

BRONNEN LEKKER IN JE VEL

DEEL 1: DE HUID

Hoofdstuk 1: De huid

1. Stichting Nationaal Huidfonds, huidfonds.nl.
2. Nederlandse Vereniging voor Dermatologie en Venereologie, nvdv.nl/patienten.
3. Groot, de A.C. en Toonstra J. (2020). Dermatologie voor huidtherapeuten. Boom, Amsterdam.
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Hoofdstuk 2: Wat je huid vertelt

1. Garibyan, L., Rheingold, C. G., & Lerner, E. A. (2013). Understanding the pathophysiology of itch. Dermatologic therapy, 26(2), 84-91.
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14. Huidziekten.nl, huidziekten.nl/folders/nederlands/lentigo-solaris.
15. RIVM (Zonkrachtactieplan), rivm.nl/bibliotheek/rapporten/2019-0078.
16. KNMI, knmi.nl/kennis-en-datacentrum/uitleg/zonkracht.

Hoofdstuk 3: Huidaandoeningen

1. Vereniging voor Mensen met Constitutioneel Eczeem, vmce.nl.
2. Universitair Medisch Centrum Utrecht, mcutrecht.nl/nl/Ziekenhuis/Ziekte/Constitutioneel-eczeem.
3. Ministerie van volksgezondheid en zorg, volksgezondheidenzorg.info/onderwerp/contacteczeem.
4. The European Federation of Allergy and Airways Diseases Patients' Associations (EFA), efanet.org.
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7. Psoriasispatiënten Nederland, psoriasispatientennederland.nl/psoriasis.
8. Nederlandse Vereniging voor Dermatologie en Venereologie, nvdv.nl/Folder-Psoriasis-bijlage-117-Vragen-en-antwoorden.
9. Universitair Medisch Centrum Utrecht, umcutrecht.nl/nl/ziekenhuis/ziekte/netelroos.
10. Nederlandse Vereniging van Dermatologie en Venereologie, nvdv.nl/patienten/dermatologie/zoek-eeen-huidaandoening/rosacea.
11. IKNL Huidkanker in Nederland, cijfers uit 30 jaar kankerregistratie
12. Nederlandse Vereniging van Huidtherapeuten, huidtherapie.nl/aandoeningen/acne.
13. Nederlandse Vereniging voor Dermatologie en Venereologie, Patiëntenfolder Acne 2019
14. Vitiligo.nl, vitiligo.nl.
15. Alopecia Vereniging, alopecia-vereniging.nl/alopecia-areata.
16. Nederlands Netwerk voor lymfoedeem en lipoedeem, lymfoedeem.nl/lymfoedeem/wat-is-lymfoedeem.
17. Nij Smellinghe Ziekenhuis Drachten, nijsmellinghe.nl.

Hoofdstuk 4: Zorgen voor je huid

1. Cutler, V. J. (2021). The Science and Psychology of Beauty. *Essential Psychiatry for the Aesthetic Practitioner*, 22-33.
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5. Nederlandse Cosmetica Vereniging, [NCV_WatVerteltHetEtiket.pdf](https://ncv-cosmetica.nl/WatVerteltHetEtiket.pdf)
6. Nederlandse Voedsel- en Warenautoriteit, nva.nl/onderwerpen/cosmetica/tips-bij-aankoop-en-gebruik-van-cosmetica.
7. Nederlandse Voedsel- en Warenautoriteit, cosmeticaklachten.nl/praktische-tips.
8. NIVEL, nivel.nl/nl/jaarcijfers-beroepsgroepen-de-zorg.
9. Nederlandse Vereniging voor Dermatologie en Venereologie, nvdv.nl.
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Hoofdstuk 5: Houden van je huid

1. Viren Swami, Martin J. Tovée, Female physical attractiveness in Britain and Malaysia: A cross-cultural study, *Body Image*, Volume 2, Issue 2, 2005, Pages 115-128.
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DEEL 2: IN MIJN HUID

Hoofdstuk 1: Het brein

1. Nederlands herseninstituut, herseninstituut.nl/hersenen/feiten-cijfers/.
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Hoofdstuk 2: Stress

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Hoofdstuk 3: Omgaan met stress

1. Jamieson, J. P., Crum, A. J., Goyer, J. P., Marotta, M. E., & Akinola, M. (2018). Optimizing stress responses with reappraisal and mindset interventions: an integrated model. *Anxiety, Stress, & Coping*, 31(3), 245-261.
2. Jamieson, J. P., Nock, M. K., & Mendes, W. B. (2012). Mind over matter: reappraising arousal improves cardiovascular and cognitive responses to stress. *Journal of experimental psychology: General*, 141(3), 417.
3. Algorani, E. B., & Gupta, V. (2021). Coping mechanisms. *StatPearls*.

Hoofdstuk 4: Het lichaam & stress

1. Yarıbeygi, H., Panahi, Y., Sahraei, H., Johnston, T. P., & Sahebkar, A. (2017). The impact of stress on body function: A review. *EXCLI journal*, 16, 1057.
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5. MIND, wizijnmind.nl/psychische-klachten/psychipedia/stress-overspannenheid-burn-out/klachten-bij-stress-overspannenheid-burnout.
6. RTL nieuws, rtlnieuws.nl/editienl/artikel/5217865/stress-grijze-haren-rimpels-wallen-huid-diederik-gommers-corona

Hoofdstuk 5: De huid & stress

1. Sillevius Smitt, J. H., Van Everdingen, J. J. E., Starink, T., & De Haan, M. (2009). Dermatovenereologie voor de eerste lijn. Bohn Stafleu van Loghum, Houten.
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3. Maag Lever Darm Stichting, mlds.nl/gezonde-buik/microbioom/.
4. Goyen, M., *De huid-darm connectie*, Studio Saffier, Amersfoort
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DEEL 3: LEKKER IN JE VEL

Hoofdstuk 1: Met aandacht in je huid

1. Kabat-Zinn, J. (2014). *Gezond leven met mindfulness. Handboek meditatief ontspannen. Effectief programma voor het bestrijden van pijn en stress*. Altamira, Haarlem.
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Hoofdstuk 2: Trainen van je aandacht

1. Kabat-Zinn, J. (2014). *Gezond leven met mindfulness. Handboek meditatief ontspannen. Effectief programma voor het bestrijden van pijn en stress*. Altamira, Haarlem.
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8. Vereniging Mindfulness Based trainers Nederland, vmbn.nl
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Hoofdstuk 3: Huid en huidaandoeningen

1. Graubard, R., Perez-Sanchez, A., & Katta, R. (2021). Stress and Skin: An Overview of Mind Body Therapies as a Treatment Strategy in Dermatology. *Dermatology Practical & Conceptual*, 11(4).
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