

Positive Health

Recommended Journal Articles

- Brunwasser, S. M., Gillham, J. E., & Kim, E. S. (2009). A meta-analytic review of the Penn Resiliency Program's effects on depressive symptoms. *Journal of Consulting and Clinical Psychology, 77*, 1042-1054.
Abstract available from: <http://psycnet.apa.org/psycinfo/2009-22711-004> (a key paper that is not in the public domain).
- Burke, C. A. (2010). Mindfulness-based approaches with children and adolescents: A preliminary review of current research in an emergent field. *Journal of Child and Family Studies, 19*, 133-144.
Available online from: http://helpforfamilies.weebly.com/uploads/6/6/8/3/6683495/burke-child-adol_mindfulness_study.pdf
- Gillham, J. E., et al. (2007). School-based prevention of depressive symptoms: A randomized controlled study of the effectiveness and specificity of the Penn Resiliency Program. *Journal of Consulting and Clinical Psychology, 75*, 9-19.
Available online from:
<http://www.corstone.org/html/downloads/Penn%20Resiliency%20Program.pdf>
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice, 10*(2), 144-156.
Available online from: <ftp://cs.ru.nl/pub/CSI/CompMath.Found/kabat-zinn.pdf>
- Neil, A. L., & Christensen, H. (2007). Australian school-based prevention and early intervention programs for anxiety and depression: A systematic review. *Medical Journal of Australia, 186*, 305-308.
Available online from:
https://www.mja.com.au/public/issues/186_06_190307/nei10799_fm.pdf

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Peterson, C., Seligman, M. E., & Vaillant, G. E. (1988). Pessimistic explanatory style is a risk factor for physical illness: A thirty-five-year longitudinal study. *Journal of Personality and Social Psychology*, 55, 23-27.

Available online from:

http://www.massgeneral.org/psychiatry/assets/published_papers/Peterson-1988.pdf

Seligman, M. E. P., Schulman, P., DeRubeis, R. J., & Hollon, S. D. (1999). The prevention of depression and anxiety. *Prevention & Treatment*, 2, 1-24.

Available online from: <http://www.positivepsychology.org/depprevseligman1999.pdf>

Other Recommended Resources

- Hasted, C. (2008). *The essence of health*. North Sydney: Ebury Press.
- Seligman, M. E. P. (1995). *The optimistic child*. Milsons Point, NSW: Random House.
- Seligman, M. E. P. (2006). *Learned optimism: How to change your mind and your life*. New York: Vintage Books.
- Seligman, M. E. P. (2011). *Flourish*. London: Nicholas Brealey Publishing.
- Reivich, K., & Shatté, A. (2002). *The resilience factor: 7 essential skills for overcoming life's inevitable obstacles*. New York: Broadway Books.
- World Health Organization's *School Health* website:
http://www.who.int/school_youth_health/en/