

VITALRelationalHealth.com:
Why Relational Health Page References

1. [Uchino BN. Social support and health: a review of physiological processes potentially underlying links to disease outcomes. *J Behav Med.* 2006;29\(4\):377-387. doi:10.1007/s10865-006-9056-5](#)
2. [Holt-Lunstad J. Why Social Relationships Are Important for Physical Health: A Systems Approach to Understanding and Modifying Risk and Protection. *Annu Rev Psychol.* 2018;69\(1\):437-458. doi:10.1146/annurev-psych-122216-011902](#)
3. [Cohen S. Social relationships and health. *Am Psychol.* 2004;59\(8\):676-684. doi:10.1037/0003-066X.59.8.676](#)
4. [Pietromonaco PR, Collins NL. Interpersonal Mechanisms Linking Close Relationships to Health. *Am Psychol.* 2017;72\(6\):531-542. doi:10.1037/amp0000129](#)
5. [Umberson D, Karas Montez J. Social Relationships and Health: A Flashpoint for Health Policy. *J Health Soc Behav.* 2010;51\(1 suppl\):S54-S66. doi:10.1177/0022146510383501](#)
6. [Cacioppo S, Grippo AJ, London S, Goossens L, Cacioppo JT. Loneliness: Clinical Import and Interventions. *Perspect Psychol Sci.* 2015;10\(2\):238-249. doi:10.1177/1745691615570616](#)
7. [Kiecolt-Glaser JK, Wilson SJ. Lovesick: How Couples' Relationships Influence Health. *Annu Rev Clin Psychol.* 2017;13:421-443. doi:10.1146/annurev-clinpsy-032816-045111](#)
8. [Essentials for Childhood - Creating Safe, Stable, Nurturing Relationships and Environments for All Children. :36.](#)
9. [Umberson D, Karas Montez J. Social Relationships and Health: A Flashpoint for Health Policy. *J Health Soc Behav.* 2010;51\(1 suppl\):S54-S66. doi:10.1177/0022146510383501](#)
10. [Cacioppo JT, Cacioppo S, Capitanio JP, Cole SW. The neuroendocrinology of social isolation. *Annu Rev Psychol.* 2015;66:733-767. doi:10.1146/annurev-psych-010814-015240](#)
11. [Heinrichs M, von Dawans B, Domes G. Oxytocin, vasopressin, and human social behavior. *Front Neuroendocrinol.* 2009;30\(4\):548-557. doi:10.1016/j.yfrne.2009.05.005](#)
12. [Cohen S, Janicki-Deverts D, Doyle WJ, et al. Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk. *Proc Natl Acad Sci U S A.* 2012;109\(16\):5995-5999. doi:10.1073/pnas.1118355109](#)
13. [Cole SW. Social Regulation of Human Gene Expression: Mechanisms and Implications for Public Health. *Am J Public Health.* 2013;103\(Suppl 1\):S84-S92. doi:10.2105/AJPH.2012.301183](#)
14. [Shankar A, Hamer M, McMunn A, Steptoe A. Social isolation and loneliness: relationships with cognitive function during 4 years of follow-up in the English Longitudinal Study of Ageing. *Psychosom Med.* 2013;75\(2\):161-170. doi:10.1097/PSY.0b013e31827f09cd](#)
15. [Lauder W, Mummery K, Jones M, Caperchione C. A comparison of health behaviours in lonely and non-lonely populations. *Psychol Health Med.* 2006;11\(2\):233-245. doi:10.1080/13548500500266607](#)
16. [Hawkey LC, Thisted RA, Masi CM, Cacioppo JT. Loneliness Predicts Increased Blood Pressure: Five-Year Cross-Lagged Analyses in Middle-Aged and Older Adults. *Psychol Aging.* 2010;25\(1\):132-141. doi:10.1037/a0017805](#)
17. [Yang YC, Boen C, Gerken K, Li T, Schorpp K, Harris KM. Social relationships and physiological determinants of longevity across the human life span. *Proc Natl Acad Sci U S A.*](#)

- 2016;113(3):578-583. doi:10.1073/pnas.1511085112
18. Richard A, Rohrmann S, Vandeleur CL, Schmid M, Barth J, Eichholzer M. Loneliness is adversely associated with physical and mental health and lifestyle factors: Results from a Swiss national survey. *PLoS ONE*. 2017;12(7):e0181442. doi:10.1371/journal.pone.0181442
 19. Uchino BN, Trettevik R, Kent de Grey RG, Cronan S, Hogan J, Baucom BRW. Social support, social integration, and inflammatory cytokines: A meta-analysis. *Health Psychol Off J Div Health Psychol Am Psychol Assoc*. 2018;37(5):462-471. doi:10.1037/hea0000594
 20. Holt-Lunstad J, Smith TB, Layton JB. Social Relationships and Mortality Risk: A Meta-analytic Review. *PLOS Med*. 2010;7(7):e1000316. doi:10.1371/journal.pmed.1000316
 21. Holt-Lunstad J, Smith TB, Baker M, Harris T, Stephenson D. Loneliness and social isolation as risk factors for mortality: a meta-analytic review. *Perspect Psychol Sci J Assoc Psychol Sci*. 2015;10(2):227-237. doi:10.1177/1745691614568352
 22. California Department of Public Health. Essentials for Childhood. Accessed October 8, 2020. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/SACB/Pages/EssentialsforChildhood.aspx>
 23. Holt-Lunstad J, Smith TB, Layton JB. Social relationships and mortality risk: a meta-analytic review. *PLoS Med*. 2010;7(7):e1000316. doi:10.1371/journal.pmed.1000316
 24. Shonkoff JP. Breakthrough Impacts: What Science Tells Us About Supporting Early Childhood Development. *YC Young Child*. 2017;72(2):8-16.
 25. Wölfer R, Bull HD, Scheithauer H. Social integration in youth: Insights from a social network perspective. *Group Dyn Theory Res Pract*. 2012;16(2):138-147. doi:10.1037/a0024765
 26. Young MT, Lord JH, Patel NJ, Gruhn MA, Jaser SS. Good cop, bad cop: quality of parental involvement in type 1 diabetes management in youth. *Curr Diab Rep*. 2014;14(11):546. doi:10.1007/s11892-014-0546-5
 27. Bellis MA, Hughes K, Ford K, et al. Adverse childhood experiences and sources of childhood resilience: a retrospective study of their combined relationships with child health and educational attendance. *BMC Public Health*. 2018;18(1):792. doi:10.1186/s12889-018-5699-8
 28. Psihogios AM, Fellmeth H, Schwartz LA, Barakat LP. Family Functioning and Medical Adherence Across Children and Adolescents With Chronic Health Conditions: A Meta-Analysis. *J Pediatr Psychol*. 2019;44(1):84-97. doi:10.1093/jpepsy/jsy044
 29. Chen E, Brody GH, Miller GE. Childhood close family relationships and health. *Am Psychol*. 2017;72(6):555-566. doi:10.1037/amp0000067
 30. Liu Y, Merritt DH. Examining the association between parenting and childhood depression among Chinese children and adolescents: A systematic literature review. *Child Youth Serv Rev*. 2018;88:316-332. doi:10.1016/j.childyouth.2018.03.019
 31. Ashton K, Davies AR, Hughes K, Ford K, Cotter-Roberts A, Bellis MA. Adult support during childhood: a retrospective study of trusted adult relationships, sources of personal adult support and their association with childhood resilience resources. *BMC Psychol*. 2021;9(1):101. doi:10.1186/s40359-021-00601-x
 32. Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse

- [Childhood Experiences Levels. *JAMA Pediatr.* 2019;173\(11\):e193007. doi:10.1001/jamapediatrics.2019.3007](#)
33. [Campbell F, Conti G, Heckman JJ, et al. Early Childhood Investments Substantially Boost Adult Health. *Metab Syndr.* 2014;343:9.](#)
 34. [Caspi A, Harrington H, Moffitt TE, Milne BJ, Poulton R. Socially isolated children 20 years later: risk of cardiovascular disease. *Arch Pediatr Adolesc Med.* 2006;160\(8\):805-811. doi:10.1001/archpedi.160.8.805](#)
 35. [Russek LG, Schwartz GE. Perceptions of parental caring predict health status in midlife: a 35-year follow-up of the Harvard Mastery of Stress Study. *Psychosom Med.* 1997;59\(2\):144-149. doi:10.1097/00006842-199703000-00005](#)
 36. [Shaw BA, Krause N, Chatters LM, Connell CM, Ingersoll-Dayton B. Emotional support from parents early in life, aging, and health. *Psychol Aging.* 2004;19\(1\):4-12. doi:10.1037/0882-7974.19.1.4](#)
 37. [Chen E, Miller GE, Kobor MS, Cole SW. Maternal warmth buffers the effects of low early-life socioeconomic status on pro-inflammatory signaling in adulthood. *Mol Psychiatry.* 2011;16\(7\):729-737. doi:10.1038/mp.2010.53](#)
 38. [Cohen S. Social relationships and health. *Am Psychol.* 2004;59\(8\):676-684. doi:10.1037/0003-066X.59.8.676](#)
 39. [Cohen S, Janicki-Deverts D. Can We Improve Our Physical Health by Altering Our Social Networks? *Perspect Psychol Sci.* 2009;4\(4\):375-378. doi:10.1111/j.1745-6924.2009.01141.x](#)
 40. [Cohen S, Janicki-Deverts D, Turner RB, Doyle WJ. Does hugging provide stress-buffering social support? A study of susceptibility to upper respiratory infection and illness. *Psychol Sci.* 2015;26\(2\):135-147. doi:10.1177/0956797614559284](#)
 41. [Heinrichs M, Baumgartner T, Kirschbaum C, Ehlert U. Social support and oxytocin interact to suppress cortisol and subjective responses to psychosocial stress. *Biol Psychiatry.* 2003;54\(12\):1389-1398. doi:10.1016/S0006-3223\(03\)00465-7](#)
 42. [Blaisdell KN, Imhof AM, Fisher PA. Early adversity, child neglect, and stress neurobiology: from observations of impact to empirical evaluations of mechanisms. *Int J Dev Neurosci.* 2019;78:139-146. doi:10.1016/j.ijdevneu.2019.06.008](#)
 43. [Fisher PA, Stoolmiller M, Gunnar MR, Burraston BO. Effects of a therapeutic intervention for foster preschoolers on diurnal cortisol activity. *Psychoneuroendocrinology.* 2007;32\(8-10\):892-905. doi:10.1016/j.psyneuen.2007.06.008](#)
 44. [Slopen N, McLaughlin KA, Shonkoff JP. Interventions to improve cortisol regulation in children: a systematic review. *Pediatrics.* 2014;133\(2\):312-326. doi:10.1542/peds.2013-1632](#)
 45. [Dozier M, Roben CKP, Caron E, Hoyer J, Bernard K. Attachment and biobehavioral catch-up: an evidence-based intervention for vulnerable infants and their families. *Psychother Res.* 2018;28\(1\):18-29. doi:10.1080/10503307.2016.1229873](#)
 46. [Purewal Boparai SK, Au V, Koita K, et al. Ameliorating the biological impacts of childhood adversity: A review of intervention programs. *Child Abuse Negl.* 2018;81:82-105. doi:10.1016/j.chiabu.2018.04.014](#)
 47. [Marie-Mitchell A, Kostolansky R. A systematic review of trials to improve child outcomes associated with adverse childhood experiences. *Am J Prev Med.* 2019;56\(5\):756-764.](#)

[doi:10.1016/j.amepre.2018.11.030](https://doi.org/10.1016/j.amepre.2018.11.030)

48. [Shonkoff JP, Garner AS, Committee on Psychosocial Aspects of Child and Family Health, Committee on Early Childhood A and Dependent Care, Section on Developmental and Behavioral Pediatrics. The lifelong effects of early childhood adversity and toxic stress. *Pediatrics*. 2012;129\(1\):e232-e246. doi:10.1542/peds.2011-2663](#)
49. [Scheering MS, Zeanah CH. A relational perspective on PTSD in early childhood. *J Trauma Stress*. 2001;14\(4\):799-815. doi:10.1023/A:1013002507972](#)
50. [Bellis MA, Hardcastle K, Ford K, et al. Does continuous trusted adult support in childhood impart life-course resilience against Adverse Childhood Experiences - A retrospective study on adult health-harming behaviours and mental well-being. *BMC Psychiatry*. 2017;17\(1\):110. doi:10.1186/s12888-017-1260-z](#)
51. [Jaffee SR, Bowes L, Ouellet-Morin I, et al. Safe, stable, nurturing relationships break the intergenerational cycle of abuse: A prospective nationally representative cohort of children in the United Kingdom. *J Adolesc Health*. 2013;53\(4\):S4-S10.](#)
52. [Schofield TJ, Lee RD, Merrick MT. Safe, stable, nurturing relationships as a moderator of intergenerational continuity of child maltreatment: A meta-analysis. *J Adolesc Health*. 2013;53\(4, Supplement\):S32-38. doi:10.1016/j.jadohealth.2013.05.004](#)
53. [Bhushan D, Kotz K, McCall J, et al. *Roadmap for Resilience: The California Surgeon General's Report on Adverse Childhood Experiences, Toxic Stress, and Health*. Office of the California Surgeon General; 2020. <https://osg.ca.gov/sg-report/>](#)
54. [Wolf DM, Lehman L, Quinlin R, Zullo T, Hoffman L. Effect of Patient-Centered Care on Patient Satisfaction and Quality of Care. *J Nurs Care Qual*. 2008;23\(4\):316-321. doi:10.1097/01.NCQ.0000336672.02725.a5](#)
55. [Reid RJ, Coleman K, Johnson EA, et al. The Group Health Medical Home At Year Two: Cost Savings, Higher Patient Satisfaction, And Less Burnout For Providers. *Health Aff \(Millwood\)*. 2010;29\(5\):835-843. doi:10.1377/hlthaff.2010.0158](#)
56. [Rollnick S, Butler CC, Kinnersley P, Gregory J, Mash B. Motivational interviewing. *BMJ*. 2010;340:c1900. doi:10.1136/bmj.c1900](#)
57. [Pollak KI, Alexander SC, Tulsy JA, et al. Physician Empathy and Listening: Associations with Patient Satisfaction and Autonomy. *J Am Board Fam Med*. 2011;24\(6\):665-672. doi:10.3122/jabfm.2011.06.110025](#)
58. [Rathert C, Wyrwich MD, Boren SA. Patient-Centered Care and Outcomes: A Systematic Review of the Literature. *Med Care Res Rev*. 2013;70\(4\):351-379. doi:10.1177/1077558712465774](#)
59. [Nelson KM, Helfrich C, Sun H, et al. Implementation of the Patient-Centered Medical Home in the Veterans Health Administration: Associations With Patient Satisfaction, Quality of Care, Staff Burnout, and Hospital and Emergency Department Use. *JAMA Intern Med*. 2014;174\(8\):1350-1358. doi:10.1001/jamainternmed.2014.2488](#)
60. [Green BL, Saunders PA, Power E, et al. Trauma-Informed Medical Care: Patient Response to a Primary Care Provider Communication Training. *J Loss Trauma*. 2016;21\(2\):147-159. doi:10.1080/15325024.2015.1084854](#)