



## Projektgrupp

Detta svar är sammanställt av Christel Hellberg, Jessica Dagerhamn, Jan Liliemark och Jenny Stenman.

## Litteratursökning

| PubMed via NLM 29 June 2016                   |   |             |
|---|---|-------------|
| Autogenic training and body awareness therapy |   |             |
|   | Search terms  | Items found |
| Population:                                   |   |             |
| 1.  | "Burnout, Professional"[Majr] OR "Stress, Psychological"[Majr] OR "Mental Fatigue"[Majr]  | 63912       |
| 2.  | maladaptive stress*[Title/Abstract] OR emotional exhausti*[Title/Abstract] OR mental exhausti*[Title/Abstract] OR dysthym*[Title/Abstract] OR burnout*[Title/Abstract] OR burn-out*[Title/Abstract] | 10006       |
| 3.  | 1 Or 2  | 69909       |
| Intervention:                                 |   |             |
| 4.  | "Autogenic Training"[Mesh]  | 1027        |
| 5.  | (Training[Title/Abstract] AND Autogenic[Title/Abstract]) OR (Progressive[Title/Abstract] AND Relaxation[Title/Abstract])  | 2280        |
| 6.  | 4 or 5  | 2836        |
| 7.  | Body awareness therapy[Title/Abstract] OR Body awareness scale[Title/Abstract]  | 44          |
| 8.  | 6 or 7  | 2880        |
| 9.  | 3 AND 8   | 142         |
| Final   | 3 AND 8   | 142         |

The search result, usually found at the end of the documentation, forms the list of abstracts

[MeSH] = Term from the Medline controlled vocabulary, including terms found below this term in the MeSH hierarchy

[MeSH:NoExp] = Does not include terms found below this term in the MeSH hierarchy

[MAJR] = MeSH Major Topic

[TIAB] = Title or abstract

[TI] = Title

[AU] = Author

[TW] = Text Word

Systematic[SB] = Filter for retrieving systematic reviews

\* = Truncation

“ “ = Citation Marks; searches for an exact phrase



| Cohrane Library via Wiley 29 June 2016        |   |  |
|---|---|--|
| Autogenic training and body awareness therapy |   |  |
|   | Search terms  | Items found  |
| Intervention:                                 |   |  |
| 1.  | MeSH descriptor: [Autogenic Training] explode all trees   | 95   |
| 2.  | Training and Autogenic:ti,ab,kw or Progressive ANDRelaxation:ti,ab,kw<br>(Word variations have been searched) | 190  |
| 3.  | Body awareness therapy:ti,ab,kw or Body awareness scale:ti,ab,kw (Word variations have been searched)         | 197  |
| 4.  | 1 or 2 or 3   | 386  |
| Final   | 4   | CDSR 5<br>DARE 8<br>CENTRAL 371<br>CRM 2<br>HTA 0<br>EED = 0 |

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CDSR = Cochrane Database of Systematic Review

CENTRAL = Cochrane Central Register of Controlled Trials, “trials”

CRM = Method Studies

DARE = Database Abstracts of Reviews of Effects, “other reviews”

EED = Economic Evaluations

HTA = Health Technology Assessments



## Referenser

1. Ernst E, Kanji N. Autogenic training for stress and anxiety: a systematic review. *Complement Ther Med* 2000;8:106-10.
2. Stetter F, Kupper S. Autogenic training: a meta-analysis of clinical outcome studies. *Appl Psychophysiol Biofeedback* 2002;27:45-98.
3. Lim SJ, Kim C. Effects of autogenic training on stress response and heart rate variability in nursing students. *Asian Nurs Res (Korean Soc Nurs Sci)* 2014;8:286-92.
4. Kanji N, White A, Ernst E. Autogenic training to reduce anxiety in nursing students: randomized controlled trial. *J Adv Nurs* 2006;53:729-35.
5. Garvin AW, Trine MR, Morgan WP. Affective and metabolic responses to hypnosis, autogenic relaxation, and quiet rest in the supine and seated positions. In: *The International journal of clinical and experimental hypnosis*; 2001;5-18.
6. Eriksson K, Ingesson O. Effekter av Basal Kroppskänedom som intervention - en litteraturstudie. Institutionen för neurobiologi, vårdvetenskap och samhälle, Grundutbildning i sjukgymnastik 180 hp, Examensarbete C-nivå, Karolinska Institutet 2008.
7. Danielsson L, Papoulias I, Petersson EL, Carlsson J, Waern M. Exercise or basic body awareness therapy as add-on treatment for major depression: a controlled study. In: *Journal of affective disorders*; 2014;98-106.