

## **Bronnen 'Evidence over mindfulness?'**

### **Review 2009:**

Chiesa, A., & Serretti, A. (2009). *Mindfulness-based stress reduction for stress management in healthy people: a review and meta-analysis*. *The Journal Of Alternative and Complementary Medicine*: Volume 15, Number 5, 2009, pp. 593–600.

### **Journal of Occupational & Environmental Medicine september 2016, elektronische voorpublicatie 1 september**

Koncz, Rebecca MD (Hons); Wolfenden, Fiona BAppSci; Hased, Craig MD, FRACGP; Chambers, Richard DPsych (Clinical), BA (Hons); Cohen, Julia MBA, BSc (Psych); Glozier, Nicholas MD, MRCPsych, FRANZCP, PhD: *Mindfulness-Based Stress Release Program for University Employees: A Pilot, Waitlist-Controlled Trial and Implementation Replication*.

**Dagblad van het Noorden**, 23 juli 2016, Patricia van der Zalm: *Weg met de automatische piloot*