

Perceived Stress Scale Deutsch

Fushun Wang,Fang Pan,Yi-Yuan Tang,Jason H. Huang

Stress Management Dorothy H.G. Cotton,2013-05-24 A guide for clinicians from all disciplines to help conceptualize and control stress in clients in a clinical setting. Presents a definition of stress that is operational in a therapeutic context, and suggests ways of translating this understanding into effective counseling.

Coronavirus Disease (COVID-19): Psychological Reactions to the Pandemic Joanna Sokolowska,Peter Ayton,Eduard Brandstätter,2021-10-14

Sport and Psychosocial Health/Well-being After the COVID-19 Lockdown Amy Chan Hyung Kim,James Du,Rochelle Eime,2022-05-10

The Effects of the Covid-19 Pandemic on Sport: Mental Health Implications on Athletes, Coaches and Support Staff Tadhg Eoghan MacIntyre,James A. Green,Juergen Beckmann,Andrew M. Lane,Robert Vaughan,Robert Morris,Dr. Eddie Murphy,Göran Kenttä,Britton W. Brewer,Judy Van Raalte,Giovanna Calogiuri,2022-01-25

Virtuelle Beteiligung, reale Teilhabe Jana Tröge,Jan Stepczynski,Heike Wiesner,Christoph Runde,2025-07-17
Virtuelle Realität (VR) und Erweiterte Realität (AR) gehören zu den am schnellsten wachsenden Technologien des 21. Jahrhunderts. Zudem eröffnen sie enorme Möglichkeiten zur Einbindung der Gesellschaft: durch kulturelle und bildungsorientierte Angebote, durch vernetzte digitale Interaktionsräume oder als Mittel zur Förderung der Bürgerbeteiligung. Die Beiträge dieses Bandes präsentieren vielfältige Anwendungsszenarien für VR und AR in den Bereichen Bildung, Gesundheit und öffentlicher Raum. Auf praxisnahe Weise zeigen sie, wie die Gesellschaft, aber auch Unternehmen von der Erweiterung ihrer technologischen Kompetenzen und der Berücksichtigung von Diversitätsaspekten profitieren. Denn echte Teilhabe ist nur durch einen nachhaltigen, transdisziplinären und bürgerwissenschaftlichen Ansatz möglich. <https://creativecommons.org/licenses/by-nc-sa/4.0/legalcode>

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Novel treatment approaches and future directions in substance use disorders Kenneth Michael Dürsteler,Marc Walter,Peter Blanken,2023-08-23

Uncertainty Induced Emotional Disorders During the COVID-19 Fushun Wang,Fang Pan,Yi-Yuan Tang,Jason H. Huang,2022-08-02

Knowledge Innovation Through Intelligent Software Methodologies, Tools and Techniques H. Fujita,A. Selamat,S. Omatu,2020-09-30 Software methodologies, tools and techniques have become an ever more important part of our lives, and are crucial to the decision-making processes that affect us every day. This book presents papers from the 19th International Conference on New Trends in Intelligent Software Methodology Tools, and Techniques (SoMeT20), held in Kitakyushu, Japan from 22–24 September 2020. The SoMeT conferences bring together researchers and practitioners to share their original research results and experience of practical developments in software science and related new technologies, and this book explores new trends and theories that highlight the direction and development of intelligent software methodologies, tools and techniques. It covers newly developed techniques, enhanced methodologies, software related solutions and recently developed tools, as well as indicating the direction of future research, and the 40 revised papers included here have been selected by the SoMeT20 international reviewing committee on the basis of technical soundness, relevance, originality, significance, and clarity. The book is divided into 5 chapters: artificial intelligence techniques on software engineering, and requirement engineering; software methods for informatics, medical informatics and bio-medicine applications; applied software tools, techniques and related software engineering models; intelligent-software systems design, software quality, software evolution and validation techniques; and knowledge science and intelligent computing. Providing an overview of the state-of-the-art in software science and its supporting technology, this book will be of interest to all those working in the field.

Measuring Stress Sheldon Cohen,Ronald C. Kessler,Lynn Underwood Gordon,1997 This book is a resource for health and social scientists who assess the role of stress in their studies of physical and psychiatric illness. This work discusses how stress is conceptualized, the pathways through which stressors influence the onset and progression of psychiatric and physical illness, the alternate methods of measuring stress, and how one decides on appropriate measurement.

Physical Culture for Mental Health Pawel Adam Piepiora,Zbigniew Norbert Piepiora,Daniela Stackeová,Justyna

Bagińska, Bartłomiej Gąsienica-Walczak, Petra Čaplová, 2025-01-16 The recognition of psychiatric, psychological, and psychotherapeutic interventions in maintaining mental health is well-established. However, the significance of fostering, sustaining, and restoring mental well-being through physical culture is frequently overlooked. Physical culture encompasses various forms of physical activity, including those in physical education, physiotherapy, recreation, sports, and tourism. These organized physical activities play a pivotal role in supporting psychiatric, psychological, and psychotherapeutic interactions, serving to counteract and treat disorders while upholding mental health.

Handbook of Stress, Coping, and Health Virginia Hill Rice, 2012 This is the first comprehensive Handbook to examine the various models of stress, coping, and health and their relevance to nursing and related health fields. No other volume provides a compendium of key issues in stress and coping for the nursing and allied health professions. In this new edition, the authors assemble a team of expert practitioners and scholars in the field to present the broad range of issues that relate to stress and health such as response-oriented stress, stimulus-oriented stress, stress, coping, .

The Self in Anxiety, Stress and Depression R. Schwarzer, 2000-04-01 The focus of this book is on stressful experiences and emotional reactions. The common perspective is that self-related cognitions play an important role in describing and explaining the subjective experience of stress, anxiety and depression and the impact on academic performance and social interactions. The assumption of self-related cognitions as mediators in the regulation of one's behavior has a variety of consequences for different fields of applications in psychology.

Nursing Times, Nursing Mirror , 1995

Tools for Strengths-Based Assessment and Evaluation Catherine Simmons, 2012-11-08 Traditionally, assessment and evaluation have focused on the negative aspects or deficits of a client's presentation. Yet strengths, health, and those things that are going right in a person's life are key protective factors in the prevention and treatment of many mental health problems. Thus, measuring strengths is an important component of a balanced assessment and evaluation process. This is the first compendium of more than 140 valid and reliable strengths-based assessment tools that clinicians, researchers, educators, and program evaluators can use to assess a wide array of positive attributes, including well-being, mindfulness, optimism, resilience, humor, aspirations, values, sources of support, emotional intelligence, and much more. These tools provide a clear picture of an individual's strengths while being easy to complete, score, and interpret. The scales and instruments included are consistently formatted, are organized according to construct measures, and include tools for working with adults, couples, families, children, and special populations. They represent a wide range of theoretical approaches and were written by a diverse array of professionals, including social workers, psychologists, nurses, physicians, and sociologists. Partial List of Instruments: Adult Dispositional Hope Scale Assessing Emotions Scale Flourishing Scale Five Facet Mindfulness Questionnaire Positive States of Mind Scale A Measure of Expectations for Partner Multidimensional

Sense of Humor Scale Parenting Sense of Competence Scale Personal Wellbeing Index Proactive Coping Inventory
Psychological Empowerment Scale Stress-Related Growth Scale Social Wellbeing Scales Wellness Beliefs Scale

Post COVID-19: Analysing and Addressing the Challenges Faced by Patients Following Intensive Care Treatment for COVID-19 Vincenzo Auriemma, Ornella Piazza, Giuliana Scarpati, Gennaro Iorio, 2023-12-15

A Clinical Guide to the Treatment of the Human Stress Response George S. Everly, Jr., Jeffrey M. Lating, 2019-03-05 This comprehensive update of the now classic text applies the most current findings across disciplines to the treatment of pathogenic human stress arousal. New and revised chapters bring together the art and science of intervention, based in up-to-date neuroscience, starting with an innovative model tracing the stress-to-disease continuum throughout the systems of the human body. The authors detail the spectrum of physiological and psychological treatments for the stress response, including cognitive therapy, neuromuscular relaxation, breathing exercises, nutritional interventions, and pharmacotherapy. They also assess the strengths and limitations of widely-used measures of the stress response and consider the value of personality factors, cultural considerations, and resilience in stress mediation. Included in the coverage: The anatomy and physiology of the human stress response. Advances in neuroscience: implications for stress. Crisis intervention and psychological first aid. Neurophysiological rationale for the use of the relaxation response. Physical exercise and the human stress response. The pharmacological management of stress reactions. Disaster Mental Health Planning. Cultural Awareness and Stress. The Fourth Edition of A Clinical Guide to the Treatment of Human Stress Response offers readers a dual perspective, exceedingly useful in examining the origins of the stress response, and in preventing and treating the response itself. This rich integrative volume will join its predecessors in popularity among practitioners and students across disciplines and specialties.

Digitaler Stress René Riedl, 2021-05-20 Mit Tipps zur Stressreduktion bei Videokonferenzen, Homeoffice und Co. Handy, Laptop und Co.: Die digitale Dauererreichbarkeit ist für viele Menschen eine Belastung. Laufende Social-Media-Benachrichtigungen, E-Mail-Fluten, Systemabstürze im Home-Office, permanente Updates und neue Programme sind nur einige der Auslöser von digitalem Stress und haben negative Effekte auf Gesundheit, Wohlbefinden und Produktivität. Zahlreiche Forschungsbefunde und Praxisberichte, die René Riedl in seinem Buch präsentiert, zeigen, dass die Allgegenwart digitaler Technologien und Kommunikationsmittel Menschen stark unter Stress setzt. Auch elektronische Überwachung, der Verlust der Privatsphäre sowie die Prognose, dass viele Arbeitsplätze durch Digitalisierung und Künstliche Intelligenz verloren gehen könnten, führen zu großer Anspannung. Digitaler Stress ist eine Stressform, die durch die Nutzung und Omnipräsenz von digitalen Technologien verursacht wird. Technostress-Experte René Riedl stellt Ergebnisse und Erkenntnisse aus Forschung und Praxis vor und zeigt, welche Bewältigungsstrategien geeignet sind, die negativen Auswirkungen von digitalem Stress zu vermeiden oder zumindest abzuschwächen, sei es in der Arbeitswelt oder auch im

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