Mindset as Medicine: How the Power of Belief and Hope Can Heal

By Sarah LoBisco, ND, IFMCP

Complete References

1. Harvard T.H. Chan: School of Public Health. The most expensive health care system in the world. Harvard Chan website. Available at: <u>https://www.hsph.harvard.edu/news/hsph-in-the-news/themost-expensive-health-care-system-in-the-world/.</u> Accessed July 19, 2021.



- 2. Papanicolas I, Woskie LR, Jha AK. Health care spending in the United States and other high-income countries. JAMA. 2018 Mar 13;319(10): 1024-1039.
- 3. California Health Care Foundation. Infographic US Health Care Spending: Who Pays? CHCF website. <u>https://www.chcf.org/publication/us-health-care-spending-who-pays/#related-links-and-downloads</u>. Accessed July 19, 2021.
- 4. The Common Wealth Fund. U.S. Health Care from a Global Perspective, 2019: Higher Spending, Worse Outcomes? The Common Wealth Fund website. <u>https://www.commonwealthfund.org/publications/issue-briefs/2020/jan/us-health-care-global-perspective-2019</u>. Accessed July 19, 2021.
- 5. LoBisco, S. Naturopathic Medicine: You Need to Know About, and Consider, Naturopathic Medicine. Natural Path website. Available at: <u>https://naturalpath.net/mind/mind-body/you-need-to-know-about-and-consider-naturopathic-medicine/</u>. Accessed October 13, 2021.
- LoBisco, S. Why We Need to Pay More Attention to Mental Health & amp; How to Holistically Support the Mind-Body [Web page]. The Natural Path Website. May 5, 2020. Available at: <u>https://naturalpath.net/lobisco/why-we-need-to-pay-more-attention-to-mental-health-how-toholistically-support-the-mind-body/</u> Accessed October 14, 2021.
- 7. LoBisco, S. Why Sickcare Needs Holistic Help. Natural Path website. May 13, 2021. Available at: https://naturalpath.net/lobisco/why-sickcare-needs-holistic-help/. Accessed October 14, 2021.

- 8. Williams, S. COVID-19 and the Social Determinant's of Health. Harvard Medical School Primary Care Review [online]. June 28, 2021. Available at: <u>http://info.primarycare.hms.harvard.edu/review/covid-social-determinants-health</u>. Accessed October 14, 2021.
- 9. Abrams EM, Szefler SJ. COVID-19 and the impact of social determinants of health. The Lancet: Respiratory Medicine. July 1, 2020; 8(7): 659-661.
- 10. Hsu HE, Ashe EM, Silverstein M, Hofman M, Lange SJ, Razzaghi H, et al. Race/Ethnicity, underlying medical conditions, homelessness, and hospitalization status of adult patients with COVID-19 at an Urban Safety-Net Medical Center Boston, Massachusetts, 2020. MMWR Morb Mortal Wkly Rep. 2020 Jul 10;69(27):864-869
- 11. Kompaniyets L, Pennington AF, Goodman AB, et al. Underlying medical conditions and severe illness among 540,667 adults hospitalized with COVID-19. March 2020-March 2021. Prev Chronic Dis. 2021;18:E66. Published 2021 Jul 1.
- 12. Kompaniyets L, Agathis NT, Nelson JM, et al. Underlying medical conditions associated with severe COVID-19 illness among children. JAMA Netw Open. 2021;4(6):e2111182. Published 2021 Jun 1.
- 13. Franki, R. Anxiety, Depression Track With Prevalence of COVID Cases. Medscape Medical News website. October 13, 2021. Available at: <u>https://www.medscape.com/viewarticle/960817?src</u>. Accessed October 13, 2021.
- Taquet M, Luciano S, Geddes JR, Harrison PJ. Bidirectional associations between COVID-19 and psychiatric disorder: retrospective cohort studies of 62 354 COVID-19 cases in the USA. Lancet Psychiatry. 2021 Feb;8(2):130-140. Erratum in: Lancet Psychiatry. 2021 Jan;8(1):e1. PMID: 33181098; PMCID: PMC7820108.
- 15. Nystad W, et al. Underlying conditions in adults with COVID-19. Tidsskr Nor Laegeforen. 2020 Sep 16;140(13). English, Norwegian.
- 16. Choi YJ, et al. Variable effects of underlying diseases on the prognosis of patients with COVID-19. PLoS One. 2021;16(7):e0254258. Published 2021 Jul 19.
- 17. Hawksley H. A Divided World Struggles with Covid-19. The Covid-19 pandemic should have encouraged unity among governments around the globe; instead, it exacerbated antagonism and selfish responses. Yale Global Online. July 7, 2020. <u>https://archive-yaleglobal.yale.edu/content/divided-world-struggles-covid-19</u>. Accessed October 25, 2021.
- 18. LoBisco, S. Re-emerging into a Simmering Society, How Medicine Can Heed the Wake-Up Call: Trepidation, Fears, Unrest, and Hope Sprinkled in as the Global Community Attempts to Move Forward. dr-lobisco.com website. Available at: <u>https://dr-lobisco.com/prejudice-stigma-groupthink-medicine-health-outcomes-naturopathic-doctor-albany-ny/</u>. Accessed November 12, 2021.
- 19. Cleveland Clinic. How the Pandemic Is Straining the Healthcare System and What You Can Do to Help. Cleveland Clinic Family Medicine Website. December 20, 2020. Available at:

https://health.clevelandclinic.org/how-the-pandemic-is-straining-the-healthcare-system-and-whatyou-can-do-to-help/. Accessed October 21, 2021.

- 20. Argulian E. Anticipating the "Second Wave"; of Health Care Strain in the COVID-19 Pandemic. JACC Case Rep. 2020;2(5):845-846.
- 21. Lewis J. The COVID-19 Strain On Health Care Remains, As Administrators Look To Long-Term Impacts. JDSPURA website. April 21, 2021. Available at: <u>https://www.jdsupra.com/legalnews/the-covid-19-strain-on-health-care-6775783/</u>. Accessed October 21, 2021.
- 22. Mora A. Providers face challenges as COVID-19 puts strains on healthcare system. University of North Texas Health Science Center at Fort Worth website. Available at: <u>https://www.unthsc.edu/newsroom/story/providers-face-challenges-as-covid-19-puts-strains-onhealthcare-system/</u>. Accessed October 21, 2021.

23. Institute for Functional Medicine. Clinician Burnout: Maintaining Balance and Resilience. Institute for Functional Medicine website. Available at: <u>https://www.ifm.org/news-insights/clinician-burnout-ways-care-self/</u> Accessed October 13, 2021.

24. Schepker, K. Sales Surges & amp; Supply Shortages: Supplement Brands Navigate Choppy Post-COVID Seas. Holistic Primary Care. September 4, 2020. https://holisticprimarycare.net/uncategorized/sales-surges-supply-shortages-supplement-brands-

https://holisticprimarycare.net/uncategorized/sales-surges-supply-shortages-supplement-brandsnavigate-choppy-post-covid-seas/ . Accessed October 21, 2021.

25. Goldman, E. Natural Products Industry Rises to Meet COVID Challenges. Holistic Primary Care. September 11, 2021. Available at: <u>https://holisticprimarycare.net/uncategorized/natural-products-industry-rises-to-meet-covid-challenges/</u>. Accessed October 21, 2021.

26. Reynolds, C. The Analyst's Take: 36% of US consumers report increased supplement use during pandemic. New Hope Network website. April 9, 2020. Available at: <u>https://www.newhope.com/market-data-and-analysis/analysts-take-36-us-consumers-report-increased-supplement-use-during</u>. Accessed October 23, 2021.

27. Evans A, Santos E, Ford M. Impact of COVID-19 on Vitamins, Minerals, and Supplements. L.E.K Insights. L.E.K. website. May 1, 2020. Available at: <u>https://www.lek.com/insights/ei/impact-covid-19-vitamins-minerals-and-supplements</u>. Accessed November 1, 2021.

28. Ang L, Song E, Lee HW, Lee MS. Herbal medicine for the treatment of coronavirus disease 2019 (COVID-19): A systematic review and meta-analysis of randomized controlled trials. J Clin Med. 2020 May 23;9(5):1583.

29. Lam CS, Koon HK, Chung VC, Cheung YT. A public survey of traditional, complementary and integrative medicine use during the COVID-19 outbreak in Hong Kong. PLoS One. 2021;16(7):e0253890. Published 2021 Jul 1.

30. Report Ocean. Open PR. Complementary And Alternative Medicine Market Impact and Opportunities During Coronavirus Lockdown and Forecast Assessment 2021-2027 Columbia Nutritional, Nordic Nutraceuticals, Herb Pharm, Sheng Chang Pharmaceutical Company. [Press Release] October 25, 2021. <u>https://www.openpr.com/news/2440274/complementary-and-alternativemedicine-market-impact</u>. Accessed October 25, 2021. 31. Institute for Functional Medicine. IFM COVID-19 Functional Medicine Resources. Institute for Functional Medicine website. Available at: <u>https://info.ifm.org/covid-19</u>. Accessed October 13, 2021.

32. American Association of Naturopathic Physicians (AANP). COVID-19 Resources and Guidelines for NDs. AANP website. Available at: <u>https://naturopathic.org/page/Covid19Resources</u>. Accessed October 13, 2021.

33. Lordan R, Rando HM; COVID-19 Review Consortium, Greene CS. Dietary Supplements and Nutraceuticals Under Investigation for COVID-19 Prevention and Treatment. ArXiv [Preprint]. 2021 Feb 3:arXiv:2102.02250v1. Update in: mSystems. 2021 May 4;6(3): PMID: 33564696; PMCID: PMC7872359.

34. National Institute of Health: National Center for Complementary and Alternative Medicine. COVID-19 and "Alternative" Treatments: What You Need To Know. NIH Website. October 15, 2021. Available at: https://www.nccih.nih.gov/health/covid-19-and-alternative-treatments-what-you-need-to-know . Accessed November 1, 2021.

35. Alliance for Natural Health. Doctors Gagged as Feds Launch Censorship Campaign [Web page]. Alliance for Natural Health website. May 28, 2020. Available at: <u>https://anh-usa.org/doctors-gagged-as-feds-launch-massive-censorship-campaign/</u>. Accessed October 25, 2021

36. Gervis, Z. HOME FOR THE HOLIDAYS: Majority of Americans say the upcoming holidays mean so much more after the events of 2020. The Sun. October 22, 2020. Available at: https://www.thesun.co.uk/news/12999308/americans-upcoming-holidays-2020-pandemic-survey/. Accessed October 14, 2021.

37. Bauchner H, Easley TJ, on behalf of the entire editorial and publishing staff of JAMA and the JAMA Network. Health care heroes of the COVID-19 pandemic. JAMA. 2020;323(20):2021.

38. Loades, ME, et al. Rapid systematic review: The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19. Child and Adolescent Psychiatry. November 1, 2020; 59(11): P1218-1239.e3.

39. Carbone SR. Flattening the curve of mental ill-health: the importance of primary prevention in managing the mental health impacts of COVID-19. Ment Health Prev. 2020 Sep;19:200185.

40. Liberman JA, Mayer LS. The Mental Health Aftermath of COVID-19. Medscape website. May 15, 2020. Available at: <u>https://www.medscape.com/viewarticle/930528</u>. Accessed October 14, 2021.

41. Houghton K. Families, Communities Divided Over COVID Vaccination In Rural Montana. May 11, 2021. NPR website. Available at: <u>https://www.npr.org/sections/health-shots/2021/05/11/995424899/families-communities-divided-over-covid-vaccination-in-rural-montana</u>. Accessed November 12, 2021.

42. Hamedy S. Ebrahimji A. The pandemic has destroyed friendships and divided families. CNN news website. December 15, 2020. Available at: <u>https://www.cnn.com/2020/12/15/us/pandemic-rift-friendships-wellness-trnd/index.html</u>. Accessed November 12, 2021.

43. Holt-Lunstad J, Smith TB, Layton JB. Social relationships and mortality risk: a meta-analytic review. PLoS Med. 2010;7(7):e1000316. Published 2010 Jul 27.

44. Umberson D, Montez JK. Social relationships and health: a flashpoint for health policy. J Health Soc Behav. 2010;51 Suppl(Suppl):S54-S66. doi:10.1177/002214651038350.

45. Centers for Disease Control and Prevention. Alzheimer's Disease and Heathy Aging. Loneliness and Social Isolation Linked to Serious Health Conditions. CDC website. Available at: https://www.cdc.gov/aging/publications/features/lonely-older-adults.html. Accessed November 1, 2021.

46. Puterman E, Weiss J, Hives BA, Gemmil A, Karasek D, Berry Mendes W, et al. Predicting mortality from 57 economic, behavioral, social, and psychological factors. Proceedings of the National Academy of Sciences. Jul 2020;117 (28):16273-16282; 47. Patel Saxena S. Leveraging time with lifestyle-based group visits. Am J Lifestyle Med. 2016 Jun 23;10(5):330-337.

48. Gardiner P, Luo M, D' Amico S, et al. Effectiveness of integrative medicine group visits in chronic pain and depressive symptoms: A randomized controlled trial. PLoS One. 2019;14(12):e0225540. Published 2019 Dec 18.

49. Daly M, Sutin AR, Robinson E. Depression reported by US adults in 2017-2018 and March and April 2020. J Affect Disord. 2021;278:131-135.

50. Mental Health America (MHA). The State of Mental Health in America: 2021. MHA website. Available at: https://mhanational.org/issues/state-mental-health-america Accessed October 14, 2021. Downloadable pdf: https://mhanational.org/sites/default/files/Spotlight%202021%20-%20COVID-19%20and%20Mental%20Health.pdf

51. Mental Health America (MHA). 2020 Ranking Guidelines. MHA website. Available at: <u>https://www.mhanational.org/issues/2020/mental-health-america-ranking-guidelines</u>. Accessed October 14, 2021.

52. Mental Health America (MHA). 2020 View All Data. MHA website. Available at: <u>https://mhanational.org/issues/2020/mental-health-america-all-data</u>. Accessed October 14, 2021.

53. Vahratian A, Blumberg SJ, Terlizzi EP, Schiller JS. Symptoms of anxiety or depressive disorder and use of mental health care among adults during the COVID-19 pandemic —United States, August 2020– February 2021. MMWR Morb Mortal Wkly Rep. 2021;70:490–494.

54. American Academy of Child and Adolescent Psychiatry (AACP). Pediatricians, Child and Adolescent Psychiatrists and Children's Hospitals Declare National Emergency in Children's Mental Health. AACP website. October 1, 2021. Available at:

https://www.aacap.org/AACAP/zLatest News/Pediatricians CAPs Childrens Hospitals Declare National Emergency Childrens Mental Health.aspx Accessed October 24, 2021.

55. Ali MM. Mental Health Consequences of COVID-19: The Role of Social Determinants of Health Research Brief. April 8, 2021. ASPE (Office of Assistant Secretary for Planning and Evaluation) website. Available at: <u>https://aspe.hhs.gov/reports/mental-health-consequences-covid-19-role-social-</u> <u>determinants-health-research-brief</u>. Accessed October 22, 2021.

56. Gordon J. One Year In: COVID-19 and Mental Health. NIH webpage. April 9, 2021. Available at: <u>https://www.nimh.nih.gov/about/director/messages/2021/one-year-in-covid-19-and-mental-health</u>. Accessed October 25, 2021.

57. McNamara D. CDC: Mood Disorders Increase Risk for Severe COVID-19. Medscape News. Medscape website. October 28, 2021. Available at: https://www.medscape.com/viewarticle/961805?src=. Accessed October 28, 2021. 58. Das-Munshi J, Change CK, Bakolis I, Broadbent M, Dregan A, Hotopf M, et al. All-cause and causespecific mortality in people with mental disorders and intellectual disabilities, before and during the COVID-19 pandemic: cohort study. The Lancet Regional Health- Europe. Available online 7 October 2021. DOI:

59. Henderson C, Evans-Lacko S, Thornicroft G. Mental illness stigma, help seeking, and public health programs. Am J Public Health. 2013;103(5):777-780.

60. Waitzfelder B, Stewart C, Coleman KJ, et al. Treatment initiation for new episodes of depression in primary care settings. J Gen Intern Med. 2018;33(8):1283-1291.

61. Shrestha Manandhar J, Shrestha R, Basnet N, et al. Study of adherence pattern of antidepressants in patients with depression. Kathmandu Univ Med J. 2017;15(57):3-9.

62. Zivin K. Antidepressant non-adherence is common among veterans, with ineffectiveness and side effects as commonly reported reasons. Evid Based Ment Health. 011;14(4):91.

63. Barbui C, Cipriani A, Patel V, Ayuso-Mateos JL, van Ommeren M. Efficacy of antidepressants and benzodiazepines in minor depression: systematic review and meta-analysis. Br J Psychiatry. 2011;198(1):11-16.

64. Jakobsen JC, Katakam KK, Schou A, et al. Selective serotonin reuptake inhibitors versus placebo in patients with major depressive disorder. A systematic review with meta-analysis and trial sequential analysis [published correction appears in BMC Psychiatry. 2017;17(1):162]. BMC Psychiatry. 2017;17(1):58. doi:10.1186/s12888-016-1173-2.

65. Prousky JE. The Stressed Brain – A Clinician's Perspective. Townsend Letter website. Available at: <u>https://www.townsendletter.com/article/448-stressed-brain-a-clinicians-perspective/</u>. Accessed October 14, 2021.

66. Avenaim, J. Health During COVID-19. Mental Health Foundation website. Available at: <u>https://mentalhealthfoundation.org/mental-health-during-covid-19/</u>. Accessed November 1 2021.

67. LoBisco, S. Medicating Stress & amp; Depression Away: Search for the "Dr. Feel Good" Pill (Part I). Natural Path website. March 13, 2021. Available at: <u>https://naturalpath.net/experts/medicating-stress-depression-away-search-dr-feel-good-pill/</u> Accessed October 14, 2021.

68. Dyer, W. Open Your Minds. Wayne's Blog website. Available at: https://www.drwaynedyer.com/blog/open-your-mind/ . Accessed October 15, 2021.

69. Early, J. How to Think with the Mindset of Jesus. The Bible Speaks to You website. August 9, 2021. Available at: <u>https://thebiblespeakstoyou.com/how-to-think-with-the-mindset-of-jesus/</u>. Accessed October 15, 2021.

70. Burke, AG. What is the Mind?—A Meditator's Guide. Spirituality & amp; Health website. Available at: <u>https://www.spiritualityhealth.com/articles/2017/01/08/what-mind-meditators-guide</u>. Accessed October 15, 2021.

71. Carter A, Raypole C. What is the Placebo Effect? Placebo vs. Nocebo. Healthline website. February 25, 2019. <u>https://www.healthline.com/health/nocebo-effect</u>. Accessed November 1, 2021.

72. Harvard Medical School. The power of the placebo effect. Harvard Health Publishing, Harvard Medical School website. August 9, 2019. Available at: <u>https://www.health.harvard.edu/mental-health/the-power-of-the-placebo-effect</u>. Accessed October 15, 2021.

73. Benedetti F, Carlino E, Pollo A. How placebos change the patient's brain. Neuropsychopharmacology. 2011;36(1):339-354.

74. Wager TD, Atlas LY. The neuroscience of placebo effects: connecting context, learning and health. Nat Rev Neurosci. 2015;16(7):403-418.

75. Kirsch I. Antidepressants and the Placebo Effect. Z Psychol. 2014;222(3):128-134.

76. Seladi-Schulman J. What Is the Placebo Effect and Is It Real? Healthline website. February 13, 2020. Available at: <u>https://www.healthline.com/health/placebo-effect#the-psychology</u>. Accessed October 15, 2021.

77. Geuter S, Koban L, Wager TD. The cognitive neuroscience of placebo effects: Concepts, predictions, and physiology [abstract]. Annu Rev Neurosci [online]. 2017 Jul 25;40:167-188.

78. Pouillon L, Socha M, Demore B, Thilly N, Abitbol V, Danese S, Peyrin-Biroulet L. The nocebo effect: a clinical challenge in the era of biosimilars [abstract]. Expert Rev Clin Immunol [online]. 2018 Sep;14(9):739-749.

79. Požgain I, Požgain Z, Degmečić D. Placebo and nocebo effect: a mini-review. Psychiatr Danub. 2014 Jun;26(2):100-7.

80. Pouillon L, Socha M, Demore B, Thilly N, Abitbol V, Danese S, Peyrin-Biroulet L. The nocebo effect: a clinical challenge in the era of biosimilars. Expert Rev Clin Immunol. 2018 Sep;14(9):739-749.

81. Klein, G. Mindsets. What are They and Why They Matter. Psychology Today website. May 1, 2016. Available at: <u>https://www.psychologytoday.com/us/blog/seeing-what-others-dont/201605/mindsets</u>. Accessed November 19, 2021.

