

Bibliographie thématique sous-tendant l'Approche Neurocognitive et Comportementale (ANC)

Laboratoire de Psychologie & Neurosciences de l'Institut de Médecine Environnementale

Les références bibliographiques présentées dans ce document sont une sélection thématique et non exhaustive des références sur lesquelles s'appuient les recherches de l'IME :

- **Cortex préfrontal, stress et adaptation**
- **Motivation et personnalité**
- **Phobie sociale, comportement d'évitement et compensation**
- **Assertivité et rapports de force**
- **Le cerveau en interaction sociale**
- **Risques psychosociaux et socio-organisationnels**
- **Psychologie de la santé**

Les conférences et publications de l'IME sont, quant à elles, indiquées sur les pages du site www.ime.fr :

- http://www.ime.fr/pages/recherche/labo_neuro_conf_publi.html
- http://www.ime.fr/pages/recherche/labo_nutrition_conf_publi.html

Cortex préfrontal, stress et adaptation

Rôle et principales fonctions du cortex préfrontal

Kolb, B., Mychasiuk, R., Muhammad, A., Li, Y., Frost, D. O., & Gibb, R. (2012). Experience and the developing prefrontal cortex. *Proceedings of the National Academy of Sciences*, 109 (suppl. 2), 17186-17193.

- ↳ Approche développementale qui étudie l'influence des facteurs environnementaux sur le développement de cette structure et l'expression/répression de ses fonctions.

Effet des hormones du stress sur le cortex préfrontal

Arnstein, A., Mazure, C. M., & Sinha, R. (2012). This is our brain in meltdown. *Scientific American*, 306(4), 48-53.

Version française :

Arnstein, A., Mazure, C. M., & Sinha, R. (2012). Le cerveau stressé. *Pour la Science*, 418 (août 2012), 70-75.

- ↳ Déconnexion biochimique du cortex préfrontal sous l'effet des hormones du stress et donc du contrôle que celui-ci peut avoir (inhibition, prise de recul, réflexion, relativisation...) sur notre emballement émotionnel.

Influence du stress sur les processus de prise de décision

Bruce S. McEwen (2012). Brain on stress: How the social environment gets under the skin. *Proceedings of the National Academy of Sciences*, 109 (suppl. 2), 17180-17185.

Starcke, K., & Brand, M. (2012). Decision making under stress: A selective review. *Neuroscience and Biobehavioral Review*, 36(4), 1228-1248.

- ↳ Approche neurobiologique qui se veut intégrative.

Bascule entre systèmes cérébraux

Houdé, O., Zago, L., Mellet, E., Moutier, S., Pineau, A., Mazoyer, B., & Tzourio-Mazoyer, N. (2000). Shifting from the perceptual brain to the logical brain: The neural impact of cognitive inhibition training. *The Journal of Cognitive Neurosciences*, 2(5), 721-728.

- ↳ Bascule entre des réponses (prises de décision) reposant sur le système perceptivo-intuitif (lui-même supporté par les structures cérébrales postérieures), vers des réponses reposant sur le système cognitivo-réflexif (supporté par les structures cérébrales antérieures et le cortex préfrontal notamment).

Articles incontournables

Bilalic, M., McLeod, P. & Gobet, F. (2008b). Why good thought block better ones: The mechanism of the pernicious Einstellung (set) effect. *Cognition*, 108 (3), 652-661.

- ↳ Ci-dessus une étude présentant l'effet Einstellung, ou l'influence de nos stratégies routinières sur l'exploration de notre environnement.

Dijksterhuis, A., Bos, M., Nordgren, L. & van Baaren, R. (2006). On making the right choice: the Deliberation-Without-Attention effect. *Science*, 311, 1005-1007.

Dijksterhuis, A. & Nordgren, L. (2006). A Theory of Unconscious Thought. *Perspectives on Psychological Science*, Vol 1, N°2, 95-109.

- ↳ Les deux articles ci-dessus présentent la préférence d'un traitement "inconscient" pour des situations complexes

Lazarus, R. S. (1990). Theory-based stress measurement. *Psychological Inquiry*, 1, 3-13.

Lazarus, R. S., & Folkman, S. (1987). Transactional theory and research on emotions and coping. *European Journal of Personality*, 1, 141-169.

Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal and coping* (New York : Springer).

- ↳ Les deux articles ci-dessus présentent les bases du modèle théorique de l'approche transactionnelle du stress (c.-à-d. l'approche cognitive, à mettre en regard avec l'approche biologique du stress).

Texte théorique important

Folkman, S., Moskowitz, J. T. (2004). Coping: Pitfalls and promises. *Annual Review of Psychology*, 55, 745-774.

Méta-analyse

Connor-Smith, J. K., Flachsbarth, C. (2007). Relations between personality and coping: A Meta-Analysis. *Journal of Personality and Social Psychology*, 93(6), 1080-1107.

Motivation et personnalité

Textes portant sur la définition de la « personnalité »

Cloninger, S. (1999). *La personnalité*. Paris : Flammarion.

Roberts, B. W., Walton, K. E., & Viechtbauer, W. (2006). Personality traits change in adulthood: Reply to Costa and McCrae. *Psychological bulletin*, 132(1), 29-32.

Samuel, D. B., Ansell, E. B., Hopwood, C. J., Morey, L. C., Markowitz, J. C., Skodol, A. E., & Grilo, C. (2010). Impact of NEO PI-R norms on the assessment of personality disorders profiles. *Psychological Assessment*, 22(3), 539-545.

Warner, M. B., Morey, L. C., Finch, J. F., Gunderson, J. G., Skodol, A. E., Sanislow, C. A., Shea, T. *et al.* (2004). The longitudinal relationship of personality traits and disorders. *Journal of Abnormal Psychology*, 113(2). 217-237.

Etudes visant à établir des liens entre génome et personnalité et/ou caractère

Cloninger, C. R. (2004). *Feeling Good: The Science of Well-being* (New York: Oxford University Press).

Cloninger, C. R. (2003). Completing the psychobiological architecture of human personality development: Temperament, character, & coherence. In M. Staudinger and E. R. Linderberger (Eds.), *Understanding Human Development: Dialogues with Lifespan Psychology* (Boston: Kluwer Academic Publishers).

Cloninger, C. R., Svrakic, D. M., and Przybeck, T. R. (1993). A psychobiological model of temperament and character, *Archives of General Psychiatry*, 50, 975-990.

Principes de la motivation

Inglis, I. R., Forkman, B. & Lazarus, J. (1997). Free food or earned food? A review and fuzzy model of contrafreeloading. *Animal Behaviour*, 53(6), 1171-1191.

Tarte, R. D. (1981). Contrafreeloading in humans. *Psychological Reports*, 49(3), 859-866.

Vallerand, R. & Thill, E. (1993). Introduction à la psychologie de la motivation (Paris : Vigot).

↳ Etudes montrant que, pour qu'une tâche soit « motivante », il faut :

- **une action** (s'atteler à la tâche : parfois le simple fait d'« entrer en action » alimente la motivation, *i.e.* on a envie d'aller jusqu'au bout)
- **avec une direction** (identification d'un but et canalisation des efforts vers celui-ci)
- **et de la persistance** (qui indique notre engagement dans la poursuite de l'action au cours du temps afin d'atteindre le but défini).

Autres articles

Bandura, A. (2003). *Auto-efficacité. Le sentiment d'efficacité personnelle*. Bruxelles : de Boeck.

Bandura, A. (1997). *Self-efficacy: The exercise of control*. New York: W. H. Freeman.

Bandura A., & Schunk D.H., (1981). Cultivating competence, self-efficacy, and intrinsic interest through proximal self-motivation. *Journal of Personality and Social Psychology*, 41(3), p: 586-598.

Bolger, N. (1990). *Coping as a personality process : A prospective study*. *Journal of Personality and Social Psychology*, 59, 525-537

Chang, E.C. (2002). *Optimism and pessimism: Implications for theory, research, and practice*. Washington, DC: American Psychological Association.

Endler, N. S., Kantor, L. & Parker, J. D. A. (1994). *State-trait coping, state-trait anxiety and academic performance*. *Personality and Individual Differences*, 16, 663-699.

Folkman, S. (2008). The case for positive emotions in the stress process. *Anxiety, stress and coping*, 21(1), 3-14.

Hansenne, M. (2001). Le modèle biosocial de la personnalité de Cloninger. In: *L'année psychologique*. Vol. 101, n°1. pp.155-181.

Ntoumanis, N., Edmunds, J., & Duda, J. L. (2009). Understanding the coping process from a self-determination theory perspective. *British Journal of Health Psychology*, 14, 249-260.

Paquette, L., Bergeron, J. & Lacourse, E. (2012). Autorégulations, pratiques sportives risquées et consommation de psychotropes chez des adolescents adeptes de sports de glisse. *Canadian Journal of Behavioral Science*, Vol. 44, N°4, 308-318.

Scheier, M. F., & Carver, C. S. (1988). A model of behavioral self-regulation: Translating intention into action. In L. Berkowitz (Ed.), *Advances in Experimental Social Psychology* (Vol. 21, pp. 303-346). New York: Arcade- my Press.

Seligman, M. E. P. (1972). Learned helplessness. *Annual Review of Medicine*, 23, 407-412.

Zuckerman, M. (2003). *La IIIe révolution du Cerveau. Psychobiologie de la Personnalité*. Paris : Payot & Rivages.

Phobie sociale, comportement d'évitement et compensation

André, C. (2000). *Comment gérer les personnalités difficiles*. Paris : Odile Jacob.

Blöte, A. W., Kint, M. J. W., Miers, A. C. & Westenberg, P. M. (2009). The relation between public speaking anxiety and social anxiety : a review. *Journal of Anxiety Disorders*, 23, 305-313.

Golden, A. M. J. & Dalgleish, T. (2012). Facets of Pejorative Self-Processing in Complicated Grief. *Journal of Consulting and Clinical Psychology*, Vol. 80, No. 3, 512-524.

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Potter-Efron, R.T. (1993). Three models of shame and their relation to the addictive process. *Alcoholism Treatment Quarterly*, Vol 10 (1-2), 23-48.

Skinner, B.F. (1938). *The behavior of organisms*. New York: Appletown-Century-Crofts.

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Wiechelt, S. A. (2007). The Specter of Shame in Substance Misuse. *Substance Use and Misuse*, 42: 399-409.

Wilson, M. D. (2010). A comparative study of art therapy and cognitive behavioral therapy in the treatment of sexually addictive behaviors and an investigation into the relationship between shame and sexually addicted behaviors in adults. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, Vol 71(4-B), 2706.

Wilson, M. D. (2012). *Handbook of art therapy (2nd ed.)*. Malchiodi, Cathy A. (Ed.); pp. 302-319. New York, NY, US: Guilford Press, 496 pp.

Wolpe, J. (1973). *The practice of behavior therapy*. Elmsford, NY: Pergamon Press.

Young, M. B. (1991). Attending to the shame: working with addicted populations. *Contemporary Family Therapy*, (13)5, 497-505.

Articles sur l'emploi de l'imagerie cérébrale pour identifier les substrats neuronaux activés chez les personnes souffrant de phobie sociale

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Furmark, T., Tillfors, M., Garpenstrand, H., Marteinsdottir, I., Langstrom, B., Oreland, L. & Fredrikson, M. (2004). Serotonin transporter polymorphism related to amygdala excitability and symptom severity in patients with social phobia. *Neuroscience Letters*, 362, 189-192.

Assertivité et rapports de force

Références générales sur le concept d'assertivité

Alberti, R. E., & Emmons, M. L. (2008). *Your Perfect Right. Assertiveness and Equality in Your Life and Relationships*. (9th ed.). Atascadero, California: Impact Publishers.

Ames D. (2008). In search of the right touch: interpersonal assertiveness in organization life. *Current Directions in Psychological Science*, 17(6), 381—5.

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Allan, S. & Gilbert, P. (1997). Submissive behaviour and psychopathology. *British Journal of Clinical Psychology*, 36, 467-488.

Azaïs, F., Granger, B., Debray, Q., & Ducroix, C. (1999). Approche cognitive et émotionnelle de l'assertivité. *L'Encéphale: Revue de psychiatrie clinique biologique et thérapeutique*, 25, 353-357.

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Comportement et assertivité

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Troubles Obsessionnels-Compulsifs (TOC), traitement TOC, et assertivité

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Le cerveau en interaction sociale

L'émergence d'une discipline : les Neurosciences Sociales

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[L'influence de la socialité sur le fonctionnement du cerveau](#)

De la psychologie sociale :

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[Cerveau et statut social : du singe à l'homme](#)

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[L'amygdale, une structure clé pour interagir avec les autres](#)

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Cf. également les références indiquées dans la première rubrique (Cortex préfrontal, stress et adaptation), en particulier les publications de R. S. Lazarus et S. Folkman.