

# COVID-19 GLOBAL LEARNING COLLABORATIVE

## References and Resource List

### Managing Stress and Burnout with Dr. Jeff Katzman

Monday, November 30, 2020

A Nationwide Survey of Psychological Distress among Italian People during the COVID-19 Pandemic: Immediate Psychological Responses and Associated Factors (Mazza, et.al.):

<https://doi.org/10.3390/ijerph17093165>

COVID-19 Pandemic: Impact of Quarantine on Medical Students' Mental Wellbeing and Learning Behaviors (Meo, et.al.):

<https://dx.doi.org/10.12669%2Fpjms.36.COVID19-S4.2809>

Is the mental health of young students and their family members affected during the quarantine period? Evidence from the COVID-19 pandemic in Albania (Mechili, et.al.):

<https://doi.org/10.1111/jpm.12672>

Together: The Healing Power of Human Connection in a Sometimes Lonely World (Vivek H. Murthy, M.D.): <https://www.vivekmurthy.com/together-book>

Ed Tronick and the "Still Face Experiment":

<https://blogs.scientificamerican.com/thoughtful-animal/ed-tronick-and-the-8220-still-face-experiment-8221/>

Video: "Still Face Experiment": <https://www.youtube.com/watch?v=apzXGEbZht0>

Effect of Alternate Nostril Breathing Exercise on Experimentally Induced Anxiety in Healthy Volunteers Using the Simulated Public Speaking Model: A Randomized Controlled Pilot Study (Kamath, et.al.):

<https://doi.org/10.1155/2017/2450670>

Psychological flexibility and inflexibility as sources of resiliency and risk during a pandemic: Modeling the cascade of COVID-19 stress on family systems with a contextual behavioral science lens (Daks, et.al.):

<https://doi.org/10.1016/j.jcbs.2020.08.003>

The power of disconnection during the COVID-19 emergency: From isolation to reparation (Provenzi, et.al.): <https://doi.org/10.1037/tra0000619>

Battle Buddy System, University of Minnesota:

<https://med.umn.edu/covid-fatigue/minnrap>

Arizona State University peer support program:

<https://www.wildcat.arizona.edu/article/2020/09/sc-rise-on-campus>



The National Child Traumatic Stress Network (training course):

<https://learn.nctsn.org/login/index.php>

Psychological First Aid, Field Operations Guide:

[https://www.nctsn.org/sites/default/files/resources/pfa\\_field\\_operations\\_guide.pdf](https://www.nctsn.org/sites/default/files/resources/pfa_field_operations_guide.pdf)

Man's Search for Meaning (Victor E. Frankl):

<https://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl/dp/080701429X>

Life Unscripted: Using Improv Principles to Get Unstuck, Boost Confidence, and Transform Your Life (Jeff Katzman, M.D.):

<https://www.amazon.com/Life-Unscripted-Principles-Confidence-Transform/dp/1623172705>

Ensemble!: Using the Power of Improv and Play to Forge Connections in a Lonely World (Jeff Katzman, M.D.):

<https://www.amazon.com/Ensemble-Using-Improv-Connections-Lonely/dp/1623176298>

Therapeutic Management of Patients with COVID-19 (NIH):

<https://www.covid19treatmentguidelines.nih.gov/therapeutic-management/>

Corticosteroids for COVID-19 (World Health Organization):

<https://www.who.int/publications/i/item/WHO-2019-nCoV-Corticosteroids-2020.1>

Convalescent Plasma, COVID-19 Treatment Guidelines (NIH):

<https://www.covid19treatmentguidelines.nih.gov/immune-based-therapy/blood-derived-products/convalescent-plasma/>