

Overview of Wellness Presentation Resources

Dr. Michelle Lizotte-Waniewski

General Wellness Books

- 1) Medical Student Wellbeing: An Essential Guide. Ed – Zappetti, D and Avery, JD. Springer Press 2020
- 2) Nutrition, Fitness and Mindfulness: An Evidence-based Guide for Clinicians

The Importance of Learning Wellness in Medical School

Imposter Syndrome and Perfectionism

- 1) Holliday AM, Gheihman, G, Cooper, C, Sullivan, A, Ohyama, H. Leaf, DE and Karp-Leaf, R (2019) High Prevalence of Imposterism Among Female Harvard Medical and Dental Students. *J Int Med* 2020, 35: 2499-500
- 2) Brennan-Wydra, E., Chung, H.W., Angoff, N. *et al.* (2021). Maladaptive Perfectionism, Impostor Phenomenon, and Suicidal Ideation Among Medical Students. *Acad Psychiatry* (2021). <https://doi.org/10.1007/s40596-021-01503-1>
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- 5) Rosenthal S, Schlussek Y, Yaden MB, et al. (2021) Persistent Impostor Phenomenon Is Associated with Distress in Medical Students. *Fam Med.* 2021;53(2):118-122. <https://doi.org/10.22454/FamMed.2021.799997>.
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- 7) Bravata DM, Watts SA, Keefer AL, Madhusudhan DK, Taylor KT, Clark DM, et al. Prevalence, predictors, and treatment of impostor syndrome: a systematic review. *J Gen Intern Med.* 2020;35:1252– 75.
- 8) Stone S, Saucer C, Bailey M, Garba R, Hurst A, Jackson SM, et al. (2018). Learning while Black: a culturally informed model of the impostor phenomenon for Black graduate students. *J Black Psychol.* 2018;44:491–531
- 9) Cokley K, McClain S, Enciso A, Martinez M. (2013). An examination of the impact of minority status stress and impostor feelings on the mental health of diverse ethnic minority college students. *J Multicult Couns Dev.* 2013;41:82–95.
- 10) Henning K, Ey S, Shaw D. (1998). Perfectionism, the impostor phenomenon and psychological adjustment in medical, dental, nursing and pharmacy students. *Med Educ.* 1998;32:456-464.
- 11) Yanes, Arianna F. (2017). The Culture of Perfection: A Barrier to Medical Student Wellness and Development, *Academic Medicine*: July 2017 - Volume 92 - Issue 7 - p 900-901 doi: 10.1097/ACM.0000000000001752

Anxiety, Depression, Burnout, Suicide

- 1) Dyrbye LN, West CP, Satele D, Boone S, Tan L, Sloan J, et al. (2014). Burnout among US medical students, residents, and early career physicians relative to the general US population. *Acad Med*. 2014;89(3):443–5.
- 2) Rotenstein LS, Ramos MA, Torre M, et al. (2016). Prevalence of depression, depressive symptoms, and suicidal ideation among medical students—a systematic review and meta-analysis. *JAMA*. 2016;316(21):2214–36.
- 3) Brennan-Wydra, E., Chung, H.W., Angoff, N. *et al.* (2021). Maladaptive Perfectionism, Impostor Phenomenon, and Suicidal Ideation Among Medical Students. *Acad Psychiatry* (2021), <https://doi.org/10.1007/s40596-021-01503-1>
- 4) Dyrbye, Liselotte N. MD, MHPE; Shanafelt, Tait D. (2011). MD Commentary: Medical Student Distress: A Call to Action, *Academic Medicine: Volume 86(7):801-803* doi: 10.1097/ACM.0b013e31821da481
- 5) Frajerman, A., Morvan, Y., Krebs, M., Gorwood, P., & Chaumette, B. (2019). Burnout in medical students before residency: A systematic review and meta-analysis. *European Psychiatry*, 55, 36-42. doi:10.1016/j.eurpsy.2018.08.006
- 6) Tian-Ci Quek, T.; Wai-San Tam, W.; X. Tran, B.; Zhang, M.; Zhang, Z.; Su-Hui Ho, C.; Chun-Man Ho, R.(2019). The Global Prevalence of Anxiety Among Medical Students: A Meta-Analysis. *Int. J. Environ. Res. Public Health* 2019, 16, 2735. <https://doi.org/10.3390/ijerph16152735>
- 7) Rebecca Erschens, Katharina Eva Keifenheim, Anne Herrmann-Werner, Teresa Loda, Juliane Schwille-Kiuntke, Till Johannes Bugaj, Christoph Nikendei, Daniel Huhn, Stephan Zipfel & Florian Junne (2019). Professional burnout among medical students: Systematic literature review and meta-analysis, *Medical Teacher*, 41:2, 172-183, DOI: [10.1080/0142159X.2018.1457213](https://doi.org/10.1080/0142159X.2018.1457213)
- 8) Dyrbye LN, Thomas MR, Huschka MM, et al. (2006). A multicenter study of burnout, depression, and quality of life in minority and nonminority US medical students. *Mayo Clin Proc*. 2006;81(11):1435-144217120398
- 9) Dyrbye LN, Thomas MR, Massie FS, et al. (2008). Burnout and suicidal ideation among US medical students. *Ann Intern Med*. 2008;149(5):334-34118765703

Exercise

- 1) https://health.gov/sites/default/files/201909/Physical_Activity_Guidelines_2nd_edition.pdf#page=56
- 2) Cooney G, Dwan K, Mead G. Exercise for Depression (2014). *JAMA* 2014;311(23):2432-2433.
- 3) Ruegsegger GN, Booth FW. (2018). Health Benefits of Exercise. *Cold Spring Harb Perspect Med*. 2018 Jul 2;8(7):a029694. doi: 10.1101/cshperspect.a029694. PMID: 28507196; PMCID: PMC6027933.
- 4) Caprara G. (2021). Mediterranean-Type Dietary Pattern and Physical Activity: The Winning Combination to Counteract the Rising Burden of Non-Communicable Diseases (NCDs). *Nutrients*. 2021 Jan 28;13(2):429. doi: 10.3390/nu13020429. PMID: 33525638; PMCID: PMC7910909.
- 5) Dyrbye, L. N., Satele, D., & Shanafelt, T. D. (2017). Healthy Exercise Habits Are Associated With Lower Risk of Burnout and Higher Quality of Life Among U.S. Medical Students. *Acad Med*, 92(7), 1006-1011. doi: 10.1097/ACM.0000000000001540 <https://www.ncbi.nlm.nih.gov/pubmed/28030419>

Nutrition

- 1) Guasch-Ferré, M., & Willett, W. C. (2021). The Mediterranean diet and health: a comprehensive overview. *Journal of Internal Medicine*. Aug 23, 2021.
- 2) Song M., Fung T.T., Hu F.B. et al. (2016). "Association of animal and plant protein intake with all-cause and cause-specific mortality". *JAMA Intern Med* 2016; **176**: 1453.
- 3) Kahleova, H, Levin, S, and Barnard, N. (2017). Cardio-Metabolic Benefits of Plant-Based Diets. *Nutrients* **2017**, 9(8), 848
- 4) Kahleova, H., Levin, S., & Barnard, N. D. (2020). Plant-Based Diets for Healthy Aging. *J. Am. Coll. Nutr*, 9, 1-2.
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Sleep Hygiene

- 1) Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015;38(6):843–844.
- 2) Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, DonCarlos L, Hazen N, Herman J, Katz ES, Kheirandish-Gozal L, Neubauer DN, O'Donnell AE, Ohayon M, Peever J, Rawding R, Sachdeva RC, Setters B, Vitiello MV, Ware JC, Adams Hillard PJ. National Sleep Foundation's sleep time duration recommendations: methodology and results summary. *Sleep Health*. 2015 Mar;1(1):40-43
- 3) Kocevskaja, D., Lysen, T.S., Dotinga, A. et al. Sleep characteristics across the lifespan in 1.1 million people from the Netherlands, United Kingdom and United States: a systematic review and meta-analysis. *Nat Hum Behav* **5**, 113–122 (2021).
- 4) Jahrami, H., Dewald-Kaufmann, J., Faris, M.A. et al. Prevalence of sleep problems among medical students: a systematic review and meta-analysis. *J Public Health (Berl.)* **28**, 605–622 (2020). <https://doi.org/10.1007/s10389-019-01064-6>
- 5) https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
- 6) <https://www.sleepfoundation.org/>

Mindfulness and Mind-Body Interventions

- 1) Adam Koncz, Zsolt Demetrovics & Zsafia K. Takacs (2021) Meditation interventions efficiently reduce cortisol levels of at-risk samples: a meta-analysis, *Health Psychology Review*, 15:1, 56-84, DOI: [10.1080/17437199.2020.1760727](https://doi.org/10.1080/17437199.2020.1760727).
- 2) Greeson JM and Chin, GR Mindfulness and physical disease: a concise review, *Current Opinion in Psychology*, Volume 28, 2019, Pages 204-210,
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- 4) Michaela C. Pascoe, Michael de Manincor, Jana Tseberja, Mats Hallgren, Peter A. Baldwin, Alexandra G. Parker, Psychobiological mechanisms underlying the mood benefits of meditation: A narrative review, *Comprehensive Psychoneuroendocrinology*, Volume 6, 2021, 100037, ISSN 2666-4976, <https://doi.org/10.1016/j.cpnec.2021.100037>.
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- 8) Danilewitz, M., Koszycki, D., Maclean, H., Sanchez-Campos, M., Gonsalves, C., Archibald, D., & Bradwejn, J. (2018). Feasibility and effectiveness of an online mindfulness meditation program for medical students. *Can Med Educ J*, 9(4), e15-e25.
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- 10) McConville, J., McAleer, R., & Hahne, A. (2017). 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)*, 13(1), 26-45. doi: 10.1016/j.explore.2016.10.002

Thought Management/CBT

- 1) Tseng, J., Poppenk, J. (2020). Brain meta-state transitions demarcate thoughts across task contexts exposing the mental noise of trait neuroticism. *Nat Commun* 2021, **11**, 3480. <https://doi.org/10.1038/s41467-020-17255-9>.
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Social Connectedness

- 1) Gold JA, Bentzley JP2, Franciscus AM2, Forte C2, De Golia SG (2019). An Intervention in Social Connection: Medical Student Reflection Groups. *Acad Psychiatry*. 2019 Aug;43(4):375-380. doi: 10.1007/s40596-019-01058-2. Epub 2019 Apr
- 2) Akinla, O., Hagan, P., & Atiomo, W. (2018). A systematic review of the literature describing the outcomes of near-peer mentoring programs for first year medical students. *BMC Med Educ*, 18(1), 98-98. doi: 10.1186/s12909-018-1195-1 <https://www.ncbi.nlm.nih.gov/pubmed/29739376>