

RELAXATION RESPONSE

- Beary, J.F., and H. Benson. [1101]
"A Simple Physiologic Technique Which Elicits the Hypometabolic Changes of the Relaxation Response."
Psychosomatic Medicine 36 (1974): 115-120.
- Benson, H. [1122]
Beyond the Relaxation Response.
New York: Times Books, 1984a.
- Benson, H. [1112]
The Relaxation Response.
New York: William Morrow, 1975.
- Benson, H. [1113]
"The Relaxation Response and Cardiovascular Diseases."
Chest, Heart, Stroke Journal 1 (1976): 28-31.
- Benson, H. [1119]
"The Relaxation Response and Norepinephrine."
Integrative Psychiatry 1 (May-June 1983a): 15-19.
- Benson, H. [1128]
"The Relaxation Response and Norepinephrine: A New Study Illuminates Mechanisms."
Australian Journal of Clinical Hypnotherapy and Hypnosis 10, no. 2 (1989): 91-96.
- Benson, H. [1123]
"The Relaxation Response and the Treatment of Anxiety."
In *Psychiatric Update. The American Psychiatric Association Annual Review Vol. III*, ed. L. Greenspoon. American Psychiatric Press, 1984b.
- Benson, H. [1117]
"The Relaxation Response: History, Physiologic Basis, and Clinical Usefulness."
Acta Medica Scandinavica 660, supplementum (1982a): 231-237.
- Benson, H. [1127]
"The Relaxation Response. How to Lower Blood Pressure, Cope with Pain and Reduce Anxiety in 20 Minutes a Day."
Harvard Medical Alumni Bulletin 60 (1986): 33-35.
- Benson, H. [1120]

RELAXATION RESPONSE

"The Relaxation Response: Its Subjective and Objective Historical Precedents and Physiology."

Trends in Neurosciences 6, no. 7 (1983b): 281-284.

Benson, H. [1121]

"The Relaxation Response: Physiologic Basis and Clinical Applicability."

In *Biobehavioral Bases of Coronary Heart Disease*, eds. T. Dembroski, T. Schmidt, and G. Blumchen. Basel: Karger, 1983c.

Benson, H. [1125]

"Stress, Anxiety and the Relaxation Response."

Behavioral Biology in Medicine A Monograph Series, No. 3. Meducation (1985a): 1-28.

Benson, H. [1126]

"Stress, Health and the Relaxation Response."

Behavioral Medicine: Work, Stress and Health. eds. W.D. Gentry, H. Benson, and C.J. deWolbb. NATO ASI Series D, no. 19 (1985b): 15-32.

Benson, H. [1115]

"Systemic Hypertension and the Relaxation Response."

New England Journal of Medicine 296 (1977b): 1152-1156.

Benson, H., S. Alexander, and C.L.

Feldman. [1146]

"Decreased Premature Ventricular Contractions Through the Use of the Relaxation Response in Patients with Stable Ischemic Heart Disease."

Lancet 2 (1975a): 380-382.

Benson, H., P. Arns, and J. Hoffman. [1155]

"The Relaxation Response and Hypnosis."

International Journal of Clinical and Experimental Hypnosis 29 (1981): 259-270.

Benson, H., J.F. Beary, and M.P. Carol. [1140]

"The Relaxation Response."

Psychiatry 37 (1974a): 37-46.

Benson, H., T. Dryer, and L. Hartley. [1153]

"Decreased CO₂ Consumption during Exercise with Elicitation of the Relaxation Response."

Journal of Human Stress 4, no. 2 (1978a): 38-42.

Benson, H., T. Dryer, and L. Hartley. [1150]

RELAXATION RESPONSE

"Decreased Oxygen Consumption at a Fixed Work Intensity with Simultaneous Elicitation of the Relaxation Response."
Clinical Research 25 (1977a): 453A.

Benson, H., and I. Goodale. [1133]
"The Relaxation Response: Your Inborn Capacity to Counteract the Harmful Effects of Stress."
Journal of Florida Medical Association 68 (1981): 265-267.

Benson, H., M. Greenwood, and H. Klemchuk. [1147]
"The Relaxation Response: Psychophysiological Aspects and Clinical Applications."
International Journal of Psychiatry in Medicine 6 (1975b): 87-98.

Benson, H., H.P. Klemchuk, and J.R. Graham. [1141]
"The Usefulness of the Relaxation Response in the Therapy of Headache."
Headache 14 (1974b): 49-52.

Benson, H., A. Kornhaber, C. Kornhaber, M.N. LeChanu, P.C. Zuttermeister, P. Myers, and R. Friedman.[1160]
"Increases in Positive Psychological Characteristics with the New Relaxation Response Curriculum in High School Students."
Journal for Research and Development in Education no. 27 (1994): 226-231.

Benson, H., J.B. Kotch, K.D. Crassweller, and M.M. Greenwood. [1152]
"Historical and Clinical Considerations of the Relaxation Response."
American Science 65 (1977c): 441-445.

Benson, H., J.B. Kotch, and K.D. Crasweller. [1151]
"The Relaxation Response: A Bridge between Psychiatry and Medicine."
Medical Clinic of North America 61 (1977b): 929-938.

Benson, H., B.R. Marzetta, and B.A. Rosner. [1142]
"Decreased Blood Pressure Associated With Regular Elicitation of the Relaxation Response: A Study of Hypertensive Subjects."
In *Contemporary Problems in Cardiology Series: Stress and the Heart*, ed. R.S. Eliot. New York: Futura, 1974c.

RELAXATION RESPONSE

Benson, H., B. Pomeranz, and I. Kutz. [1158]
"Pain and the Relaxation Response.."
In *Textbook of Pain*, eds. P.D. Wall and R. Melzack. Churchill
Livingstone, 1984.

Benson, H., B. Rosner, B. Marzetta, et al. [1145]
"Decreased Blood Pressure in Pharmacologically Treated Hypertensive
Patients who Regularly Elicited the Relaxation Response."
Lancet (February 1974f): 289-291.

Benson, H., B. Rosner, and B. Marzetta. [1143]
"Decreased Blood Pressure in Untreated Borderline Hypertensive
Subjects Who Regularly Elicited the Relaxation Response."
Clinical Research 22 (1974d): 262.

Berger, B.G., E. Friedmann, and M.
Eaton. [1161]
"Comparison of Jogging, the Relaxation Response, and Group
Interaction for Stress Reduction."
Journal of Sport and Exercise Psychology 10, no. 4 (December 1988):
431-447.

Bole, D.N. [1194]
**"The Effect of the Relaxation Response on the Positive
Personality Characteristics of Paraprofessional Counselors."**
Dissertation Abstracts International 39, no. 4-A (1978): 2136.

Bradley, B.W., and T.R. McCanne. [1207]
"Autonomic Responses to Stress: The Effects of Progressive
Relaxation, the Relaxation Response, and Expectancy of Relief."
Biofeedback and Self-Regulation 6, no. 2 (1981): 235-251.

Bruner, R. [1234]
"The Reduction of Anxiety and Tension States through Learning the
Relaxation Response: A Theoretical Study with Clinical Applications."
Dissertation Abstracts International 39 (1978): 370-371.

Cadarette, B.S., J.W. Hoffman, M. Caudill, I. Kutz, L. Levine, H.
Benson, and R.F. Goldman.[1246]
"Effect of the Relaxation Response on Selected Cardiorespiratory
Response During Physical Exercise."
Medical Science in Sports 14 (1982): 117.

RELAXATION RESPONSE

Daniels, F.S., and B. Fernhall. [1337]
"Continuous EEG Measurement to Determine the Onset of a Relaxation Response during a Prolonged Run."
Medicine and Science in Sports and Exercise 16, no. 2 (1984): 182.

Day, R., and S. Sadek. [1356]
"The Effect of Benson's Relaxation Response on the Anxiety Levels of Lebanese Children under Stress."
Journal of Experimental Child Psychology 34 (1982): 350-356.

Domar, Alice D. [1440]
"The Preoperative Use of the Relaxation Response with Ambulatory Surgery Patients."
Journal of Human Stress 13, no. 3 (1987): 101-107.

Everly, George S. [1487]
"Disorders of Arousal and the Relaxation Response: Speculations on the Nature and Treatment of Stress-related Diseases. Special Issue: Biofeedback and Diagnostic Techniques."
International Journal of Psychosomatics 36, no. (1-4) (1989): 15-21.

Fernhall, B., and F.S. Daniels. [1509]
"Electoencephalographic Changes after a Prolonged Running Period: Evidence for a Relaxation Response."
Medicine and Science in Sports and Exercise 16, no. 2 (1984): 181.

Glanz, R.S. [1571]
"The Effect of the Relaxation Response on Complex Cognitive Processes."
Dissertation Abstracts International 53, no. 4-B (1992): 2088.

Goodale, I.L., A. D. Domar, and H. Benson. [1602]
"Alleviation of Premenstrual Symptoms With the Relaxation Response."
Obstetrics and Gynecology 75, no. 4 (1990): 649-655.

Greenwood, M., and H. Benson. [1619]
"The Efficacy of Progressive Relaxation in Systematic Desensitization and a Proposal for an Alternative Competitive Response: The Relaxation Response."
Behavior Research and Therapy 15 (1977): 337-343.

Hoffman, J.W., P.A. Arns, G.L. Stainbrook, A. Gill, F.H. Frankel, L.H. Hartley, and H. Benson.[1693]

RELAXATION RESPONSE

"Effect of the Relaxation Response on Oxygen Consumption during Exercise."

Clinical Research 29 (1981b): 207.

Hoffman, J.W., P.A. Arns, G.L. Stainbrook, L. Lansberg, J.B. Young, A. Gill, F.H. Frankel, and H. Benson.[1692]

"Altered Sympathetic Nervous System Reactivity with the Relaxation Response."

Clinical Research 29 (1981a): 207.

Hoffman, J.W., H. Benson, P.A. Arns, G.L. Stainbrook, G.L. Landsberg, J.B. Young, and A. Gill.[1694]

"Reduced Sympathetic Nervous System Responsivity Associated with the Relaxation Response."

Science 215 (1982): 190-92.

Humphreys, A. [1709]

"Neutral Hypnosis, Progressive Muscular Relaxation and the Relaxation Response: A Reply to Edmonston's Comment."

British Journal of Experimental and Clinical Hypnosis 2, no. 1 (1985): 30.

Hungerman, P.W. [1710]

"The Effectiveness of the Relaxation Response in Reducing Anxiety and Promoting Self-actualization in Counselor Trainees."

Dissertation Abstracts International 46, no. 4-B (1985): 1324.

Jacobs, G.D., and J.F. Luber. [1717]

"Spectral Analysis of the Central Nervous System Effects of the Relaxation Response Elicited by Autogenic Training."

Behavioral Medicine 15 (1989): 125-132.

Jacobs, G.D., P.A. Rosenberg, R. Friedman, et al. [1719]

"Multifactor Behavioral Treatment of Chronic Sleep-Onset Insomnia Using Stimulus Control and the Relaxation Response."

Behavior Modification 17, no. 4 (1993b): 498-509.

Kutz, I., J. Borysenko, and H. Benson. [1874]

"Meditation and Psychotherapy: A Rationale for the Integration of Dynamic Psychotherapy, the Relaxation Response, and Mindfulness Meditation."

The American Journal of Psychiatry 142, no. 1 (1985a): 1-8.

RELAXATION RESPONSE

Lazar, S.W., G. Bush, R.L. Gollub, G.L. Fricchione, G. Khalsa, and H. Benson.[2715]

"Functional Brain Mapping of the Relaxation Response and Meditation."

NeuroReport 11, no. 7 (2000): 1581-1585.

Lehmann, J.W. [1888]

"Reduced Pupillary Sensitivity to Topical Phenylephrine Associated with the Relaxation Response."

Journal of Human Stress 12, no. 3 (1986): 101-104.

Leserman, J., E. Stuart, M.E. Mamish, and H.

Benson. [1897]

"The Efficacy of the Relaxation Response in Preparing for Cardiac Surgery."

Behavioral Medicine 15 (1989a): 111-17.

Mandle, C.L., A.D. Domar, D.P. Harrington, et al. [1944]

"Relaxation Response in Femoral Angiography."

Radiology 174 (1990): 737-739.

Peters, R.K., H. Benson, and J.M. Peters. [2182]

"Daily Relaxation Response Breaks in a Working Population: 2. Blood Pressure."

American Journal of Public Health 67 (1977b): 954-959.

Peters, R.K., H. Benson, and D. Porter. [2181]

"Daily Relaxation Response Breaks in a Working Population: 1. Health, Performance and Well-being."

American Journal of Public Health 67 (1977a): 946-953.

Ramsey, M.K. [2206]

"A Comparative Study of the Effectiveness of the Relaxation Response and Personalized Relaxation Tapes in Medical Technology Students."

Dissertation Abstracts International 45, no. 11-A (1985): 3285.

Rosenbluh, E.S. [2239]

"The Relaxation Response as Prescription in Crisis Intervention."

***Emotional First Aid: A Journal of Crisis Intervention* 1, no. 1 (1984): 23-26.**

Russel, N.M. [2249]

RELAXATION RESPONSE

"The Effects of Biofeedback and Relaxation Response Training on Submaximal Exercise."

Dissertation Abstracts International 42 (1981): 601.

Salsbury, J.C.

[2263]

"Relaxation Response: An Evaluation of a Technique for Anxiety Reduction among College Graduate Students."

Dissertation Abstracts International 40 (1979): 2415.

Schildkraut, J.J., J.J. Mooney, S.C. Jacobs, R. Friedman, et al. [2277]

"Enhanced Transduction by Adenylate Cyclase Following Elicitation of the Relaxation Response: Preliminary Findings."

Journal of Psychiatric Research 24, no. sup. 1 (1990): 55-56.

Steinmiller, G.A.

[2409]

"The Relaxation Response as a Stress Coping Strategy for Student Teachers."

Dissertation Abstracts International 46, no. 6-A (1985): 1,601.