Nature, Nurture, and Mental Health Part 1: The Influence of Genetics, Psychology, and Biology

Debbie L. Stoewen DVM, MSW, RSW, PhD **Bibliography**

Mental Health

NIMH. Mental Illness. Available at: https://www.nimh.nih.gov/health/statistics/mental-illness.shtml Last accessed February 1, 2022.

Mental Health in Veterinary Medicine

Skipper GE, Williams JB. Failure to acknowledge high suicide risk among veterinarians. *J Vet Med Educ* 2012;39(1):79-82.

Bartram DJ, Yadegarfar G, Baldwin DS. Psychosocial working conditions and work-related stressors among UK veterinary surgeons. *Occup Med* (Lond) 2009;59(5):334-41.

Hafen M Jr, Ratcliffe GC, Rush BR. Veterinary medical student well-being: depression, stress, and personal relationships. *J Vet Med Educ* 2013;40(3):296-302.

Genetics

Tsuang MT, Bar JL, Stone WS, et al. Gene-environment interactions in mental disorders. *World Psychiatry* 2004;3(2):73-83.

Howatt B. How genetics can influence your mental fitness. Available at:

https://www.theglobeandmail.com/business/careers/workplace-award/article-how-genetics-can-influence-your-mental-fitness/ Last accessed February 1, 2022.

ADHD

Cuncic A. The Relationship Between ADHD and Depression. Available at: https://www.verywellmind.com/adhd-and-depression-4773762 Last accessed February 1, 2022.

Sensory Processing Sensitivity

Aron EN, Aron A, Jagiellowicz J. Sensory processing sensitivity: A review in the light of the evolution of biological responsivity. *Personality and Social Psychology Review* 2012;16(3):262-282. Available at: https://www.researchgate.net/publication/221792452 Sensory Processing Sensitivity A Review in the Light of the Evolution of Biological Responsivity Last accessed February 1, 2022.

Granneman J. What Is a Highly Sensitive Person? Available at: https://highlysensitiverefuge.com/what-is-highly-sensitive-person/#4 Science-Based Traits That Define a Highly Sensitive Person Last accessed February 1, 2022.

Perfectionism

Curran T, Hill AP. Perfectionism Is Increasing Over Time: A Meta-Analysis of Birth Cohort Differences From 1989 to 2016. *APA Psychological Bulletin* 2019;145(4):410-429. Available at: https://www.apa.org/pubs/journals/releases/bul-bul0000138.pdf Last accessed February 1, 2022.

Greenspon TS. Perfectionism: A counselor's role in a recovery process. In T. L. Cross & J. R. Cross (Eds.), Handbook for counselors serving students with gifts and talents (quote pp. 600-601 within pp. 597-613). Waco, TX: Prufrock Press, 2012.

Scott E. How to Overcome Perfectionism. Available at: https://www.verywellmind.com/overcoming-perfectionism-how-to-work-past-perfectionism-3144700 Last accessed February 1, 2022.

Tabaka M. 8 Signs You're a Perfectionist (and Why It's Toxic to Your Mental Health). Available at: https://www.inc.com/marla-tabaka/8-signs-youre-a-perfectionist-and-why-its-toxic-to-your-mental-health.html Last accessed February 1, 2022.

Geranmayepour S, Besharat MA. Perfectionism and mental health. *Procedia Social and Behavioral Sciences* 2010;5:643-647.

Iranzo-Tatay C, Gimeno-Clemente N, Barberá-Fons M, Rodriguez-Campayo MA, Rojo-Bofill L, Livianos-Aldana L, Beato-Fernandez L, Vaz-Leal F, Rojo-Moreno L. Genetic and Environmental Contributions to Perfectionism and Its Common Factors. *Psychiatry Research* 2015;230(3):932-939.

Self-esteem

Raevuori A, Dick DM, Keski-Rahkonen A, Pulkkinen L, Rose RJ, Rissanen A, Kaprio J, Viken RJ, Silventoinen K. Genetic and environmental factors affecting self-esteem from age 14 to 17: a longitudinal study of Finnish twins. *Psychol Med* 2007;37(11):1625-1633.

Roy M, Neale M, Kendler K. The Genetic Epidemiology of Self-Esteem. *British Journal of Psychiatry* 1995;166(6):813-820.

Gold A. NAMI. Why Self-Esteem Is Important for Mental Health. Available at: https://www.nami.org/Blogs/NAMI-Blog/July-2016/Why-Self-Esteem-Is-Important-for-Mental-Health Last accessed February 1, 2022.

Silverstone PH, Salsali M. Low self-esteem and psychiatric patients: Part I – The relationship between low self-esteem and psychiatric diagnosis. *Annals of General Hospital Psychiatry* 2003;2:2. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC151271/pdf/1475-2832-2-2.pdf Last accessed February 1, 2022.

Personality (The Big 5)

McCrae R, Costa P. The stability of personality: observation and evaluations. *Curr Dir Psychol Sci* 1994;3:173-175. Available at:

https://www.researchgate.net/publication/239770826 The Stability of Personality Observations and Evaluations Last accessed February 1, 2022.

Bouchard TJ, Mcgue M. Genetic and Environmental Influences on Human Psychological Differences. *Journal of Neurobiology* 2002;54(1):4-45. Available at:

https://www.researchgate.net/publication/10986366 Genetic and environmental influences on hum an psychological differences Last accessed February 1, 2022.

Janowsky, Introversion and Extroversion: Implications for Depression and Suicidality. *Current Psychiatry Reports* 2001;3:444-450. Available at:

https://search.proquest.com/openview/f905f4da9d511efb91c9b5933d46a691/1?pq-origsite=gscholar&cbl=4402920 Last accessed February 1, 2022.

Jeronimus BF, Kotov R, Riese H, et al. Neuroticism's prospective association with mental disorders: A meta-analysis on 59 longitudinal/prospective studies with 443,313 participants. *Psychological Medicine*

2016;46(14):2883-2906. Available at:

https://www.researchgate.net/publication/304197625 Neuroticism's prospective association with mental disorders A meta-analysis on 59 longitudinal prospective studies with 443313 participants Last accessed February 1, 2022.

Optimism

Gallagher MW, Lopez SJ. Positive expectancies and mental health: Identifying the unique contributions of hope and optimism. *The Journal of Positive Psychology* 2009;4(6):548-556. Available at: https://www.researchgate.net/publication/233143019 Positive expectancies and mental health Identifying the unique contributions of hope and optimism Last accessed February 1, 2022.

GoodTherapy. Optimism. Available at: https://www.goodtherapy.org/blog/psychpedia/optimism Last accessed February 1, 2022.

Conversano C, Rotondo A, Lensi E, et al. Optimism and Its Impact on Mental and Physical Well-Being. *Clinical Practice & Epidemiology in Mental Health* 2010;6:25-29. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2894461/pdf/CPEMH-6-25.pdf Last accessed February 1, 2022.

Minority Group Membership

Wikipedia. Minority Group. Available at: https://en.wikipedia.org/wiki/Minority_group Last accessed February 1, 2022.

Herek GM, Garnets LD. Sexual Orientation and Mental Health. *Annu Rev Clin Psychol* 2007;3:353-375. CMHA. The Relationship between Mental Health, Mental Illness and Chronic Physical Conditions. Available at: https://ontario.cmha.ca/documents/the-relationship-between-mental-health-mental-illness-and-chronic-physical-conditions/ Last accessed February 1, 2022.

APA. Mental Health Disparities: Diverse Populations. Available at: https://www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts Last accessed February 1, 2022.

OICR. Study examines mental health in common ethnic minorities in Ontario. Available at: https://news.oicr.on.ca/2016/06/study-examines-mental-health-in-common-ethnic-minorities-in-ontario/ Last accessed February 1, 2022.

Gilmour H. Statistics Canada Health Reports. Sexual orientation and complete mental health. Available at: https://www150.statcan.gc.ca/n1/pub/82-003-x/2019011/article/00001-eng.htm Last accessed February 1, 2022.

Physical Health

MHF. Physical health and mental health. Available at: https://www.mentalhealth.org.uk/a-to-z/p/physical-health-and-mental-health Last accessed February 1, 2022.