



# REFERENCES AND RECOMMENDED READING





# REFERENCES AND RECOMMENDED READING

Anthony, W. A. (1993). Recovery from mental illness: The guiding vision of the mental health system in the 1990s. *Innovations and Research* 2, 17-24.

Antonucci, T. C. (1986). Hierarchical mapping technique. *Generations*, 10, 10-12.

Brijnath, B. (2015). Applying the CHIME recovery framework in two culturally diverse Australian communities: Qualitative results. *International Journal of Social Psychiatry*, 61(7), 660-667.

Buck, R. (1984). The communication of emotion. New York: NY: Guilford Press.

Davidson, L., O'Connell, M., Tondora, J., Staeheli, M. R., & Evans, A. C. (2005). Recovery in serious mental illness: A new wine or just a new bottle? *Professional Psychology: Research and Practice*, 36, 480-487.

Davidson, L., & Roe, D. (2007). Recovery from versus recovery in serious mental illness: one strategy for lessening confusion plaguing recovery. *Journal of Mental Health*, 16, 1-12.

Ekman, P. (1992). An argument for basic emotions. *Cognition and Emotion*, 6(3-4), 169-200.

Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377-389.

Feldman, D. B., & Dreher, D. E. (2012). Can hope be changed in 90 minutes? Testing the efficacy of a single-session goal-pursuit intervention for college students. *Journal of Happiness Studies*, 13, 745-759.



Folkman, S., Lazarus, R. S., Gruen, R. J., & Delongis, A. (1986). Appraisal, coping, health status, and psychological symptoms. *Journal of Personality and Social Psychology*, 50, 571-579. <https://doi.org/10.1037/0022-3514.50.3.571>

Folkman, S., & Moskowitz, J. (2004). Coping: Pitfalls and promise. *Annual Review of Psychology*, 55, 745-774. <https://doi.org/10.1146/annurev.psych.55.090902.141456>

Frijda, N. H. (1986). *Studies in emotion and social interactions. The emotions*. New York: NY: Cambridge University Press.

Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39, 281-291.

King, L. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin*, 27, 798-807.

Kondrat, D. C., & Teater, B. (2009). An anti-stigma approach to working with persons with severe mental disability: Seeking real change through narrative change. *Journal of Social Work Practice*, 23(1), 35-47.

Kuhn, M. H., & McPartland, T. S. (1954). An empirical investigation of self-attitudes. *American Sociological Review*, 19, 68-76.

Lazarus, R. (1984). *Stress, appraisal, and coping*. New York, NY: Springer.

LeBlanc, S., Uzun, B., Pourseied, K., & Mohiyeddini, C. (2017). Effect of an emotion regulation training program on mental well-being. *International Journal of Group Psychotherapy*, 67(1), 108-123.

Leamy, M., Bird, V., Le Boutillier, C., Williams, J., & Slade, M. (2011). Conceptual framework for personal recovery in mental health: systematic review and narrative synthesis. *The British Journal of Psychiatry*, 199(6), 445-452.



Llewellyn-Beardsley, J., Rennick-Egglestone, S., Callard, F., Crawford, P., Farkas, M., Hui, A., ...Slade, M. (in press). Characteristics of mental health recovery narratives: systematic review and narrative synthesis (in press). PLOS One.

Nurser, K. P; Rushworth, I., Shakespeare, T., & Williams, D. (2018). Personal storytelling in mental health recovery. *Mental Health Review Journal*, 23, 25-36.

Reeve, J. (2008). *Understanding motivation and emotion*. New York: NY: John Wiley & Sons, Inc.

Rennick-Egglestone, S., Morgan, K., Llewellyn-Beardsley, J., Ramsay, A., McGranahan, R, Gillard, S., ...Slade, M. (in press). Mental health recovery narratives and their impact on recipients: Systematic review and narrative synthesis. *Canadian Journal of Psychiatry*.

Scherer, K. R. (1993). Studying the emotion-antecedent appraisal process. *Cognition and Emotion*, 7(3-4), 325-355.

Slade, M., Leamy, M., Bacon, F., Janosik, M., Le Boutillier, C., Williams, J., & Bird, V. (2012). International differences in understanding recovery: systematic review. *Epidemiology and Psychiatric Sciences*, 21(4), 353-364.

Soundy, A., Stubbs, B., Roskell, C., Williams, S. E., Fox, A., & Vancampfort, D. (2015). Identifying the facilitators and processes which influence recovery in individuals with schizophrenia: A systematic review and thematic synthesis. *Journal of Mental Health*, 24, 103-110.

Tew, J., Ramon, S., Slade, M., Bird, V., Melton, J., & Le Boutillier, C. (2012). Social factors and recovery from mental health difficulties: a review of the evidence. *The British Journal of Social Work*, 42(3), 443-460.



Emotional education through  
visual storyliving

Co-funded by the  
Erasmus+ Programme  
of the European Union

