

# PsikoDiyet 3. Modül – Literatür Kaynak Listesi

**Marc David. (2023)**

The Slow Down Diet: Eating for pleasure, energy, and weight loss.

**Lemberg, R., & Stanford, S. C. (2012)**

Eating Disorders in Men: Understanding, Treating, and Preventing Body Image Problems and Disordered Eating in Men and Boys.

**Day, S., Hay, P., Tannous, W. K., Fatt, S. J., & Mitchison, D. (2024)**

A systematic review of the effect of PTSD and trauma on treatment outcomes for eating disorders.

**Berry, S., Hay, P., & Conti, J. (2024)**

“Once Again It Becomes a Friend in Times of Adversity”: A qualitative exploration of interrelationships between anorexia nervosa and trauma over ten years.

**Chapman, L., Lester, K. J., & Cartwright-Hatton, S. (2024)**

Maternal perspectives on the intergenerational transmission of eating disorders.

**Gkintoni, E., et al. (2024)**

Clinical Intervention Strategies and Family Dynamics in Eating Disorders: A Systematic Review.

**Vitousek, K., Watson, S., & Wilson, G. T. (1998)**

Enhancing motivation for change in treatment-resistant eating disorders.

**Rhodes, G., Proffitt, F., Grady, J. M., & Sumich, A. (2001)**

Facial symmetry and the perception of beauty.

**Fardouly, J., Diedrichs, P. C., Vartanian, L. R., & Halliwell, E. (2015)**

Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood.

**Plomin, R., DeFries, J. C., Knopik, V. S., & Neiderhiser, J. M. (2016)**

Top 10 replicated findings from behavioral genetics.

Eğitim içeriği patentlidir. Bu nedenle eğitim sürecinde paylaşılan ders notlarının 3.kişilerle paylaşılması hukuka aykırıdır. Gereken özeni gösterdiğiniz için teşekkür ederiz.

**Klump, K. L., McGue, M., & Iacono, W. G. (2001)**

The effects of puberty on genetic risk for eating disorders.

**Wade, T. D., Martin, N. G., & Tiggemann, M. (2000)**

Genetic and environmental risk factors for the weight and shape concerns characteristic of bulimia nervosa.

**Uskun, E., & Şabaplı, A. (2013)**

Lise öğrencilerinde beden algısı ile benlik saygısı arasındaki ilişki.

**Doğan, T. (2010)**

Sosyal görünüş kaygısı ölçeğinin Türkçe uyarlaması: Geçerlik ve güvenirlik çalışması.

**Cash, T. F., & Deagle, E. A. (1997)**

The nature and extent of body-image disturbances in anorexia nervosa and bulimia nervosa: A meta-analysis.

**Stice, E. (2002)**

Risk and maintenance factors for eating pathology: A meta-analytic review.

**Stackpole, R., Greene, D., Bills, E., & Egan, S. J. (2023)**

The association between eating disorders and perfectionism in adults: A systematic review and meta-analysis.

**Bonfanti, R. C., Melchiori, F., Rodgers, R. F., et al. (2025)**

The association between social comparison in social media, body image concerns and eating disorder symptoms: A systematic review and meta-analysis.

**Myers, T. A., & Crowther, J. H. (2009)**

Social comparison as a predictor of body dissatisfaction: A meta-analytic review.

**Paim, L. D., Olinto, M. T. A., & Garcez, A. (2025)**

Association of Body Image Perception/(Dis)Satisfaction and Symptoms of Eating Disorders in University Students of Health Sciences.

**Chang, M. Y., & Chen, C. H. (2005)**

Effects of music therapy on psychological health.

**Trimble, M., & Hesdorffer, D. (2017)**

Music and the brain: The neuroscience of music and musical appreciation.

**Hölzel, B. K., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S. M., Gard, T., & Lazar, S. W. (2011)**

Mindfulness practice leads to increases in regional brain gray matter density.

Eğitim içeriği patentlidir. Bu nedenle eğitim sürecinde paylaşılan ders notlarının 3.kişilerle paylaşılması hukuka aykırıdır. Gereken özeni gösterdiğiniz için teşekkür ederiz.

**Cohen, G. L., & Sherman, D. K. (2014)**

The psychology of change: Self-affirmation and social psychological intervention.

**Falk, E. B., O'Donnell, M. B., Cascio, C. N., et al. (2015)**

Self-affirmation alters the brain's response to health messages and subsequent behavior change.

**Cascio, C. N., O'Donnell, M. B., Bayer, J. B., et al. (2016)**

Self-affirmation activates brain systems associated with self-related processing and reward.

**Sherman, D. K., Bunyan, D. P., Creswell, J. D., & Jaremka, L. M. (2009)**

Psychological vulnerability and stress: Self-affirmation and responses to naturalistic stressors.

**Critcher, C. R., & Dunning, D. (2015)**

Self-affirmations provide a broader perspective on self-threat.

**Cooke, R., Trebaczyk, H., Harris, P., & Wright, A. J. (2014)**

Self-affirmation promotes physical activity.

**Logel, C., & Cohen, G. L. (2012)**

The role of self-affirmation in reducing defensiveness and promoting behavior change.

**Epton, T., & Harris, P. R. (2015)**

The impact of self-affirmation on health-behavior change: A meta-analysis.

**Escobar-Soler, C., et al. (2024)**

Effectiveness of self-affirmation interventions in educational settings: A meta-analysis.

**Zhang, Y., et al. (2025)**

The impact of self-affirmation interventions on well-being: A meta-analysis.

**Van der Kolk, B. A. (2015)**

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.

**Erikson, E. H. (1978)**

Childhood and Society.

**Jung, C. G. (1968)**

The Archetypes and the Collective Unconscious.

**Moreno, J. L. (1953)**

Who Shall Survive? Foundations of Sociometry, Group Psychotherapy, and Sociodrama.

**Roussillon, R. (2006)**

The transition from action to representation in psychoanalytic treatment.

Eđitim ieriđi patentlidir. Bu nedenle eđitim srecinde paylařılan ders notlarının 3.kiřilerle paylařılması hukuka aykırıdır. Gereken zeni gsterdiđiniz iin teřekkr ederiz.