

1. George E. Vaillant; Charles C. McArthur; and Arlie Bock, 2010, "Grant Study of Adult Development, 1938-2000", <https://doi.org/10.7910/DVN/48WRX9>, Harvard Dataverse.
2. [Aspy DJ](#)<sup>1</sup>, [Proeve M](#)<sup>1</sup>. Mindfulness and Loving-Kindness [Psychol Rep](#). 2017 Feb;120(1):102-117. doi: 10.1177/0033294116685867. Epub 2017 Jan 6.
3. [Bankard J](#)<sup>1</sup>. Training Emotion Cultivates Morality: How Loving-Kindness Meditation Hones Compassion and Increases Prosocial Behavior. [J Relig Health](#). 2015 Dec;54(6):2324-43. doi: 10.1007/s10943-014-9999-8.
4. [Bühlmayer L](#)<sup>1,2</sup>, [Birrer D](#)<sup>1</sup>, [Röthlin P](#)<sup>1</sup>, [Faude O](#)<sup>2</sup>, [Donath L](#)<sup>3,4</sup>. Effects of Mindfulness Practice on Performance-Relevant Parameters and Performance Outcomes in Sports: A Meta-Analytical Review. [Sports Med](#). 2017 Nov;47(11):2309-2321. doi: 10.1007/s40279-017-0752-9.
5. [Kozhevnikov M](#)<sup>1</sup>, [Kosslyn S](#), [Shephard J](#). [Mem Cognit](#). Spatial versus object visualizers: a new characterization of visual cognitive style. 2005 Jun;33(4):710-26.
6. [Giacobbi PR Jr](#)<sup>1,2</sup>, [Stewart J](#)<sup>1</sup>, [Chaffee K](#)<sup>1</sup>, [Jaeschke AM](#)<sup>1</sup>, [Stabler M](#)<sup>3</sup>, [Kelley GA](#)<sup>4</sup>. A Scoping Review of Health Outcomes Examined in Randomized Controlled Trials Using Guided Imagery. [Prog Prev Med \(N Y\)](#). 2017 Dec;2(7):e0010. doi: 10.1097/pp9.0000000000000010.
7. [Daniel K. Brown](#),\*[Jo L. Barton](#), and [Valerie F. Gladwell](#). Viewing Nature Scenes Positively Affects Recovery of Autonomic Function Following Acute-Mental Stress. [Environ Sci Technol](#). 2013 Jun 4; Published online 2013 Apr 16.
8. Maas J.; Verheij R. A.; Groenewegen P. P.; de Vries S.; Spreeuwenberg P. Green space, urbanity, and health: How strong is the relation?. *Epidemiol. Community Health*2006, 607587–592. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]
9. Maas J.; Verheij R. A.; de Vries S.; Spreeuwenberg P.; Schellevis F. G.; Groenewegen P. P. Morbidity is related to a green living environment. *Epidemiol. Community Health*2009, 63, 967–973. [[PubMed](#)] [[Google Scholar](#)]
10. Barton J.; Hine R. E.; Pretty J. The health benefits of walking in greenspaces of high natural and heritage value. *Integr. Environ. Sci*.2009, 64261–278. [[Google Scholar](#)]
11. Barton J.; Griffin M.; Pretty J. Exercise, nature and socially interactive based initiatives improve mood and self-esteem in the clinical population. *Public Health*2012, 132289–96. [[PubMed](#)] [[Google Scholar](#)]
12. Van den Berg A.; Custers M. Gardening promotes neuroendocrine and affective restoration from stress. *Health Psychol*.2011, 16, 3–11. [[PubMed](#)] [[Google Scholar](#)]
13. Pretty J.; Peacock J.; Hine R.; Sellens M.; South N.; Griffin M. Green exercise in the UK countryside: Effects on health and psychological well-being. *Environ. Plann. Manage*.2007, 502211–231. [[Google Scholar](#)]
14. Mackay G.; Neill J. The effect of “green exercise” on state anxiety and the role of exercise duration, intensity, and greenness: A quasi-experimental study. *Sport Exercise*2010, 113238–245. [[Google Scholar](#)]
15. Park B.; Tsunetsugu Y.; Kasetani T.; Morikawa T.; Kagawa T.; Miyazaki Y. Physiological effects of forest recreation in a young conifer forest in Hinokage Town, Japan. *Silva Fenn*2009, 432291–301. [[Google Scholar](#)]
16. [Hirano M](#)<sup>1</sup>, [Yukawa S](#). [Shinrigaku Kenkyu](#). The impact of mindfulness meditation on anger. 2013 Jun;84(2):93-102.
17. [Elizabeth A. Hoge](#), M.D.,<sup>1</sup>[Eric Bui](#), M.D.,<sup>1</sup> [Luana Marques](#), PhD,<sup>1</sup> [Christina A. Metcalf](#), B.A.,<sup>1</sup> [Laura K. Morris](#), B.A.,<sup>1</sup> [Donald J. Robinaugh](#), M.A., [John J. Worthington](#), M.D.,<sup>1</sup> [Mark H. Pollack](#), M.D.,<sup>2</sup> and [Naomi M. Simon](#), M.D. Randomized Controlled Trial of Mindfulness Meditation for Generalized Anxiety

Disorder: Effects on Anxiety and Stress Reactivity. [J Clin Psychiatry. 2013 Aug; 74\(8\): 786–792.](#) doi: [10.4088/JCP.12m08083](#)

18. Madson L<sup>1</sup>, Klug B, Madson L, Stimatze T, Eness-Potter K, MacDonald J. Effectiveness of mindfulness-based stress reduction in a community sample over 2 years. *Ann Clin Psychiatry*. 2018 Feb;30(1):52-60.
19. Davidson RJ<sup>1</sup>, Kabat-Zinn J, Schumacher J, Rosenkranz M, Muller D, Santorelli SF, Urbanowski F, Harrington A, Bonus K, Sheridan JF. Alterations in brain and immune function produced by mindfulness meditation.
20. Kuyken W<sup>1</sup> et al. Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse or recurrence (PREVENT): a randomised controlled trial. 2015 Jul 4;386(9988):63-73. doi: 10.1016/S0140-6736(14)62222-4. Epub 2015 Apr 20.
21. Rodrigues MF, Nardi AE, Levitan M<sup>1</sup>. Mindfulness in mood and anxiety disorders: a review of the literature. *Trends Psychiatry Psychother*. 2017 Jul-Sep;39(3):207-215. doi: 10.1590/2237-6089-2016-0051. Epub 2017 Jul 31.
22. [McConville J](#)<sup>1</sup>, [McAleer R](#)<sup>2</sup>, [Hahne A](#)<sup>3</sup>. Mindfulness Training for Health Profession Students-The Effect of Mindfulness Training on Psychological Well-Being, Learning and Clinical Performance of Health Professional Students: A Systematic Review of Randomized and Non-randomized Controlled Trials. [Explore \(NY\)](#). 2017 Jan - Feb;13(1):26-45. doi: 10.1016/j.explore.2016.10.002. Epub 2016 Oct 24.
23. Heerkens Y, Kuijer W, van der Heijden B, Engels J. Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review. [PLoS One](#). 2018; 13(1): e0191332. Published online 2018 Jan 24. doi: [1371/journal.pone.0191332](#)
24. Hooftman W, Klauw van der M, Klein Hesselink J, Terwoert J, Jongen M, Kraan K, et al. *Arbobaalans 2011. Kwaliteit van de arbeid, effecten en maatregelen in Nederland*. Hoofddorp: TNO; 2012
25. Astin JA. Stress reduction through mindfulness meditation. *Psychotherapy and Psychosomatics*. 1997; 66: 97–106. pmid:9097338
26. Goleman D, Schwarz G. Meditation as an intervention in stress reactivity. *Journal of Consulting and Clinical Psychology*. 1976; 44(3): 456–466. pmid:777059
27. Shapiro SL, Schwartz GE, Bonner G. Effects of mindfulness-based stress reduction on medical and premedical students. *Journal of Behavioral Medicine*. 1998; 21: 581–599. pmid:9891256
28. Williams KA, Kolar MM, Reger BE, Pearson JC. Evaluation of a wellness-based mindfulness stress reduction intervention: A controlled trial. *American Journal of Health Promotion*. 2001; 15: 422–432. pmid:11523499
29. Rosenzweig S, Reibel DK, Greeson JM, Brainard GC, Hojat M. Mindfulness-based stress reduction lowers psychological distress in medical students. *Teaching and learning in medicine*. 2003; 15(2): 88–92. pmid:12708065
30. Valentine E, Sweet P. Meditation and attention: A comparison of the effects of concentrative and mindfulness meditation on sustained attention. *Mental Health, Religion and Culture*. 1999; 2(1): 31–46.
31. Shapiro SL, Astin JA, Bishop SR, Cordova M. Mindfulness-based stress reduction for health care professionals: results from a randomized trial. *International Journal of Stress Management*. 2005; 12(2): 164–176.
32. Cohen-Katz J, Wiley SD, Capuano T, Baker DM, Shapiro S. The effects of mindfulness-based stress reduction on nurse burnout and stress: a quantitative and qualitative study, Part II. *Holistic Nursing Practice*. 2005a; 19(1): 26–35.

33. Poulin PA, Mackenzie CS, Soloway G, Karayolas E. Mindfulness training as an evidenced-based approach to reducing stress and promoting well-being among human services professionals. *International Journal of Health Promotion & Education*. 2008; 46(2): 35–43.
34. Janet M. Warren<sup>1\*</sup>, Nicola Smith and Margaret Ashwell. A structured literature review on the role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: effectiveness and associated potential mechanisms. *Nutrition Research Reviews* (2017), 30, 272–283
35. Ashley E. Mason<sup>1</sup>, Elissa S. Epel<sup>1,2</sup>, Jean Kristeller<sup>3</sup>, Patricia J. Moran<sup>1</sup>, Mary Dallman<sup>2</sup>, Robert H. Lustig<sup>4</sup>, Michael Acree<sup>1</sup>, Peter Bacchetti<sup>5</sup>, Barbara A. Laraia<sup>6</sup>, Frederick M. Hecht<sup>1</sup>, and Jennifer Daubenmier. Effects of a mindfulness-based intervention on mindful eating, sweets consumption, and fasting glucose levels in obese adults: data from the SHINE randomized controlled trial. *J Behav Med*. 2016 April ; 39(2): 201–213. doi:10.1007/s10865-015-9692-8.
36. Raab K<sup>1</sup>. Mindfulness, self-compassion, and empathy among health care professionals: a review of the literature. *J Health Care Chaplain*. 2014;20(3):95-108. doi: 10.1080/08854726.2014.913876.
37. Oman D<sup>1</sup>, Shapiro SL, Thoresen CE, Plante TG, Flinders T. *J Am Coll Health*. Meditation lowers stress and supports forgiveness among college students: a randomized controlled trial. 2008 Mar-Apr;56(5):569-78. doi: 10.3200/JACH.56.5.569-578.
38. Aspy DJ<sup>1</sup>, Proeve M<sup>1</sup>. Mindfulness and Loving-Kindness *Psychol Rep*. 2017 Feb;120(1):102-117. doi: 10.1177/0033294116685867. Epub 2017 Jan 6.
39. Bankard J<sup>1</sup>. Training Emotion Cultivates Morality: How Loving-Kindness Meditation Hones Compassion and Increases Prosocial Behavior. *J Relig Health*. 2015 Dec;54(6):2324-43. doi: 10.1007/s10943-014-9999-8.
40. <https://mens-en-gezondheid.infonu.nl/diversen/167296-wat-is-het-verschil-tussen-beelddenken-en-woorddenken.html>