

Referenceliste: Beroligende metoder i SAFE App 2026

Tema	Titel	Referencer
Aktiv	<u>Gåtur</u>	Grasdalsmoen M, Eriksen HR, Lønning KJ, Sivertsen B. Physical exercise, mental health problems, and suicide attempts in university students. BMC Psychiatry. December 2020;20(1):175.
Aktiv	<u>Løbetur</u>	Pascoe M, Bailey AP, Craike M, Carter T, Patten R, Stepto N, m.fl. Physical activity and exercise in youth mental health promotion: a scoping review. BMJ Open Sport Exerc Med. januar 2020;6(1):e000677.
Aktiv	<u>Syng</u>	Grape C, Sandgren M, Hansson LO, Ericson M, Theorell T. Does singing promote well-being?: An empirical study of professional and amateur singers during a singing lesson. Integr Physiol Behav Sci. januar 2002;38(1):65–74.
Aktiv	<u>Instrumenter</u>	
Duft og smag	<u>Duft</u>	Adams-Leask K, Varona L, Dua C, Baldock M, Gerace A, Muir-Cochrane E. The benefits of sensory modulation on levels of distress for consumers in a mental health emergency setting. Australas Psychiatry. oktober 2018;26(5):514–9. Craswell G, Dieleman C, Ghanouni P. An Integrative Review of Sensory Approaches in Adult Inpatient Mental Health: Implications for Occupational Therapy in Prison-Based Mental Health Services. Occup Ther Ment Health. 3. april 2021;37(2):130–57.
Duft og smag	<u>The</u>	Molloy L, Chidarikire S, Pullman J, Havilla S, Patton D, Beckett P. The Impact of Sensory Modulation Interventions on Practice in Acute Inpatient Mental Health Settings: A Meta-Ethnography. Issues Ment Health Nurs. 2. juni 2024;45(6):580–8. https://doi.org/10.1080/01612840.2024.2341034
Duft og smag	<u>Kold sodavand</u>	

Duft og smag	<u>Chili</u>	
Kreativ	<u>Kreativ</u>	Sandmire DA, Gorham SR, Rankin NE, Grimm DR. The Influence of Art Making on Anxiety: A Pilot Study. Art Ther. juni 2012;29(2):68–73. https://doi.org/10.1080/07421656.2012.683748
Kreativ	<u>Tegning</u>	
Kreativ	<u>Puslespil</u>	Hetrick SE, Subasinghe A, Anglin K, Hart L, Morgan A, Robinson J. Understanding the Needs of Young People Who Engage in Self-Harm: A Qualitative Investigation. Front Psychol. 2019;10:2916.
Kreativ	<u>Strikke og hækle</u>	Keyes H, Gradidge S, Forwood SE, Gibson N, Harvey A, Kis E, m.fl. Creating arts and crafting positively predicts subjective wellbeing. Front Public Health. 16. august 2024;12:1417997.
Kreativ	<u>Perleplade</u>	Fenton C, Holmes J, Taylor A, Jackson Z. A Systematic Review of the Use, Acceptability, Perceived Effectiveness and Effectiveness of Self-Help Toolkits. Issues Ment Health Nurs. 2. august 2024;45(8):868–80.
Lyt	<u>Musik og velvære</u>	De Witte M, Spruit A, Van Hooren S, Moonen X, Stams GJ. Effects of music interventions on stress-related outcomes: a systematic review and two meta-analyses. Health Psychol Rev. 2. april 2020;14(2):294–324. Blood AJ, Zatorre RJ. Intensely pleasurable responses to music correlate with activity in brain regions implicated in reward and emotion. Proc Natl Acad Sci. 25. september 2001;98(20):11818–23.
Lyt	<u>Musikstjernen</u>	Hannibal N, Lund HN, Bonde LO. Musiklyttepuder, lyd-bøjler og spillelister i behandlingen af psykiatriske patienter. Musik Psykiatr Online. 30. december 2013;Årg. 8 Nr. 2 (2013): Musikterapi i psykiatrien online8(2). https://doi.org/10.5278/ojs.mipo.v8i2.553

Lyt	<u>Musicure</u>	Lund HN, Bertelsen LR, Bonde LO. Sound and music interventions in psychiatry at Aalborg University Hospital. SoundEffects - Interdiscip J Sound Sound Exp. 30. november 2016;6(1):48–68. https://doi.org/10.7146/se.v6i1.24912 De Wit K, Sevindik B. 8. Meaningful Music in Healthcare: Professional Development and Discovered Identities of Classical Musicians Working in Hospital Wards. I: Smith NT, Peters P, Molina K, redaktører. Classical Music Futures [Internet]. 1. udg. Cambridge, UK: Open Book Publishers; 2024 [henvist 10. januar 2025]. s. 153–76. Tilgængelig hos: https://www.openbookpublishers.com/books/10.11647/obp.0353/chapters/10.11647/obp.0353.08 DOI:10.11647/obp.0353.08
Lyt	<u>Stillerum - Sanserum</u>	Doroud N, Cappy M, Grant K, Scopelliti M, McKinstry C, McMahon D. Sensory Rooms within Mental Health Settings: A Systematic Scoping Review. Occup Ther Ment Health. 6. februar 2024;121. https://doi.org/10.1080/0164212X.2024.2308290 Kjær ML, Obarzanek CE, Præstegaard J, Bjørkedal STB. ‘It provided me with a sense of safety that I hadn’t felt in weeks.’ A qualitative case study of service users’ experiences with sensory rooms in psychiatric inpatient units. Nord J Psychiatry. 16. november 2024;78(8):675–84.
Lyt	<u>Hjælp med mindfulness</u>	Allen JG, Romate J, Rajkumar E. Mindfulness-based positive psychology interventions: a systematic review. BMC Psychol. december 2021;9(1):116. Golden HL, Vosper J, Kingston J, Ellett L. The Impact of Mindfulness-Based Programmes on Self-Compassion in Nonclinical Populations: a Systematic Review and Meta-Analysis. Mindfulness. januar 2021;12(1):29–52.

Lyt	<u>Oplæsning</u>	Winstone L, Mars B, Ferrar J, Moran P, Penton-Voak I, Grace L, m.fl. Investigating How People Who Self-harm Evaluate Web-Based Lived Experience Stories: Focus Group Study. JMIR Ment Health. 31. januar 2023;10:e43840.
Mærk	<u>Natur</u>	Corazon SS, Sidenius U, Poulsen DV, Gramkow MC, Stigsdotter UK. Psycho-Physiological Stress Recovery in Outdoor Nature-Based Interventions: A Systematic Review of the Past Eight Years of Research. Int J Environ Res Public Health. 16. maj 2019;16(10):1711. Frühauf A, Niedermeier M, Elliott LR, Ledochowski L, Marksteiner J, Kopp M. Acute effects of outdoor physical activity on affect and psychological well-being in depressed patients – A preliminary study. Ment Health Phys Act. marts 2016;10:4–9.
Mærk	<u>Bad</u>	Rymaszewska J, Lion KM, Pawlik-Sobecka L, Pawłowski T, Szcześniak D, Trypka E, m.fl. Efficacy of the Whole-Body Cryotherapy as Add-on Therapy to Pharmacological Treatment of Depression—A Randomized Controlled Trial. Front Psychiatry. 9. juni 2020;11:522.
Mærk	<u>Gynge</u>	Hamdani SU, Zill-e-Huma, Zafar SW, Suleman N, Um-ul-Baneen, Waqas A, m.fl. Effectiveness of relaxation techniques ‘as an active ingredient of psychological interventions’ to reduce distress, anxiety and depression in adolescents: a systematic review and meta-analysis. Int J Ment Health Syst. december 2022;16(1):31.
Mærk	<u>Giv massage og afslapning</u>	Arnold MM, Müller-Oerlinghausen B, Hemrich N, Bönsch D. Effects of Psychoactive Massage in Outpatients with Depressive Disorders: A Randomized Controlled Mixed-Methods Study. Brain Sci. 26. september 2020;10(10):676.
Mærk	<u>Akupressur</u>	Kwon CY, Lee B. The Effectiveness and Safety of Acupuncture on Suicidal Behavior: A Systematic Review. Healthcare. 27. marts 2023;11(7):955. https://doi.org/10.3390/healthcare11070955

Mærk	<u>Wellness-Bowl</u>	Jenkins A, Guttridge L, Kapoor A. Evaluating the effectiveness of personalised self-soothe boxes on distress levels in an acute adult inpatient mental health setting. Abuse Int Impact J. 11. oktober 2024;5(2):52–67.
Mærk	<u>Tøjdyr</u>	Fenton C, Attwell L, Standley E, Holmes J. Exploring the content of self-help toolkits as an intervention for non-suicidal self-injury in young people in England. Int J Ment Health Nurs. oktober 2023;32(5):1326–34. Montazeri Ghahjavarestani A, Haghighat-Manesh E, Atashpanjeh H, Behfar A, Zeynali S, Ghahri Lalaklou Z. An investigation into the social and behavioral interactions of kids with autism and their perspectives on the topic of sensory training. Neurol Lett. 12. juli 2024;3(2):5–12.
Mærk	<u>Kram med tæppe</u>	Lucre K, Clapton N. The Compassionate Kitbag: A creative and integrative approach to compassion-focused therapy. Psychol Psychother Theory Res Pract. april 2021;94(S2):497–516.
Mærk	<u>Bobleplast</u>	Busfield A, Peters C, McKenzie K. Kind minds: using the ‘compassionate kitbag’ in a compassion focused therapy group for adults with intellectual disabilities. Adv Ment Health Intellect Disabil. 4. marts 2024;18(1):25–37. Nordgreen T, Havik OE. “Use of self-help materials for anxiety and depression in mental health services: A national survey of psychologists in Norway”: Correction to Nordgreen and Havik (2011). Prof Psychol Res Pract. juni 2011;42(3):221–221. https://doi.org/10.1037/a0024233
Mærk	<u>Stressbold</u>	
Mærk	<u>Tygge</u>	Wright L, Bennett S, Meredith P. ‘Why didn’t you just give them PRN?’: A qualitative study investigating the factors influencing implementation of sensory modulation approaches in inpatient mental health units. Int J Ment Health Nurs. august 2020;29(4):608–21. https://doi.org/10.1111/inm.12693

Skab tryghed	<u>Fysisk nærvær</u>	Saunders KEA, Hawton K, Fortune S, Farrell S. Attitudes and knowledge of clinical staff regarding people who self-harm: A systematic review. J Affect Disord. august 2012;139(3):205–16. DOI: 10.1016/j.jad.2011.08.024
Skab tryghed	<u>Beroligende tale</u>	Sass C, Brennan C, Farley K, Crosby H, Rodriguez Lopez R, Romeu D, m.fl. Valued attributes of professional support for people who repeatedly self-harm: A systematic review and meta-synthesis of first-hand accounts. Int J Ment Health Nurs. april 2022;31(2):424–41. Brennan CA, Crosby H, Sass C, Farley KL, Bryant LD, Rodriguez-Lopez R, m.fl. What helps people to reduce or stop self-harm? A systematic review and meta-synthesis of first-hand accounts. J Public Health. 14. marts 2023;45(1):154–61. https://doi.org/10.1093/pubmed/fdac022
Skab tryghed	<u>Trykbehandling</u>	Wolff JC, Thompson E, Thomas SA, Nesi J, Bettis AH, Ransford B, m.fl. Emotion dysregulation and non-suicidal self-injury: A systematic review and meta-analysis. Eur Psychiatry. juni 2019;59:25–36. doi:10.1016/j.eurpsy.2019.03.004
Skab tryghed	<u>Ballstick behandling</u>	Bjerg Christensen J, Lassen IS, Helles Carlsen A, Strazek S, Nyboe L. Physical therapy for reducing arousal and mechanical restraint among in-patients with mania. Nord J Psychiatry. 2. januar 2021;75(1):49–53.