
Recent Publications of MBMRC Members

2023

Büttiker, P., Weissenberger, S., Esch, T., Anders, M., Raboch, J., Ptacek, R., Kream, R. M. and Stefano, G.B. (2023). Dysfunctional mitochondrial processes contribute to energy perturbations in the brain and neuropsychiatric symptoms. *Front. Pharmacol.* 13:1095923. <https://doi.org/10.3389/fphar.2022.1095923>

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>

2022

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., Flügel, 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>
- Stefano, G. B. & Kream, R. M. (2022). Mitochondrial DNA Heteroplasmy as an Informational Reservoir Dynamically Linked to Metabolic and Immunological Processes Associated with COVID-19 Neurological Disorders. *Cellular and Molecular Neurobiology*, *42*(1), 99–107. <https://doi.org/10.1007/s10571-021-01117-z>.
- Stefano, G. B. & Kream, R. M. (2022). Viruses Broaden the Definition of Life by Genomic Incorporation of Artificial Intelligence and Machine Learning Processes. *Current Neuropharmacology*, *20*(10), 1888–1893. <https://doi.org/10.2174/1570159X20666220420121746>
- 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.

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