

Literatura

- Abrous DN, Adriani W, Montaron MF, Aurousseau C, Rougon G, Le Moal M, Piazza PV. Nicotine self-administration impairs hippocampal plasticity. *Source J Neurosci* 2002; 22(9):3656–62.
- Albarracin D, Wang W, Leeper J. Immediate increase in food intake following exercise messages. *Obesity* 2009; 17(7):1451–2.
- Alén F, Mouret A, Viveros MP, Llorente R, Lepousez G, Lledo PM, López-Moreno JA. Converging action of alcohol consumption and cannabinoid receptor activation on adult hippocampal neurogenesis. *Int J Neuropsychopharmacol* 2010; 13(2):191–205.
- Andreas JB, O'Farrell TJ. Alcoholics Anonymous attendance following 12-step treatment participation as a link between alcohol-dependent fathers' treatment involvement and their children's externalizing problems. *J Subst Abuse* 2009; 36(1):87–100.
- Angelo DL, Tavares H, Zilberman ML. Evaluation of a Physical Activity Program for Pathological Gamblers in Treatment. *J Gambl Stud* 2012 Jun 4. [Epub ahead of print]
- Anthenelli RM. Stress and Alcohol: Epidemiologic Evidence. *Alcohol Research: Current Reviews* 2012; 34(4):386–390.
- Austin EW, Johnson KK. Effects of general and alcohol-specific media literacy training on children's decision making about alcohol. *J Health Commun* 1997; 2(1):17–42.
- Barlett C, Branch O, Rodeheffer C, Harris R. How long do the short-term violent video game effects last? *Aggress Behav* 2009; 35(3):225–36.
- Barnhofer T, Chittka T, Nightingale H, Visser C, Crane C. State effects of two forms of meditation on prefrontal EEG asymmetry in previously depressed individuals. *Mindfulness* 2010; 1:21–27.
- Bastani F, Hidarnia A, Kazemnejad A, Vafaei M, Kashanian M. A randomized controlled trial of the effects of applied relaxation training on reducing anxiety and perceived stress in pregnant women. *J Midwifery Women's Health* 2005; 50(4):e36–40.
- Bawden D, Robinson L. The dark side of information: Overload, anxiety, and other paradoxes and pathologies. *Journal of Information Science* 2008; 20(10):1–12.
- Beasley JW, Wetterneck TB, Temte J, Lapin JA, Smith P, Rivera-Rodriguez AJ, Karsh BT. Information chaos in primary care: implications for physician performance and patient safety. *J Am Board Fam Med* 2011; 24(6):745–51.

- Benedetti A, Parent ME, Siemiatycki J. Lifetime consumption of alcoholic beverages and risk of 13 types of cancer in men: results from a case-control study in Montreal. *Cancer Detect Prev* 2009; 32(5–6):352–62.
- Benkovič J. Oniománia – chorobné nakupovanie. *Sociálná prevencia* 2009; 4(2):13–15.
- Birgegård A, Sohlberg S. Persistent effects of subliminal stimulation: sex differences and the effectiveness of debriefing. *Scand J Psychol* 2008; 49(1):19–29.
- Black DW. Compulsive buying disorder: A review of the evidence. *CNS Spectr.* 2007; 12(2):124–132. Citováno podle www.cnsspectrums.com/aspx/article-detail.aspx?articleid=977, accessed 25. 6. 2010.
- Bock BC, Fava JL, Gaskins R, Morrow KM, Williams DM, Jennings E, Becker BM, Tremont G, Marcus BH. Yoga as a complementary treatment for smoking cessation in women. *J Women's Health* 2012; 21(2):240–8.
- Borgeat, F. Psychophysiological effects of two different relaxation procedures: Progressive relaxation and subliminal relaxation. *Psychiatric Journal of the University of Ottawa* 1983; 8(4):181–185.
- Bowen S, Chawla N, Collins SE et al. Mindfulness-based relapse prevention for substance use disorders: a pilot efficacy trial. *Subst Abus* 2009; 30(4):295–305.
- Brooks SJ, Savov V, Allzén E, Benedict C, Fredriksson R, Schiöth HB. Exposure to subliminal arousing stimuli induces robust activation in the amygdala, hippocampus, anterior cingulate, insular cortex and primary visual cortex: A systematic meta-analysis of fMRI studies. *Neuroimage* 2012; 59(3):2962–73.
- Buchowski MS, Meade NN, Charboneau E, Park S, Dietrich MS, Cowan RL, Martin PR. Aerobic exercise training reduces cannabis craving and use in non-treatment seeking cannabis-dependent adults. *PLoS One* 2011; 6(3):e17465.
- Bushman BJ, Huesmann LR. Short-term and long-term effects of violent media on aggression in children and adults. *Arch Pediatr Adolesc Med* 2006; 160(4):348–52.
- Canales JJ. Adult neurogenesis and the memories of drug addiction. *Eur Arch Psychiatry Clin Neurosci* 2007; 257(5):261–70.
- Carlisle M, Uchino BN, Sanbonmatsu DM, Smith TW, Cribbet MR, Birmingham W, Light KC, Vaughn AA. Subliminal activation of social ties moderates cardiovascular reactivity during acute stress. *Health Psychol* 2012; 31(2):217–25.
- Carson JW, Keefe FJ, Lynch TR et al. Loving-kindness meditation for chronic low back pain: results from a pilot trial. *J Holist Nurs* 2005; 23(3):287–304.
- Dahlström O, Backe S, Ekberg J, Janson S, Timpka T. Is "football for all" safe for all? Cross-sectional study of disparities as determinants of 1-year injury prevalence in youth football programs. *PLoS One* 2012; 7(8):e43795.

- de Niet G, Tiemens B, Lendemeijer B, Hutschemaekers G. Music-assisted relaxation to improve sleep quality: meta-analysis. *J Adv Nurs* 2009; 65(7):1356–64.
- Ekman P, Davidson RJ, Friesen WV. The Duchenne smile: emotional expression and brain physiology. II. *J Pers Soc Psychol* 1990; 58(2):342–53.
- Elibero A, Janse Van Rensburg K, Drobis DJ. Acute effects of aerobic exercise and Hatha yoga on craving to smoke. *Nicotine Tob Res* 2011 Nov; 13(11):1140–8.
- Eriksson PS, Perfilieva E, Bjork-Eriksson T, Alborn AM, Nordborg C, Peterson DA, Gage FH. Neurogenesis in the adult human hippocampus. *Nature Medicine* 1998; 4:1313–1317.
- Feldman G, Greeson J, Senville J. Differential effects of mindful breathing, progressive muscle relaxation, and loving-kindness meditation on decentering and negative reactions to repetitive thoughts. *Behav Res Ther* 2010; 48(10):1002–1011.
- Fredrickson BL, Cohn MA, Coffey KA et al. Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology* 2008; 95, 1045–1062.
- Freeman MP. Omega-3 fatty acids in major depressive disorder. *J Clin Psychiatry* 2009; 70(Suppl 5):7–11.
- Garland EL, Gaylord SA, Boettiger CA, Howard MO. Mindfulness training modifies cognitive, affective, and physiological mechanisms implicated in alcohol dependence: results of a randomized controlled pilot trial. *J Psychoactive Drugs* 2010; 42(2):177–92.
- Gilligan C, Johnson N, Lynagh M. Parental supply of alcohol and adolescent risky drinking. *Drug and Alcohol Review* 2012; 31(6):754–62.
- Gitlin B, Martin J, Shear MK, Frances A, Ball G, Josephson S. Behavior therapy for panic disorder. *J Nerv Ment Dis* 1985; 173(12):742–3.
- Gustavsson C, von Koch L. Applied relaxation in the treatment of long-lasting neck pain: a randomized controlled pilot study. *J Rehabil Med* 2006; 38(2):100–7.
- Han JN, Stegen K, De Valck C, Clément J, Van de Woestijne KP. Influence of breathing therapy on complaints, anxiety and breathing pattern in patients with hyperventilation syndrome and anxiety disorders. *J Psychosom Res* 1996; 41(5):481–93.
- Hatem TP, Lira PI, Mattos SS. The therapeutic effects of music in children following cardiac surgery. *J Pediatr* 2006; 82(3):186–92.
- Horan R. The Neuropsychological connection between creativity and meditation. *Creativity Research Journal* 2009; 21:199–222.

- Hutcherson CA, Seppala EM, Gross JJ. Loving-kindness meditation increases social connectedness. *Emotion* 2008; 8(5):720–724.
- Jenkins IA. Tolerance and addiction: the patient, the parent or the clinician? *Paediatr Anaesth* 2011; 21(7):794–9.
- Johnson DP, Penn DL, Fredrickson BL et al. Loving-kindness meditation to enhance recovery from negative symptoms of schizophrenia. *J Clin Psychol* 2009; 65(5):499–509.
- Johnson KJ, Waugh CE, Fredrickson BL. Smile to see the forest: Facially expressed positive emotions broaden cognition. *Cognition & Emotion* 2010; 24:299–321.
- Kabat-Zinn J, Wheeler E, Light T, Skillings A, Scharf MJ, Cropley TG, Hosmer D, Bernhard JD. Influence of a mindfulness meditation-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemotherapy (PUVA). *Psychosom Med* 1998; 60(5):625–32.
- Kappos AD. The impact of electronic media on mental and somatic children's health. *Int J Hyg Environ Health* 2007; 210(5):555–6.
- Karremans J, Stroebe W, Claus J. Beyond Vicary's fantasies: the impact of subliminal priming and brand choice. *Journal of Experimental Social Psychology* 2006; 42 (6):792–798.
- Kelly JF, Stout RL, Magill M, Tonigan JS. The role of Alcoholics Anonymous in mobilizing adaptive social network changes: a prospective lagged mediational analysis. *Drug Alcohol Depend* 2011; 114(2–3):119–26.
- Kempermann G, Fabel K, Ehninger D et al. Why and how physical activity promotes experience-induced brain plasticity. *Front Neurosci* 2010; 4:189.
- Kim KS, Lee SW, Choe MA, Yi MS, Choi S, Kwon SH. Effects of abdominal breathing training using biofeedback on stress, immune response and quality of life in patients with a mastectomy for breast cancer. *Taehan Kanho Hakhoe Chi* 2005; 35(7):1295–1303.
- Knäuper B, Pillay R, Lacaille J, McCollam A, Kelso E. Replacing craving imagery with alternative pleasant imagery reduces craving intensity. *Appetite* 2011; 57(1):173–8.
- Kok BE, Fredrickson BL. Upward spirals of the heart: Autonomic flexibility, as indexed by vagal tone, reciprocally and prospectively predicts positive emotions and social connectedness. *Biol Psychol* 2010; 85(3):432–436.
- Kouider S, Dehaene S, Jobert A, Le Bihan D. Cerebral bases of subliminal and supraliminal priming during reading. *Cereb Cortex* 2007; 17(9):2019–29.
- Kupersmidt JB, Scull TM, Austin EW. Media literacy education for elementary school substance use prevention: study of media detective. *Pediatrics* 2010; 126(3):525–31.

- Lafenetre P, Leske O, Wahle P, Heumann R. The beneficial effects of physical activity on impaired adult neurogenesis and cognitive performance. *Front Neurosci* 2011; 5:51.
- Larimer ME, Palmer RS, Marlatt GA. Relapse prevention. An overview of Marlatt's cognitive-behavioral model. *Alcohol Res Health* 1999; 23(2):151–60.
- Leventhal AM, Waters AJ, Breitmeyer BG, Miller EK, Tapia E, Li Y. Subliminal processing of smoking-related and affective stimuli in tobacco addiction. *Exp Clin Psychopharmacol* 2008; 16(4):301–12.
- Lowery BS, Eisenberger NI, Hardin CD, Sinclair S. Long-term Effects of Subliminal Priming on Academic Performance. *Basic and Applied Social Psychology* 2007; 29:151–157.
- Manning V, Best DW, Faulkner N, Titherington E. New estimates of the number of children living with substance misusing parents: results from UK national household surveys. *Source BMC Public Health* 2009; 9:377.
- Manzoni GM, Pagnini F, Castelnovo G, Molinari E. Relaxation training for anxiety: a ten-years systematic review with meta-analysis. *BMC Psychiatry* 2008; 8:41.
- Mares SH, Lichtwarck-Aschoff A, Burk WJ, van der Vorst H, Engels RC. Parental alcohol-specific rules and alcohol use from early adolescence to young adulthood. *J Child Psychol Psychiatry*. 2012; 53(7):798–805.
- May J, Andrade J, Panabokke N, Kavanagh D. Visuospatial tasks suppress craving for cigarettes. *Behav Res Ther* 2010; 48(6):476–85.
- Melville GW, Chang D, Colagiuri B, Marshall PW, Cheema BS. Fifteen minutes of chair-based yoga postures or guided meditation performed in the office can elicit a relaxation response. *Evid Based Complement Alternat Med* 2012; 2012:501986.
- Mueller A, Mitchell JE, Black DW, Crosby RD, Berg K, de Zwaan M. Latent profile analysis and comorbidity in a sample of individuals with compulsive buying disorder. *Psychiatry Res* 2010a; 178(2):348–353.
- Mueller A, Mitchell JE, Crosby RD, Gefeller O, Faber RJ, Martin A, Bleich S, Glaesmer H, Exner C, de Zwaan M. Estimated prevalence of compulsive buying in Germany and its association with sociodemographic characteristics and depressive symptoms. *Psychiatry Res* 2010b; 180(2–3):137–42.
- Mueller A, Mueller U, Silbermann A, Reinecker H, Bleich S, Mitchell JE, de Zwaan M. A randomized, controlled trial of group cognitive-behavioral therapy for compulsive buying disorder: posttreatment and 6-month follow-up results. *J Clin Psychiatry* 2008; 69(7):1131–8.
- Müller-Wille S, Charmantier I. Natural history and information overload: The case of Linnaeus. *Stud Hist Philos Biol Biomed Sci* 2012; 43(1):4–15.
- Nešpor K. Psaný kontrakt v léčbě závislosti na alkoholu. *Protialk. obzor* 1987; 22:161–165.

- Nešpor K. *Uvolněně a s přehledem. Relaxace a meditace pro moderního člověka*. Praha: Grada 1998; 96. Dostupné na www.drnespor.eu.
- Nešpor K. *Závislost na práci*. Praha: Grada 1999; 144.
- Nešpor K. Pohybová cvičení a jóga v prevenci a léčbě závislosti. *Česká a slovenská psychiatrie* 2005; 101(5):268–270.
- Nešpor K. *Už jsem prohrál dost*. Praha: Sportpropag 2006; 130.
- Nešpor K. *Léčivá moc smíchu*. 4., rozšířené vydání. Praha: Vyšehrad 2010; 174.
- Nešpor K a kol. *Jak překonat hazard*. Praha: Portál 2011a; 159.
- Nešpor K. *Návykové chování a závislost*. 4., aktualizované vydání. Praha: Portál 2011b; 176.
- Nešpor K. Pozitivní emoce, smích, laskavost a klinická medicína. *Praktický lékař* 2011c; 91:213–216.
- Nešpor K. 1. *Relaxační podprahové video s flétnou*. 2. *Hudba s podprahovou sugescí: aktivační*. 3. *Relaxační podprahové video: kytara, klávesy*. 2012a. Tato videa jsou dostupná na www.youtube.com/drnespor.
- Nešpor K. Bažení (craving): kombinovaná obrana je nejfektivnější. *Alkoholizmus a drogové závislosti* 2012b; 47(4):205–213.
- Nešpor K. Prevence návykových nemocí v rodině. *Alkoholizmus a drogové závislosti* 2012c; 47(2):115–120. Dostupné na www.drnespor.eu.
- Nešpor K a spol. Jak rozdělit postupy, které mírní bažení (craving). *Praktický lékař* 2011; 91(12):703–706
- Nešpor K, Csémy L. Psychotropní účinky tělesné aktivity. *Čas. lék. čes.* 2006a; 145:916–917. Dostupné na www.drnespor.eu.
- Nešpor K, Csémy L. Spiritualita v medicíně. *Čas. lék. čes.* 2006b; 145(9):743–745.
- Nešpor K, Csémy L. Kolik dospívajících je v Česku ohroženo trvalým poškozením poznávacích funkcí v důsledku kouření marihuany? 2012a. Dostupné na www.drnespor.eu.
- Nešpor K, Csémy L. Tělesná aktivita a návykové nemoci: překvapivá zjištění. *Bulletin praktických lékařů ČR* 2012b; 22(6):52–54. Dostupné na www.drnespor.eu.
- Nešpor K, Matanelli O, Pekárková G, Gregor P. Jak rozdělit postupy, které mírní bažení (craving). *Praktický lékař* 2011; 91(12):703–706.
- Nešpor K, Scheansová A. Nakupování jako problém. Oniománie (nezdrženlivé nakupování, shopping addiction). *Čas. lék. čes.* 2010; 149:429–431.
- Nešpor K, Csémy L, Pernicová H. *Zásady efektivní primární prevence*. Sportpropag pro MŠMT. Praha: 1999; 39.
- Nixon K, McClain JA. Adolescence as a critical window for developing an alcohol use disorder: current findings in neuroscience. *Curr Opin Psychiatry* 2010; 23(3):227–32.
- Palermo TM, Eccleston C, Lewandowski AS, Williams AC, Morley S. Randomized controlled trials of psychological therapies for management of

- chronic pain in children and adolescents: an updated meta-analytic review. *Pain* 2010; 148(3):387–97.
- Ponniah K, Hollon SD. Empirically supported psychological treatments for adult acute stress disorder and posttraumatic stress disorder: A review. *Depress Anxiety* 2009; 26(12):1086–109.
- Revest JM, Dupret D, Koehl M et al. Adult hippocampal neurogenesis is involved in anxiety-related behaviors. *Molecular Psychiatry* 2009; 14:959–967.
- Roberts V, Maddison R, Simpson C, Bullen C, Prapavessis H. The acute effects of exercise on cigarette cravings, withdrawal symptoms, affect, and smoking behaviour: systematic review update and meta-analysis. *Psychopharmacology* 2012; 222(1):1–15.
- Rogojanski J, Vettese LC, Antony MM. Coping with Cigarette Cravings: Comparison of Suppression Versus Mindfulness-Based Strategies. *Mindfulness* 2011; 2 (1):14–26.
- Rohsenow DJ, Monti PM. Does urge to drink predict relapse after treatment? *Alcohol Res Health* 1999; 23(3):225–32.
- Říčan, P. Osobní sdělení, 2011.
- Sahay A, Scobie KN, Hill AS et al. Increasing adult hippocampal neurogenesis is sufficient to improve pattern separation. *Nature* 2011; 472(7344):466–70.
- Santaella DF, Araújo EA, Ortega KC, Tinucci T, Mion D Jr, Negrão CE, de Moraes Forjaz CL. Aftereffects of exercise and relaxation on blood pressure. *Clin J Sport Med* 2006; 16(4):341–7.
- Seligman ME, Steen TA, Park N, Peterson C. Positive psychology progress: empirical validation of interventions. *Am Psychol.* 2005;60(5):410–21.
- Sinha R. How Does Stress Lead to Risk of Alcohol Relapse? *Alcohol Research: Current Reviews* 2012; 34(4):432–40.
- Snyder JS, Soumier A, Brewer M et al. Adult hippocampal neurogenesis buffers stress responses and depressive behaviour. *Nature* 2011; 476:458–461.
- Stetter F, Kupper S. Autogenic training: a meta-analysis of clinical outcome studies. *Appl Psychophysiol Biofeedback* 2002; 27(1):45–98.
- Subra B, Muller D, Bègue L, Bushman BJ, Delmas F. Automatic effects of alcohol and aggressive cues on aggressive thoughts and behaviors. *Pers Soc Psychol Bull* 2010; 36(8):1052–7.
- Sudai E, Croitoru O, Shaldubina A. a spol. High cocaine dosage decreases neurogenesis in the hippocampus and impairs working memory. *Addict Biol.* 2011; 16(2):251–60.
- Tiggemann M, Kemps E, Parnell J. The selective impact of chocolate craving on visuospatial working memory. *Appetite* 2010; 55(1):44–8.
- Trappe HJ. Role of music in intensive care medicine. *Int J Crit Illn Inj Sci* 2012; 2(1):27–31.

- Tsai CM, Chou SL, Gale EN, McCall WD Jr. Human masticatory muscle activity and jaw position under experimental stress. *J Oral Rehabil* 2002; 29(1):44–51.
- Van den Eijnden R, Mheen D, Vet R, Vermulst A. Alcohol-specific parenting and adolescents' alcohol-related problems: the interacting role of alcohol availability at home and parental rules. *J Stud Alcohol Drugs* 2011; 72:408–17.
- von Bohlen und Halbach O. Immunohistological markers for proliferative events, gliogenesis, and neurogenesis within the adult hippocampus. *Cell Tissue Res* 2011; 345(1):1–19.
- Warner-Schmidt JL, Duman RS. Hippocampal neurogenesis: Opposing effects of stress and antidepressant treatment. *Hippocampus: Special Issue on Neurogenesis* 2006; 16(3):239–249.
- Weintraub D, Koester J, Potenza MN, Siderowf AD, Stacy M, Voon V, Whetstone J, Wunderlich GR, Lang AE. Impulse control disorders in Parkinson disease: a cross-sectional study of 3090 patients. *Arch Neurol* 2010; 67(5):589–95.
- Williams AL, Selwyn PA, Liberti L et al. A randomized controlled trial of meditation and massage effects on quality of life in people with late-stage disease: a pilot study. *Palliat Med* 2005; 8(5):939–52.
- Witkiewitz K, Marlatt GA. Relapse prevention for alcohol and drug problems: that was Zen, this is Tao. *Am Psychol* 2004; 59(4):224–35.
- Yang HL, Wang CS. Product placement of computer games in cyberspace. *Cyberpsychol Behav* 2008; 11(4):399–404.
- Zeldes N, Baum N. Information overload in medical practice. *J Med Pract Manage* 2011; 26(5):314–6.
- Ziauddeen H, Subramaniam N, Gaillard R, Burke LK, Farooqi IS, Fletcher PC. Food images engage subliminal motivation to seek food. *Int J Obes* 2012; 36(9):1245–7.

Kontakty a další informace

Prim. MUDr. Karel Nešpor, CSc.

www.drnespor.eu, www.youtube.com/drnespor