

Bibliography

1- Detecting Moments of Stress from Measurements of Wearable Physiological Sensors

- Kyriakou, K., Resch, B., Sagl, G., (2019). <https://doi.org/10.3390/s19173805>
- Results show that the algorithm detects MOS (Moments of Stress) with 84% accuracy, showing high correlations between measured (by wearable sensors), reported (by questionnaires and eDiary entries), and recorded (by video) stress events through rule-based algorithm based on galvanic skin response and skin temperature.

2- Portable System for Real-Time Detection of Stress Level

- Minguillon, J., Perez, E., & Sanchez-Carrion, M. (2018). <https://doi.org/10.3390/s18082504> .
- Portable system for real-time detection of stress based on multiple bio-signals such as HRV, GSR and EMR. The system could classify three levels of stress (stress, relax, and neutral) with 86% accuracy.

3- Stress monitoring through non-invasive instrumental analysis of skin conductivity

- Joshi, A., Kiran, R., & Sah, A. N. (2017). <https://doi.org/10.3233/wor-172553>
- Explored the consequence of yogic breathing on skin conductivity using galvanic skin response sensor meter (GSRSM) on 400 students 18-22, which showed reduction in mean value in skin conductivity after deep breathing for the time period (t = 300 sec) as compared to the control group.

4- Spatial Analysis of Moments of Stress Derived from Wearable Sensor Data

- Kyriakou, K., & Resch, B. (2019). <https://doi.org/10.5194/ica-adv-2-9-2019>
- Using rule-based algorithm that detects MOS using BVP, GSR and ST in real-time, at sampling frequencies of 64Hz, 4Hz and 4Hz, respectively. The accuracy of GSR varies from 0 to 100µS

5- Objective detection of chronic stress using physiological parameters

- Al abdi, R. M., Alhitary, A. E., & Al-bashir, A. K. (2018). <https://doi.org/10.1007/s11517-018-1854-8>
- Proposed a system to diagnose stress, based on HR, GSR and breathing rate (BR). HR and GSR were significantly ($p < 0.05$) changed during cognitive load stress. ROC analysis for GSR illustrated its usefulness to identify stressed subjects. By inputting all features to different classification algorithms, up to 91.7% of sensitivity and 89.7% of accuracy to identify stressed subjects were achieved.

6- Effectiveness of app-based DBT for anxiety and depression:

- Schroeder, J., Wilkes, C., Rowan, K., Toledo, A., Paradiso, A., Czerwinski, M., ... Linehan, M. M. (2018). <https://doi.org/10.1145/3173574.3173972>

7- An updated meta-analysis on iCBT for depression and anxiety disorders:

- Andrews, G., Basu, A., Cuijpers, P., Craske, M. G., McEvoy, P., English, C. L., & Newby, J. M. (2018). Computer therapy for the anxiety and depression disorders is effective, acceptable and practical health care: An updated meta-analysis. *Journal of Anxiety Disorders*, 55, 70–78. <https://doi.org/10.1016/j.janxdis.2018.01.001>

8- Meta-analysis on effectiveness of Dialectical Behavior Therapy for Adolescents:

- Hunnicutt Hollenbaugh, K. M., & Lenz, A. S. (2018). Preliminary Evidence for the Effectiveness of Dialectical Behavior Therapy for Adolescents. *Journal of Counseling & Development*, 96(2), 119–131. <https://doi.org/10.1002/jcad.12186>