

Recent Publications of MBMRC Members

- Altmann, N., Scheer, L. & Esch, T. (2022). Digitale Kommunikation in der Praxis: Chancen, Risiken, Tipps und Tools. In M. Henningsen, P. Stachwitz, S. Fahimi-Weber, B. Afzali & N. Altmann (Hrsg.), *Die digitale Arztpraxis: Technik, Tools und Tipps zur Umsetzung*. Medizinisch Wissenschaftliche Verlagsgesellschaft.
- Büttiker, P., Stefano, G. B., Weissenberger, S., Ptacek, R., Anders, M., Raboch, J. & Kream, R. M. (2022). HIV, HSV, SARS-CoV-2 and Ebola Share Long-Term Neuropsychiatric Sequelae. *Neuropsychiatric Disease and Treatment*, 18, 2229–2237. <https://doi.org/10.2147/NDT.S382308>
- Esch, T. (2022). *The ABC Model of Happiness*. Encyclopedia. <https://encyclopedia.pub/entry/24683> (accessed on 30 June 2022)
- Esch, T. (2022). The ABC Model of Happiness-Neurobiological Aspects of Motivation and Positive Mood, and Their Dynamic Changes through Practice, the Course of Life. *Biology*, 11(6). <https://doi.org/10.3390/biology11060843>
- Esch, T. & Brinkhaus, B. (2022). Die Bedeutung der Selbstregulation in der Integrativen und Mind-Body-Medizin. In A. Mollik (Hrsg.), *Mindful Doctor: Next Generation Leadership in Medizin und Gesundheit*. Medizinisch Wissenschaftliche Verlagsgesellschaft.
- Esch, T. & Stefano, G. B. (2022). The BERN Framework of Mind-Body Medicine: Integrating Self-Care, Health Promotion, Resilience, and Applied Neuroscience. *Frontiers in Integrative Neuroscience*, 16, 913573. <https://doi.org/10.3389/fnint.2022.913573>
- Henningsen, M., Stachwitz, P., Fahimi-Weber, S., Afzali, B. & Altmann, N. (Hrsg.). (2022). *Die digitale Arztpraxis: Technik, Tools und Tipps zur Umsetzung*. Medizinisch Wissenschaftliche Verlagsgesellschaft.
- Jacobs, A., Flägel, K., Werdecker, L. & Esch, T. (2022). Peak Moments im Ärzt*innen-Patient*innen-Kontakt der hausärztlichen Praxis—eine qualitative Studie mit Allgemeinmediziner*innen in Deutschland [Peak moments in physician-patient consultations in general practice: A qualitative study among primary care physicians in Germany]. *Zeitschrift für Evidenz, Fortbildung und Qualität im Gesundheitswesen*, 172, 31–39. <https://doi.org/10.1016/j.zefq.2022.04.028>
- Karwetzky, C., Michaelsen, M. M., Werdecker, L. & Esch, T. (2022). The U-Curve of Happiness Revisited: Correlations and Differences in Life Satisfaction Over the Span of Life—An Empirical Evaluation Based on Data From 1,597 Individuals Aged 12-94 in Germany. *Frontiers in Psychology*, 13, 837638. <https://doi.org/10.3389/fpsyg.2022.837638>
- Koch, S., Esch, T. & Werdecker, L. (2022). Effects of a Yoga-Based Stress Intervention Program on the Blood Pressure of Young Police Officers: A Randomized Controlled Trial. *Journal of Integrative and Complementary Medicine*, 28(3), 234–240. <https://doi.org/10.1089/jicm.2021.0294>

- Michaelsen, M. M. & Esch, T. (2022). Functional Mechanisms of Health Behavior Change Techniques: A Conceptual Review. *Frontiers in Psychology*, *13*, 725644. <https://doi.org/10.3389/fpsyg.2022.725644>
- Michaelsen, M. M. & Esch, T. (2022). Meditations- und Achtsamkeitsinterventionen zur Förderung psychischer Ressourcen in der supportiven onkologischen Behandlung. *Onkologische Welt*, *13*(03), 157–161. <https://doi.org/10.1055/a-1729-9464>
- Schönfeld, S., Rathmer, I., Michaelsen, M. M., Hoetger, C., Onescheit, M., Lange, S., Werdecker, L. & Esch, T. (2022). Effects of a Mindfulness Intervention Comprising an App, Web-Based Workshops, and a Workbook on Perceived Stress Among Nurses and Nursing Trainees: Protocol for a Randomized Controlled Trial. *JMIR research protocols*, *11*(8), e37195. <https://doi.org/10.2196/37195>
- Schwarz, J. & Esch, T. (2022). OpenNotes in Mental Health? Pro [OpenNotes in mental health? Pro]. *Der Nervenarzt*, *93*(11), 1163–1164. <https://doi.org/10.1007/s00115-022-01357-4>
- Stefano, G. B., Büttiker, P. & Kream, R. M. (2022). Reassessment of the blood-brain barrier: a potential target for viral entry into the immune-privileged brain. *Germs*, *12*(1), 99–101. <https://doi.org/10.18683/germs.2022.1310>
- Stefano, G. B., Büttiker, P., Weissenberger, S., Ptacek, R., Wang, F., Esch, T., Bilfinger, T. V., Raboch, J. & Kream, R. M. (2022). Biomedical Perspectives of Acute and Chronic Neurological and Neuropsychiatric Sequelae of COVID-19. *Current Neuropharmacology*, *20*(6), 1229–1240. <https://doi.org/10.2174/1570159X20666211223130228>
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- Stefano, G. B., Kream, R. M. & Esch, T. (2023). Mobility Coupled with Motivation Promotes Survival: The Evolution of Cognition as an Adaptive Strategy. *Biology*, *12*(1). <https://doi.org/10.3390/biology12010080>
- Werdecker, L. & Esch, T. (2022). Glück in der Hausarztpraxis – Ergebnisse einer qualitativen Studie unter Praxisteams. *Zeitschrift für Allgemeinmedizin*, *98*(1), 24–29. <https://doi.org/10.53180/zfa.2022.0024-0029>
- Werdecker, L. & Esch, T. (2022). Stress und Gesundheit. In R. Haring (Hrsg.), *Gesundheitswissenschaften*. Springer Berlin Heidelberg.