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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Hydratation

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Vitamines

Vitamine B9 (folate/méthylfolate)

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Vitamine B12 (cobalamine)

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Minéraux essentiels

Magnésium

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Acides gras essentiels (Oméga-3 et EPA)

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Micro-doses de lithium

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Compléments émergents

N-acétylcystéine (NAC)

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Resvératrol

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Tryptophane

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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

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Jeûne et santé mentale

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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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EMDR (Eye Movement Desensitization and Reprocessing)

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Thérapies cognitives et comportementales

TCC (Thérapie Comportementale et Cognitive)

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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.
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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.
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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.
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Thérapies humanistes et relationnelles

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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)

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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*.
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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*.
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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*.
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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.

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A propos de l'acupunture:

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 :

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- **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*

Revues de synthèse de qualité :

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Neuroplasticité (études cliniquement pertinentes) :

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- **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 <u>gemmothérapie</u> (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 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:

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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 :

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- **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

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20. 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.
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22. 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.
23. Walsh, F. (2020). Loss and Resilience in the Time of COVID-19: Meaning Making, Hope, and Transcendence. Family Process.
24. Park, C. L. (2016). Meaning making in the context of disasters. Journal of Clinical Psychology.
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Références du chapitre 7. Méthodes Émergentes et Expérimentales

1. Li, Z., Leung, K., Cui, X., et al. (2024). Network pharmacology- and molecular docking-based investigation on the mechanism of action of Si-ni San in the treatment of depression combined with anxiety and experimental verification in adolescent rats. Frontiers in Psychiatry.
2. Campbell, A.L., Lai, T., Wahba, A.E., et al. (2024). Enhancing neurogenesis after traumatic brain injury: The role of adenosine kinase inhibition in promoting neuronal survival and differentiation. Experimental Neurology.
3. Chen, Y., Gao, B., & You, Y. (2024). Transcranial Alternating Current Stimulation: A Novel Neuromodulatory Treatment for Anxiety and Related Disorders. ACS Chemical Neuroscience.
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Caractéristiques méthodologiques de la revue systématique :

· **Data sources**: PubMed, Embase, Scopus, Web of Science, and PsycINFO (systematic search up to October 31, 2025)

· **Inclusion criteria**: Randomized controlled trials comparing psilocybin or psilocybin-assisted therapy against placebo or waitlist control

· **Risk of bias assessment**: Cochrane RoB 2.0 tool; of the 12 studies in the primary model: 3 at high risk, 6 with some concerns, 3 at low risk

· **Heterogeneity**: Sensitivity analyses suggest that open-label studies and crossover designs contribute substantially to heterogeneity

Analyse de la durée des effets :

· **Temporal meta-regression**: Rapid and consistent effects over several weeks (intercept = -0.88 [-1.15; -0.61], p < 0.0001; slope = 0.0019 [-0.0009; 0.0046], p = 0.17)

Ressources et transparence :

· **Open database**: Over 200 effect sizes from 15 randomized clinical trials, with interactive dashboard updated regularly

· **ACTTION/PASI partnership**: Supported by public-private partnership with the U.S. FDA

Limitations identifiées :

· Several studies with small sample sizes or risk of bias

· Need for additional studies to confirm results

· Preprint article, not yet peer-reviewed

→ **Pour un suivi des dernières avancées en matière Psilocybine voir:** https://sypres.io

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Conception du lieu de travail et bien-être

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Gestion des frontières travail-vie personnelle et prévention du burnout

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Leadership et approches organisationnelles du burnout

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