

Références scientifiques

Ouvrage: **Santé Mentale 360°**

*Le guide complet des thérapies efficaces
contre la dépression, l'anxiété, le burnout et
les crises d'angoisse*

Scripta Lumine
EDITIONS

Références scientifiques

Références du chapitre 2.1.1. Principes de base : alimentation saine et équilibrée

Diète méditerranéenne

1. Allcock, L., Mantzioris, E., & Villani, A. (2024). Adherence to a Mediterranean Diet is inversely associated with anxiety and stress but not depression: a cross-sectional analysis of community-dwelling older Australians. *Proceedings of the Nutrition Society*, 1.
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Aliments anti-inflammatoires

1. Beiranvand, R., Mansournia, M.A., Vahid, F., et al. (2024). Association between dietary inflammatory index and mental disorders using multilevel modeling with GLIMMIX. *Frontiers in Nutrition*.
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Élimination des sucres ajoutés

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Hydratation

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3. Shahid, Y., Ashiq, A., Anwar, S., et al. (2022). Effect of daily water intake on the level of anxiety among medical students of Khawaja Muhammad Safdar Medical College, Sialkot. *Biomedica*, 2.

Régime riche en fruits et légumes

1. Matison, A.P., Thalamuthu, A., Flood, V., et al. (2024). Longitudinal associations between fruit and vegetable intakes and depressive symptoms in middle-aged and older adults from four international twin cohorts. *Dental science reports*.
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Régularité des repas

1. Tahara, Y., Makino, S., Suiko, T., et al. (2021). Association between Irregular Meal Timing and the Mental Health of Japanese Workers. *Nutrients*, 29.
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1. Winje, E., Lake, I., & Dankel, S.N. (2024). Case report : Ketogenic diet alleviated anxiety and depression associated with insulin-dependent diabetes management. *Frontiers in Nutrition*.
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Références du chapitre 2.1.2. Compléments alimentaires et micronutrition

Vitamines

Vitamine B9 (folate/méthylfolate)

1. Gao, S., Khalid, A., Amini-Salehi, E., et al. (2024). Folate supplementation as a beneficial add-on treatment in relieving depressive symptoms: A meta-analysis of meta-analyses.
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Vitamine B12 (cobalamine)

1. Stein, G., Aly, J., Manzollilo, A., et al. (2024). Transthyretin orchestrates vitamin B12-induced stress resilience. *Biological Psychiatry*.
2. Franzka, P., Turecki, G., Cubillos, S., et al. (2022). Altered mannose metabolism in chronic stress and depression is rapidly reversed by vitamin B12. *Frontiers in Nutrition*, 9.
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Vitamine B6 (pyridoxine)

1. Noah, L., Dye, L., Bois De Fer, B., et al. (2021). Effect of magnesium and vitamin B6 supplementation on mental health and quality of life in stressed healthy adults: Post-hoc analysis of a randomised controlled trial. *Stress and Health*.
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Vitamine D

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2. Borges-Vieira, J. G., & Cardoso, C. K. S. (2022). Efficacy of B-vitamins and vitamin D therapy in improving depressive and anxiety disorders: a systematic review of randomized controlled trials. *Nutritional Neuroscience*, 25(2), 150-164.
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Vitamine C

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Minéraux essentiels

Magnésium

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2. Ghasvarian, M., Mahboobi, S., Sadeghi, R., et al. (2023). Effects of Probiotics and Magnesium Co-supplementation on Stress Levels and Quality of Life in Obese Patients with Depressed Mood: A Randomized, Double-Blinded Placebo-Controlled Clinical Trial. *Current Functional Foods*.
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Zinc

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Acides gras essentiels (Oméga-3 et EPA)

1. Dyal, S.C., Malau, I.A., Su, K.P. (2024). Omega-3 polyunsaturated fatty acids in depression: insights from recent clinical trials. *Current Opinion in Clinical Nutrition and Metabolic Care*.
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Micro-doses de lithium

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Compléments émergents

N-acétylcystéine (NAC)

- Syiem, R.P., Wahlang, J.B., Krishnamoorthi, R., et al. (2024). Exploring the Novel Therapeutic Potential of N-acetylcysteine in Depression, Bipolar Disorders, and Anxiety. *Journal of Pharmacology and Pharmacotherapeutics*.
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Pyrroloquinoline quinone (PQQ)

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Resvératrol

- Цейликман, В.Э., Tseilikman, O.B., Yegorov, O.N., et al. (2024). Resveratrol: A Multifaceted Guardian against Anxiety and Stress Disorders—An Overview of Experimental Evidence. *Nutrients*.
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Tryptophane

1. Temitope, A.H., Balogun, O. (2024). Tryptophan and HTP supplementation in the treatment of cognitive and mood disorders: A systematic review and meta-analysis.
2. Liu, Q., Guan, Y., Nie, S., et al. (2024). Tryptophan metabolic pathway plays a key role in the stress-induced emotional eating. *Current Research in Food Science*.
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Références du chapitre 2.1.3. Santé intestinale et microbiome

L'axe intestin-cerveau et microbiote

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Probiotiques et microbiote dans les troubles mentaux

1. Concernant *Lactobacillus reuteri*: *L. reuteri* DSM 17938, *L. reuteri* ATCC PTA 6475
2. Concernant *Bifidobacterium* : *B. longum* 1714 *B. breve* CCFM1025 *B. infantis* 35624
3. Pelczarska, A., Kaczorowski, R., Forenc, T., et al. (2024). Gut Microbiota and Mental Health: A Review of the Impact of Gut Bacteria on Depression and Anxiety Disorders. *Quality in Sport*.
4. Zhang, J. (2025). The Effects of Microbes on Human Personality: Anxiety and Depression. *Theoretical and Natural Science*.
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Jeûne et santé mentale

1. Stapel, B., Fraccarollo, D., Westhoff-Bleck, M., et al. (2022). Impact of fasting on stress systems and depressive symptoms in patients with major depressive disorder: a cross-sectional study. *Dental Science Reports*, 7.

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Ces études constituent une base solide pour démontrer l'efficacité de l'exercice physique comme solution naturelle aux troubles de l'anxiété, du stress et de la dépression. Elles renforcent également les recommandations pratiques formulées dans ce chapitre.

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4. Rameckers, S., van Emmerik, A. A. P., Boterhoven-de Haan, K., et al. (2024). The working mechanisms of imagery rescripting and eye movement desensitization and reprocessing: Findings from a randomised controlled trial. *Behaviour Research and Therapy*.

EFT (Emotional Freedom Technique)

1. Seok, J. W., & Kim, J. U. (2024). The Effectiveness of Emotional Freedom Techniques for Depressive Symptoms: A Meta-Analysis. *Stomatology*.

ICV (Intégration du Cycle de la Vie / Lifespan Integration)

1. Branly, A., & Duriez, N. (2023). Effets de la thérapie d'Intégration du Cycle de Vie sur l'anxiété et la régulation émotionnelle : premiers éléments d'évaluation à partir d'une étude de cas pragmatique. *Annales médico-psychologiques*, 181(5). <https://doi.org/10.1016/j.amp.2023.04.006>

Thérapies cognitives et comportementales

TCC (Thérapie Comportementale et Cognitive)

1. Gandy, M., Woldhuis, T., Wu, W., et al. (2024). Cognitive behavioral interventions for depression and anxiety in adults with neurological disorders: a systematic review and meta-analysis. *Psychological Medicine*.
2. Bergvall, H., Linde, J., Alfnsson, S., et al. (2024). Quality of cognitive-behavioural therapy in routine psychiatric care: therapist adherence and competence, and patient outcomes for depression and anxiety disorders. *BMC Psychiatry*.
3. Hendriks, G. J., Robertson, L., et al. (2024). Cognitive behavioural therapy and third-wave approaches for anxiety and related disorders in older people. *The Cochrane Library*.
4. Papola, D., Sanz, C. M., Mazzaglia, M., et al. (2024). Psychotherapies for generalized anxiety disorder in adults: systematic review and network meta-analysis of randomized-controlled trials. *European Psychiatry*.
5. Lord, K. A., & Tolin, D. F. (2024). Symptom distress and psychosocial functioning improve bidirectionally during cognitive-behavioral therapy for anxiety disorders. *Journal of Anxiety Disorders*.

ACT (Acceptance and Commitment Therapy)

1. Lu, Y., Li, Y., Huang, Y., et al. (2023). Effects and mechanisms of an acceptance and commitment therapy web-based and mobile intervention on anxiety and depression symptoms in nurses: a fully decentralized randomized controlled trial. *Journal of Medical Internet Research*.
2. Macri, J. A., & Rogge, R. D. (2024). Examining domains of psychological flexibility and inflexibility as treatment mechanisms in acceptance and commitment therapy: A comprehensive systematic and meta-analytic review. *Clinical Psychology Review*.

Thérapie des schémas

1. Kopf-Beck, J., Müller, C. L., Tamm, J., et al. (2024). Effectiveness of Schema Therapy versus Cognitive Behavioral Therapy versus Supportive Therapy for Depression in Inpatient and Day Clinic Settings: A Randomized Clinical Trial. *Psychotherapy and Psychosomatics*.
2. Wan-Vermeer, R., Bouwmeester, S., & Starrenburg, A. (2024). Brief individual experiential schema therapy in adult outpatients with cluster C personality disorders: Does it work? *Clinical Psychology & Psychotherapy*.
3. Baljé, A., Greeven, A., Deen, M., et al. (2024). Group schema therapy versus group cognitive behavioral therapy for patients with social anxiety disorder and comorbid avoidant personality disorder: A randomized controlled trial. *Journal of Anxiety Disorders*.

Exposition graduelle (Exposure Therapy)

1. Scheuermann, D., Melzig, C. A., & Benke, C. (2024). Optimizing in vivo exposure using occasional reinforced extinction with aversive imagery in spider fearful individuals. *Behaviour Research and Therapy*.
2. Siegel, P., & Peterson, B. S. (2024). Advancing the treatment of anxiety disorders in transition-age youth: a review of the therapeutic effects of unconscious exposure. *Journal of Child Psychology and Psychiatry*.
3. Heinig, I., Weiß, M., Hamm, A. O., et al. (2023). Exposure traced in daily life: improvements in ecologically assessed social and physical activity following exposure-based psychotherapy for anxiety disorders. *Journal of Anxiety Disorders*.
4. Hamlett, G. E., Foa, E. B., & Brown, L. A. (2023). Exposure Therapy and Its Mechanisms. *Current Topics in Behavioral Neurosciences*.

Thérapies humanistes et relationnelles

Gestalt-thérapie

1. Barnish, M. S., & Nelson-Horne, R. V. H. (2023). Group-based active artistic interventions for adults with primary anxiety and depression: a systematic review. *BMJ Open*. (Mentionne des approches artistiques incluant certains principes de la Gestalt)
2. Cuijpers, P., Miguel, C. I. L., Ciharova, M., et al. (2023). Transdiagnostic treatment of depression and anxiety: a meta-analysis. *Psychological Medicine*. (Inclut des thérapies humanistes dont certaines intègrent des concepts de la Gestalt)

Thérapies familiales et systémiques

1. Vossler, A., Pinquart, M., Forbat, L., et al. (2024). Efficacy of systemic therapy on adults with depressive disorders: A meta-analysis. *Psychotherapy Research*.
2. Diamond, G., Rivers, A. S., Winston-Lindeboom, P., et al. (2024). Evaluating attachment-based family therapy in residential treatment in the United States: does adolescents' increased attachment security to caregivers lead to decreases in depressive symptoms? *Child and Adolescent Psychiatry and Mental Health*.
3. Carr, A. (2025). Couple therapy and systemic interventions for adult-focused problems: The evidence base. *Journal of Family Therapy*.

Thérapies de couple

1. Lebow, J. L., Chambers, A. L., Christensen, A., & Johnson, S. M. (2012). Research on the treatment of couple distress. *Journal of Marital and Family Therapy*, 38(1), 145-168.
2. Whisman, M. A., & Beach, S. R. H. (2012). Couple therapy for depression. *Journal of Clinical Psychology*, 68(5), 526-535.
3. Baucom, D. H., Shoham, V., Mueser, K. T., Daiuto, A. D., & Stickle, T. R. (1998). Empirically supported couple and family interventions for marital distress and adult mental health problems. *Journal of Consulting and Clinical Psychology*, 66(1), 53-88.
4. Doss, B. D., Cicila, L. N., Georgia, E. J., Roddy, M. K., Nowlan, K. M., Benson, L. A., & Christensen, A. (2016). A randomized controlled trial of the web-based OurRelationship program: Effects on relationship and individual functioning. *Journal of Consulting and Clinical Psychology*, 84(4), 285-296.
5. Baucom, D. H., Fischer, M. S., Worrell, M., Corrie, S., Belus, J. M., Molyva, E., & Boeding, S. E. (2018). Couple-based intervention for depression: An effectiveness study in the National Health Service in England. *Family Process*, 57(2), 275-292.
6. Schofield, M. J., Mumford, N., Jurkovic, D., Jurkovic, I., & Bickerdike, A. (2012). Short and long-term effectiveness of couple counselling: A study protocol. *BMC Public Health*, 12, 735.
7. Bodenmann, G., Plancherel, B., Beach, S. R., Widmer, K., Gabriel, B., Meuwly, N., Charvoz, L., Hautzinger, M., & Schramm, E. (2008). Effects of coping-oriented couples therapy on depression: A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 76(6), 944-954.
8. Michels, R. (1997). Psychotherapeutic approaches to the treatment of anxiety and depressive disorders. *The Journal of Clinical Psychiatry*, 58(Suppl 13), 30-32.
9. Haica, C., Melo, C., Gameiro, S., et al. (2012). Psychology and counselling. *Human Reproduction*, 27(Suppl 1), i48-i62.
10. Crenshaw, A. O., Whitfield, K. M., Collins, A., Hansen, K., Post, J. D., Benson, L., Harp, S., Osgarby, S., Christensen, A., Turner, C., Walfish, N., Morland, L. A., Macdonald, A., Peterson, A. L., Young-McCaughan, S., & Doss, B. D. (2022). Partner outcomes from an uncontrolled trial of Couple HOPES: A guided online couple intervention for posttraumatic stress disorder and relationship enhancement. *Journal of Traumatic Stress*, 35(6), 1817-1827.

Thérapies psychodynamiques et psychanalytiques

1. Draijer, N., & Langeland, W. (2017). Psychoanalyse, psychoanalytische psychotherapie en wetenschappelijke evidentie. *Tijdschrift Voor Psychotherapie*.
2. Leichenring, F. (2005). Are psychodynamic and psychoanalytic therapies effective? A review of empirical data. *The International Journal of Psychoanalysis*, 86(3), 841-868.
3. Zhang, Q.-Q., Yi, P., Song, G.B., et al. (2022). The efficacy of psychodynamic therapy for social anxiety disorder—A comprehensive meta-analysis. *Psychiatry Research*, 309, 114403.
4. Busch, F.N., Milrod, B., & Sandberg, L.S. (2009). A study demonstrating efficacy of a psychoanalytic psychotherapy for panic disorder: implications for psychoanalytic research, theory, and practice. *Journal of the American Psychoanalytic Association*, 57(1), 131-148.
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7. Trujillo, M. (2006). Intensive dynamic psychotherapy of anxiety and depression. *Primary Psychiatry*, 13(5), 77-86.
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9. Cornelius, J.T. (2017). The Case for Psychoanalysis: Exploring the Scientific Evidence. In: *An Integration of Theory and Clinical Practice*. Routledge.
10. Szpak, M. (2023). Therapies derived from psychoanalysis as empirically supported treatments. *Psychoterapia*, 194(3), 5-16.
11. Westen, D., & Morrison, K. (2001). A multidimensional meta-analysis of treatments for depression, panic, and generalized anxiety disorder: An empirical examination of the status of empirically supported therapies. *Journal of Consulting and Clinical Psychology*, 69(6), 875-899.
12. Messer, S.B. (2015). Psychoanalytic and Psychodynamic Therapies: Long Term and Short Term. In: *The Encyclopedia of Clinical Psychology*. Wiley.
13. Pitman, S.R., & Knauss, D. (2020). Contemporary Psychodynamic Approaches to Treating Anxiety: Theory, Research, and Practice. *Advances in Experimental Medicine and Biology*, 1191, 451-464.
14. Cohen, J.N., & Kaplan, S.C. (2020). Understanding and Treating Anxiety Disorders: A Psychodynamic Approach. In: *Anxiety Disorders*. Springer.

Approches psychocorporelles et intégratives

PNL (Programmation Neuro-Linguistique)

1. Villarreal-Zegarra, D., García-Serna, J., Quispe-Callo, G., et al. (2024). Self-administered interventions based on natural language processing models for reducing depressive and anxious symptoms: Systematic review and meta-analysis. *JMIR Mental Health*. (Ne traite pas directement de la PNL clinique, mais plutôt du traitement du langage naturel en santé mentale)

Hypnose éricksonienne

1. Pang, J. W. V., Subramaniam, P., Amit, N., et al. (2024). Hypnotherapy as Treatment for Depression: A Scoping Review. *International Journal of Clinical and Experimental Hypnosis*.
2. Ramondo, N., Pestell, C., Byrne, S., et al. (2024). Cognitive Behavioral Therapy and Hypnosis in the Treatment of Major Depressive Disorder: A Randomized Control Trial. *International Journal Of Clinical And Experimental Hypnosis*.
3. van Tilburg, M. A. L., Monis, E. L., Braumann, R. E., et al. (2024). Hypnotherapy as a medical treatment: Evidence-based or pseudoscience? *Complementary Therapies in Clinical Practice*.

Approches intégratives et digitales

1. Bisby, M. A., Balakumar, T., Scott, A. J., et al. (2023). An online therapist-guided ultra-brief treatment for depression and anxiety: a randomized controlled trial. *Psychological Medicine*.
2. Wilhelm, S., Bernstein, E. E., Bentley, K. H., et al. (2024). Feasibility, Acceptability, and Preliminary Efficacy of a Smartphone App-Led Cognitive Behavioral Therapy for Depression Under Therapist Supervision: Open Trial. *JMIR Mental Health*.
3. Atik, E., Stricker, J., Schückes, M., et al. (2022). Efficacy of a brief blended cognitive behavioral therapy (bCBT) program for the treatment of depression and anxiety in university students: A feasibility trial. *JMIR Mental Health*.
4. Cully, J. A., Hundt, N. E., Fletcher, T., et al. (2023). Brief Cognitive-Behavioral Therapy for Depression in Community Clinics: A Hybrid Effectiveness-Implementation Trial. *Psychiatric Services*.
5. O'Callaghan, E. L., Sullivan, S., Gupta, C. T., et al. (2022). Feasibility and acceptability of a novel telepsychiatry-delivered precision prescribing intervention for anxiety and depression. *BMC Psychiatry*.
6. Sadeh-Sharvit, S., Camp, T., & Hollon, S. D. (2023). Effects of an Artificial Intelligence Platform for Behavioral Interventions on Depression and Anxiety Symptoms: Randomized Clinical Trial. *Journal of Medical Internet Research*.
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Références du chapitre 5. Médecines Complémentaires et Alternatives

1. Tan, L. H., Liao, F. F., Long, L., et al. (2023). Essential oils for treating anxiety: a systematic review of randomized controlled trials and network meta-analysis. *Frontiers in Public Health*.

2. Daud, S. N. S., & Sudirman, R. (2024). Exploring adult mental health management through aromatherapy complementary treatment. *International Journal of Healthcare Management*.
3. Muruges, V., Shetty, D., Kurmi, A., et al. (2024). A comprehensive review of essential oils for depression management. *Journal of Pharmacognosy and Phytochemistry*.
4. Akhgarjand, C., Asoudeh, F., Bagheri, A. H., et al. (2022). Does Ashwagandha supplementation have a beneficial effect on the management of anxiety and stress? A systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research*.
5. Pandit, S., Srivastav, A. K., Sur, T. K., et al. (2024). Effects of Withania somnifera Extract in Chronically Stressed Adults: A Randomized Controlled Trial. *Nutrients*.
6. Benson, S., Downey, L. A., et al. (2014). An acute, double-blind, placebo-controlled cross-over study of 320 mg and 640 mg doses of Bacopa monnieri (CDRI 08) on multitasking stress reactivity and mood. *Phytotherapy Research*.
7. Sathyanarayanan, V., Thomas, T., Einöther, S. J. L., et al. (2013). Brahmi for the better? New findings challenging cognition and anti-anxiety effects of Brahmi (Bacopa monnieri) in healthy adults. *Psychopharmacology*.
8. Zhang, S., Liu, M., Zhao, L. (2024). Effects of different Chinese traditional exercises on mental health during the COVID-19 pandemic: a systematic review and meta-analysis. *Frontiers in Public Health*.
9. Wang, Y., Chen, X., Wei, W., et al. (2023). Efficacy and safety of the Chinese herbal medicine Xiao Yao San for treating anxiety: a systematic review with meta-analysis and trial sequential analysis. *Frontiers in Pharmacology*.
10. Dias, A. L. A., Drieskens, D. C., Belo, J. A., et al. (2024). Breathing modulates network activity in frontal brain regions during anxiety. *The Journal of Neuroscience*.
11. Sherman, K. J., Ludman, E. J., et al. (2010). Effectiveness of therapeutic massage for generalized anxiety disorder: a randomized controlled trial. *Depression and Anxiety*.
12. Mei, L. J., Miao, X., Chen, H. Y., et al. (2017). Effectiveness of Chinese Hand Massage on Anxiety Among Patients Awaiting Coronary Angiography: A Randomized Controlled Trial. *Journal of Cardiovascular Nursing*.

A propos de l'acupuncture:

Études cliniques de référence (essais contrôlés randomisés) :

- Wu, X., Tu, M., Yu, Z., et al. (2024). The efficacy and cerebral mechanism of intradermal acupuncture for major depressive disorder: a multicenter randomized controlled trial. *Neuropsychopharmacology*. → *Étude multicentrique de haute qualité (120 participants) dans une revue prestigieuse, combinant efficacité clinique et mécanismes cérébraux*
- Li, C., Wang, Y., Li, B. (2022). Effects of Acupuncture at Neiguan in Neural Activity of Related Brain Regions: A Resting-State fMRI Study in Anxiety. *Neuropsychiatric Disease and Treatment*. → *Étude fMRI bien conçue démontrant les effets sur la connectivité cérébrale*

Mécanismes moléculaires robustes :

- Oh, J.Y., Kim, Y.K., Kim, S.N., et al. (2018). Acupuncture modulates stress response by the mTOR signaling pathway in a rat post-traumatic stress disorder model. *Scientific Reports (Nature)*. → *Mécanismes mTOR bien documentés, publié dans une revue Nature de haut niveau*
- Jiang, H., Long, X., Wang, Y., et al. (2023). Acupuncture Ameliorates Depression-Like Behaviors Through Modulating the Neuroinflammation Mediated by TLR4 Signaling Pathway in Rats Exposed to Chronic Restraint Stress. *Molecular Neurobiology*. → *Mécanismes anti-inflammatoires solidement établis*

Revue de synthèse de qualité :

- Miao, C., Li, X., Zhang, Y. (2023). Effect of acupuncture on BDNF signaling pathways in several nervous system diseases. *Frontiers in Neurology*. → *Revue récente et complète sur les voies BDNF*
- Wong, K.K.L., Xu, J., Chen, C.Y., et al. (2023). Functional magnetic resonance imaging providing the brain effect mechanism of acupuncture and moxibustion treatment for depression. *Frontiers in Neurology*. → *Synthèse solide sur les mécanismes cérébraux en neuroimagerie*

Neuroplasticité (études cliniquement pertinentes) :

- Yang, P., Chen, H., Wang, T., et al. (2023). Electroacupuncture promotes synaptic plasticity in rats with chronic inflammatory pain-related depression by upregulating BDNF/TrkB/CREB signaling pathway. *Brain and Behavior*. → *Mécanismes de neuroplasticité bien documentés*
- Li, P., Zhao, J., Wei, X., et al. (2024). Acupuncture may play a key role in anti-depression through various mechanisms in depression. *Chinese Medicine*. → *Revue récente intégrative couvrant multiple mécanismes*

Preuves scientifiques sur la gemmothérapie (anxiété / dépression)

- **Tilleul argenté (*Tilia tomentosa*) – mécanisme GABAergique (in vitro)**
→ Les macérats de bourgeons miment l'action du **GABA/benzodiazépines** sur les neurones hippocampiques.
Réf. : Allio A, Calorio C, Franchino C, Gavello D, Carbone E, Marcantoni A. *Bud extracts from Tilia tomentosa Moench inhibit hippocampal neuronal firing via GABAA and benzodiazepine receptors activation*. *J Ethnopharmacol*. 2015;172:288-296. doi:10.1016/j.jep.2015.06.037
- **Tilleul – anxiolytique chez la souris (in vivo)**
→ Supplémentation orale 21 jours : augmentation des comportements exploratoires et locomoteurs (effet anxiolytique chez les mâles, absent chez les femelles).
Réf. : Trovato A, Russo A, Galvano F, et al. *Effects of Tilia tomentosa Bud Extract on Behavioral Anxiety in Mice: Influence of Age and Gender*. *Nutrients*. 2020;12(12):3680. doi:10.3390/nu12123680
- **Cassis (*Ribes nigrum*) – effet neuroprotecteur anti-inflammatoire (in vivo)**
→ Prétraitement avec macérat de bourgeons : prévention de l'activation microgliale hippocampique et inhibition de

l'élévation du TNF- α sérique après LPS.

Réf. : Téglás T, Keresztes P, Vecsernyés M, et al. *Protective Effects of Blackcurrant (Ribes nigrum) Bud Extract on Microglia Activation and TNF- α Release in an LPS-Induced Rat Model*. **Molecules**. 2023;28(7):2963. doi:10.3390/molecules28072963

- **Poids global des preuves (anxiété/dépression)**

→ À ce jour, aucune étude clinique publiée chez l'humain n'évalue l'efficacité de macérats de bourgeons seuls contre l'anxiété ou la dépression.

Réf. : Revue générale : Balansard G, Henry P. *Gemmotherapy: Current knowledge and perspectives*. **J Ethnopharmacol**. 2020;250:112492. doi:10.1016/j.jep.2019.112492

- **Signal de recherche adjacent (sommeil/bien-être)**

→ Essais pilotes en cours sur *Tilia tomentosa* pour l'insomnie et le bien-être, mais résultats non encore publiés pour l'anxiété/dépression.

Réf. : ClinicalTrials.gov Identifier: NCT05678912 – *Tilia tomentosa Gemmotherapy in Breast Cancer Patients with Insomnia* (étude en cours, 2023–2024).

A propos du Griffonia 5HTP:

1. Alessandro, H. (2004). Compositions for the treatment of anxiety and associated disorders. Patent, 22 Jul 2004.
2. Zafer, A. (2022). Treating Depression and other Serotonin Deficiency Brain Disorders with Tryptophan. DOI: 10.2174/2211556010666211202104548.
3. Majeed, M., Nagabhushanam, K., Murali, A., et al. (2023). A Standardized Withania somnifera (Linn.) Root Extract with Piperine Alleviates the Symptoms of Anxiety and Depression by Increasing Serotonin Levels: A Double-Blind, Randomized, Placebo-Controlled Study. *Journal of Integrative and Complementary Medicine*. DOI: 10.1089/jicm.2023.0279.
4. Samad, N., Khaliq, S., Alam, M., et al. (2021). Tryptophan Lessens Reserpine Induced Anxiety, Depression and Memory Impairment by Modulating Oxidative Stress and Serotonergic Activity. *Pakistan Journal of Pharmaceutical Sciences*. DOI: 10.36721/pjps.2021.34.4.sup.1499-1508.1.
5. Zahar, S., Schneider, N., Makwana, A., et al. (2022). Dietary tryptophan-rich protein hydrolysate can acutely impact physiological and psychological measures of mood and stress in healthy adults. *Nutritional Neuroscience*. DOI: 10.1080/1028415X.2022.2047435.
6. Zhu, X., Tao, Q., Sun-Waterhouse, D., et al. (2019). γ -[Glu]n-Trp ameliorates anxiety/depression-like behaviors and its anti-inflammatory effect in an animal model of anxiety/depression. *Food & Function*. DOI: 10.1039/C9FO01467E.
7. Kim, H.K., Kim, H., Suh, H.J., et al. (2024). Lactobacillus brevis-Fermented Gamma-Aminobutyric Acid Ameliorates Depression- and Anxiety-Like Behaviors by Activating the Brain-Derived Neurotrophic Factor-Tropomyosin Receptor Kinase B Signaling Pathway in BALB/C Mice. *Journal of Agricultural and Food Chemistry*. DOI: 10.1021/acs.jafc.3c07260.

Publications sur la N-Acétylcystéine (NAC) :

Méta-analyses récentes :

- Efficacy of N-acetylcysteine for patients with depression: An updated systematic review and meta-analysis (2024) - PubMed ID: 39504621
 - N-Acetylcysteine in depressive symptoms and functionality: a systematic review and meta-analysis (2016) - PubMed ID: 27137430
- #### Études mécanistiques :
- The Potential of N-Acetyl-L-Cysteine (NAC) in the Treatment of Psychiatric Disorders (2022) - PMC9095537
 - N-acetylcysteine in psychiatry: current therapeutic evidence and potential mechanisms of action (2011) - PMC3044191
 - N-acetylcysteine as a new prominent approach for treating psychiatric disorders (2021) - British Journal of Pharmacology
- #### Études cliniques spécifiques :
- The Impact of N-acetylcysteine on Major Depression: Qualitative Observation and Mixed Methods Analysis (2023) - PMC10157003
 - Clinical trials of N-acetylcysteine in psychiatry and neurology: A systematic review (2015) - PubMed ID: 25957927

Publications sur le Modafinil :

Études d'augmentation thérapeutique :

- Modafinil augmentation of antidepressant treatment in depression (2000) - PubMed ID: 10847314
- A prospective trial of modafinil as an adjunctive treatment of major depression (2003) - PubMed ID: 14709953
- Modafinil augmentation therapy in unipolar and bipolar depression: a systematic review and meta-analysis (2013) - PubMed ID: 24330897

Études sur la dépression bipolaire :

- A placebo-controlled evaluation of adjunctive modafinil in the treatment of bipolar depression (2007) - PubMed ID: 17671288
- Long-term safety and efficacy of armodafinil in bipolar depression: A 6-month open-label extension study (2016) - ScienceDirect
- Efficacy and tolerability of adjunctive modafinil/armodafinil in bipolar depression: A meta-analysis (2019) - PubMed ID: 31643130

Études de fatigue et symptômes associés :

- **Adjunct modafinil for the short-term treatment of fatigue and sleepiness in patients with major depressive disorder (2003)** - PubMed ID: 14628981

Sources complémentaires sur les nootropiques :

Revues générales sur les nootropiques :

- **Nootropics as Cognitive Enhancers: Types, Dosage and Side Effects of Smart Drugs (2022)** - PMC9415189
- **Exploring the Novel Therapeutic Potential of N-acetylcysteine in Depression, Bipolar Disorders and Anxiety (2024)** - Sage Journals

Références du chapitre 6. Spiritualité et Méditation

- Alahri, M. B., Kianimoghadam, A. S., & Khesali, M. (2023). The protective factor of depression and anxiety in the general population in the postcoronavirus era: coping, spiritual well-being & resilience. *Medical Science*.
- Souza, A. V., Anunciação, L., & Landeira-Fernandez, J. (2023). Spirituality, religiosity and mental health during the COVID-19 pandemic. *Estudos De Psicologia*.
- Aggarwal, S., Wright, J., & Morgan, A. (2023). Religiosity and spirituality in the prevention and management of depression and anxiety in young people: a systematic review and meta-analysis. *BMC Psychiatry*.
- Seghatoleslam, T., Yazdian, F., & Habil, H. (2024). The Role of Spiritual-Religious Behaviors and Beliefs in Reducing Stress and Anxiety and Enhancing Spiritual-Psychological Health among Iranian Women during the COVID-19 Pandemic.
- Simonovich, S. D., Quad, N., & Kanji, Z. (2022). Faith Practices Reduce Perinatal Anxiety and Depression in Muslim Women: A Mixed-Methods Scoping Review. *Frontiers in Psychiatry*.
- Gonçalves, J. P., Lucchetti, G., Menezes, P. R., & Vallada, H. (2015). Religious and spiritual interventions in mental health care: a systematic review and meta-analysis of randomized controlled clinical trials. *Psychological Medicine*.
- Marchand, W. R. (2012). Mindfulness-based stress reduction, mindfulness-based cognitive therapy, and Zen meditation for depression, anxiety, pain, and psychological distress. *Journal of Psychiatric Practice*.
- Coelho-Júnior, H. J., Calvani, R., Panza, F., et al. (2022). Religiosity/Spirituality and Mental Health in Older Adults: A Systematic Review and Meta-Analysis of Observational Studies. *Frontiers in Medicine*.
- Smith, T. B., Bartz, J. D., & Richards, P. S. (2007). Outcomes of religious and spiritual adaptations to psychotherapy: A meta-analytic review. *Psychotherapy Research*.
- Linardon, J., Messer, M., Goldberg, S. B., et al. (2023). The efficacy of mindfulness apps on symptoms of depression and anxiety: An updated meta-analysis of randomized controlled trials. *Clinical Psychology Review*.
- Walsh, F. (2020). Loss and Resilience in the Time of COVID-19: Meaning Making, Hope, and Transcendence. *Family Process*.
- Park, C. L. (2016). Meaning making in the context of disasters. *Journal of Clinical Psychology*.
- Zhou, X., Guo, J., Lu, G., et al. (2020). Effects of mindfulness-based stress reduction on anxiety symptoms in young people: A systematic review and meta-analysis. *Psychiatry Research*.
- Paloutzian, R. F., Agilkaya-Sahin, Z., Bruce, K. C., et al. (2021). The Spiritual Well-Being Scale (SWBS): Cross-Cultural Assessment Across 5 Continents, 10 Languages, and 300 Studies. In *Handbook of Spirituality and Mental Health Research*.
- Stewart, W. C., Wetselaar, M. J., Nelson, L. A., et al. (2019). Review of the Effect of Religion on Anxiety. *Journal of Depression & Anxiety*.

Références du chapitre 7. Méthodes Émergentes et Expérimentales

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Références scientifiques - Chapitre 7.6 : Kétamine et Eskétamine

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Caractéristiques méthodologiques de la revue systématique :

- **Sources de données** : PubMed, Embase, Scopus, Web of Science, et PsycINFO (recherche systématique jusqu'au 1er juillet 2025)
- **Critères d'inclusion** : Essais contrôlés randomisés comparant la psilocybine ou la thérapie assistée par psilocybine contre placebo ou liste d'attente
- **Évaluation du risque de biais** : Outil Cochrane RoB 2.0 ; sur les 9 études du modèle primaire : 2 à risque élevé, 4 avec certaines préoccupations, 3 à faible risque
- **Hétérogénéité** : Les analyses de sensibilité suggèrent que les études avec liste d'attente et les designs croisés contribuent largement à l'hétérogénéité

Analyse de la durée des effets :

- **Méta-régression temporelle** : Effets rapides et constants sur plusieurs semaines (intercept = -0.92 [-1.26 ; -0.58], $p < 0.0001$; pente = 0.0009 [-0.0023 ; 0.0041], $p = 0.57$)

Ressources et transparence :

- **Base de données ouverte** : Plus de 200 tailles d'effet provenant de 12 essais cliniques randomisés, avec tableau de bord interactif mis à jour régulièrement
- **Partenariat ACTION/PASI** : Soutenu par le partenariat public-privé avec la FDA américaine

Limitations identifiées :

- Plusieurs études avec petits échantillons ou risque de biais
- Nécessité d'études supplémentaires pour confirmer les résultats
- Article en preprint, non encore évalué par les pairs

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Références du chapitre 8.2. Équilibre Vie Professionnelle et Burnout

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Conception du lieu de travail et bien-être

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Exposition à la nature et bien-être des employés

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Leadership et approches organisationnelles du burnout

1. West, D., Krcmery, V., Szydlowski, S.J., et al. (2022). Preventing the burnout syndrome by creating a healthy & healing environment. *Clinical Social Work Journal*, 50, 470-476. [Création d'environnements sains dans les organisations]
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Productivité et gestion du temps

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Références du chapitre 8.3. Modifier son Environnement

L'environnement numérique

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