



BIBLIOGRAPHY

Psychosocial Aspects of
Fibromyalgia &
Chronic Fatigue Syndromes

Psychological Coping: Depression, Anxiety, Suicidality

Coping with Fibromyalgia: The Psychological and Emotional Battles

The effects of Fibromyalgia extend beyond the physical symptoms. Learn strategies for coping with the psychological effects of the disease.

http://www.allaboutarthritis.com/AllAboutArthritis/layoutTemplates/html/en/content/display/document/condition/arthritis/generalArticle/coping_fibromyalgia.htm

Fibromyalgia—The Invented Disease

Fibromyalgia Coping Tips—The Usual Psychiatric “Cure” is Actually “Cope!”.
Fibromyalgia Pain Isn’t All in Patients’ Heads, New Brain Study Finds.

<http://www.painstudy.com/NonDrugRemedies/Fibromyalgia/>

Ask the Experts—Treatment of Depression in Fibromyalgia

. . . Of Depression in Fibromyalgia. Question: I have a patient with Fibromyalgia (FM) who is . . . many more will at times show depressive symptoms or poor coping skills . . .

<http://www.medscape.com/viewarticle/414040> [Accessible to members only]

Fibromyalgia

Reduce stress and improve depression. Stress and/or depression is not good for anyone, much less Fibromyalgia patients. Learning coping skills and elimination . . .

http://www.northeastmedical.org/medical_rounds/md014.html

Recommended Reading: Daily Coping

. . . Fibromyalgia, and Chronic Myofascial Pain Syndrome (FMS/MPS) from Devin Starlanyl, . . . Coping With Anxiety, by Edmund Bourne, Ph.D. and Lorna Garano . . .

<http://www. Dover.net/~devstar/bibcopin.htm>

Prevention Suicide: Coping with Suicidal Thoughts

PREVENTION SUICIDE: If you are coping with suicidal thoughts, then there are . . . psychological experience of having to adjust to living with CFS/Fibromyalgia. . . .

<http://www.sleepydust.net/PREVENTION-SUICIDE.html>

Coping Skills:
Relaxation, Meditation, Stress Reduction,
Quality of Life & Attitude

Fibromyalgia – Patient UK

. . . But, they often do not work very well in Fibromyalgia. Coping strategies. Some people are helped by counseling, relaxation exercises, or other 'talking . . .

<http://www.patient.co.uk/showdoc/27000172/>

Bowen Therapy Technique – FREE Pain Relief Newsletter

. . . Coping skills and relaxation techniques can range from the very simple to the very complex. . . . Fibromyalgia – Simple Relief Through Movement BOOK REVIEW. . . .

<http://www.miraclepainrelief.com/freenewsletter.htm>

Fibromyalgia

. . . For those coping with Fibromyalgia. Yoga exercise, breathing and relaxation/meditation techniques offer many benefits. Yoga requires . . .

<http://www.nshouseofyoga.com/Yoga%20&%20Fibromyalgia.htm>

Mindfulness-Based Stress Reduction (MBSR) and Fibromyalgia

. . . Patients also completed a medical symptom checklist, SCL-90-R, Coping Strategies Questionnaire, Fibromyalgia Impact Questionnaire, and the Fibromyalgia . . .

<http://www.wildmind.org/meditation/stress/mbsr/mbsr-abstract07.html>

Health: Health Library: A to Z Conditions: Fibromyalgia

. . . coping with stress. Identifying stress favors and learning ways to cope with or modify these where possible may help improve Fibromyalgia symptoms. . . .

<http://www.xtramsn.co.nz/health/0,,8065-3759316,00.html>

Fibromyalgia

. . . relaxation. An essential component of coping with Fibromyalgia is reducing stress in your life to a manageable level. If it is possible . . .

http://hcd2.bupa.co.uk/fact_sheets/pdfs/fibromyalgia.pdf

Co-Cure Archives – July 2001, week 5 (#14)

. . . Subject: RES: Pain Coping Strategies and Quality of Life in Women with Fibromyalgia : . . . Fibromyalgia, women Fibromyalgia impact questionnaire, coping . . .

<http://listserv.nodak.edu/cgi-bin/wa.exe?A2=ind0107E&L=co-cure&P=R1504>

Coping Strategies and Life Satisfaction in Subgrouped Fibromyalgia . . .

. . . Coping Strategies and Life Satisfaction in Subgrouped Fibromyalgia Patients. Ragnhild Raak, PhD, RN. Ingrid Hurtig. Lis Karin Wahren, PhD, Bms . . .

http://brn.sagepub.com/cgi/content/abstract/4/3/193?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=coping+strategies+and+life+satisfaction+in+subgrouped+fibromyalgia&andorexactfulltext=and&searchid=1108396670123_4372&stored_search=&FIRSTINDEX=0&resourcetype=1

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<http://www.nlm.nih.gov/medlineplus/fibromyalgia.html>

Family Magazine

Coping strategies and illness perception in Fibromyalgia: exploring the . . . Your beliefs about Fibromyalgia, your coping strategies and your response to . . .

http://www.ukfibromyalgia.com/family_pages/family-article20.html

Self-Management

Amazon.com: Books: The Fibromyalgia Relief Book: 213 Ideas for . . .

. . . and Women's Health by William G. Crook on page 110; The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia by Kate . . .

<http://www.amazon.com/gp/product/0802775535/104-9674432-1064737?%5Fencoding=UTF8>

Tips for Coping with Fibromyalgia

Tips for Coping with Fibromyalgia. Ron Lechnyr, Ph.D., DSW . . . Even as hard as they try. Fibromyalgia can be managed. You are the manager—no one else. . . .

<http://www.painsociety.com/articletemplate.cfm?id=25>

Women's Health Matters Network: Resources

. . . Description: This self-help book provides information on coping with Fibromyalgia. It explores ways to better manage symptoms by making lifestyle changes. . . .

http://www.womenshealthmatters.ca/resources/show_res.cfm?ID=38466

Treating Fibromyalgia – October 1, 2000 – American Family . . .

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Fibromyalgia

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Keys Intro – Power of Self-Help

. . . Self-management is not a cure for CFIDS or Fibromyalgia. Rather, it provides tools for coping that can also promote improvement and even recovery, where that . . .

http://home.flash.net/~brucepa/key_intro.htm

IngentaConnect Article: An Evaluation of the Impact of a . . . on . . .

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http://www.cfidselfhelp.org/archive_ten_keys.htm

Relationships, Family/Social Life

Fibromyalgia: Resources for Families

The site explains the syndrome, discusses the impact of Fibromyalgia on family life, suggests strategies for coping with FMS, and shares how to get in contact . . .

<http://www.myida.org/idasfavs.htm>

National Fibromyalgia Partnership

. . . with CFIDS, this book has a great deal of pertinent information for Fibromyalgia, too. Includes chapters on family life, social life, coping and relationships . . .

<http://www.fmpartnership.org/HELP-Youth%20And%20Fibromyalgia.htm>

Favorite Books on Health and Coping with Illness

. . . Journal: An estimated 26 million Americans have either Fibromyalgia syndrome (FMS . . . Latest medications, tips for bodywork, and suggestions for coping with family . . .

<http://www.myida.org/idasfavs.htm>

Dr. Nancy McMurray – Psychology – The University of Melbourne

. . . Young women's psychosocial and physical adjustment to RA and Fibromyalgia: Aspects of coping and close personal relationships. The . . .

<http://www.psych.unimelb.edu.au/staff/mcmurray.html>

Sexuality

FiboAngelsGuidingLight

. . . View the details of this row. Coping with Fibromyalgia–What about Sex? Coping with Fibromyalgia–What about Sex? 11/20/2004. View the details of this row. . . .

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Trafford Publishing: Fibromyalgia and Female Sexuality

. . . sexuality can impact this baffling disorder. Understanding this impact can assist a woman in coping better with her Fibromyalgia. . . .

<http://www.trafford.com/robots/00-0246.html>

Life Stories

Commitment | Coping With Fibromyalgia

. . . Our continuing series of interviews with women who are coping with Fibromyalgia. Meet Barbara Barton, 56, of Alta Loma, California, who says some . . .

www.committment.com/barton.html

Minnesota Chronic Fatigue Syndrome/Fibromyalgia Association . . .

. . . Life Stories – Coping with Chronic Fatigue Syndrome contains 13 poignant and . . . Changing Interventions for Chronic Fatigue Syndrome and Fibromyalgia – video and . . .

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Anadem.com Fibromyalgia Series

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www.anadem.com/fibro.html

Fibromyalgia – The Virtual Reference Library – Toronto Public Library

. . . The text is laced with personal stories from people coping with Fibromyalgia. . . . Living with Fibromyalgia, including topics such as: coping with pain, . . .

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