

# Clinical Health Psychology

[View Online](#)

'Are Acceptance and Mindfulness-based Interventions "Value for Money"? Evidence from a Systematic Literature Review - Duarte\_et\_al-2018-British\_Journal\_of\_Clinical\_Psychology.Pdf'. n.d. [https://livrepository.liverpool.ac.uk/3029283/1/Duarte\\_et\\_al-2018-British\\_Journal\\_of\\_Clinical\\_Psychology.pdf](https://livrepository.liverpool.ac.uk/3029283/1/Duarte_et_al-2018-British_Journal_of_Clinical_Psychology.pdf).

'———'. n.d. [https://livrepository.liverpool.ac.uk/3029283/1/Duarte\\_et\\_al-2018-British\\_Journal\\_of\\_Clinical\\_Psychology.pdf](https://livrepository.liverpool.ac.uk/3029283/1/Duarte_et_al-2018-British_Journal_of_Clinical_Psychology.pdf).

'Balancing Community-Based and Hospital-Based Mental Health Care'. 2002. World Psychiatry 1 (2). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1489876/>.

Beck, Aaron T. 2008. 'The Evolution of the Cognitive Model of Depression and Its Neurobiological Correlates'. American Journal of Psychiatry 165 (8): 969-77. <https://doi.org/10.1176/appi.ajp.2008.08050721>.

'Bookmarking from British Medical Journal | University of Glasgow'. n.d. <https://glasgow.rl.talis.com/ui/forms/bookmarklet.html?fast=true&targetTitle=British%20Medical%20Journal&rft.atitle=Introducing%20the%20Biopsychosocial%20Model%20for%20good%20medicine%20and%20good%20doctors&rft.au=Shane%20J%20Mc%20Inerney&breakout=true&uri=https%253A%252F%252Fwww.bmj.com%252Frapid-response%252F2011%252F10%252F29%252Fintroducing-biopsychosocial-model-good-medicine-and-good-doctors>.

British Psychological Society and Askews & Holts Library Services. 2009. Clinical Psychology in Practice. Edited by Helen Beinart, Paul Kennedy, and Susan P. Llewelyn. Chichester, West Sussex: BPS Blackwell. <https://www.vlebooks.com/vleweb/product/openreader?id=GlasgowUni&isbn=9781444307962>.

'Case Study Clinical Example CBT: First Session with a Client with Symptoms of Depression (CBT Model) - YouTube'. n.d. <https://www.youtube.com/watch?v=7LD8iC4NqXM>.

'CBT for Social Anxiety Disorder: Using Downward Arrow and Thought Challenging Techniques - YouTube'. n.d. <https://www.youtube.com/watch?v=W3hMmZQAdhw&t=88s>.

'Classics in the History of Psychology -- Szasz (1960)'. n.d. <http://psychclassics.yorku.ca/Szasz/myth.htm>.

'Computerised Cognitive Behavioural Therapy by Mental Health Foundation Podcasts | Free Listening on SoundCloud'. n.d.  
<https://soundcloud.com/mentalhealthfoundation/computerised-cognitive-behavioural-therapy>.

Crombez, Geert, Christopher Eccleston, Stefaan Van Damme, Johan W.S. Vlaeyen, and Paul Karoly. 2012. 'Fear-Avoidance Model of Chronic Pain'. *The Clinical Journal of Pain* 28 (6): 475–83. <https://doi.org/10.1097/AJP.0b013e3182385392>.

Darke, Shane. 2013. 'Pathways to Heroin Dependence: Time to Re-Appraise Self-Medication'. *Addiction* 108 (4): 659–67.  
<https://doi.org/10.1111/j.1360-0443.2012.04001.x>.

'Digital Mental Health | Mental Health Foundation'. n.d.  
<https://www.mentalhealth.org.uk/explore-mental-health/blogs/nhs-digital-mental-health-children-and-young-people-england-predictors-mental-health-problems>.

Disner, Seth G., Christopher G. Beevers, Emily A. P. Haigh, and Aaron T. Beck. 2011. 'Neural Mechanisms of the Cognitive Model of Depression'. *Nature Reviews Neuroscience* 12 (8): 467–77. <https://doi.org/10.1038/nrn3027>.

'Does the Future Belong to the Scientist Practitioner? | The Psychologist'. n.d.  
<https://thepsychologist.bps.org.uk/volume-14/edition-2/does-future-belong-scientist-practitioner-0>.

'Early Intervention In Psychosis Guidance | Mental Health Foundation'. n.d.  
<https://www.mentalhealth.org.uk/publications/early-intervention-psychosis-guidance>.

Eisendrath, Stuart J, Erin P Gillung, Kevin L Delucchi, Maggie Chartier, Daniel H Mathalon, Jude C Sullivan, Zindel V Segal, and Mitchell D Feldman. 2014. 'Mindfulness-Based Cognitive Therapy (MBCT) versus the Health-Enhancement Program (HEP) for Adults with Treatment-Resistant Depression: A Randomized Control Trial Study Protocol'. *BMC Complementary and Alternative Medicine* 14 (1). <https://doi.org/10.1186/1472-6882-14-95>.

'Eleanor Longden: The Voices in My Head | TED Talk'. n.d.  
[https://www.ted.com/talks/eleanor\\_longden\\_the\\_voices\\_in\\_my\\_head](https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head).

Engel, G. 1977. 'The Need for a New Medical Model: A Challenge for Biomedicine'. *Science* 196 (4286): 129–36. <https://doi.org/10.1126/science.847460>.

Eriksson, Malin, Mehdi Ghazinour, and Anne Hammarström. 2018. 'Different Uses of Bronfenbrenner's Ecological Theory in Public Mental Health Research: What Is Their Value for Guiding Public Mental Health Policy and Practice?' *Social Theory & Health* 16 (4): 414–33. <https://doi.org/10.1057/s41285-018-0065-6>.

'Evaluating the Quality of Mental Health Websites | Psych Central'. n.d.  
<https://psychcentral.com/lib/evaluating-the-quality-of-mental-health-websites/>.

Feliu-Soler A1,2, Montesinos F3,4, Gutiérrez-Martínez O5, Scott W6, McCracken LM6,7, Luciano JV1,2. 2018. 'Current Status of Acceptance and Commitment Therapy for Chronic Pain: A Narrative Review.' *J Pain Res*. <https://www.ncbi.nlm.nih.gov/pubmed/30323649>.

'Findings from the Global Burden of Disease Study 2017 | Institute for Health Metrics and Evaluation'. n.d.

<http://www.healthdata.org/policy-report/findings-global-burden-disease-study-2017>.

'GBD 2017: A Fragile World - PIIS0140-6736(18)32858-7.Pdf'. n.d.

[https://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(18\)32858-7.pdf](https://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(18)32858-7.pdf).

Glaser, Deborah R., Anne Marie Albano, H. Blair Simpson, and Joanna E. Steinglass. 2016.

'Overcoming Fear of Eating: A Case Study of a Novel Use of Exposure and Response Prevention.' *Psychotherapy* 53 (2): 223–31. <https://doi.org/10.1037/pst0000048>.

'Global Burden of Disease – Twenty Years of Ground-Breaking Health Data - Public Health Matters'. n.d.

<https://publichealthmatters.blog.gov.uk/2017/10/02/global-burden-of-disease-twenty-years-of-ground-breaking-health-data/>.

'Good Practice Guidelines on the Use of Psychological Formulation - Cat-842.Pdf'. n.d.

<https://www1.bps.org.uk/system/files/Public%20files/DCP/cat-842.pdf>.

Graff, Simon, Morten Fenger-Grøn, Bo Christensen, Henrik Søndergaard Pedersen, Jakob Christensen, Jiong Li, and Mogens Vestergaard. 2016. 'Long-Term Risk of Atrial Fibrillation after the Death of a Partner'. *Open Heart* 3 (1).

<https://doi.org/10.1136/openhrt-2015-000367>.

Jessi Sosnovskaya. 2015. '(38) What Is Schizophrenia? - YouTube'.

<https://www.youtube.com/watch?v=iAhoW6XGw4k>.

Johnstone, Lucy. 2018. 'Psychological Formulation as an Alternative to Psychiatric Diagnosis'. *Journal of Humanistic Psychology* 58 (1): 30–46.

<https://doi.org/10.1177/0022167817722230>.

Kaplan, Robert M.. U California-San Diego School of Medicine, Div of Health Care Sciences, La Jolla, US. 1990. 'Behavior as the Central Outcome in Health Care.' *American Psychologist* 45 (11): 1211–20.

<https://ezproxy.lib.gla.ac.uk/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=1991-10815-001&site=ehost-live>.

Kathleen M Griffiths. 2000. 'Quality of Web Based Information on Treatment of Depression: Cross Sectional Survey'. *BMJ : British Medical Journal* 321 (7275).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC27555/>.

McLeod, Crystal. 2018. 'Self-Reported Pain Scales'. Don't Forget The Bubbles, February.

<https://doi.org/10.31440/DFTB.14701>.

Melzack, Ronald. 1973. *The Puzzle of Pain*. Harmondsworth (Harmondsworth, Middx): Penguin Education.

'Mental Health in Scotland: Fundamental Facts | Mental Health Foundation'. n.d.

<https://www.mentalhealth.org.uk/publications/mental-health-scotland-fundamental-facts>.

'Millennials: The Greatest Generation or the Most Narcissistic? - The Atlantic'. n.d.

<https://www.theatlantic.com/national/archive/2012/05/millennials-the-greatest-generation-or-the-most-narcissistic/256638/>.

'Mortality\_report\_Nov\_17.Pdf'. n.d.  
[http://www.gcph.co.uk/assets/0000/6330/Mortality\\_report\\_Nov\\_17.pdf](http://www.gcph.co.uk/assets/0000/6330/Mortality_report_Nov_17.pdf).

'Neslocaldeliveryplan2016-17.Pdf'. n.d.  
<http://www.nes.scot.nhs.uk/resources/LocalDeliveryPlanfiles/assets/neslocaldeliveryplan2016-17.pdf>.

Ogden, Jane, ed. 2008. *Essential Readings in Health Psychology*. Maidenhead, Berkshire: Open University Press.

———. 2012. *Health Psychology: A Textbook*. Fifth edition. New York, NY: Open University Press.  
<https://www.vlebooks.com/vleweb/product/openreader?id=GlasgowUni&isbn=9780335243846>.

'Oliver Sacks: What Hallucination Reveals about Our Minds | TED Talk'. n.d.  
[https://www.ted.com/talks/oliver\\_sacks\\_what\\_hallucination\\_reveals\\_about\\_our\\_minds](https://www.ted.com/talks/oliver_sacks_what_hallucination_reveals_about_our_minds).

'On Being Sane In Insane Places'. n.d. <http://psychrights.org/articles/rosenham.htm>.

Pavlo, Anthony J., Elizabeth H. Flanagan, Larry M. Leitner, and Larry Davidson. 2018. 'Can There Be a Recovery-Oriented Diagnostic Practice?' *Journal of Humanistic Psychology*, August. <https://doi.org/10.1177/0022167818787609>.

Psychological Co-Morbidities of Physical Illness. n.d.  
<https://ezproxy.lib.gla.ac.uk/login?url=https://link.springer.com/book/10.1007%2F978-1-4419-0029-6>.

'Psychology Services Workforce in NHSScotland - 2018-12-04-Psychology-Workforce-Summary.Pdf'. n.d.  
<https://www.isdscotland.org/Health-Topics/Workforce/Publications/2018-12-04/2018-12-04-Psychology-Workforce-Summary.pdf>.

Rosenhan, D. L. 1973. 'On Being Sane in Insane Places'. *Science* 179 (4070): 250-58.  
<https://doi.org/10.1126/science.179.4070.250>.

'Schizophrenia Shouldn't Be a Life Sentence. But It Will Be | Zoe Williams | Opinion | The Guardian'. n.d.  
<https://www.theguardian.com/commentisfree/2012/nov/14/schizophrenia-recovery-nhs-cuts>.

'See Me | Campaign Resources'. n.d.  
<https://www.seemescotland.org/resources/campaign-resources/>.

Segal, Zindel V., J. Mark G. Williams, John D. Teasdale, and Ebooks Corporation Limited. 2013. *Mindfulness-Based Cognitive Therapy for Depression*. 2nd ed. New York, NY: Guilford Press. <http://www.GLA.ebib.com/patron/FullRecord.aspx?p=1034769>.

Sibbald, B., and M. Roland. 1998. 'Understanding Controlled Trials: Why Are Randomised Controlled Trials Important?' *BMJ* 316 (7126): 201-201.  
<https://doi.org/10.1136/bmj.316.7126.201>.

Stangl, Anne L., Valerie A. Earnshaw, Carmen H. Logie, Wim van Brakel, Leickness C. Simbayi, Iman Barré, and John F. Dovidio. 2019. 'The Health Stigma and Discrimination Framework: A Global, Crosscutting Framework to Inform Research, Intervention Development, and Policy on Health-Related Stigmas'. *BMC Medicine* 17 (1). <https://doi.org/10.1186/s12916-019-1271-3>.

'Stigma'. n.d. <http://scalar.usc.edu/works/bodies/stigma>.

TEDx Talks. 2014. '(38) The Mindful Way through Depression: Zindel Segal at TEDxUTSC - YouTube'. <https://www.youtube.com/watch?v=1A4w3W94ygA>.

'Tessa Richards: The Rise and Reach of Expert Patients – The BMJ'. n.d. <http://blogs.bmj.com/bmj/2014/01/17/tessa-richards-the-rise-and-reach-of-expert-patients/>.

'Textbook Fail: Rosenhan's Classic "On Being Sane In Insane Places" Covered without Criticism – Research Digest'. n.d. <https://digest.bps.org.uk/2017/02/20/textbook-fail-rosenhans-classic-on-being-sane-in-insane-places-covered-without-criticism/>.

'The Dynamic Effect of Pain on Attention □ Body in Mind'. n.d. <https://bodyinmind.org/pain-attention/>.

'The Life Expectancy of People with Bipolar Disorder and Schizophrenia | Mental Health Foundation'. n.d. <https://www.mentalhealth.org.uk/podcasts-and-videos/discussing-health-expectancy-people-bipolar-disorder-and-schizophrenia>.

'The Matrix (2015) A Guide to Delivering Evidence-Based Psychological Therapies in Scotland - Psychology - By Discipline - Education and Training - NES'. n.d. [https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-\(2015\)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx](https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-(2015)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx).

'The Mindful Way through Depression: Zindel Segal at TEDxUTSC - YouTube'. n.d. <https://www.youtube.com/watch?v=1A4w3W94ygA>.

'Topics | Healthtalk.Org'. n.d. <http://www.healthtalk.org/peoples-experiences/mental-health/experiences-psychosis/topics>.

Tyrer, Peter. 2014. 'A Comparison of DSM and ICD Classifications of Mental Disorder'. *Advances in Psychiatric Treatment* 20 (4): 280–85. <https://doi.org/10.1192/apt.bp.113.011296>.

Van Os, Jim. 2004. 'Does the Urban Environment Cause Psychosis?' *British Journal of Psychiatry* 184 (04): 287–88. <https://doi.org/10.1192/bjp.184.4.287>.

Vigo D1, Thornicroft G2, Atun R3. 2016. 'Estimating the True Global Burden of Mental Illness.' *Lancet Psychiatry*. <https://www.ncbi.nlm.nih.gov/pubmed/26851330>.

Vigo, Daniel, Graham Thornicroft, and Rifat Atun. 2016. 'Estimating the True Global Burden of Mental Illness'. *The Lancet Psychiatry* 3 (2): 171–78.

[https://doi.org/10.1016/S2215-0366\(15\)00505-2](https://doi.org/10.1016/S2215-0366(15)00505-2).

'Violence-and-Mental-Health-Mind-Factsheet-2014.Pdf'. n.d.

<https://www.mind.org.uk/media/998781/Violence-and-mental-health-Mind-factsheet-2014.pdf>.

Wakefield JC1,2. 2016. 'Diagnostic Issues and Controversies in DSM-5: Return of the False Positives Problem.' *Annu Rev Clin Psychol*.

<https://www.ncbi.nlm.nih.gov/pubmed/26772207>.

'What Is Therapy? The Complete Definition of Psychotherapy - #1 Mental Health Blog - Talkspace'. n.d.

<https://www.talkspace.com/blog/2016/05/what-is-therapy-the-complete-definition-of-psychotherapy/>.

'WHO | International Classification of Diseases (ICD) Information Sheet'. n.d.

<https://www.who.int/classifications/icd/factsheet/en/>.

'YouTube'. n.d. <https://www.youtube.com/watch?v=yEh3JG74C6s>.

Zalzala, Aieyat B., Emily C. Gagen, and Paul H. Lysaker. 2018. 'Recovery and Personhood in the Diagnostic Formulation and Treatment of Serious Mental Illness: A Commentary'. *Journal of Humanistic Psychology*, July. <https://doi.org/10.1177/0022167818788758>.