;37(2):110-118.

Mendoza-Vasquez AS, Linke SE, Munoz MA, et al. Promoting physical activity among underserved populations. *Curr Sports Med Rep*. 2016;15(4):290-297.

Newall NEG, Chipperfield JG, Bailis DS, Stewart TL. Consequences of loneliness on physical activity and mortality in older adults and the power of positive emotions. *Health Psychol*. 2012

Piercy KL, Troiano RP, Ballard RM, et al. The Physical Activity Guidelines for Americans. *JAMA*. 2018;320(19):2020-2028.

Proyer RT, Gander F, Wellenzohn S, et al. What good are character strengths beyond subjective wellbeing? The contribution of the good character on self-reported health-oriented behavior, physical fitness, and the subjective health status. *J Pos Psychol*. 2013;8(3):222-232.

Rimer J, Dwan K, Lawlor DA, et al. Exercise for depression, *Cochrane Db Syst Rev*. 2012;11(7).

Rhodes RE, Dickau L. Moderators of the intention-behaviour relationship in the physical activity domain: a systematic review. *Br J Sports Med*. 2013;47(4):215-25.

Rhodes RE, Kates KA. Can the affective response to exercise predict future motives and physical activity behavior? A systematic review of published evidence. *Ann Behav Med.* 2015;49(5):715-31.

Sarin S, Motta M, Gobble JE. *The Practitioner's Guide to Lifestyle Medicine*. Monterey, CA: Healthy Learning, 2022.

Schneider J, Malinowski, Watson PM, Lattimore P. The role of mindfulness in physical activity: a systemic review: Mindfulness and physical activity. *Obesity Reviews.* 2018;20(3):448-463.

Van Cappellen P, Rice EL, Catalino LI, et al. Positive affective processes underlie positive health behavior change. *Psychol Health.* 2018;33(1):77-97.

Van Raalte JL, Vincent A, Brewer B W, Self-talk: review and sport-specific model. *Psychology of Sport and Exercise.* 2016;22:139-148.

Wang L, Zhang Y, Zhao Y. Effects of a self-compassion intervention on college students' mental health. *Journal of Psychology in Chinese Societies.* 2019;20(2), 250-268.

Sleep and Positive Psychology

Dinges DF, pack F, Williams K, et al. Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. *Sleep.* 1997; 20(4):267-277.

Espie CA, Kyle SD, Williams, C. A randomized, placebo-controlled trial of online cognitive behavioral therapy for chronic insomnia disorder delivered via an automated media-rich web application. *Sleep.* 2014;37(9), 1443-1453.

Frates B, Bonnet J, Joseph R, Peterson J. *Lifestyle Medicine Handbook, An Introduction to the Power of Healthy Habits.* (2nd ed.) Monterey, CA: Health Living, 2020.

Gong H, Ni CX, Liu Y Z, et al. Mindfulness meditation for insomnia: A meta-analysis of randomized controlled trials. *Journal of Psychosomatic Research.* 2016;89, 1-6.

Kredlow MA, Capozzoli MC, Hearon BA, et al. The effects of physical activity on sleep: A meta-analytic review. *Journal of Behavioral Medicine.* 2015;38(3), 427-449.

Lollies F, Schnatschmidt M, Bihlmeier I, et al. Associations of sleep and emotion regulation processes in childhood and adolescence - a systematic review, report of methodological challenges and future directions. *Sleep Sci.* 2022;15(4):490-514.

Lopresti AL, Hood SD, Drummond PD. A review of lifestyle factors that contribute to important pathways associated with major depression: Diet, sleep and exercise. *Journal of Affective Disorders*. 2013; 148(1), 12-27.

Ng MY, Wong WS. The differential effects of gratitude and sleep on psychological distress in patients with chronic pain. *J Health Psychol*. 18(2).

Ong AD, Kim S, Young S, Steptoe A. Positive affect and sleep: A systematic review. *Sleep Med Rev*. 2017;35:21-32.

Ong, J. C., Manber, R., Segal, Z., Xia, Y., Shapiro, S., & Wyatt, J. K. (2012). A randomized controlled trial of mindfulness meditation for chronic insomnia. *Sleep*, 35(12), 1601-1608.

Saksvik-Lehouillier I, Saksvik SB, Dahlberg J, et al. Mild to moderate partial sleep deprivation is associated with increased impulsivity and decreased affect in young adults. *Sleep*, 2020;1–10.

Smith, M. T., Perlis, M. L., Park, A., Smith, M. S., Pennington, J., Giles, D. E., & Buysse, D. J. (2002). Comparative meta-analysis of pharmacotherapy and behavior therapy for persistent insomnia. *American Journal of Psychiatry*, 159(1), 5-11.

Steptoe A, O'Donnell K, Marmot M, Wardle J. Positive affect, psychological well-being, and good sleep. *Journal of Psychosomatic Research*. 2008;64(4):409-415.

Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015;38(6):843–844.

Wood AM, Joseph S, Lloyd J, et al. Gratitude influences sleep through the mechanism of pre-sleep cognitions. *J Psychosom Res*. 2009;66(1):43-8.

Worley SL. The Extraordinary Importance of Sleep. The Detrimental Effects of Inadequate Sleep on Health and Public Safety Drive an Explosion of Sleep Research. *Pharmacy and Therapeutics*. 2018;43(12): 758–763.

Yoo SS, Gujar N, Hu P et al. The human emotional brain without sleep—a prefrontal amygdala disconnect. *Curr Biol*. 2007;17(20):877-878.

Substance Use and Positive Psychology

Akhtar M, Boniwell I. Applying positive psychology to alcohol-misusing adolescents: A group intervention. *Groupwork*. 2010;20(3):6-31.

Berg JA. Strengths-based treatment of substance use disorders: A critical analysis of the literature. Pepperdine University ProQuest. Dissertations Publishing. 2016.

Bowen S, Witkiewitz K, Clifasefi SL, et al. Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual for substance use disorders. *JAMA Psychiatry*. 71(5):547-556.

Brewer JA, Malik S, Babuscio TA, et al. Mindfulness training for smoking cessation: results from a randomized controlled trial. *Drug Alcohol Dependence*. 2011;119(1-2):72-80.

Brewer JA, Sinha R, Chen JA, et al. Mindfulness training and stress reactivity in substance abuse: results from a randomized, controlled stage I pilot study. 2009;30(4):306-317.

Crookes AE, Positive psychology and the field of addiction – A proposal for a culturally relevant framework. *Middle East Journal of Positive Psychology*. 2018;29-49.

Day AM, Clerkin EM, Spillane NS, Kahler CW. Adapting positive psychology for smoking cessation. In Parks AC, Schueller SM, (Eds.) *The Wiley Blackwell Handbook of Positive Psychological Interventions*. Hoboken, NJ: Wiley & Sons. 2014.

Garland EL, Howard MO. Mindfulness-based treatment of addiction: current state of the field and envisioning the next wave of research. *Addiction Science & Clinical Practice*. 2018;13(1), 14.

Greenfield RL, Roos C, Hagler KL, et al. Race/ethnicity and racial group composition moderate the effectiveness of mindfulness-based relapse prevention for substance use. *Addictive Behaviors*. 2018;81:96-103.

Hoepfner BB, Hoepfner SS, Carlon HA, et al. Leveraging positive psychology to support smoking cessation in nondaily smokers using a smartphone app: Feasibility and acceptability study. *JMIR MHealth UHealth*. 2019;7(7):e13436.

Jackson S, Brown J, Norris E, et al. Mindfulness for smoking cessation. *Cochrane Database Syst Rev*. 2022(4):CD013696.

Logan DE, Kilmer JR, Mariatt A. The virtuous drinker: Character virtues as correlates and moderators of college student drinking and consequences. *J Am College Health*. 58(4):317-24.

Kahler CW, Spillane NS, Day AM, et al, Positive psychotherapy for smoking cessation: A pilot randomized controlled trial. *Nicotine & Tobacco Research*. 2015;17(11):1385-1392.

Katz D, Toner B. A systematic review of gender differences in the effectiveness of mindfulness-based treatments for substance use disorders. *Mindfulness*. 2013;4(318-331).

Killen JD, Fortmann SP, Schatzberg AF, et al. Extended cognitive behavior therapy for cigarette smoking cessation. *Addiction*. 2008;103(8):1381-1390.

Korecki JR, Schwebel FJ, Votaw VR, Witkiewitz K. Mindfulness-based programs for substance use disorders: a systemic review of manualized treatments. *Substance Abuse Treatment, Prevention, and Policy*. 2020; 51.

Krentzman, A. R. Review of the application of positive psychology to substance use, addiction, and recovery research. *Psychology of Addictive Behaviors*, 2013;27(1):151–165.

LeBuffe PA, Naglieri JA. Strengths-based assessment and evaluation for substance abuse prevention. *Journal of Child & Adolescent Substance Abuse*. 2012;21(4), 345-356.

Lightfoot K, Panagiotaki G, Nobles G. Effectiveness of psychological interventions for smoking cessation in adults with mental health problems: A systemic review. *Brit J Health Psychol*. 2020;25(3):615-638.

McHugh RK, Hearon BA, Otto MW. Cognitive-behavioral therapy for substance use disorders. *Psychiatr Clin North Am*. 2011;33(3):511-525.

Park CL, Cho D, Kim Y. Strengths-based interventions for individuals with alcohol use disorders: A qualitative study. *Journal of Substance Abuse Treatment*, 2015;53, 1-8.

Prochaska JO, DiClemente CC, Norcross JC. In search of how people change: Applications to addictive behaviors. *American Psychologist*. 1992;47(9), 1102-1114.

Selvam SG. Positive psychology's character strengths in addiction-spirituality research: A qualitative systemic literature review. *The Qualitative Report*. 2015;20(4):376-405.

Sinha, R. Chronic stress, drug use, and vulnerability to addiction. *Annals of the New York Academy of Sciences*. 2008;1141(1), 105-130.

Stone B. Positive psychology for substance use disorders: A rationale and call to action. *Journal of Studies on Alcohol and Drugs*. 2022;83(6):959-961.

Toougas ME, Hayden JA, McGrath PJ, et al. A systematic review exploring the social cognitive theory of self-regulation as a framework for chronic health condition interventions. *PLoS One*. 2015;10(8):e134977.

Vidrine JI, Spears CA, Heppner WL, et al. Efficacy of mindfulness-based addiction treatment (MBAT) for smoking cessation and lapse recovery: A randomized clinical trial. *J Consult Clin Psychol*. 2016;84(9):824-838.

Vinci C. Cognitive-behavioral and mindfulness intervention for smoking cessation: A review of the recent literature. *Current Onc Reports*. 2020;22, Article number 58.

Vinci C, Li L, Wu C, et al. The association of positive emotion and first smoking lapse: An ecological monetary assessment study. *Health Psychology*. 2017;36(11):1038-1046.

Witkiewitz K, Lustyk MK, & Bowen, S. Retraining the addicted brain: A review of hypothesized neurobiological mechanisms of mindfulness-based relapse prevention. *Psychology of Addictive Behaviors*, 2013;27(2), 351-365.

Witkiewitz K, Marlatt GA, Walker D. Mindfulness-based relapse prevention for alcohol and substance use disorders. *Journal of Cognitive Psychotherapy*, 2005;19(3), 211-228.

US Department of Health and Human Services. Public Health Services. Office of the Surgeon General. *Smoking Cessation: A Report of the Surgeon General*. Rockville, MD, 2020.

Zvolensky MJ, Baker KM, Leen-Feldner EW. Positive psychology and smoking cessation: Examining self-regulatory and self-efficacy processes. *Journal of Positive Psychology*. 2014;7(3), 195-204.

Stress Management and Positive Psychology

Britz J, Pappas E. Sources and outlets of stress among university students: Correlations between stress and unhealthy habits. *Undergrad J Human Sci.*2010;9.

Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310–357.

Geger H, Werner CP, Gaab J, Culipers P. Comparative efficacy and acceptability of expressive writing treatments compared to other writing treatments, and waiting list control for adult trauma survivors: A systematic review and network meta-analysis. *Psychol Med*. 2022;52(15):3484-3496.

Heuel L, Lübstorf S, Chronic stress, behavioral tendencies, and determinants of health behaviors in nurses: a mixed-methods approach. *BMC Public Health*. 2022;22:Article 624

Hirooka N, Kusano T, Kinoshita S, Nakamoto H. Influence of perceived stress and stress coping adequacy on multiple health-related lifestyle behaviors. *Int J Environ Res Public Health*. 2022;19(1):284.

Kabat-Zin J. *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, NY: Bantam, 2013.

King, L. A. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin*, 27(7), 798–807.

Mogk C, Otte S, Reinhold-Hurley B, Kröner-Herwig B. Health effects of expressive writing on stressful or traumatic experiences – a meta-analysis. *Psychosoc Med*. 2006;3:Doc06.

Moskowitz JT, Hult JR, Duncan LG, et al. A positive affect intervention for people experiencing health-related stress: development and non-randomized pilot test. *J Health Psychol.* 2012 Jul;17(5):676-92.

Nakao M, Shiotsuki K, Sugaya N. Cognitive-behavioral therapy for management of mental health and stress-related disorders: Recent advances in techniques and technologies. *BioPsychoSocial Med.* 2021;15, Article 16.

Oakley JA, Weiss A, Gale CR. The interaction between stress and positive affect in predicting mortality. *J Psychosom Res.* 2017;100:53-60.

O'Connor DB, Thayer JF, Vedhara K. Stress and health: A review of psychobiological processes. *Ann Rev Psychol.* 2021;72:663-688.

Pennbaker JW. Putting stress into words: Health, linguistic, and therapeutic implications. *Behav Res Therapy.* 1993;31:539-548.

Pennebaker JW. Expressive writing in psychological science. *Persp Psychol Sci.* 2017;13(2).

Santos FRMD, Lacerda SS, Coelho CC, et al. The integration of mediation and positive psychology practices to relieve stress in women workers (Flourish): Effects in two pilot studies. *Behav Sci (Basel).* 2021;11(4):43.

Saslow LR, Cohn M, Moskowitz JT. Positive Affect Interventions to Reduce Stress: Harnessing the Benefit While Avoiding the Pollyanna. In Gruber J, Moskowitz JT (Eds.) *Positive Emotion: Integrating the Light Sides and Dark Sides.* Oxford, England: Oxford University Press, 2014. p. 515-532.

Southwick SM, Bonanno GA, Masten AS, et al. Resilience definitions, theory, and challenges: Interdisciplinary perspectives. *European Journal of Psychotraumatology.* 2014;5(1), 25338.

Zheng X, Qu J, Xie J, et al. Effectiveness of online expressive writing in reducing psychological distress among the asymptomatic COVID-19 patients in Fangcang Hospitals: A Quasi-experiment study. *Front Psychol.* 2022;13:1042274.

Social Connection and Positive Psychology

Algoe, S. B. Positive interpersonal processes. *Current Directions in Psychological Science.* 2019;28(2):183–188. doi.org/10.1177/0963721419827272

Algoe SB, et al. Putting the you in “thank you:” Examining other praising behavior as the active relational component in expressed gratitude. *Soc Psychol Personal Sci.* 2016;7(3):658-666.

Arewasikporn A, Sturgeon JA, Zautra AJ. Sharing positive experiences boosts resilient thinking: Everyday benefits of social connection and positive emotion in a community sample. *Am J Community Psychol.* 2019;63(1-2):110-121.

Cohen S, Wills TA. Stress, social support, and the buffering hypothesis. *Psychological Bulletin.* 1985;98(2), 310–357.

Dutton JE, Heaphy ED. The power of high functioning connections. In: Cameron K, Dutton J (eds.). *Positive Organizational Scholarship: Foundations of a New Discipline.* Berrett-Koehler Publishers, 2003, p. 212-278.

Gable SL, Reis H. Good news! Capitalizing on positive events in an interpersonal context. *Advances in Experimental Social Psychology.* 2010;42:195-257.

Holt-Lunstad J, Smith TB, Baker M, et al. Loneliness and social isolation as risk factors for mortality: a meta-analytic review. *Perspect Psychol Sci.* 2015;10(2):227-37.

Holt-Lunstad, J, Smith, TB, Layton JB. Social relationships and mortality risk: A meta-analytic review. *PLOS Medicine.* 2010;7(7).

Keng SL, Smoski MJ, Robins CJ. Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review,* 2011;31(6):1041–1056.

Kok BE, Fredrickson BL. Upward spirals of the heart: Autonomic flexibility, as indexed by vagal tone, reciprocally and prospectively predicts positive emotions and social connectedness. *Biol Psychol.* 2010;85:432-436.

Kok BE, Fredrickson BL. Corrigendum to "Upward spirals of the heart: Autonomic flexibility, as indexed by vagal tone, reciprocally and prospectively predicts positive emotions and social connectedness" [Biol. Psychol. 85 (3) (2010) 432-436]. *Biol Psychol.* 2016;117:240.

Lilius JM, et al. The contour and consequences of compassion at work. *Journal of Organizational Behavior.* 2008;29:193-218.

Major BC, et al. Well-being correlates of perceived positivity resonance: Evidence from trait and episode-level assessments. *Per Soc Psychol Bull.* 2018;44(12):1631-1647.

Martino J, Pegg, J, Frates EP. The connection prescription: using the power of social interactions and the deep desire for connectedness to empower health and wellness. *Am J Lifestyle Med.* 2017;11(6):466-475.

Moore SM, Diener E, Tan K. Using multiple methods to more fully understand causal relations: Positive affect enhances social relationships. In Diener E, Oishi S, Tay L. (Eds.) *Handbook of Wellbeing.* Salt Lake City, UT:DEF Publishers, 2018.

Sandstrom GM, Dunn EW. Social interactions and well-being: The surprising power of weak ties. *Pers Soc Psychol B*. 2014; 40:910-922.

Stephens JP, et al. Relationship quality and virtuousness: Emotional carrying capacity as a source of individual and team resilience. *The Journal of Applied Behavioral Science*. 2013;49(1).

Valliant GE. *Aging well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development*. Boston, MA: Little, Brown, 2002.

Waldinger R, Schulz M. *The Good Life*. New York, NY: Simon & Schuster, 2023.

Ybarra O, et al. Mental exercising through simple socializing: Social interaction promotes general cognitive functioning. *Per Soc Psych Bull*.2008;34(2):248-59.

Articles on General Positive Psychology and Wellbeing and on Positive Psychology in Specific Medical Conditions

Boggiss AL, Consedine NS, Brenton-Peters JM, et al. A systematic review of gratitude interventions: Effects on physical health and health behaviors. *J Psychosom Res*. 2020;135:110165.

Burpee LC, Langer E. Mindfulness and positive psychological functioning. In Snyder CR & Lopez SJ (Eds.), *Handbook of Positive Psychology* (pp. 463-475). Oxford University Press. 2005.

Chakhssi F, Kraiss JT, Sommers-Spijkerman M, et al. The effect of positive psychology interventions on well-being and distress in clinical samples with psychiatric or somatic disorders: a systematic review and meta-analysis. *BMC Psychiat*. 2018;18(1).

Cohen R, Bavishi C, Rozanski A. Purpose in life and its relationship to all-cause mortality and cardiovascular events: a meta-analysis. *Psychosom Med*. 2016;8(2):122-133.

Diener E, Chan MY. Happy people live longer: subjective well-being contributes to health and longevity. *Appl Psychol: Health and Well-Being*. 2011;3(1):1-43.

Emmons RA, McCullough ME. Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*. 2003;84(2), 377–389.

Fararouei M, Brown IJ, Akbartabar TM, et al. Happiness and health behavior in Iranian adolescent girls. *J Adolesc*. 2013;36(6):1187-92.

Frates B, Bonnet JP, Joseph R, Peterson JA. *Lifestyle Medicine Handbook, An Introduction to the Power of Healthy Habits*. Monterey, CA: Healthy Learning. 2020.

Fredrickson BL. Positive emotions broaden and build. In S. J. Lopez & C. R. Snyder (Eds.), *Oxford Handbook of Positive Psychology* (2nd ed., pp. 129–143). Oxford University Press, 2013.

Fredrickson BL. *Positivity*. New York: Crown Publishers, 2009.

Hendriks T, Schotanus-Dijkstra M, Hassankhan A. et al. The efficacy of multi-component Positive Psychology Interventions: A systematic review and meta-analysis of Randomized Controlled Trials. *J Happiness Stud.* 2020;21(1):357-390.

Huffman JC, Golden J, Massey CN. A Positive Psychology-Motivational Interviewing Program to Promote Physical Activity in Type 2 Diabetes: The BEHOLD-16 Randomized Trial. *Gen Hosp Psychiatry*, 2021;68:65–73.

Kabat-Zinn J. Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice.* 2013;10(2), 144-156.

Kim ES, Sun JK, Park N, et al. Purpose in life and reduced risk of myocardial infarction among older US adults with coronary heart disease: a two-year follow-up. *J Behav Med.* 2013;36(2):124-133.

Kim ES, Sun JK, Park N, Peterson C. Purpose in life and reduced incidence of stroke in older adults: 'The Health and Retirement Study.' *J Psychosom Res.* 2013;74(5):427-32.

Kubzansky LD, Huffman JC, Boehm JK, et al. Positive psychological well-being and cardiovascular disease. JACC health promotion series. *J Am Coll Cardiol.* 2018;72(12), 1382-1396.

Kubzansky LD, Thurston R. (2007). Emotional vitality and incident coronary heart disease. *Arch Gen Psychiat.* 2007;64: 1393–1401.

Locke EA, Latham GP. *New developments in Goal-Setting and Task Performance*. Abington, Oxfordshire: Routledge, 2019.

Lianov LS, Adamson K, Kelly JH, et al. Lifestyle Medicine Core Competencies: 2022 Update. *Am J Lifestyle Med.* 2022;16(6):734-739.

Niemiec R, McGrath RE. *The Power of Character Strengths, An Official Guide from the VIA Institute on Character*. Cleveland, Ohio: VIA Institute on Character, 2019.

Nikrahan GR, Suarez L, Asgari K, Beach SR, Celano CM, Kalantari M, et al. Positive psychology interventions for patients with heart disease: A preliminary randomized trial. *Psychosomatics.* 2016;57(4):348-58.

Sarin S, Motta M, Gobble JE. *The Practitioner's Guide to Lifestyle Medicine*. Monterey, CA: Healthy Learning. 2022.

Seligman, M. E. P. *Flourish: A visionary new understanding of happiness and well-being*. Free Press. 2011.

Seligman MEP. *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press, 2002.

Stellar JE, John-Henderson N, Anderson CL, Gordon AM, McNeil GD, Keltner D. Positive affect and markers of inflammation: Discrete positive emotions predict lower levels of inflammatory markers. *Emotion* 2015;15(2):129-133.

Van Cappellen P, Rice EL, Catalino LI, et al. Positive affective processes underlie positive health behavior change. *Psychol Health*. 2018;33(1):77-97.

Velten J, Lavalley KL, Scholten S, et al. Lifestyle choices and mental health: a representative population survey. *BMC Psychol*. 2014; 2:58.

Xu J, Roberts, RE. The power of positive emotions: It's a matter of life or death—subjective well-being and longevity over 28 years in a general population. *Health Psychol*. 2010;29:9-19.