

Psychology of Mental Health Conditions (Semester 1)

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247 items

Readings: definition, classification and models of abnormality (23 items)

Abnormal psychology: the science and treatment of psychological disorders, by Ann M. Kring; Sheri L. Johnson, 2022

[Book](#) | **Essential** | Chapters 1, 2, 3. This is the fifteenth edition.

Abnormal psychology: the science and treatment of psychological disorders, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale, 2019

[Book](#) | **Optional** | Chapters 1, 2, 3. This is the fourteenth edition.

Abnormal psychology, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale, 2014

[Book](#) | **Optional** | Chapters 1, 2, 3

Abnormal psychology, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale; Nicky Edelstyn; Dora Brown, 2013

[Book](#) | **Optional** | Chapter 1, 2 and 3

Abnormal psychology, by Susan Nolen-Hoeksema, 2014

[Book](#) | **Optional** | Chapters 1, 2, 4, & 5

Diagnostic and statistical manual of mental disorders: DSM-5-TR, by American Psychiatric Association, 2022

[Book](#)

Diagnostic and statistical manual of mental disorders: DSM-5, by American Psychiatric Association; American Psychiatric Association. DSM-5 Task Force, ©2013

[Book](#) | **Recommended**

DSM-5 guidebook: the essential companion to the Diagnostic and statistical manual of mental disorders, fifth edition, by Donald W. Black; Jon E. Grant, 2014

[Book](#) | **Optional**

Diagnostic and statistical manual of mental disorders, by American Psychiatric Association; American Psychiatric Association, 2000

[Book](#) | **Optional**

Distinctive activities of cognitive-behavioral therapy - in *Clinical Psychology Review*, by Matthew D. Blagys; Mark J. Hilsenroth, 2002-6

[Article](#) | **Optional**

Introduction to the special section on the concept of disorder - in *Journal of abnormal*

psychology, by Clark, L., 1999

[Article](#) | [Optional](#)

Diagnosing DSM-IV—Part I: DSM-IV and the concept of disorder - in Behaviour Research and Therapy, by Jerome C. Wakefield, 1997-07

[Article](#) | [Optional](#)

Muhammad ibn Zakariya al-Razi and the First Psychiatric Ward - in American Journal of Psychiatry Residents' Journal, by Musa Yilanli, 2018-09

[Article](#) | [Optional](#)

The Internet as Quantitative Social Science Platform: Insights from a Trillion Observations

[Article](#) | [Optional](#)

Religious healing and mental health - in Mental Health, Religion & Culture, by Simon Dein, 2020-09-13

[Article](#) | [Optional](#)

The Effect of an Islamic-Based Intervention on Depression and Anxiety in Malaysia - in Journal of Religion and Health, by Ali Ali Gobaili Saged; Che Zarrina Sa'ari; Mustaffa bin Abdullah; Waleed Mugahed Al-Rahmi; Wail Muin Ismail; Mohamed Ibrahim Adam Zain; Nourah bint Abdullah bin Mtaib alShehri, 2022-02

[Article](#) | [Optional](#)

Mechanisms of Mental-Health Disparities Among Minoritized Groups: How Well Are the Top Journals in Clinical Psychology Representing This Work? - in Clinical Psychological Science, by Leah M. Adams; Adam Bryant Miller, 2022-05

[Article](#) | [Optional](#)

ICD-11 should not repeat the mistakes made by DSM-5 - in British Journal of Psychiatry, by Allen J. Frances; John M. Nardo, 2013-07

[Article](#) | [Optional](#)

Comorbidity within mental disorders: a comprehensive analysis based on 145 990 survey respondents from 27 countries - in Epidemiology and Psychiatric Sciences, by J. J. McGrath; C. C. W. Lim; O. Plana-Ripoll; Y. Holtz; E. Agerbo; N. C. Momen; P. B. Mortensen; C. B. Pedersen; J. Abdulmalik; S. Aguilar-Gaxiola; A. Al-Hamzawi; J. Alonso; E. J. Bromet; R. Bruffaerts; B. Bunting; J. M. C. de Almeida; G. de Girolamo; Y. A. De Vries; S. Florescu; O. Gureje; J. M. Haro; M. G. Harris; C. Hu; E. G. Karam; N. Kawakami; A. Kiejna; V. Kovess-Masfety; S. Lee; Z. Mneimneh; F. Navarro-Mateu; R. Orozco; J. Posada-Villa; A. M. Roest; S. Saha; K. M. Scott; J. C. Stagnaro; D. J. Stein; Y. Torres; M. C. Viana; Y. Ziv; R. C. Kessler; P. de Jonge, 2020

[Article](#) | [Optional](#)

COMORBIDITY AND DISEASE BURDEN IN THE NATIONAL COMORBIDITY SURVEY REPLICATION (NCS-R) - in Depression and Anxiety, by Anne M. Gadermann; Jordi Alonso; Gemma Vilagut; Alan M. Zaslavsky; Ronald C. Kessler, 2012-09

[Article](#) | [Optional](#)

The effectiveness of adapted psychological interventions for people from ethnic minority groups: A systematic review and conceptual typology - in Clinical Psychology Review, by Laura-Louise Arundell; Phoebe Barnett; Joshua E.J. Buckman; Rob Saunders; Stephen Pilling

, 2021-08

[Article](#) | Optional

Mental hospital life in the 50s - in *Scottish Medical Journal*, by Leslie Bartlet, 2017-02

[Article](#) | Optional

Digital interventions in mental health: An overview and future perspectives - in *Internet Interventions*, by Johanna Löchner; Per Carlbring; Björn Schuller; John Torous; Lasse Bosse Sander, 2025-06

[Article](#) | Optional

Readings: tools of the trade (17 items)

Abnormal psychology: the science and treatment of psychological disorders, by Ann M. Kring; Sheri L. Johnson, 2022

[Book](#) | **Essential** | Chapters 4 and 16. This is the fifteenth edition.

Abnormal psychology: the science and treatment of psychological disorders, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale, 2019

[Book](#) | **Optional** | Chapters 4 and 16. This is the fourteenth edition.

Abnormal psychology, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale, 2014

[Book](#) | **Optional** | Chapters 4 and 16

Abnormal psychology, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale; Nicky Edelstyn; Dora Brown, 2013

[Book](#) | **Optional** | Chapters 4 and 16

Abnormal psychology, by Susan Nolen-Hoeksema, 2014

[Book](#) | **Optional** | Chapters 3 & 5

Clinical trials in children - in *The Lancet*, by Caldwell, P.H.Y.; Butow, P.N.; Murphy, S.B.; Craig, C., 2004

[Article](#) | **Optional**

How to read a paper: The Medline database - in *BMJ*, by T. Greenhalgh, 1997

[Article](#) | **Optional**

Empirically grounded clinical interventions: cognitive-behavioural therapy progressed through a multi-dimensional approach to clinical science - in *Behavioural and cognitive psychotherapy*, by Salkovskis, P., 2002

[Article](#) | **Optional**

MRC guide to complex interventions

[Webpage](#) | **Optional**

The Internet as Quantitative Social Science Platform: Insights from a Trillion Observations

[Article](#) | **Optional**

Cultural influences on placebo and nocebo effects - in *Placebo effects through the lens of*

translational research, by Rachel L. Cundiff-O'Sullivan; Desai Oula; Roni Shafir; Luana Colloca, edited by Luana Colloca; Chamindi Seneviratne; Jason Noel; Patricia D. Franklin, 2023

Chapter | **Optional**

Placebo effects through the lens of translational research, edited by Luana Colloca; Chamindi Seneviratne; Jason Noel; Patricia D. Franklin, 2023

Book | **Optional**

Intention-to-Treat: Is That Fair? - in Global Spine Journal, by Joseph R. Dettori; Daniel C. Norvell, 2020-05

Article | **Optional**

CONSORT 2010 Statement: updated guidelines for reporting parallel group randomised trials - in BMJ, by K. F Schulz; D. G Altman; D. Moher, 2010-03-23

Article | **Optional**

The placebo effect: From concepts to genes - in Neuroscience, by B. Colagiuri; L.A. Schenk; M.D. Kessler; S.G. Dorsey; L. Colloca, 2015-10

Article | **Optional**

Understanding Patients' Preferences: A Systematic Review of Psychological Instruments Used in Patients' Preference and Decision Studies - in Value in Health, by Selena Russo; Chiara Jongerius; Flavia Faccio; Silvia F.M. Pizzoli; Cathy Anne Pinto; Jorien Veldwijk; Rosanne Janssens; Gwenda Simons; Marie Falahee; Esther de Bekker-Grob; Isabelle Huys; Douwe Postmus; Ulrik Kihlbom; Gabriella Pravettoni, 2019-04

Article | **Optional**

Therapist variation within randomised trials of psychotherapy: implications for precision, internal and external validity - in Statistical Methods in Medical Research, by Rebecca Walwyn; Chris Roberts, 2010-06

Article | **Optional**

Readings: selected anxiety disorders (37 items)

Abnormal psychology: the science and treatment of psychological disorders, by Ann M. Kring; Sheri L. Johnson, 2022

Book | **Essential** | Chapter 6. This is the fifteenth edition.

Abnormal psychology: the science and treatment of psychological disorders, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale, 2019

Book | **Optional** | Chapter 6. This is the fourteenth edition.

Abnormal psychology, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale, 2014

Book | **Optional** | Chapter 6

Abnormal psychology, by Ann M. Kring; Sheri L. Johnson; Gerald C. Davison; John M. Neale; Nicky Edelstyn; Dora Brown, 2013

Book | **Optional** | Chapter 6

Abnormal psychology, by Susan Nolen-Hoeksema, 2014

[Book](#) | [Optional](#) | Chapter 7

The structural and functional connectivity of the amygdala: From normal emotion to pathological anxiety - in Behavioural Brain Research, by M. Justin Kim; Rebecca A. Loucks; Amy L. Palmer; Annemarie C. Brown; Kimberly M. Solomon; Ashley N. Marchante; Paul J. Whalen, 2011-10

[Article](#) | [Optional](#)

The human fear paradox: Affective origins of cooperative care - in Behavioral and Brain Sciences, by Tobias Grossmann, 2023

[Article](#) | [Optional](#)

Disparities in Offered Anxiety Treatments Among Minorities - in Journal of Primary Care & Community Health, by Laura J. Samander; Jeffrey Harman, 2022-01

[Article](#) | [Optional](#)

Specific phobias (8 items)

Preparedness and phobias: a review - in Psychological bulletin, by McNally, R.J., 1987

[Article](#) | [Optional](#)

Spider-phobic children do not react with differential skin conductance response to masked phobic stimuli - in Journal of psychopathology and behavioural assessment, by Mayer, B. Merckelbach, H. & Muris, P., 1999

[Article](#) | [Optional](#)

Phobic beliefs: Do cognitive factors play a role in specific phobias? - in Behaviour Research and Therapy, by Susan J. Thorpe; Paul M. Salkovskis, 1995-09

[Article](#) | [Optional](#)

Treatment of specific phobia in adults - in Clinical Psychology Review, by Yujuan Choy; Abby J. Fyer; Josh D. Lipsitz, 2007-04

[Article](#) | [Optional](#)

Evidence-based treatment of anxiety and phobia in children and adolescents: Current status and effects on the emotional response - in Clinical Psychology Review, by Thompson E. Davis; Anna May; Sara E. Whiting, 2011-6

[Article](#) | [Optional](#)

A review and meta-analysis of the heritability of specific phobia subtypes and corresponding fears - in Journal of Anxiety Disorders, by C.M.H.H. Van Houtem; M.L. Laine; D.I. Boomsma; L. Ligthart; A.J. van Wijk; A. De Jongh, 2013-5

[Article](#) | [Optional](#)

How specific is specific phobia? Different neural response patterns in two subtypes of specific phobia - in NeuroImage, by Ulrike Lueken; Johann Daniel Kruschwitz; Markus Muehlhan; Jens Siegert; Jürgen Hoyer; Hans-Ulrich Wittchen, 2011-05

[Article](#) | [Optional](#)

D-Cycloserine Enhancement of Fear Extinction is Specific to Successful Exposure Sessions: Evidence from the Treatment of Height Phobia - in Biological Psychiatry, by Jasper A.J.

Smits; David Rosenfield; Michael W. Otto; Mark B. Powers; Stefan G. Hofmann; Michael J. Telch; Mark H. Pollack; Candace D. Tart, 2013-6

[Article](#) | [Optional](#)

Social phobia (social anxiety disorder) (5 items)

The impairments caused by social phobia in the general population: implications for intervention - in Acta psychiatrica Scandinavica, by Kessler, R.C., 2003

[Article](#) | [Optional](#)

How do I appear to others? social anxiety and processing the observable self - in Behaviour research and therapy, by Mansell, W. & Clark, D.C., 1999

[Article](#) | [Optional](#)

Serotonin Synthesis and Reuptake in Social Anxiety Disorder - in JAMA Psychiatry, by Andreas Frick; Fredrik Åhs; Jonas Engman; My Jonasson; Iman Alaie; Johannes Björkstrand; Örjan Frans; Vanda Faria; Clas Linnman; Lieuwe Appel; Kurt Wahlstedt; Mark Lubberink; Mats Fredrikson; Tomas Furmark, 2015-08-01

[Article](#) | [Optional](#)

The impairments caused by social phobia in the general population: implications for intervention - in Acta Psychiatrica Scandinavica, by R. C. Kessler, 2003-09

[Article](#) | [Optional](#)

Dose Timing of -Cycloserine to Augment Exposure Therapy for Social Anxiety Disorder - in JAMA Network Open, by Jasper A. J. Smits; Mark H. Pollack; David Rosenfield; Michael W. Otto; Sheila Dowd; Joseph Carpenter; Christina D. Dutcher; Elizabeth M. Lewis; Sara M. Witcraft; Santiago Papini; Joshua Curtiss; Leigh Andrews; Shelley Kind; Kristina Conroy; Stefan G. Hofmann, 2020-06-04

[Article](#) | [Optional](#)

Panic disorder (16 items)

The cognitive theory of panic disorder: A systematic narrative review - in Clinical Psychology Review, by Saarim Yasin Aslam; Tiago Zortea; Paul Salkovskis, 2024-11

[Article](#) | [Recommended](#)

A comparison of cognitive therapy, applied relaxation, and imipramine in the treatment of panic disorder - in The British journal of psychiatry, by Clark, D.M. Salkovskis, P.M.; Hackmann, A. et al, 1994

[Article](#) | [Optional](#)

Biological perspectives: panic disorder: a tightening vortex of misery - in Perspectives in psychiatric care, by Keltner, N.L. Perry, B.A.; Williams, A.R., 2003

[Article](#) | [Optional](#)

Cognitive-behavioural therapy for panic disorder: a review of treatment elements, strategies and outcomes - in CNS Spectrums, by Recker-Rayburn, N. & Otto, M.W., 2003

[Article](#) | [Optional](#)

An experimental investigation of the role of safety-seeking behaviours in the maintenance of panic-disorder with agoraphobia - in Behaviour research and therapy, by Salkovskis, P.M. Clark, D.C.; Hackman, A. et al, 1999

[Article](#) | [Optional](#)

A cognitive approach to panic - in Behaviour Research and Therapy, by David M. Clark, 1986

[Article](#) | [Optional](#)

Brief cognitive therapy for panic disorder: A randomized controlled trial. - in Journal of Consulting and Clinical Psychology, by David M. Clark; Paul M. Salkovskis; Ann Hackmann; Adrian Wells; John Ludgate; Michael Gelder, 1999

[Article](#) | [Optional](#)

Neuroanatomical Hypothesis of Panic Disorder, Revised - in American Journal of Psychiatry, by Jack M. Gorman; Justine M. Kent; Gregory M. Sullivan; Jeremy D. Coplan, 2000-04-01

[Article](#) | [Optional](#)

Psychological therapies versus pharmacological interventions for panic disorder with or without agoraphobia in adults - in Cochrane Database of Systematic Reviews, by Hissei Imai; Aran Tajika; Peiyao Chen; Alessandro Pompoli; Toshi A Furukawa, 2016-10-12

[Article](#) | [Optional](#)

Biological Perspectives - in Perspectives in Psychiatric Care, by Norman L. Keltner; Brooke A. Perry; Amy R. Williams, 2008-06-28

[Article](#) | [Optional](#)

Information-processing deficits and cognitive dysfunction in panic disorder - in Journal of psychiatry & neuroscience : JPN, 2005

[Article](#) | [Optional](#)

Cerebral glucose metabolism associated with a fear network in panic disorder - in NeuroReport, by Yojiro Sakai; Hiroaki Kumano; Masami Nishikawa; Yuji Sakano; Hisanobu Kaiya; Etsuko Imabayashi; Takashi Ohnishi; Hiroshi Matsuda; Asako Yasuda; Atsushi Sato; Mirko Diksic; Tomifusa Kuboki, 2005-06

[Article](#) | [Optional](#)

Neural correlates of anxiety sensitivity in panic disorder: A functional magnetic resonance imaging study - in Psychiatry Research: Neuroimaging, by Sara Poletti; Daniele Radaelli; Michele Cucchi; Liana Ricci; Benedetta Vai; Enrico Smeraldi; Francesco Benedetti, 2015-08

[Article](#) | [Optional](#)

An experimental investigation of the role of safety-seeking behaviours in the maintenance of panic disorder with agoraphobia - in Behaviour Research and Therapy, by Paul M. Salkovskis; David M. Clark; Ann Hackmann; Adrian Wells; Michael G. Gelder, 1999-06

[Article](#) | [Optional](#)

Cross-national epidemiology of panic disorder and panic attacks in the world mental health surveys - in Depression and Anxiety, by Peter de Jonge; Annelieke M. Roest; Carmen C.W. Lim; Silvia E. Florescu; Evelyn J. Bromet; Dan J. Stein; Meredith Harris; Vladimir Nakov; Jose Miguel Caldas-de-Almeida; Daphna Levinson; Ali O. Al-Hamzawi; Josep Maria Haro; Maria Carmen Viana; Guilherme Borges; Siobhan O'Neill; Giovanni de Girolamo; Koen

Demyttenaere; Oye Gureje; Noboru Iwata; Sing Lee; Chiyi Hu; Aimee Karam; Jacek Moskalewicz; Viviane Kovess-Masfety; Fernando Navarro-Mateu; Mark Oakley Browne; Marina Piazza; José Posada-Villa; Yolanda Torres; Margreet L. ten Have; Ronald C. Kessler; Kate M. Scott, 2016-12

[Article](#) | [Optional](#)

Management of generalized anxiety disorder and panic disorder in general health care settings: new recommendations - in World Psychiatry, by Brandon Gray; Biksegn Asrat; Elaine Brohan; Neerja Chowdhury; Tarun Dua; Mark van Ommeren, 2024-02

[Article](#) | [Optional](#)

Readings: sleep disorders (21 items)

Key readings (11 items)

Acute sleep deprivation - in Principles and practice of sleep medicine, by Bonnet, M.H., c2005

[Chapter](#) | [Recommended](#) | When you get to the e-book please paste chapter title in search box

Principles and practice of sleep medicine, edited by Meir H. Kryger; T. Roth; William C. Dement, 2017

[Book](#) | [Recommended](#)

The Oxford handbook of sleep and sleep disorders, by Charles M. Morin; Colin A. Espie, 2012

[Book](#) | [Recommended](#)

Sleep disturbance and psychiatric disorders - in The Lancet Psychiatry, by Daniel Freeman; Bryony Sheaves; Felicity Waite; Allison G Harvey; Paul J Harrison, 2020-07

[Article](#) | [Essential](#)

Misdiagnosis of sleep disorders as primary psychiatric conditions - in Advances in psychiatric treatment, by Stores, G., 2003

[Article](#) | [Recommended](#)

Principles and practice of sleep medicine, by Meir H. Kryger; T. Roth; William C. Dement, 2005

[Book](#) | [Optional](#) | An earlier edition of this book, available as an ebook.

Children's Sleep: An Interplay Between Culture and Biology - in Pediatrics, by Oskar G. Jenni; Bonnie B. O'Connor, 2005-01-01

[Article](#) | [Optional](#)

Sleep, psychopathology and cultural diversity - in Current Opinion in Psychology, by Tiffany Yip; Yuen Mi Cheon, 2020-08

[Article](#) | [Optional](#)

Practitioner review: assessment and treatment of sleep disorders in children and adolescents - in Journal of child psychiatry and psychology, by Stores, G., 1996

[Article](#) | Optional

Sleep and its disorders - in Annual Review of Medicine, by Vgontzas, A NKales, A, 1999

[Article](#) | Optional

Children's sleep: how should it be assessed - in Association for child psychology and psychiatry review and newsletter, by Wiggs, L. & Stores, G., 1995

[Article](#) | Optional

Pediatric Sleep Tools: An Updated Literature Review - in Frontiers in Psychiatry, by Tabitha Sen; Karen Spruyt, 2020-4-23

[Article](#) | Optional

Are Children Getting Enough Sleep? Implications for Parents - in Sociological Research Online, by Luci Wiggs, 2007

[Article](#) | Optional

Parenting and infant sleep - in Sleep Medicine Reviews, by Avi Sadeh; Liat Tikotzky; Anat Scher, 2010-4

[Article](#) | Optional

Practice Parameters for Clinical Use of the Multiple Sleep Latency Test and the Maintenance of Wakefulness Test - in Sleep, by Michael R. Littner; Clete Kushida; Merrill Wise; David G. Davila; Timothy Morgenthaler; Teofilo Lee-Chiong; Max Hirshkowitz; Daniel L. Loubé; Dennis Bailey; Richard B. Berry; Sheldon Kapen; Milton Kramer, 2005-01

[Article](#) | Optional

A survey on sleep assessment methods - in PeerJ, by Vanessa Ibáñez; Josep Silva; Omar Cauli, 2018-05-25

[Article](#) | Optional

Annual Research Review: Sleep problems in childhood psychiatric disorders – a review of the latest science - in Journal of Child Psychology and Psychiatry, by Alice M. Gregory; Avi Sadeh, 2016-03

[Article](#) | Recommended

The Consensus Sleep Diary: Standardizing Prospective Sleep Self-Monitoring - in Sleep, by Colleen E. Carney; Daniel J. Buysse; Sonia Ancoli-Israel; Jack D. Edinger; Andrew D. Krystal; Kenneth L. Lichstein; Charles M. Morin, 2012-02

[Article](#) | Optional

Similarities and differences in estimates of sleep duration by polysomnography, actigraphy, diary, and self-reported habitual sleep in a community sample - in Sleep Health, by Karen A. Matthews; Sanjay R. Patel; Elizabeth J. Pantescio; Daniel J. Buysse; Thomas W. Kamarck; Laisze Lee; Martica H. Hall, 2018-02

[Article](#) | Optional

Wearable Sleep Technology in Clinical and Research Settings - in Medicine & Science in Sports & Exercise, by MASSIMILIANO DE ZAMBOTTI; NICOLA CELLINI; AIMÉE GOLDSTONE; IAN M. COLRAIN; FIONA C. BAKER, 2019-7

[Article](#) | Optional

The effect of sleep deprivation and restriction on mood, emotion, and emotion regulation: three meta-analyses in one - in *Sleep*, by Cara C Tomaso; Anna B Johnson; Timothy D Nelson, 2021-06-11

[Article](#) | [Optional](#)

Readings: insomnia (38 items)

The European Insomnia Guideline: An update on the diagnosis and treatment of insomnia 2023 - in *Journal of Sleep Research*, by Dieter Riemann; Colin A. Espie; Ellemarije Altena; Erna Sif Arnardottir; Chiara Baglioni; Claudio L. A. Bassetti; Celyne Bastien; Natalija Berzina; Bjørn Bjorvatn; Dimitris Dikeos; Leja Dolenc Groselj; Jason G. Ellis; Diego Garcia-Borreguero; Pierre A. Geoffroy; Michaela Gjerstad; Marta Gonçalves; Elisabeth Hertenstein; Kerstin Hoedlmoser; Tuuliki Hion; Brigitte Holzinger; Karolina Janku; Markus Jansson-Fröjmark; Heli Järnefelt; Susanna Jernelöv; Poul Jørgen Jennum; Samson Khachatryan; Lukas Krone; Simon D. Kyle; Jaap Lancee; Damien Leger; Adrian Lupusor; Daniel Ruivo Marques; Christoph Nissen; Laura Palagini; Tiina Paunio; Lampros Perogamvros; Dirk Pevernagie; Manuel Schabus; Tamar Shochat; Andras Szentkiralyi; Eus Van Someren; Annemieke van Straten; Adam Wichniak; Johan Verbraecken; Kai Spiegelhalder, 2023-12

[Article](#) | [Essential](#)

A cognitive theory and therapy for chronic insomnia - in *Journal of cognitive psychotherapy*, by Harvey A.G., 2005

[Article](#) | [Essential](#)

A cognitive model of insomnia - in *Behaviour research and therapy*, by Harvey A.G., 2002

[Article](#) | [Essential](#)

Insomnia disorder: State of the science and challenges for the future - in *Journal of Sleep Research*, by Dieter Riemann; Fee Benz; Raphael J. Dressle; Colin A. Espie; Anna F. Johann; Tessa F. Blanken; Jeanne Leerssen; Rick Wassing; Alasdair L. Henry; Simon D. Kyle; Kai Spiegelhalder; Eus J. W. Van Someren, 2022-08

[Article](#) | [Recommended](#)

Etiology and pathophysiology of insomnia - in *Principles and practice of sleep medicine*, by Perlis, M.J., Smith, M.T. & Pigeon, W.R., c2005

[Chapter](#) | [Recommended](#) | When you get to the e-book please paste chapter title in search box

Evolution of insomnia: current status and future direction - in *Sleep Medicine*, by T Roth; C Drake, 2004

[Article](#) | [Optional](#)

Behavioural treatments for sleep problems in children and adolescents with physical illness, psychological problems or intellectual disabilities - in *Sleep medicine reviews*, by Wiggs, L. & France, K., 2000

[Article](#) | [Optional](#)

Cross-cultural differences in the sleep of preschool children - in *Sleep Medicine*, by Jodi A. Mindell; Avi Sadeh; Robert Kwon; Daniel Y.T. Goh, 2013-12

[Article](#) | [Optional](#)

Social-ecological considerations informing a universal screening strategy for sleep health in the community - in *Frontiers in Psychiatry*, by Sarah Blunden; William McKellin; Thomas Herdin; Osman S. Ipsiroglu, 2023-3-20

[Article](#) | [Optional](#)

The importance and limitations of polysomnography in insomnia disorder—a critical appraisal - in *Journal of Sleep Research*, by Lukas Frase; Christoph Nissen; Kai Spiegelhalder; Bernd Feige, 2023-12

[Article](#) | [Optional](#)

A cognitive theory and therapy for chronic insomnia - in *Journal of cognitive psychotherapy*, by Harvey A.G., 2005

[Article](#) | [Recommended](#)

Are Children Getting Enough Sleep? Implications for Parents - in *Sociological Research Online*, by Luci Wiggs, 2007

[Article](#) | [Optional](#)

Misperception of sleep can adversely affect daytime functioning in insomnia - in *Behaviour Research and Therapy*, by Christina Neitzert Semler; Allison G. Harvey, 2005-07

[Article](#) | [Optional](#)

British Association for Psychopharmacology consensus statement on evidence-based treatment of insomnia, parasomnias and circadian rhythm disorders: An update - in *Journal of Psychopharmacology*, by Sue Wilson; Kirstie Anderson; David Baldwin; Derk-Jan Dijk; Audrey Espie; Colin Espie; Paul Gringras; Andrew Krystal; David Nutt; Hugh Selsick; Ann Sharpley, 2019-08

[Article](#) | [Optional](#)

Placebo effects in primary insomnia - in *Sleep Medicine Reviews*, by Michael L. Perlis; W. Vaughn McCall; Carla R. Jungquist; Wilfred R. Pigeon; Sara E. Matteson, 2005-10

[Article](#) | [Optional](#)

Prefrontal Hypoactivation and Recovery in Insomnia - in *Sleep*, 2008-09-01

[Article](#) | [Optional](#)

Sleep loss affects vigilance: effects of chronic insomnia and sleep therapy - in *Journal of Sleep Research*, by ELLEMARIJE ALTENA; YSBRAND D. VAN DER WERF; ROB L. M. STRIJERS; EUS J. W. VAN SOMEREN, 2008-09

[Article](#) | [Optional](#)

Insomnia as a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies - in *Journal of Affective Disorders*, by Chiara Baglioni; Gemma Battagliese; Bernd Feige; Kai Spiegelhalder; Christoph Nissen; Ulrich Voderholzer; Caterina Lombardo; Dieter Riemann, 2011-12

[Article](#) | [Optional](#)

Sleep changes in the disorder of insomnia: A meta-analysis of polysomnographic studies - in *Sleep Medicine Reviews*, by Chiara Baglioni; Wolfram Regen; Armand Teghen; Kai Spiegelhalder; Bernd Feige; Christoph Nissen; Dieter Riemann, 2014-06

[Article](#) | [Optional](#)

A Review of Digital Cognitive Behavioral Therapy for Insomnia (CBT-I Apps): Are They Designed for Engagement? - in International Journal of Environmental Research and Public Health, by Begum Erten Uyumaz; Loe Feijis; Jun Hu, 2021-03-12

[Article](#) | [Optional](#)

Mindfulness meditation for insomnia: A meta-analysis of randomized controlled trials - in Journal of Psychosomatic Research, by Hong Gong; Chen-Xu Ni; Yun-Zi Liu; Yi Zhang; Wen-Jun Su; Yong-Jie Lian; Wei Peng; Chun-Lei Jiang, 2016-10

[Article](#) | [Optional](#)

Who is predisposed to insomnia: A review of familial aggregation, stress-reactivity, personality and coping style - in Sleep Medicine Reviews, by Christopher-James Harvey; Phil Gehrman; Colin A. Espie, 2014-06

[Article](#) | [Optional](#)

The heritability of insomnia: Systematic review and meta-analysis of twin studies - in Sleep Medicine Reviews, by Juan J. Madrid-Valero; María Rubio-Aparicio; Alice M. Gregory; Julio Sánchez-Meca; Juan R. Ordoñana, 2021-08

[Article](#) | [Optional](#)

Cognitive Behavioral Therapy for Insomnia Enhances Depression Outcome in Patients with Comorbid Major Depressive Disorder and Insomnia - in Sleep, by Rachel Manber; Jack D. Edinger; Jenna L. Gress; Melanie G. San Pedro-Salcedo; Tracy F. Kuo; Tasha Kalista, 2008-04

[Article](#) | [Optional](#)

The genetics of insomnia – Evidence for epigenetic mechanisms? - in Sleep Medicine Reviews, by Laura Palagini; Knut Biber; Dieter Riemann, 2014-06

[Article](#) | [Optional](#)

Journal of Clinical Sleep Medicine

[Journal](#) | [Optional](#)

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