

ENDNOTE REFERENCES

Introduction: The Pale

1. Shakespeare, William. *Romeo and Juliet*, Act 2, Scene 2.
2. Changizi, Mark. *The vision revolution: How the latest research overturns everything we thought we knew about human vision*. Benbella books, 2010.
3. Darwin, Charles. *The Expression of the Emotions in Man and Animals*. London: John Murray, 1872.
4. Axelsson, John, Tina Sundelin, Mats J. Olsson, Kimmo Sorjonen, Charlotte Axelsson, Julie Lasselin, and Mats Lekander. "Identification of acutely sick people and facial cues of sickness." *Proceedings of the Royal Society B: Biological Sciences* 285, no. 1870 (2018): 20172430.
5. Tognetti, Arnaud, Evelina Thunell, Marta Zakrzewska, Jonas Olofsson, Mats Lekander, John Axelsson, and Mats J. Olsson. "Discriminating between sick and healthy faces based on early sickness cues: an exploratory analysis of sex differences." *Evolution, Medicine, and Public Health* 11, no. 1 (2023): 386-396.
6. Spalding, J. A. B. (2004). Confessions of a colour blind physician. *Clinical and Experimental Optometry*, 87(4-5), 344-349.

Chapter 1: The Body-Mind Connection

1. Juvenal. *Satires*. Line 356, Satire 10.

Chapter 2: The Humours of Illness

1. Albert Einstein, attributed.
2. Stephan, Yannick, Angelina R. Sutin, and Antonio Terracciano. "'Feeling younger, walking faster': subjective age and walking speed in older adults." *Age* 37 (2015): 1-12.
3. J. Magistretti, Pierre, and Igor Allaman. "Brain energy and metabolism." In *Neuroscience in the 21st century: from basic to clinical*, pp. 2197-2227. Cham: Springer International Publishing, 2022.

Chapter 3: Darkest Dreams & Deepest Desires

1. Poe, Edgar Allan. "A Dream Within a Dream." In *The Works of the Late Edgar Allan Poe*, edited by R. W. Griswold, New York: J. S. Redfield, 1850. Public Domain.
2. Joosten, Simon A., Denise M. O'Driscoll, Philip J. Berger, and Garun S. Hamilton. "Supine position related obstructive sleep apnea in adults: pathogenesis and treatment." *Sleep medicine reviews* 18, no. 1 (2014): 7-17.

Chapter 4: The Incubus

1. Bond, John. "An Essay on the Incubus, or Night-Mare." London: Printed for D. Wilson and T. Durham, 1753.
2. Agargun, Mehmet Yucel, Murat Boysan, and Lutfu Hanoglu. "Sleeping position, dream emotions, and subjective sleep quality." *Sleep and Hypnosis* 6, no. 1 (2004): 8.
3. Joosten, Simon A., Denise M. O'Driscoll, Philip J. Berger, and Garun S. Hamilton. "Supine position related obstructive sleep apnea in adults: pathogenesis and treatment." *Sleep medicine reviews* 18, no. 1 (2014): 7-17.

Chapter 5: Does Neuroscience Agree?

1. Emerson Pugh, attributed
2. Panksepp, Jaak. "The Foundations of Human and Animal Emotions." Oxford university press, (1998).

Chapter 6: A Cognitive Structure for Brain Energy

1. "The Holy Bible, King James Version." Mark 9:29.
2. Maudsley, Henry. *The pathology of mind*. D. Appleton and company, 1880.
3. Palmer, Christopher M. *Brain energy: A revolutionary breakthrough in understanding mental health--and improving treatment for anxiety, depression, OCD, PTSD, and more*. BenBella Books, 2022.

Chapter 7: My Transition

1. Hippocrates, attributed
2. Bressan, Paola, and Peter Kramer. "Bread and other edible agents of mental disease." *Frontiers in human neuroscience* 10 (2016): 184760.

Chapter 8: Relating Mental Health to the Pattern

1. Levine, Peter A. *In an unspoken voice: How the body releases trauma and restores goodness*. North Atlantic Books, 2010.

Chapter 9: The Bending Gender Landscape Today

1. Davies, Robertson. *Tempest-Tost*. Toronto: Clarke, Irwin & Company, 1951.
2. American Psychiatric Association. *Diagnostic and statistical manual of mental disorders* (3rd edn). Washington, DC: American Psychiatric Association; 1980.
3. American Psychiatric Association. *Diagnostic and statistical manual of mental disorders* (3rd edn, revised). Washington, DC: American Psychiatric Association; 1987.
4. Zucker, Kenneth J. "Epidemiology of gender dysphoria and transgender identity." *Sexual health* 14, no. 5 (2017): 404-411.
5. Respnaut, Robin, and Chad Terhune. "Putting Numbers on the Rise in Children Seeking Gender Care." Reuters, October 6, 2022. <https://www.reuters.com/investigates/special-report/usa-transyouth-data/>.
6. Cass, Hilary. "Independent review of gender identity services for children and young people: Interim report." (2022).
7. Block, Jennifer. "Gender dysphoria in young people is rising—and so is professional disagreement." *bmj* 380 (2023).
8. Bazelon, Emily. "The battle over gender therapy." *New York Times Magazine* (2022): 1-2.

Chapter 10: The Pattern

1. Wadimir Lyakhov, attributed
2. Stephen, Ian D., Vinet Coetzee, Miriam Law Smith, and David I. Perrett. "Skin blood perfusion and oxygenation colour affect perceived human health." *PloS one* 4, no. 4 (2009): e5083.

3. Re, Daniel E., Ross D. Whitehead, Dengke Xiao, and David I. Perrett. "Oxygenated-blood colour change thresholds for perceived facial redness, health, and attractiveness." *PloS one* 6, no. 3 (2011): e17859.

Chapter 11: The Health of People with Gender Dysphoria: Examining the Literature

1. Cogan, Thomas. *A philosophical treatise on the passions*. S. Hazard, 1800.
2. Becerra-Culqui, Tracy A., Yuan Liu, Rebecca Nash, Lee Cromwell, W. Dana Flanders, Darios Getahun, Shawn V. Giammattei et al. "Mental health of transgender and gender nonconforming youth compared with their peers." *Pediatrics* 141, no. 5 (2018).
3. James, Haleigh A., Alice Y. Chang, Reese L. Imhof, Aradhana Sahoo, Monique M. Montenegro, Nicole R. Imhof, Cesar A. Gonzalez, Aida N. Lteif, Todd B. Nippoldt, and Caroline J. Davidge-Pitts. "A community-based study of demographics, medical and psychiatric conditions, and gender dysphoria/incongruence treatment in transgender/gender diverse individuals." *Biology of sex differences* 11 (2020): 1-10.
4. Dragon, Christina N., Paul Guerino, Erin Ewald, and Alison M. Laffan. "Transgender Medicare beneficiaries and chronic conditions: exploring fee-for-service claims data." *LGBT health* 4, no. 6 (2017): 404-411.
5. Baral, Stefan D., Tonia Poteat, Susanne Strömdahl, Andrea L. Wirtz, Thomas E. Guadamuz, and Chris Beyrer. "Worldwide burden of HIV in transgender women: a systematic review and meta-analysis." *The Lancet infectious diseases* 13, no. 3 (2013): 214-222.
6. Operario, Don, Toho Soma, and Kristen Underhill. "Sex work and HIV status among transgender women: systematic review and meta-analysis." *J AIDS Journal of Acquired Immune Deficiency Syndromes* 48, no. 1 (2008): 97-103.
7. Amir, Hadar, Liat Perl, Shimi Barda, Daniel Lantsberg, Anat Segev Becker, Galit Israeli, Foad Azem, and Asaf Oren. "Adolescent transgender females present impaired semen quality that is suitable for intracytoplasmic sperm injection even before initiating gender-affirming hormone treatment." *Reproductive Sciences* (2022): 1-10.
8. Santi, D., G. Spaggiari, L. Marinelli, M. Cacciani, S. Scipio, A. Bichiri, A. Profeta et al. "Gender-affirming hormone treatment: friend or foe? Long-term follow-up of 755 transgender people." *Journal of Endocrinological Investigation* 47, no. 5 (2024): 1091-1100.
9. Hutson, John M., Adam Balic, Tamara Nation, and Bridget Southwell. "Cryptorchidism." In *Seminars in pediatric surgery*, vol. 19, no. 3, pp. 215-224. WB Saunders, 2010.

Chapter 12 Commentary Sure to Engender Controversy

1. Cogan, Thomas. *A philosophical treatise on the passions*. S. Hazard, 1800.
2. Balsam, Kimberly F., Esther D. Rothblum, and Theodore P. Beauchaine. "Victimization over the life span: a comparison of lesbian, gay, bisexual, and heterosexual siblings." *Journal of consulting and clinical psychology* 73, no. 3 (2005): 477.
3. Herek, Gregory M., J. Roy Gillis, and Jeanine C. Cogan. "Psychological sequelae of hate-crime victimization among lesbian, gay, and bisexual adults." *Journal of consulting and clinical psychology* 67, no. 6 (1999): 945.
4. Lombardi, Emilia L., Riki Anne Wilchins, Dana Priesing, and Diana Malouf. "Gender violence: Transgender experiences with violence and discrimination." *Journal of homosexuality* 42, no. 1 (2002): 89-101.
5. Nuttbrock, Larry, Sel Hwahng, Walter Bockting, Andrew Rosenblum, Mona Mason, Monica Macri, and Jeffrey Becker. "Psychiatric impact of gender-related abuse across the life course of male-to-female transgender persons." *Journal of sex research* 47, no. 1 (2010): 12-23.
6. Flores, Andrew R. "Social acceptance of LGBT people in 174 countries: 1981 to 2017." (2019).
7. Flores, Andrew R. "Social acceptance of LGBTI people in 175 countries and locations." (2021).
8. Twenge, Jean M. "Increases in depression, self-harm, and suicide among US adolescents after 2012 and links to technology use: possible mechanisms." *Psychiatric Research and Clinical Practice* 2, no. 1 (2020): 19-25.
9. Lipson, Sarah Ketchen, Emily G. Lattie, and Daniel Eisenberg. "Increased rates of mental health service utilization by US college students: 10-year population-level trends (2007–2017)." *Psychiatric services* 70, no. 1 (2019): 60-63.
10. Collishaw, Stephan. "Annual research review: secular trends in child and adolescent mental health." *Journal of Child Psychology and Psychiatry* 56, no. 3 (2015): 370-393.
11. Soares, Fernanda C., Carla M. Hardman, João FB Rangel, Jorge Bezerra, Kátia Petribú, Jorge Mota, Mauro VG de Barros, and Rodrigo A. Lima. "Secular trends in suicidal ideation and associated factors among adolescents." *Brazilian Journal of Psychiatry* 42, no. 5 (2020): 475-480.
12. Griffin, Eve, Elaine McMahon, Fiona McNicholas, Paul Corcoran, Ivan J. Perry, and Ella Arensman. "Increasing rates of self-harm among children, adolescents and young adults: a 10-year national registry study 2007–2016." *Social psychiatry and psychiatric epidemiology* 53 (2018): 663-671.
13. James, Haleigh A., Alice Y. Chang, Reese L. Imhof, Aradhana Sahoo, Monique M. Montenegro, Nicole R. Imhof, Cesar A. Gonzalez, Aida N. Lteif, Todd B. Nippoldt, and Caroline J. Davidge-Pitts. "A community-based study of demographics, medical and psychiatric conditions, and gender dysphoria/incongruence treatment in transgender/gender diverse individuals." *Biology of sex differences* 11 (2020): 1-10.

Chapter 13: What is MO₂st Important

1. The Holy Bible, King James Version. *Genesis* 2:7.

Chapter 14: The Blood is the Life!

1. Stoker, Bram. *Dracula*. London: Archibald Constable and Company, 1897.
2. Silverberg, Donald, ed. *Anemia*. BoD–Books on Demand, 2012.
3. Weatherall, David J., Alan N. Schechter, and David G. Nathan, eds. *Hemoglobin and Its Diseases*. Cold Spring Harbor, NY: Cold Spring Harbor Laboratory Press, 2013.
4. Link to online collection for Hemoglobin and Its Diseases:
https://perspectivesinmedicine.cshlp.org/site/misc/hemoglobin_and_its_diseases.xhtml

Chapter 15: The Patterns Around Anemia

1. Stoker, Bram. *Dracula*. London: Archibald Constable and Company, 1897.
2. Kessler, Ronald C. "Epidemiology of women and depression." *Journal of affective disorders* 74, no. 1 (2003): 5-13.
3. Riecher-Rössler, Anita. "Prospects for the classification of mental disorders in women." *European Psychiatry* 25, no. 4 (2010): 189-196.
4. Klose, Michael, and Frank Jacobi. "Can gender differences in the prevalence of mental disorders be explained by sociodemographic factors?" *Archives of women's mental health* 7 (2004): 133-148.
5. World Health Organization. "Anaemia." Last modified May 1, 2023. <https://www.who.int/news-room/fact-sheets/detail/anaemia>.
6. Wiafe, Michael Akenteng, Jessica Ayenu, and Divine Eli-Cophie. "A review of the risk factors for iron deficiency anaemia among adolescents in developing countries." *Anemia* 2023, no. 1 (2023): 6406286.
7. Mohammed, Shimels Hussien, Tesfa Dejenie Habtewold, Fatima Muhammad, and Ahmad Esmaillzadeh. "The contribution of dietary and non-dietary factors to socioeconomic inequality in childhood anemia in Ethiopia: a regression-based decomposition analysis." *BMC research notes* 12 (2019): 1-5.

8. Piccinelli, Marco, Francesca Gomez Homen, WHO Nations for Mental Health Initiative, and World Health Organization. Gender differences in the epidemiology of affective disorders and schizophrenia. No. WHO/MSA/NAM/97.1. World Health Organization, 1997.
9. Albert, Paul R. "Why is depression more prevalent in women?" *Journal of Psychiatry and Neuroscience* 40, no. 4 (2015): 219-221.
10. Gater, Richard, Michele Tansella, Ailsa Korten, Bea G. Tiemens, Venos G. Mavreas, and Michael O. Olatawura. "Sex differences in the prevalence and detection of depressive and anxiety disorders in general health care settings: report from the World Health Organization Collaborative Study on Psychological Problems in General Health Care." *Archives of general psychiatry* 55, no. 5 (1998): 405-415.
11. Pigott, Teresa A. "Gender differences in the epidemiology and treatment of anxiety disorders." *Journal of clinical psychiatry* 60 (1999): 4-15.
12. Kuehner, Christine. "Gender differences in unipolar depression: an update of epidemiological findings and possible explanations." *Acta Psychiatrica Scandinavica* 108, no. 3 (2003): 163-174.
13. Seedat, Soraya, Kate Margaret Scott, Matthias C. Angermeyer, Patricia Berglund, Evelyn J. Bromet, Traolach S. Brugha, Koen Demyttenaere et al. "Cross-national associations between gender and mental disorders in the World Health Organization World Mental Health Surveys." *Archives of general psychiatry* 66, no. 7 (2009): 785-795.
14. Ballering, Aranka V., Irma J. Bonvanie, Tim C. Olde Hartman, Rei Monden, and Judith GM Rosmalen. "Gender and sex independently associate with common somatic symptoms and lifetime prevalence of chronic disease." *Social Science & Medicine* 253 (2020): 112968.
15. Kroenke, Kurt, and Robert L. Spitzer. "Gender differences in the reporting of physical and somatoform symptoms." *Psychosomatic medicine* 60, no. 2 (1998): 150-155.
16. Noble, Rudolf E. "Depression in women." *Metabolism* 54, no. 5 (2005): 49-52.
17. Silverberg, Donald, ed. *Anemia. BoD—Books on Demand*, 2012.
18. Deivita, Yan, Syarif Syafruddin, Usman Andi Nilawati, Aminuddin Aminuddin, Bahar Burhanuddin, and Zainuddin Zahir. "Overview of Anemia; risk factors and solution offering." *Gaceta sanitaria* 35 (2021): S235-S241.
19. Andriastuti, Murti, Ganda Ilmana, Serra Avilia Nawangwulan, and Kartika Anastasia Kosasih. "Prevalence of anemia and iron profile among children and adolescent with low socio-economic status." *International Journal of pediatrics and adolescent medicine* 7, no. 2 (2020): 88-92.
20. Baldi, Andrew, and Sant-Rayn Pasricha. "Anaemia: Worldwide Prevalence and Progress in Reduction." In *Nutritional Anemia*, pp. 3-17. Cham: Springer International Publishing, 2022.
21. Chen, Mu-Hong, Tung-Ping Su, Ying-Sheue Chen, Ju-Wei Hsu, Kai-Lin Huang, Wen-Han Chang, Tzeng-Ji Chen, and Ya-Mei Bai. "Association between psychiatric disorders and iron deficiency anemia among children and adolescents: a nationwide population-based study." *BMC psychiatry* 13 (2013): 1-8.
22. Shafi, Madiha, Fatima Taufiq, Humaira Mehmood, Saeed Afsar, and Ammarah Badar. "Relation between depressive disorder and iron deficiency anemia among adults reporting to a secondary healthcare facility: a hospital-based case control study." *J Coll Physicians Surg Pak* 28, no. 6 (2018): 456-559.
23. Arshad, H., A. Arshad, M. Y. Hafiz, G. Muhammad, S. Khatri, and F. Arain. "Psychiatric Manifestations of Iron Deficiency Anemia-A Literature Review." *European Psychiatry* 66, no. S1 (2023): S243-S244.
24. Shah, Hira E., Nitin Bhawnani, Aarthi Ethirajulu, Almothana Alkasabera, Chike B. Onyali, Comfort Anim-Koranteng, and Jihan A. Mostafa. "Iron deficiency-induced changes in the hippocampus, corpus striatum, and monoamines levels that lead to anxiety, depression, sleep disorders, and psychotic disorders." *Cureus* 13, no. 9 (2021).
25. Lee, Herng-Sheng, Hsin-Hao Chao, Wan-Ting Huang, Solomon Chih-Cheng Chen, and Hsin-Yi Yang. "Psychiatric disorders risk in patients with iron deficiency anemia and association with iron supplementation medications: a nationwide database analysis." *BMC psychiatry* 20 (2020): 1-9.
26. Ali, Iyad, Adham Abu Taha, and Hisham Zahran. "Prevalence of Anemia among Schizophrenic Patients in Palestine." *Palestinian Medical and Pharmaceutical Journal* 2, no. 2 (2017): 2.
27. Akaishi, Tetsuya, Kumi Nakaya, Naoki Nakaya, Mana Kogure, Rieko Hatanaka, Ippei Chiba, Sayuri Tokioka, Satoshi Nagaie, Soichi Ogishima, and Atsushi Hozawa. "Low Hemoglobin Level and Elevated Inflammatory Hematological Ratios Associated With Depression and Sleep Disturbance." *Cureus* 16, no. 3 (2024).
28. Korkmaz, Sevd, Sevlr Yildiz, Tuba Korucu, Burcu Gundogan, Zehra Emine Sunbul, Hasan Korkmaz, and Murad Atmaca. "Frequency of anemia in chronic psychiatry patients." *Neuropsychiatric disease and treatment* (2015): 2737-2741.
29. Portugal-Nunes, Carlos, Teresa Costa Castanho, Liliana Amorim, Pedro Silva Moreira, José Mariz, Fernanda Marques, Nuno Sousa, Nadine Correia Santos, and Joana Almeida Palha. "Iron status is associated with mood, cognition, and functional ability in older adults: A cross-sectional study." *Nutrients* 12, no. 11 (2020): 3594.
30. Hidese, Shinsuke, Kenji Saito, Shinya Asano, and Hiroshi Kunugi. "Association between iron-deficiency anemia and depression: a web-based Japanese investigation." *Psychiatry and clinical neurosciences* 72, no. 7 (2018): 513-521.

Chapter 16: Relating Anemia to the Pattern

1. Shakespeare, William. *A Midsummer Night's Dream*, Act 1, Scene 1.
2. Littman, Lisa. "Parent reports of adolescents and young adults perceived to show signs of a rapid onset of gender dysphoria." *PLoS One* 13, no. 8 (2018): e0202330.
3. Lotter V. Epidemiology of autistic conditions in young children. *Social Psychiatry*. 1966;1(3):124–135.
4. Rutter M. Aetiology of autism: Findings and questions. *Journal of Intellectual Disability Research*. 2005;49(4):231–238.
5. Treffert DA. Epidemiology of infantile autism. *Archives of General Psychiatry*. 1970;22(5):431–438.
6. Maenner, Matthew J. "Prevalence and characteristics of autism spectrum disorder among children aged 8 years—Autism and Developmental Disabilities Monitoring Network, 11 sites, United States, 2020." *MMWR. Surveillance Summaries* 72 (2023).
7. Kelly, Aaron S., Sarah C. Armstrong, Marc P. Michalsky, and Claudia K. Fox. "Obesity in adolescents: a review." *JAMA* 332, no. 9 (2024): 738-748.
8. Ugai, Tomotaka, Naoko Sasamoto, Hwa-Young Lee, Mariko Ando, Mingyang Song, Rulla M. Tamimi, Ichiro Kawachi et al. "Is early-onset cancer an emerging global epidemic? Current evidence and future implications." *Nature Reviews Clinical Oncology* 19, no. 10 (2022): 656-673.
9. Xiang, Anny H., Mayra P. Martinez, Ting Chow, Sarah A. Carter, Sonya Negriff, Breda Velasquez, Joseph Spitzer, Juan Carlos Zuberbuhler, Ashley Zucker, and Sid Kumar. "Depression and anxiety among US children and young adults." *JAMA network open* 7, no. 10 (2024): e2436906-e2436906.

Chapter 17: Spirit on the Mountain: High Altitude & Mental Illness

1. The Holy Bible, King James Version. *1 Kings* 19:8–12.
2. Hüfner, Katharina, Hermann Brugger, Eva Kuster, Franziska Dünsser, Agnieszka E. Stawinoga, Rachel Turner, Iztok Tomazin, and Barbara Sperner-Unterweger. "Isolated psychosis during exposure to very high and extreme altitude—characterisation of a new medical entity." *Psychological medicine* 48, no. 11 (2018): 1872-1879.
3. Reno, Elaine, Talia L. Brown, Marian E. Betz, Michael H. Allen, Lilian Hoffecker, Jeremy Reiting, Robert Roach, and Benjamin Honigman. "Suicide and high altitude: an integrative review." *High altitude medicine & biology* 19, no. 2 (2018): 99-108.

4. Ortiz-Prado, Esteban, Katherine Simbaña-Rivera, Diego Duta, Israel Ochoa, Juan S. Izquierdo-Condoy, Eduardo Vasconez, Kathia Carrasco, Manuel Calvopiña, Ginés Viscor, and Clara Paz. "Optimism and health self-perception-related differences in indigenous Kiwchas of Ecuador at low and high altitude: A cross-sectional analysis." *High Altitude Medicine & Biology* 23, no. 1 (2022): 26-36.
5. Shukitt-Hale, Barbara, and Harris R. Lieberman. "The effect of altitude on cognitive performance and mood states." *Nutritional Needs in Cold and in High-Altitude Environments*; Maniotti, B., Carlson, SJ, Eds (1996): 435-451.
6. Kan, Hongjiao, and Xiaoyan Zhang. "Change in sleep, gastrointestinal symptoms, and mood states at high altitude (4500m) for 6 months." *Sleep and Breathing* 29, no. 1 (2025): 72.
7. Gao, Chun, Jizong Ciren, Dan Wang, Zhaohui Zhang, Ruidong Ge, and Li'E. Yan. "Assessment of Psychological and Social Fitness in Healthy Adults Permanently Living at Very High Altitude." *International Journal of Environmental Research and Public Health* 20, no. 3 (2023): 2013.
8. Dong, Jun-qing, Ji-hang Zhang, Jun Qin, Qian-ning Li, Wen Huang, Xu-bin Gao, Jie Yu, Guo-zhu Chen, Xu-gang Tang, and Lan Huang. "Anxiety correlates with somatic symptoms and sleep status at high altitudes." *Physiology & behavior* 112 (2013): 23-31.
9. Nelson, Marc. "Psychological testing at high altitudes." *Aviation, Space, and Environmental Medicine* 53, no. 2 (1982): 122-126.
10. Fagenholz, Peter J., Alice F. Murray, Jonathan A. Gutman, John K. Findley, and N. Stuart Harris. "New-onset anxiety disorders at high altitude." *Wilderness & Environmental Medicine* 18, no. 4 (2007): 312-316.
11. Sracic, Michael K., Darren Thomas, Allen Pate, Jacob Norris, Marc Norman, and Jeffrey H. Gertsch. "Syndrome of acute anxiety among marines after recent arrival at high altitude." *Military medicine* 179, no. 5 (2014): 559-564.
12. Hüfner, Katharina, Fabio Caramazza, Agnieszka E. Stawinoga, Evelyn R. Pircher Noeckler, Paolo Fusar-Poli, Sanjeeb S. Bhandari, Buddha Basnyat et al. "Assessment of psychotic symptoms in individuals exposed to very high or extreme altitude: a field study." *High altitude medicine & biology* 22, no. 4 (2021): 369-378.
13. Carbone, Manuel Glauco, Giovanni Pagni, Marco Maiello, Claudia Tagliarini, Lorenza Pratali, Bruno Pacciardi, and Icro Maremmanni. "Misperceptions and hallucinatory experiences in ultra-trail, high-altitude runners." *Rivista di Psichiatria* 55, no. 3 (2020): 183-190.
14. Yan, Xiaodan. "Cognitive impairments at high altitudes and adaptation." *High altitude medicine & biology* 15, no. 2 (2014): 141-145.
15. Bliemrieder, Kathrin, Elisabeth Margarete Weiss, Rainald Fischer, Hermann Brugger, Barbara Sperner-Unterwieser, and Katharina Hüfner. "Cognition and neuropsychological changes at altitude—A systematic review of literature." *Brain Sciences* 12, no. 12 (2022): 1736.
16. Daleau, Pascal, Daniel C. Morgado, Carlos A. Iriarte, and Richard Desbiens. "New epilepsy seizure at high altitude without signs of acute mountain sickness or high altitude cerebral edema." *High Altitude Medicine & Biology* 7, no. 1 (2006): 81-83.
17. Srinath, Rajagopal, F. M. H. Ahmad, Vikram Asturkar, Ankit Mathur, Vishal Sondhi, and Subrat Kumar Nanda. "New-onset seizure at high altitude among healthy males." *Seizure* 97 (2022): 82-87.
18. Xu, Yuanhang, and Qingli Fan. "Relationship between chronic hypoxia and seizure susceptibility." *CNS Neuroscience & Therapeutics* 28, no. 11 (2022): 1689-1705.
19. Jaillard, A. S., Hommel, M., & Mazetti, P. (1995). Prevalence of stroke at high altitude (3380 m) in Cuzco, a town of Peru: a population-based study. *Stroke*, 26(4), 562-568.
20. Jha, Sudhir Kumar, Anil C. Anand, Vivek Sharma, Nikhil Kumar, and Chandra M. Adya. "Stroke at high altitude: Indian experience." *High Altitude Medicine & Biology* 3, no. 1 (2002): 21-27.
21. Zheng, Bo, Yuding Luo, Yan Li, Gangfeng Gu, Junyao Jiang, Chuanli Chen, Zhao Chen, and Jian Wang. "Prevalence and risk factors of stroke in high-altitude areas: a systematic review and meta-analysis." *BMJ open* 13, no. 9 (2023): e071433.
22. Bloch, Konrad E., Jana C. Buenzli, Tsogyal D. Latshang, and Silvia Ulrich. "Sleep at high altitude: guesses and facts." *Journal of applied physiology* 119, no. 12 (2015): 1466-1480.
23. Burgess, Keith R., and Philip N. Ainslie. "Central sleep apnea at high altitude." *Hypoxia: Translation in Progress* (2016): 275-283.
24. Villafuerte, Francisco C., Tatum S. Simonson, Daniela Bermudez, and Fabiola León-Velarde. "High-altitude erythrocytosis: mechanisms of adaptive and maladaptive responses." *Physiology* 37, no. 4 (2022): 175-186.
25. Richalet, Jean-Paul, Murielle Letournel, and Jean-Claude Souberbielle. "Effects of high-altitude hypoxia on the hormonal response to hypothalamic factors." *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology* 299, no. 6 (2010): R1685-R1692.
26. Naeije, Robert. "Physiological adaptation of the cardiovascular system to high altitude." *Progress in cardiovascular diseases* 52, no. 6 (2010): 456-466.

Chapter 18: Filled with Spirit: Hyperbaric Oxygen

1. Green, Dallas. "Sleeping Sickness." City and Colour. Bring Me Your Love. Universal Music Canada, 2008.
2. Gill, A. áL, and Chris NA Bell. "Hyperbaric oxygen: its uses, mechanisms of action and outcomes." *Qjm* 97, no. 7 (2004): 385-395.
3. Edwards, Melissa L. "Hyperbaric oxygen therapy. Part 1: history and principles." *Journal of Veterinary Emergency and Critical Care* 20, no. 3 (2010): 284-288.
4. Stoller, Kenneth P. "Hyperbaric oxygen and carbon monoxide poisoning: a critical review." *Neurological Research* 29, no. 2 (2007): 146-155.
5. Bhutani, Sourabh, and Guruswamy Vishwanath. "Hyperbaric oxygen and wound healing." *Indian Journal of Plastic Surgery* 45, no. 02 (2012): 316-324.
6. Liang, Xin-Xin, You-guo Hao, Xue-ming Duan, Xiu-lan Han, and Xiu-xia Cai. "Hyperbaric oxygen therapy for post-stroke depression: A systematic review and meta-analysis." *Clinical Neurology and Neurosurgery* 195 (2020): 105910.
7. Xu, Jin-Jin, Si-Tong Yang, Ying Sha, Yuan-Yuan Ge, and Jian-Meng Wang. "Hyperbaric oxygen treatment for Parkinson's disease with severe depression and anxiety: A case report." *Medicine* 97, no. 9 (2018): e0029.
8. Chen, Xi, Zaiwei Wang, Junhu Su, Huan Li, Jinbo Xiong, Keyi Fu, Zilong Wang et al. "Altitude-dependent metabolite biomarkers reveal the mechanism of plateau pika adaptation to high altitudes." *Integrative Zoology* 18, no. 6 (2023): 1041-1055.
9. Berner, Robert A., John M. VandenBrooks, and Peter D. Ward. "Oxygen and evolution." *Science* 316, no. 5824 (2007): 557-558.
10. Aiello, Leslie C., and Peter Wheeler. "The expensive-tissue hypothesis: the brain and the digestive system in human and primate evolution." *Current anthropology* 36, no. 2 (1995): 199-221.
11. Lozoff, Betsy, John Beard, James Connor, Barbara Felt, Michael Georgieff, and Timothy Schallert. "Long-lasting neural and behavioral effects of iron deficiency in infancy." *Nutrition reviews* 64, no. suppl_2 (2006): S34-S43.
12. Lozoff, Betsy, Elias Jimenez, John Hagen, Eileen Mollen, and Abraham W. Wolf. "Poorer behavioral and developmental outcome more than 10 years after treatment for iron deficiency in infancy." *Pediatrics* 105, no. 4 (2000): e51-e51.
13. Bunn, H. Franklin. "Erythropoietin." *Cold Spring Harbor perspectives in medicine* 3, no. 3 (2013): a011619.

Chapter 19: A Bloody Disaster: Testing for Anemia

1. Stoker, Bram. *Dracula*. London: Archibald Constable and Company, 1897.
2. Addo, O. Yaw, X. Yu Emma, Anne M. Williams, Melissa Fox Young, Andrea J. Sharma, Zuguo Mei, Nicholas J. Kassebaum, Maria Elena D. Jeffers, and Parminder S. Suchdev. "Evaluation of hemoglobin cutoff levels to define anemia among healthy individuals." *JAMA network open* 4, no. 8 (2021): e2119123-e2119123.
3. Cleveland Clinic. "Hematocrit." Last reviewed July 18, 2022. <https://my.clevelandclinic.org/health/diagnostics/17683-hematocrit>.

4. Heinicke, K., Wolfarth, B., Winchenbach, P., Biermann, B., Schmid, A., Huber, G., ... & Schmidt, W. (2001). Blood volume and hemoglobin mass in elite athletes of different disciplines. *International journal of sports medicine*, 22(07), 504-512
5. Feigenbaum, Matthew S., Michael A. Welsch, Matthew Mitchell, Kevin Vincent, Randy W. Braith, and Carl J. Pepine. "Contracted plasma and blood volume in chronic heart failure." *Journal of the American College of Cardiology* 35, no. 1 (2000): 51-55.
6. Otto, James M., James OM Plumb, Eleri Clissold, Shriya B. Kumar, Denis J. Wakeham, Walter Schmidt, Michael PW Grocott, Toby Richards, and Hugh E. Montgomery. "Hemoglobin concentration, total hemoglobin mass and plasma volume in patients: implications for anemia." *haematologica* 102, no. 9 (2017): 1477.
7. Kanstrup, Inge-Lis, and Björn Ekblom. "Blood volume and hemoglobin concentration as determinants of maximal aerobic power." *Medicine and science in sports and exercise* 16, no. 3 (1984): 256-262.
8. Ladenvall, Per, Carina U. Persson, Zacharias Mandalenakis, Lars Wilhelmsen, Gunnar Grimby, Kurt Svärdsudd, and Per-Olof Hansson. "Low aerobic capacity in middle-aged men associated with increased mortality rates during 45 years of follow-up." *European journal of preventive cardiology* 23, no. 14 (2016): 1557-1564.
9. Andersson, Ola, Barbro Lindquist, Magnus Lindgren, Karin Stjernqvist, Magnus Domellöf, and Lena Hellström-Westas. "Effect of delayed cord clamping on neurodevelopment at 4 years of age: a randomized clinical trial." *JAMA pediatrics* 169, no. 7 (2015): 631-638.
10. Mercer, Judith S., Debra A. Erickson-Owens, Sean CL Deoni, Douglas C. Dean III, Richard Tucker, Ashley B. Parker, Sarah Joelson, Emily N. Mercer, Jennifer Collins, and James F. Padbury. "The effects of delayed cord clamping on 12-month brain myelin content and neurodevelopment: a randomized controlled trial." *American journal of perinatology* 39, no. 01 (2022): 037-044.
11. Mercer, Judith S., Debra A. Erickson-Owens, Sean CL Deoni, Douglas C. Dean III, Jennifer Collins, Ashley B. Parker, Meijia Wang, Sarah Joelson, Emily N. Mercer, and James F. Padbury. "Effects of delayed cord clamping on 4-month ferritin levels, brain myelin content, and neurodevelopment: a randomized controlled trial." *The Journal of pediatrics* 203 (2018): 266-272.
12. Yao, AliceC, Mahmud Moinian, and John Lind. "Distribution of blood between infant and placenta after birth." *The Lancet* 294, no. 7626 (1969): 871-873.
13. Berg, Johan Henrik Martin, Manuela Isacson, Omkar Basnet, Rejina Gurung, Kalpana Subedi, Ashish Kc, and Ola Andersson. "Effect of delayed cord clamping on neurodevelopment at 3 years: a randomized controlled trial." *Neonatology* 118, no. 3 (2021): 282-288.
14. Andersson, Ola, Lena Hellström-Westas, Dan Andersson, and Magnus Domellöf. "Effect of delayed versus early umbilical cord clamping on neonatal outcomes and iron status at 4 months: a randomised controlled trial." *Bmj* 343 (2011).
15. McDonald, Susan J., Philippa Middleton, Therese Dowswell, and Peter S. Morris. "Effect of timing of umbilical cord clamping of term infants on maternal and neonatal outcomes." *Evidence-Based Child Health: A Cochrane Review Journal* 9, no. 2 (2014): 303-397.
16. Kc, A., N. Rana, M. Malqvist, L. Jarawka Ranneberg, K. Subedi, and O. Andersson. Effects of delayed umbilical cord clamping vs early clamping on Anemia in infants at 8 and 12 months: a randomized clinical trial. *JAMA Pediatr.* 2017; 171 (3): 264–70. 2016.
17. Georgieff, Michael K. "Long-term brain and behavioral consequences of early iron deficiency." *Nutrition reviews* 69, no. suppl_1 (2011): S43-S48.
18. Al-Wassia, Heidi, and Prakesh S. Shah. "Efficacy and safety of umbilical cord milking at birth: a systematic review and meta-analysis." *JAMA pediatrics* 169, no. 1 (2015): 18-25.
19. Siebenmann, Christoph, Paul Robach, and Carsten Lundby. "Regulation of blood volume in lowlanders exposed to high altitude." *Journal of Applied Physiology* 123, no. 4 (2017): 957-966.
20. Choudry, Qamar Un-Nisa, Raheel Iftikhar, Manzoor Qadir, Tariq Mehmood Satti, Ghassan Omair, and Syed Kamran Mehmood. "High altitude and venous thrombosis: frequency and risk factors." *Pakistan Armed Forces Medical Journal* 71, no. 1 (2021): 107-11.
21. Bezruchka, Stephen. "High altitude medicine." *Medical Clinics of North America* 76, no. 6 (1992): 1481-1497.
22. Meulengracht, E., Poul Iversen, and Fusakichi Nakazawa. "Pernicious Anemia: Edema and Reduction in Excretion of Water." *Archives of Internal Medicine* 42, no. 3 (1928): 425-439.
23. Davison, John M. "Edema in pregnancy." *Kidney International Supplement* 59 (1997).
24. Hébert, Paul C., L. Qun Hu, and George P. Biro. "Review of physiologic mechanisms in response to anemia." *CMAJ: Canadian Medical Association Journal* 156, no. 11 (1997): S27.
25. LifeLabs. "Update to Reporting of Ferritin in Ontario." Last updated September 5, 2024. <https://www.lifelabs.com/notification/update-to-reporting-of-ferritin-in-ontario/>.
26. Fekih-Romdhane, Feten, and Haitham A. Jahrami. "Iron Deficiency and Psychiatric Disorders." In *Brain-Iron Cross Talk*, pp. 229-245. Singapore: Springer Nature Singapore, 2022.
27. Levin, Stephanie Weinberg, and Theresa B. Gattari. "Iron deficiency in psychiatric patients." *Current Psychiatry* 22, no. 3 (2023): 25.
28. Portugal-Nunes, Carlos, Teresa Costa Castanho, Liliana Amorim, Pedro Silva Moreira, José Mariz, Fernanda Marques, Nuno Sousa, Nadine Correia Santos, and Joana Almeida Palha. "Iron status is associated with mood, cognition, and functional ability in older adults: A cross-sectional study." *Nutrients* 12, no. 11 (2020): 3594.
29. Du Plessis, Theonie, Karis Moxley, and Anusha Lachman. "Prevalence of iron deficiency in a South African adolescent inpatient psychiatric population: Rates, risk factors and recommendations." *South African Journal of Psychiatry* 25, no. 1 (2019): 1-6.

Chapter 20: Suffocation: Respiratory Disorders

1. Cogan, Thomas. *A philosophical treatise on the passions*. S. Hazard, 1800.
2. Wingate, Barbara J., and John Hansen-Flaschen. "Anxiety and depression in advanced lung disease." *Clinics in chest medicine* 18, no. 3 (1997): 495-505.
3. Pollack, Mark H., Richard Kradin, Michael W. Otto, John Worthington, Robert Gould, Susan A. Sabatino, and Jerrold F. Rosenbaum. "Prevalence of panic in patients referred for pulmonary function testing at a major medical center." *The American journal of psychiatry* 153, no. 1 (1996): 110-113.
4. Patten, Scott B., and Jeanne VA Williams. "Chronic obstructive lung diseases and prevalence of mood, anxiety, and substance-use disorders in a large population sample." *Psychosomatics* 48, no. 6 (2007): 496-501.
5. Katon, Wayne J., Laura Richardson, Paula Lozano, and Elizabeth McCauley. "The relationship of asthma and anxiety disorders." *Psychosomatic medicine* 66, no. 3 (2004): 349-355.
6. Dew, Mary Amanda, Andrea F. DiMartini, Annette J. DeVito Dabbs, Kristen R. Fox, Larissa Myaskovsky, Donna M. Posluszny, Galen E. Switzer, Rachelle A. Zomak, Robert L. Kormos, and Yoshiya Toyoda. "Onset and risk factors for anxiety and depression during the first 2 years after lung transplantation." *General Hospital Psychiatry* 34, no. 2 (2012): 127-138.
7. Carr, Richard E. "Panic disorder and asthma: causes, effects and research implications." *Journal of psychosomatic research* 44, no. 1 (1998): 43-52.
8. Gupta, Madhulika A., and Fiona C. Simpson. "Obstructive sleep apnea and psychiatric disorders: a systematic review." *Journal of Clinical Sleep Medicine* 11, no. 2 (2015): 165-175.
9. Su, Vincent Yi-Fong, Yung-Tai Chen, Wei-Chen Lin, Li-An Wu, Shi-Chuan Chang, Diahn-Warng Perng, Wei-Juin Su et al. "Sleep apnea and risk of panic disorder." *The Annals of Family Medicine* 13, no. 4 (2015): 325-330.
10. Vanek, Jakub, Kamila Belohradova Minarikova, Jan Prasko, Samuel Genzor, Dana Subova, Frantisek Hodny, Pavol Pobeha, Jonas Bocek, and Marie Ociskova. "Obstruction sleep apnoea and panic disorder." *Neuroendocrinology Letters* 44, no. 2 (2023).

11. Stein, Murray B., Thomas W. Millar, Derrick K. Larsen, and Meir H. Kryger. "Irregular breathing during sleep in patients with panic disorder." *American Journal of Psychiatry* 152, no. 8 (1995): 1168-1173.
12. Krakow, Barry, Carmen Lowry, Anne Germain, Lane Gaddy, Michael Hollifield, Mary Koss, Dan Tandberg, Lisa Johnston, and Dominic Melendrez. "A retrospective study on improvements in nightmares and post-traumatic stress disorder following treatment for co-morbid sleep-disordered breathing." *Journal of psychosomatic research* 49, no. 5 (2000): 291-298.
13. Wood, James M., Richard R. Bootzin, Stuart F. Quan, and Mary E. Klink. "Prevalence of nightmares among patients with asthma and chronic obstructive airways disease." *Dreaming* 3, no. 4 (1993): 231.
14. Ryu, Yon Ju, Eun-Mi Chun, Jin Hwa Lee, and Jung Hyun Chang. "Prevalence of depression and anxiety in outpatients with chronic airway lung disease." *The Korean journal of internal medicine* 25, no. 1 (2010): 51.
15. Yohannes, Abebaw Mengistu. "Depression and anxiety in patients with interstitial lung disease." *Expert Review of Respiratory Medicine* 14, no. 9 (2020): 859-862.
16. Farag, Taghreed S., Manal R. Hafez, Taghreed Elshafie, and Omayma I. Abo-Elkheir. "Anxiety and depression among patients with Bronchial asthma, chronic obstructive pulmonary disease and diffuse parenchymatous lung diseases." *The Egyptian Journal of Hospital Medicine* 49, no. 1 (2012): 718-731.
17. Garbarino, Sergio, Wayne A. Bardwell, Ottavia Guglielmi, Carlo Chiorri, Enrica Bonanni, and Nicola Magnavita. "Association of anxiety and depression in obstructive sleep apnea patients: a systematic review and meta-analysis." *Behavioral sleep medicine* 18, no. 1 (2020): 35-57.
18. Brinkman, Joshua E., Fadi Toro, and Sandeep Sharma. "Physiology, respiratory drive." (2018).
19. Dragon, Christina N., Paul Guerino, Erin Ewald, and Alison M. Laffan. "Transgender Medicare beneficiaries and chronic conditions: exploring fee-for-service claims data." *LGBT health* 4, no. 6 (2017): 404-411.
20. Zajac, Dominika. "Mineral micronutrients in asthma." *Nutrients* 13, no. 11 (2021): 4001.
21. Guo, Chih-Hung, Pei-Chung Chen, Simon Hsia, Guoo-Shyng W. Hsu, and Po-Jen Liu. "The relationship of plasma aluminum to oxidant-antioxidant and inflammation status in asthma patients." *Environmental Toxicology and Pharmacology* 35, no. 1 (2013): 30-38.
22. Daley, Matthew F., Liza M. Reifler, Jason M. Glanz, Simon J. Hambidge, Darios Getahun, Stephanie A. Irving, James D. Nordin et al. "Association between aluminum exposure from vaccines before age 24 months and persistent asthma at age 24 to 59 months." *Academic pediatrics* 23, no. 1 (2023): 37-46.
23. Terhune, Todd D., and Richard C. Deth. "Aluminum adjuvant-containing vaccines in the context of the hygiene hypothesis: a risk factor for eosinophilia and allergy in a genetically susceptible subpopulation?" *International journal of environmental research and public health* 15, no. 5 (2018): 901.
24. Tomljenovic, Lucija, and C. A. Shaw. "Aluminum vaccine adjuvants: are they safe?." *Current medicinal chemistry* 18, no. 17 (2011): 2630-2637.
25. Tiep, Brian, Rick Carter, Finly Zachariah, Anna C. Williams, David Horak, Mary Barnett, and Rachel Dunham. "Oxygen for end-of-life lung cancer care: managing dyspnea and hypoxemia." *Expert Review of Respiratory Medicine* 7, no. 5 (2013): 479-490.

Chapter 21: Anxiety

1. Cogan, Thomas. *A philosophical treatise on the passions*. S. Hazard, 1800.
2. Brinkman, Joshua E., Fadi Toro, and Sandeep Sharma. "Physiology, respiratory drive." (2018).
3. Cleveland Clinic. "Brainstem." Last reviewed June 12, 2024. <https://my.clevelandclinic.org/health/body/21598-brainstem>.
4. Paulev, POUL-ERIK. "Respiratory and cardiac responses to exercise in man." *Journal of Applied Physiology* 30, no. 2 (1971): 165-172.
5. Panksepp, Jaak. "The Foundations of Human and Animal Emotions." Oxford university press, (1998).
6. Wilhelm, Frank H., Werner Trabert, and Walton T. Roth. "Characteristics of sighing in panic disorder." *Biological psychiatry* 49, no. 7 (2001): 606-614.

Chapter 22: Panic Attacks & Hyperventilation

1. Cogan, Thomas. *A philosophical treatise on the passions*. S. Hazard, 1800.
2. Ley, Ronald. "Blood, breath, and fears: A hyperventilation theory of panic attacks and agoraphobia." *Clinical Psychology Review* 5, no. 4 (1985): 271-285.
3. Klein, D. F. (1993). False suffocation alarms, spontaneous panics, and related conditions: an integrative hypothesis. *Archives of general psychiatry*, 50(4), 306-317.
4. Sardinha, Aline, Rafael Christophe da Rocha Freire, Walter Araújo Zin, and Antonio Egidio Nardi. "Respiratory manifestations of panic disorder: causes, consequences and therapeutic implications." *Jornal Brasileiro de Pneumologia* 35 (2009): 698-708.
5. Meuret, Alicia E., and Thomas Ritz. "Hyperventilation in panic disorder and asthma: empirical evidence and clinical strategies." *International Journal of Psychophysiology* 78, no. 1 (2010): 68-79.
6. Cleveland Clinic. "Panic Attacks & Panic Disorder." Last reviewed February 12, 2023. <https://my.clevelandclinic.org/health/diseases/4451-panic-attack-panic-disorder>.
7. Johns Hopkins Medicine. "Panic Disorder." Accessed January 28, 2025. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/panic-disorder>.
8. National Institute of Mental Health. "Panic Disorder: When Fear Overwhelms." Revised 2022. https://www.nimh.nih.gov/health/publications/panic-disorder-when-fear-overwhelms#part_6107.
9. Roelofs, Karin. "Freeze for action: neurobiological mechanisms in animal and human freezing." *Philosophical Transactions of the Royal Society B: Biological Sciences* 372, no. 1718 (2017): 20160206.
10. Roelofs, Karin, and Peter Dayan. "Freezing revisited: coordinated autonomic and central optimization of threat coping." *Nature Reviews Neuroscience* 23, no. 9 (2022): 568-580.
11. Panksepp, Jaak. "The Foundations of Human and Animal Emotions." Oxford university press, (1998).
12. Rosenfield, David, Enlu Zhou, Frank H. Wilhelm, Ansgar Conrad, Walton T. Roth, and Alicia E. Meuret. "Change point analysis for longitudinal physiological data: detection of cardio-respiratory changes preceding panic attacks." *Biological psychology* 84, no. 1 (2010): 112-120.
13. Fagenholz, Peter J., Alice F. Murray, Jonathan A. Gutman, John K. Findley, and N. Stuart Harris. "New-onset anxiety disorders at high altitude." *Wilderness & Environmental Medicine* 18, no. 4 (2007): 312-316.
14. Sracic, Michael K., Darren Thomas, Allen Pate, Jacob Norris, Marc Norman, and Jeffrey H. Gertsch. "Syndrome of acute anxiety among marines after recent arrival at high altitude." *Military medicine* 179, no. 5 (2014): 559-564.
15. Ross, Donald C., Maurice Preter, and Donald F. Klein. "Hematologic alterations and CO2 hypersensitivity in male panic disorder patients and normal controls: Similarities to high-altitude hypoxia and chronic lung disease." *Depression and Anxiety* 14, no. 2 (2001): 153-154.
16. Wingate, Barbara J., and John Hansen-Flaschen. "Anxiety and depression in advanced lung disease." *Clinics in chest medicine* 18, no. 3 (1997): 495-505.
17. Pollack, Mark H., Richard Kradin, Michael W. Otto, John Worthington, Robert Gould, Susan A. Sabatino, and Jerrold F. Rosenbaum. "Prevalence of panic in patients referred for pulmonary function testing at a major medical center." *The American journal of psychiatry* 153, no. 1 (1996): 110-113.

18. Patten, Scott B., and Jeanne VA Williams. "Chronic obstructive lung diseases and prevalence of mood, anxiety, and substance-use disorders in a large population sample." *Psychosomatics* 48, no. 6 (2007): 496-501.
19. Katon, Wayne J., Laura Richardson, Paula Lozano, and Elizabeth McCauley. "The relationship of asthma and anxiety disorders." *Psychosomatic medicine* 66, no. 3 (2004): 349-355.
20. Dew, Mary Amanda, Andrea F. DiMartini, Annette J. DeVito Dabbs, Kristen R. Fox, Larissa Myaskovsky, Donna M. Posluszny, Galen E. Switzer, Rachelle A. Zomak, Robert L. Kormos, and Yoshiya Toyoda. "Onset and risk factors for anxiety and depression during the first 2 years after lung transplantation." *General Hospital Psychiatry* 34, no. 2 (2012): 127-138.
21. Carr, Richard E. "Panic disorder and asthma: causes, effects and research implications." *Journal of psychosomatic research* 44, no. 1 (1998): 43-52.
22. Gupta, Madhulika A., and Fiona C. Simpson. "Obstructive sleep apnea and psychiatric disorders: a systematic review." *Journal of Clinical Sleep Medicine* 11, no. 2 (2015): 165-175.
23. Su, Vincent Yi-Fong, Yung-Tai Chen, Wei-Chen Lin, Li-An Wu, Shi-Chuan Chang, Diahn-Warng Perng, Wei-Juin Su et al. "Sleep apnea and risk of panic disorder." *The Annals of Family Medicine* 13, no. 4 (2015): 325-330.
24. Vanek, Jakub, Kamila Belohradova Minarikova, Jan Prasko, Samuel Genzor, Dana Subova, Frantisek Hodny, Pavol Pobeha, Jonas Bocek, and Marie Ociskova. "Obstruction sleep apnoea and panic disorder." *Neuroendocrinology Letters* 44, no. 2 (2023).
25. Stein, Murray B., Thomas W. Millar, Derrick K. Larsen, and Meir H. Kryger. "Irregular breathing during sleep in patients with panic disorder." *American Journal of Psychiatry* 152, no. 8 (1995): 1168-1173.
26. Krakow, Barry, Carmen Lowry, Anne Germain, Lane Gaddy, Michael Hollifield, Mary Koss, Dan Tandberg, Lisa Johnston, and Dominic Melendrez. "A retrospective study on improvements in nightmares and post-traumatic stress disorder following treatment for co-morbid sleep-disordered breathing." *Journal of psychosomatic research* 49, no. 5 (2000): 291-298.
27. Wood, James M., Richard R. Bootzin, Stuart F. Quan, and Mary E. Klink. "Prevalence of nightmares among patients with asthma and chronic obstructive airways disease." *Dreaming* 3, no. 4 (1993): 231.
28. Pagel, James F. "Nightmares and disorders of dreaming." *American Family Physician* 61, no. 7 (2000): 2037-2042.
29. Korkmaz, Sevd, Sevil Yildiz, Tuba Korucu, Burcu Gundogan, Zehra Emine Sunbul, Hasan Korkmaz, and Murad Atmaca. "Frequency of anemia in chronic psychiatry patients." *Neuropsychiatric disease and treatment* (2015): 2737-2741.
30. Asoglu, Mehmet, Mehmet Aslan, Okan Imre, Yuksel Kivrak, Oznur Akil, Emin Savik, Hasan Buyukaslan, Ulker Fedai, and Abdurrahman Altindag. "Mean platelet volume and red cell distribution width levels in initial evaluation of panic disorder." *Neuropsychiatric Disease and Treatment* (2016): 2435-2438.
31. Bánhid, Ferenc, Nándor Ács, Erzsébet Puhó, and Andrew E. Czeizel. "Association between maternal panic disorders and pregnancy complications and delivery outcomes." *European Journal of Obstetrics & Gynecology and Reproductive Biology* 124, no. 1 (2006): 47-52.
32. Ransing, Ramdas Sarjerao, Bharat Patil, and Omityah Grigo. "Mean platelet volume and platelet distribution width level in patients with panic disorder." *Journal of Neurosciences in Rural Practice* 8, no. 2 (2017): 174.
33. Uygun, Sabide Duygu, Zeynep Göker, Fatma Karaca Kara, and Özden Şükran Üneri. "Serum Vitamin B12, Folate, and Ferritin levels in Children and Adolescents with Anxiety Disorders; Controlled Study." *Van Tıp Dergisi* (2022).
34. West, JOHN B., RICHARD M. Peters Jr, G. U. N. N. A. R. Aksnes, KARL H. Maret, JAMES S. Milledge, and ROBERT B. Schoene. "Nocturnal periodic breathing at altitudes of 6,300 and 8,050 m." *Journal of applied physiology* 61, no. 1 (1986): 280-287.
35. White, DAVID P., K. E. V. I. N. Gleeson, CHERYL K. Pickett, ANNE M. Rannels, A. L. L. A. N. Cymerman, and JOHN V. Weil. "Altitude acclimatization: influence on periodic breathing and chemoresponsiveness during sleep." *Journal of Applied Physiology* 63, no. 1 (1987): 401-412.
36. Bloch, Konrad E., Tsogval D. Latshang, Alexander J. Turk, Thomas Hess, Urs Hefti, Tobias M. Merz, Martina M. Bosch et al. "Nocturnal periodic breathing during acclimatization at very high altitude at Mount Muztagh Ata (7,546 m)." *American journal of respiratory and critical care medicine* 182, no. 4 (2010): 562-568.
37. Ortiz-Prado, Esteban, Simone Pierina Cordovez, Eduardo Vasconez, Ginés Viscor, and Paul Roderick. "Chronic high-altitude exposure and the epidemiology of ischaemic stroke: a systematic review." *BMJ open* 12, no. 4 (2022): e051777.
38. Erba, Paolo, S. Anastasi, O. Senn, M. Maggiorini, and K. E. Bloch. "Acute mountain sickness is related to nocturnal hypoxemia but not to hypoventilation." *European Respiratory Journal* 24, no. 2 (2004): 303-308.
39. Martinez, J. M., J. M. Kent, J. D. Coplan, S. T. Browne, L. A. Papp, G. M. Sullivan, M. Kleber et al. "Respiratory variability in panic disorder." *Depression and anxiety* 14, no. 4 (2001): 232-237.
40. Colina, Kenneth F., and Herbert T. Abelson. "Resolution of breath-holding spells with treatment of concomitant anemia." *The Journal of pediatrics* 126, no. 3 (1995): 395-397.
41. Shamaoon, Muhammad, Saima Shaukat, Fazal Elahi Bajwa, and Muhammad Ahsan. "Iron Deficiency Anemia in Pediatric Patients with Breath Holding Spells." *Annals of Punjab Medical College* 12, no. 4 (2018).
42. Gürbüz, Gürkan, PEREN PERK YÜCEL, Turgay Cokyaman, and Özge Berfu Gürbüz. "Iron supplementation should be given in breath-holding spells regardless of anemia." *Turkish journal of medical sciences* 49, no. 1 (2019): 230-237.
43. Abosdera, Mostafa M., Mahmoud M. Sabry, and Ehab S. Abdel-Moneim. "Breath holding spells; its relation to iron deficiency anemia, and electroencephalogram findings." *Am J Res Commun* 12 (2016): 35-45.
44. Daoud, Azhar S., Anwar Bateha, Mahmoud Al-Sheyyab, Faisal Abuekteish, and Sa'ad Hijazi. "Effectiveness of iron therapy on breath-holding spells." *The Journal of pediatrics* 130, no. 4 (1997): 547-550.
45. Lukaski, H. C., C. B. Hall, and W. A. Siders. "Altered metabolic response of iron-deficient women during graded, maximal exercise." *European journal of applied physiology and occupational physiology* 63 (1991): 140-145.
46. Schoene, Robert B., Pierre Escourrou, H. Thomas Robertson, Karen L. Nilson, Jane Robinson Parsons, and Nathan J. Smith. "Iron repletion decreases maximal exercise lactate concentrations in female athletes with minimal iron-deficiency anemia." *The Journal of laboratory and clinical medicine* 102, no. 2 (1983): 298-305.
47. Finch, Clement A., Philip D. Gollnick, Michael P. Hlastala, Louise R. Miller, Erick Dillmann, and Bruce Mackler. "Lactic acidosis as a result of iron deficiency." *The Journal of Clinical Investigation* 64, no. 1 (1979): 129-137.
48. McLane, J. A., R. D. Fell, R. H. McKay, W. W. Winder, E. B. Brown, and J. O. Holloszy. "Physiological and biochemical effects of iron deficiency on rat skeletal muscle." *American Journal of Physiology-Cell Physiology* 241, no. 1 (1981): C47-C54.
49. Ohira, Yoshinobu, Chuan-Show Chen, Jack Heggenauer, and Paul Saltman. "Adaptations of lactate metabolism in iron-deficient rats." *Proceedings of the Society for Experimental Biology and Medicine* 173, no. 2 (1983): 213-216.
50. Farrell, Peter A., John L. Beard, and Marlin Druckenmiller. "Increased insulin sensitivity in iron-deficient rats." *The Journal of nutrition* 118, no. 9 (1988): 1104-1109.
51. Pitts Jr, Ferris N., and James N. McClure Jr. "Lactate metabolism in anxiety neurosis." *New England Journal of Medicine* 277, no. 25 (1967): 1329-1336.
52. Gorman, Jack M., Laszlo A. Papp, Jose Martinez, Raymond R. Goetz, Eric Hollander, Michael R. Liebowitz, and Fanchea Jordan. "High-dose carbon dioxide challenge test in anxiety disorder patients." *Biological psychiatry* 28, no. 9 (1990): 743-757.
53. Arda, Kemal Niyazi, Sinan Akay, and Sinan Yetkin. "Is there a relationship between oxygen saturation and MRI-induced anxiety? A prospective study." *Clinical Imaging* 60, no. 2 (2020): 147-152.

54. Ross, Donald C., Maurice Preter, and Donald F. Klein. "Hematologic alterations and CO2 hypersensitivity in male panic disorder patients and normal controls: Similarities to high-altitude hypoxia and chronic lung disease." *Depression and Anxiety* 14, no. 2 (2001): 153-154.

Chapter 23: Somatic Symptom Disorders

1. Stoker, Bram. *Dracula*. London: Archibald Constable and Company, 1897.
2. Kallivayalil, Roy Abraham, and Varghese P. Punnoose. "Understanding and managing somatoform disorders: Making sense of non-sense." *Indian journal of psychiatry* 52, no. Suppl1 (2010): S240-S245.
3. Quill, Timothy E. "Somatization disorder: one of medicine's blind spots." *Jama* 254, no. 21 (1985): 3075-3079.
4. Oyama, Oliver, Catherine Paltoo, and Julian Greengold. "Somatoform disorders." *American Family Physician* 76, no. 9 (2007): 1333-1338.
5. American Academy of Child & Adolescent Psychiatry. "Physical Symptoms of Emotional Distress: Somatic Symptoms and Related Disorders." No. 124. Updated October 2023.
6. BC Children's Hospital. "Somatization and the Mind-Body Connection." Accessed January 25, 2025. <https://keltymentalhealth.ca/somatization>.
7. Riecher-Rössler, Anita. "Prospects for the classification of mental disorders in women." *European Psychiatry* 25, no. 4 (2010): 189-196.
8. Ballering, Aranka V., Irma J. Bonvanie, Tim C. Olde Hartman, Rei Monden, and Judith GM Rosmalen. "Gender and sex independently associate with common somatic symptoms and lifetime prevalence of chronic disease." *Social Science & Medicine* 253 (2020): 112968.
9. Kroenke, Kurt, and Robert L. Spitzer. "Gender differences in the reporting of physical and somatoform symptoms." *Psychosomatic medicine* 60, no. 2 (1998): 150-155.
10. Pamuk, Gulsum Emel, Mehmet Sevki Uyanik, Mehmet Serif Top, Umit Tapan, Recep Ak, and Vesile Uyanik. "Gastrointestinal symptoms are closely associated with depression in iron deficiency anemia: a comparative study." *Annals of Saudi medicine* 35, no. 1 (2015): 31-35.
11. Sinha, Mitesh, Archana H. Patel, Shobha Naik, and J. Jadeja. "Effect of anemia on premenstrual syndrome in adolescent girls." *Int J Basic Appl Physiol* 2 (2020): 104-108.
12. Ayaz, Zeynep, and Pemra Cöbek Unalan. "The relationship of somatization with fatigue and exhaustion as chief complaints." *Australasian Medical Journal (Online)* 13, no. 9 (2020): 270-277.
13. Gao, Chun, Jizong Ciren, Dan Wang, Zhaohui Zhang, Ruidong Ge, and Li'E. Yan. "Assessment of Psychological and Social Fitness in Healthy Adults Permanently Living at Very High Altitude." *International Journal of Environmental Research and Public Health* 20, no. 3 (2023): 2013.
14. Dong, Jun-qing, Ji-hang Zhang, Jun Qin, Qian-ning Li, Wen Huang, Xu-bin Gao, Jie Yu, Guo-zhu Chen, Xu-gang Tang, and Lan Huang. "Anxiety correlates with somatic symptoms and sleep status at high altitudes." *Physiology & behavior* 112 (2013): 23-31.
15. Löwe, Bernd, James Levenson, Miriam Depping, Paul Hüsing, Sebastian Kohlmann, Marco Lehmann, Meike Shedden-Mora, Anne Toussaint, Natalie Uhlenbusch, and Angelika Weigel. "Somatic symptom disorder: a scoping review on the empirical evidence of a new diagnosis." *Psychological Medicine* 52, no. 4 (2022): 632-648.
16. Hesdorffer, Dale C. "Comorbidity between neurological illness and psychiatric disorders." *CNS spectrums* 21, no. 3 (2016): 230-238.
17. Thaipisutikul, Papan, Pichai Ittasakul, Punjaporn Waleeprakon, Pattarabhorn Wisajun, and Sudawan Jullagate. "Psychiatric comorbidities in patients with major depressive disorder." *Neuropsychiatric disease and treatment* (2014): 2097-2103.

Chapter 24: Dissociation & Schizophrenia

1. Panksepp, Jaak. "The Foundations of Human and Animal Emotions." Oxford university press, (1998).
2. Segui, J., M. Ma, L. Garcia, J. Canet, L. Salvador-Carulla, and M. Ortiz. "Depersonalization in panic disorder: a clinical study." *Comprehensive Psychiatry* 41, no. 3 (2000): 172-178.
3. Hollander, Harriet E. "ECEM (Eye Closure, Eye Movements): application to depersonalization disorder." *American Journal of Clinical Hypnosis* 52, no. 2 (2009): 95-109.
4. Lickel, James, Elizabeth Nelson, and Athena Hayes Lickel. "Interoceptive exposure exercises for evoking depersonalization and derealization: A pilot study." *Journal of Cognitive Psychotherapy* 22, no. 4 (2008): 321.
5. Fenton, Wayne S. "Prevalence of spontaneous dyskinesia in schizophrenia." *Journal of Clinical Psychiatry* 61 (2000): 10-14.
6. Pappa, S., and P. Dazzan. "Spontaneous movement disorders in antipsychotic-naïve patients with first-episode psychoses: a systematic review." *Psychological medicine* 39, no. 7 (2009): 1065-1076.
7. Peralta, Victor, and Manuel J. Cuesta. "Motor abnormalities: from neurodevelopmental to neurodegenerative through "functional"(neuro) psychiatric disorders." *Schizophrenia bulletin* 43, no. 5 (2017): 956-971.
8. Waddington, John L. "Schizophrenia, affective psychoses, and other disorders treated with neuroleptic drugs: the enigma of tardive dyskinesia, its neurobiological determinants, and the conflict of paradigms." *International review of neurobiology* 31 (1989): 297-353.
9. Luby, Thomas H. "Pathogenesis of tetany." (1952).
10. Bressan, Paola, and Peter Kramer. "Bread and other edible agents of mental disease." *Frontiers in human neuroscience* 10 (2016): 184760.
11. Moin, Kayvon, Carly Funk, Meagan Josephs, Kyle Coombes, Madeleine Yeakle, Dhir Gala, and Mohammad Ahmed-Khan. "Gut-brain axis: Review on the association between Parkinson's disease and plant lectins." *Archive of Clinical Cases* 9, no. 4 (2022): 177.
12. Meneely, Julie P., Oluwatobi Kolawole, Simon A. Haughey, Sarah J. Miller, Rudolf Krska, and Christopher T. Elliott. "The challenge of global aflatoxins legislation with a focus on peanuts and peanut products: a systematic review." *Exposure and Health* 15, no. 2 (2023): 467-487.
13. Llewellyn, Sue. "In two minds? Is schizophrenia a state 'trapped' between waking and dreaming?." *Medical hypotheses* 73, no. 4 (2009): 572-579.
14. Dragon, Christina N., Paul Guerino, Erin Ewald, and Alison M. Laffan. "Transgender Medicare beneficiaries and chronic conditions: exploring fee-for-service claims data." *LGBT health* 4, no. 6 (2017): 404-411.
15. Becerra-Culqui, Tracy A., Yuan Liu, Rebecca Nash, Lee Cromwell, W. Dana Flanders, Darios Getahun, Shawn V. Giammattei et al. "Mental health of transgender and gender nonconforming youth compared with their peers." *Pediatrics* 141, no. 5 (2018).

Chapter 25: Depression

1. Huxley, Aldous. *Brave New World*. London: Chatto & Windus, 1932.
2. Reno, Elaine, Talia L. Brown, Marian E. Betz, Michael H. Allen, Lilian Hoffecker, Jeremy Reiting, Robert Roach, and Benjamin Honigman. "Suicide and high altitude: an integrative review." *High altitude medicine & biology* 19, no. 2 (2018): 99-108.
3. Ortíz-Prado, Esteban, Katherine Simbaña-Rivera, Diego Duta, Israel Ochoa, Juan S. Izquierdo-Condoy, Eduardo Vasconez, Kathia Carrasco, Manuel Calvopiña, Ginés Viscor, and Clara Paz. "Optimism and health self-perception-related differences in indigenous Kiwchas of Ecuador at low and high altitude: A cross-sectional analysis." *High Altitude Medicine & Biology* 23, no. 1 (2022): 26-36.
4. Shukitt-Hale, Barbara, and Harris R. Lieberman. "The effect of altitude on cognitive performance and mood states." *Nutritional Needs in Cold and in High-Altitude Environments; Maniotti, B., Carlson, SJ, Eds* (1996): 435-451.
5. Kan, Hongjiao, and Xiaoyan Zhang. "Change in sleep, gastrointestinal symptoms, and mood states at high altitude (4500m) for 6 months." *Sleep and Breathing* 29, no. 1 (2025): 72.

6. Liang, Xin-Xin, You-guo Hao, Xue-ming Duan, Xiu-lan Han, and Xiu-xia Cai. "Hyperbaric oxygen therapy for post-stroke depression: A systematic review and meta-analysis." *Clinical Neurology and Neurosurgery* 195 (2020): 105910.
7. Xu, Jin-Jin, Si-Tong Yang, Ying Sha, Yuan-Yuan Ge, and Jian-Meng Wang. "Hyperbaric oxygen treatment for Parkinson's disease with severe depression and anxiety: A case report." *Medicine* 97, no. 9 (2018): e0029.
8. Wingate, Barbara J., and John Hansen-Flaschen. "Anxiety and depression in advanced lung disease." *Clinics in chest medicine* 18, no. 3 (1997): 495-505.
9. Yu, Yon Ju, Eun-Mi Chun, Jin Hwa Lee, and Jung Hyun Chang. "Prevalence of depression and anxiety in outpatients with chronic airway lung disease." *The Korean journal of internal medicine* 25, no. 1 (2010): 51.
10. Patten, Scott B., and Jeanne VA Williams. "Chronic obstructive lung diseases and prevalence of mood, anxiety, and substance-use disorders in a large population sample." *Psychosomatics* 48, no. 6 (2007): 496-501.
11. Yohannes, Abebaw Mengistu. "Depression and anxiety in patients with interstitial lung disease." *Expert Review of Respiratory Medicine* 14, no. 9 (2020): 859-862.
12. Farag, Taghreed S., Manal R. Hafez, Taghreed Elshafie, and Omaima I. Abo-Elkheir. "Anxiety and depression among patients with Bronchial asthma, chronic obstructive pulmonary disease and diffuse parenchymatous lung diseases." *The Egyptian Journal of Hospital Medicine* 49, no. 1 (2012): 718-731.
13. Garbarino, Sergio, Wayne A. Bardwell, Ottavia Guglielmi, Carlo Chiorri, Enrica Bonanni, and Nicola Magnavita. "Association of anxiety and depression in obstructive sleep apnea patients: a systematic review and meta-analysis." *Behavioral sleep medicine* 18, no. 1 (2020): 35-57.
14. Gupta, Madhulika A., and Fiona C. Simpson. "Obstructive sleep apnea and psychiatric disorders: a systematic review." *Journal of Clinical Sleep Medicine* 11, no. 2 (2015): 165-175.
15. Chen, Mu-Hong, Tung-Ping Su, Ying-Sheue Chen, Ju-Wei Hsu, Kai-Lin Huang, Wen-Han Chang, Tzeng-Ji Chen, and Ya-Mei Bai. "Association between psychiatric disorders and iron deficiency anemia among children and adolescents: a nationwide population-based study." *BMC psychiatry* 13 (2013): 1-8.
16. Arshad, H., A. Arshad, M. Y. Hafiz, G. Muhammad, S. Khatri, and F. Arain. "Psychiatric Manifestations of Iron Deficiency Anemia-A Literature Review." *European Psychiatry* 66, no. S1 (2023): S243-S244.
17. Shah, Hira E., Nitin Bhawnani, Aarthi Ethirajulu, Almothana Alkasabera, Chike B. Onyali, Comfort Anim-Koranteng, and Jihan A. Mostafa. "Iron deficiency-induced changes in the hippocampus, corpus striatum, and monoamines levels that lead to anxiety, depression, sleep disorders, and psychotic disorders." *Cureus* 13, no. 9 (2021).
18. Lee, Heng-Sheng, Hsin-Hao Chao, Wan-Ting Huang, Solomon Chih-Cheng Chen, and Hsin-Yi Yang. "Psychiatric disorders risk in patients with iron deficiency anemia and association with iron supplementation medications: a nationwide database analysis." *BMC psychiatry* 20 (2020): 1-9.
19. Akaishi, Tetsuya, Kumi Nakaya, Naoki Nakaya, Mana Kogure, Rieko Hatanaka, Ippei Chiba, Sayuri Tokioka, Satoshi Nagaie, Soichi Ogishima, and Atsushi Hozawa. "Low Hemoglobin Level and Elevated Inflammatory Hematological Ratios Associated With Depression and Sleep Disturbance." *Cureus* 16, no. 3 (2024).
20. Korkmaz, Sevda, Sevlir Yıldız, Tuba Korucu, Burcu Gundogan, Zehra Emine Sunbul, Hasan Korkmaz, and Murad Atmaca. "Frequency of anemia in chronic psychiatry patients." *Neuropsychiatric disease and treatment* (2015): 2737-2741.
21. Portugal-Nunes, Carlos, Teresa Costa Castanho, Liliana Amorim, Pedro Silva Moreira, José Mariz, Fernanda Marques, Nuno Sousa, Nadine Correia Santos, and Joana Almeida Palha. "Iron status is associated with mood, cognition, and functional ability in older adults: A cross-sectional study." *Nutrients* 12, no. 11 (2020): 3594.
22. Hidese, Shinsuke, Kenji Saito, Shinya Asano, and Hiroshi Kunugi. "Association between iron-deficiency anemia and depression: a web-based Japanese investigation." *Psychiatry and clinical neurosciences* 72, no. 7 (2018): 513-521.
23. World Health Organization, and Safe Motherhood Initiative. *The Prevention and management of postpartum haemorrhage: report of a technical working group, Geneva, 3-6 July, 1989*. No. WHO/MCH/90.7. Unpublished. World Health Organization, 1990.
24. Stafford, Irene, Gary A. Dildy, Steven L. Clark, and Michael A. Belfort. "Visually estimated and calculated blood loss in vaginal and cesarean delivery." *American journal of obstetrics and gynecology* 199, no. 5 (2008): 519-e1.
25. Toledo, Paloma, Robert J. McCarthy, Bradley J. Hewlett, Paul C. Fitzgerald, and Cynthia A. Wong. "The accuracy of blood loss estimation after simulated vaginal delivery." *Anesthesia & Analgesia* 105, no. 6 (2007): 1736-1740.
26. Horowitz, June Andrews, and Janice Goodman. "A longitudinal study of maternal postpartum depression symptoms." *Research and theory for nursing practice* 18, no. 2/3 (2004): 149.
27. Mayo Clinic Staff. "Postpartum Depression." *Mayo Clinic*. Last modified November 24, 2022. <https://www.mayoclinic.org/diseases-conditions/postpartum-depression/symptoms-causes/syc-20376617>.
28. Johns Hopkins Medicine. "Baby Blues and Postpartum Depression: Mood Disorders and Pregnancy." Accessed January 28, 2025. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/postpartum-mood-disorders-what-new-moms-need-to-know>.
29. American Psychiatric Association. "What Is Perinatal Depression?" Reviewed by Amalia Londoño Tobón, M.D. Last modified October 2023. <https://www.psychiatry.org/patients-families/peripartum-depression/what-is-peripartum-depression>.
30. Cleveland Clinic. "Postpartum Depression." Last reviewed April 12, 2022. <https://my.clevelandclinic.org/health/diseases/9312-postpartum-depression>.
31. Mughal, Shahid, Yasser Azhar, and Wasif Siddiqui. "Postpartum Depression." In *StatPearls*. Treasure Island, FL: StatPearls Publishing, January 2024-. Last updated October 7, 2022. <https://www.ncbi.nlm.nih.gov/books/NBK519070/>.
32. Bilal, Arshia, Asifa Afzal, Iffat Noreen, Tahreem Fatima, Naima Memon, Sumaiyya Zubairi, Tayyiba Haq, Sana Iqbal, and Rizwan Ashiq. "Association of postpartum depression with pre and post-natal iron supplementation in women of reproductive age of Islamabad, Pakistan." *Rawal Medical Journal* 47, no. 3 (2022): 598-598.
33. Wassef, Andréanne, Quoc Dinh Nguyen, and Martin St-André. "Anaemia and depletion of iron stores as risk factors for postpartum depression: a literature review." *Journal of Psychosomatic Obstetrics & Gynecology* 40, no. 1 (2019): 19-28.
34. Beard, John L., Michael K. Hendricks, Eva M. Perez, Laura E. Murray-Kolb, Astrid Berg, Lynne Vernon-Feagans, James Irlam, Washiefa Isaacs, Alan Sive, and Mark Tomlinson. "Maternal iron deficiency anemia affects postpartum emotions and cognition." *The Journal of nutrition* 135, no. 2 (2005): 267-272.
35. Ghaedrahmati, Maryam, and Zahra Alipour. "The Association between Post-Partum Depression and Nutrition and Dietary Patterns: Systematic Review." *Iranian Journal of Nursing and Midwifery Research* 29, no. 3 (2024): 280-289.
36. Bodnar, Lisa M., Mary E. Cogswell, and Thad McDonald. "Have we forgotten the significance of postpartum iron deficiency?." *American journal of obstetrics and gynecology* 193, no. 1 (2005): 36-44.
37. Khan, Fauzia A., Mueenullah Khan, Asif Ali, and Ursula Chohan. "Estimation of blood loss during Caesarean section: an audit." *Journal of Pakistan Medical Association* 56, no. 12 (2006): 572.
38. Gottlieb, Sharon E., and David E. Barrett. "Effects of Unanticipated Cesarean Section on Mothers, Infants, and Their Interaction in the First Month of Life." *Journal of Developmental & Behavioral Pediatrics* 7, no. 3 (June 1986): 180-185. PMID: 3722392.
39. Becerra-Culqui, Tracy A., Yuan Liu, Rebecca Nash, Lee Cromwell, W. Dana Flanders, Darios Getahun, Shawn V. Giammattei et al. "Mental health of transgender and gender nonconforming youth compared with their peers." *Pediatrics* 141, no. 5 (2018).

40. Dragon, Christina N., Paul Guerino, Erin Ewald, and Alison M. Laffan. "Transgender Medicare beneficiaries and chronic conditions: exploring fee-for-service claims data." *LGBT health* 4, no. 6 (2017): 404-411.
41. James, Haleigh A., Alice Y. Chang, Reese L. Imhof, Aradhana Sahoo, Monique M. Montenegro, Nicole R. Imhof, Cesar A. Gonzalez, Aida N. Lteif, Todd B. Nippoldt, and Caroline J. Davidge-Pitts. "A community-based study of demographics, medical and psychiatric conditions, and gender dysphoria/incongruence treatment in transgender/gender diverse individuals." *Biology of sex differences* 11 (2020): 1-10.

Chapter 26: Mania

1. Poe, Edgar Allan. "Letter to George W. Eveleth, January 4, 1848." *The Edgar Allan Poe Society of Baltimore*. Last modified December 7, 2009. <https://www.eapoe.org/works/letters/p4801040.htm>.
2. Shackleton, Ernest Henry. *South: the story of Shackleton's 1914-1917 expedition*. Heinemann, 1921.
3. Campbell, Iain H., and Harry Campbell. "The metabolic overdrive hypothesis: hyperglycolysis and glutaminolysis in bipolar mania." *Molecular Psychiatry* 29, no. 5 (2024): 1521-1527.

Chapter 27: Self-Harm-Type Behaviour

1. Hippocrates, attributed
2. Sulikowski, Danielle, Melinda Williams, Gautami Nair, Brittany Shepherd, Anne Wilson, Audrey Tran, and Danielle Wagstaff. "Off with her hair: Intrasexually competitive women advise other women to cut off more hair." *Personality and Individual Differences* 216 (2024): 112406.
3. Becerra-Culqui, Tracy A., Yuan Liu, Rebecca Nash, Lee Cromwell, W. Dana Flanders, Darios Getahun, Shawn V. Giammattei et al. "Mental health of transgender and gender nonconforming youth compared with their peers." *Pediatrics* 141, no. 5 (2018).
4. James, Haleigh A., Alice Y. Chang, Reese L. Imhof, Aradhana Sahoo, Monique M. Montenegro, Nicole R. Imhof, Cesar A. Gonzalez, Aida N. Lteif, Todd B. Nippoldt, and Caroline J. Davidge-Pitts. "A community-based study of demographics, medical and psychiatric conditions, and gender dysphoria/incongruence treatment in transgender/gender diverse individuals." *Biology of sex differences* 11 (2020): 1-10.
5. Koch, Jerome R., Alden E. Roberts, Myrna L. Armstrong, and Donna C. Owen. "Tattoos, gender, and well-being among American college students." *The Social Science Journal* 52, no. 4 (2015): 536-541.
6. Carroll, Sean T., Robert H. Riffenburgh, Timothy A. Roberts, and Elizabeth B. Myhre. "Tattoos and body piercings as indicators of adolescent risk-taking behaviors." *Pediatrics* 109, no. 6 (2002): 1021-1027.
7. D'Ambrosio, Antonio, Nicoletta Casillo, and Valentina Martini. "Piercings and tattoos: psychopathological aspects." *Activitas Nervosa Superior Rediviva* 55, no. 4 (2013): 143-148.
8. Deschesnes, Marthe, Philippe Finès, and Stéphanie Demers. "Are tattooing and body piercing indicators of risk-taking behaviours among high school students?" *Journal of adolescence* 29, no. 3 (2006): 379-393.
9. Dhossche, Dirk, Kenneth S. Snell, and Samantha Larder. "A case-control study of tattoos in young suicide victims as a possible marker of risk." *Journal of affective disorders* 59, no. 2 (2000): 165-168.
10. King, Keith A., and Rebecca A. Vidourek. "Getting inked: Tattoo and risky behavioral involvement among university students." *The Social Science Journal* 50, no. 4 (2013): 540-546.
11. Störn, Aglaja, Andreas Hinz, and Elmar Brähler. "Prevalence of tattooing and body piercing in Germany and perception of health, mental disorders, and sensation seeking among tattooed and body-pierced individuals." *Journal of psychosomatic research* 60, no. 5 (2006): 531-534.
12. Störn, Aglaja, and Andreas Hinz. "Tattoos, body piercings, and self-injury: Is there a connection? Investigations on a core group of participants practicing body modification." *Psychotherapy research* 18, no. 3 (2008): 326-333.
13. Dragon, Christina N., Paul Guerino, Erin Ewald, and Alison M. Laffan. "Transgender Medicare beneficiaries and chronic conditions: exploring fee-for-service claims data." *LGBT health* 4, no. 6 (2017): 404-411.

Chapter 28: Ideo-Physio-Logical Possession

1. Hippocrates, attributed

Chapter 29: The Sickness of Authoritarianism

1. Theodore Roosevelt, attributed
2. Thornhill, Randy, and Corey L. Fincher. "The parasite-stress theory of sociality, the behavioral immune system, and human social and cognitive uniqueness." *Evolutionary Behavioral Sciences* 8, no. 4 (2014): 257.
3. Jordan B Peterson. "Death, Disease, and Politics | Dr. Randy Thornhill | EP 184." Featuring Randy Thornhill. YouTubevideo, 1:50:32. July 26, 2021. <https://www.youtube.com/watch?v=6Dqj1Wv6EtQ&t=2182s>.
4. Solzhenitsyn, Alexander. "The Gulag Archipelago (Vols. I and 2)." *New York: Harper & Row* 1974 (1973): 1978.
5. Haidt, Jonathan. "Why the Mental Health of Liberal Girls Sank First and Fastest: Evidence for Lukianoff's Reverse CBT Hypothesis." *After Babel (Substack)*, March 9, 2023. <https://www.afterbabel.com/p/mental-health-liberal-girls>.
6. Gimbrone, Catherine, Lisa M. Bates, Seth J. Prins, and Katherine M. Keyes. "The politics of depression: Diverging trends in internalizing symptoms among US adolescents by political beliefs." *SSM-mental health* 2 (2022): 100043.

Chapter 30: Mass Hysterianemia

1. Tesla, Nikola. "Radio power will revolutionize the world." *Modern Mechanix and Inventions* 2 (1934).
2. Hempelmann, Christian F. "The laughter of the 1962 Tanganyika 'laughter epidemic'." (2007): 49-71.
3. Poudel, Reet, Tapas Kumar Aich, Krishma Bhandary, Dipendra Thapa, and Rajesh Giri. "Recurrent mass hysteria in schoolchildren in Western Nepal." *Indian journal of psychiatry* 62, no. 3 (2020): 316-319.
4. Kokota, Demobly. "View point: episodes of mass hysteria in African schools: a study of literature." *Malawi Medical Journal* 23, no. 3 (2011): 74-77.
5. Paudel, Amrita Ghimire, Kalpana Karmacharya Malla, Shree Krishna Shrestha, Suresh Raj Paudel, Deepak Raj Paudel, Ramchandra Bastola, Yagya Raj Sigdel, and Rupa Gurung. "Study of prevalence, risk factors and hematological parameters in children suffering from iron deficiency anemia in a tertiary care centre in Pokhara." *Medical Journal of Pokhara Academy of Health Sciences* 1, no. 2 (2018): 4-4.
6. Sharma, Pushpa Prasad, Ajaya Kumar Jha, Anish Joshi, and Ritesh Lamsal. "Mass hysteria and adolescent girl: an interventional study." *Nepal Journal of Obstetrics and Gynaecology* 5, no. 1 (2010): 17-20.

Chapter 31: Have They No Shame?

1. The Holy Bible, King James Version. *Genesis* 3:7.
2. Darwin, Charles. *The Expression of the Emotions in Man and Animals*. London: John Murray, 1872.

- Drummond, Peter D., and Nadia Mirco. "Staring at one side of the face increases blood flow on that side of the face." *Psychophysiology* 41, no. 2 (2004): 281-287.
- Dutton, Donald G., and Arthur P. Aron. "Some evidence for heightened sexual attraction under conditions of high anxiety." *Journal of personality and social psychology* 30, no. 4 (1974): 510.

Chapter 32: Issues with Tissues

- Georges St. Pierre, attributed
- Baldi, Andrew, and Sant-Rayn Pasricha. "Anaemia: Worldwide Prevalence and Progress in Reduction." In *Nutritional Anemia*, pp. 3-17. Cham: Springer International Publishing, 2022.
- Goodrich, Jesse A., Dillon J. Frisco, Sewan Kim, Marissa Holliday, Miguel Rueda, Sourav Poddar, and William C. Byrnes. "The importance of lean mass and iron deficiency when comparing hemoglobin mass in male and female athletic groups." *Journal of Applied Physiology* 129, no. 4 (2020): 855-863.
- Falz, Roberto, Sven Fikenzer, Stephan Hoppe, and Martin Busse. "Normal values of hemoglobin mass and blood volume in young, active women and men." *International Journal of Sports Medicine* 40, no. 04 (2019): 236-244.
- Al-Badran, Ihsan Mardan. "Association between Refractive Errors and Anemia: A Cross Sectional Study in Basra, Iraq." *Hammurabi Journal of Medical Sciences* 1, no. 2 (2024): 1-6.
- Elkitkat, Rania S., Amany A. El-Shazly, Weam M. Ebeid, and Marwa R. Deghedy. "Relation of anthropometric measurements to ocular biometric changes and refractive error in children with thalassemia." *European Journal of Ophthalmology* 28, no. 2 (2018): 139-143.
- Seo, Minyi, and Sangshin Park. "Association between Anemia and Myopia in Korean Adults." *Journal of Health Informatics and Statistics* 48, no. 4 (2023): 314-321.
- Moeinvaziri, Mojdeh, Parvin Mansoori, Koorosh Holakooec, Zahra Safaei Naraghi, and Ali Abbasi. "Iron status in diffuse telogen hair loss among women." *Acta Dermatovenereologica Croatica* 17, no. 4 (2009): 0-0.
- Klebl, Christoph, Joshua J. Rhee, Katharine H. Greenaway, Yin Luo, and Brock Bastian. "Beauty goes down to the core: Attractiveness biases moral character attributions." *Journal of Nonverbal Behavior* (2022): 1-15.

Chapter 33: Baby Making 102

- Harriette Hartigan, attributed
- Serati, Maurizio, Montserrat España-Pons, Aurore Mouton-Puglisi, and Anna Padoa. "Iron deficiency and sexual dysfunction in women." *Sexual Medicine Reviews* 11, no. 4 (2023): 342-348.
- Roberts, Michelle. "Scan Spots Women Faking Orgasms." *BBC News*, June 20, 2005. <http://news.bbc.co.uk/2/hi/health/4111360.stm>.
- Abu-Ouf, Noran M., and Mohammed M. Jan. "The impact of maternal iron deficiency and iron deficiency anemia on child's health." *Saudi medical journal* 36, no. 2 (2015): 146.
- Allen, Lindsay H. "Pregnancy and iron deficiency: unresolved issues." *Nutrition reviews* 55, no. 4 (1997): 91-101.

Chapter 34: Just How Gay Are These Frogs?

- Jones, Alex. Info Wars. (2015).
- Hayes, Tyrone B., Vicky Khoury, Anne Narayan, Mariam Nazir, Andrew Park, Travis Brown, Lillian Adame et al. "Atrazine induces complete feminization and chemical castration in male African clawed frogs (*Xenopus laevis*)."
- Hayes, Tyrone B., Atif Collins, Melissa Lee, Magdalena Mendoza, Nigel Noriega, A. Ali Stuart, and Aaron Vonk. "Hermaphroditic, demasculinized frogs after exposure to the herbicide atrazine at low ecologically relevant doses." *Proceedings of the National Academy of sciences* 99, no. 8 (2002): 5476-5480.
- Hayes, Tyrone B., Lloyd L. Anderson, Val R. Beasley, Shane R. De Solla, Taisen Iguchi, Holly Ingraham, Patrick Kestemont et al. "Demasculinization and feminization of male gonads by atrazine: consistent effects across vertebrate classes." *The Journal of steroid biochemistry and molecular biology* 127, no. 1-2 (2011): 64-73.
- Hayes, Tyrone. *From Silent Spring to Silent Night: A Tale of Toads and Men*. YouTube video. Published May 13, 2010. Accessed January 28, 2025. https://www.youtube.com/watch?v=m4Bg_OiG1ds.
- Olvera-Hernández, Sandra, Alejandra Hernández, Rebeca Reyes, and Alonso Fernández-Guasti. "Establishment of partner preference in male rats: Effect of prenatal letrozole and sexual experience." *Hormones and Behavior* 109 (2019): 56-63.
- "Letrozole Drug Usage Statistics, United States, 2013–2022." ClinCalc DrugStats Database. Accessed March 4, 2025. <https://clincalc.com/drugstats/Drugs/Letrozole>.
- Balthazart, Jacques. "Minireview: Hormones and human sexual orientation." *Endocrinology* 152, no. 8 (2011): 2937-2947.
- Maylor, Elizabeth A., Stian Reimers, Jean Choi, Marcia L. Collaer, Michael Peters, and Irwin Silverman. "Gender and sexual orientation differences in cognition across adulthood: Age is kinder to women than to men regardless of sexual orientation." *Archives of sexual behavior* 36 (2007): 235-249.
- Collaer, Marcia L., Stian Reimers, and John T. Manning. "Visuospatial performance on an internet line judgment task and potential hormonal markers: sex, sexual orientation, and 2D: 4D." *Archives of sexual behavior* 36 (2007): 177-192.
- Geary, David C. "Sexual selection and sex differences in social cognition." *Biology, society, and behavior: The development of sex differences in cognition* 21 (2002): 23-53.
- Geary, David C. "Sexual selection and sex differences in mathematical abilities." *Behavioral and brain sciences* 19, no. 2 (1996): 229-247.
- Hughes, Ieuan A., John D. Davies, Trevor I. Bunch, Vickie Pasterski, Kiki Mastroyannopoulou, and Jane MacDougall. "Androgen insensitivity syndrome." *The Lancet* 380, no. 9851 (2012): 1419-1428.
- Miller, Walter L., and Perrin C. White. "A brief history of congenital adrenal hyperplasia." *Hormone research in paediatrics* 95, no. 6 (2022): 529-545.
- Daae, Elisabeth, Kristin Billaud Feragen, Anne Waehre, Ingrid Nermoen, and Henrik Falhammar. "Sexual orientation in individuals with congenital adrenal hyperplasia: a systematic review." *Frontiers in Behavioral Neuroscience* 14 (2020): 38.
- Speiser, Phyllis W., Ricardo Azziz, Laurence S. Baskin, Lucia Ghizzoni, Terry W. Hensle, Deborah P. Merke, Heino FL Meyer-Bahlburg et al. "Congenital adrenal hyperplasia due to steroid 21-hydroxylase deficiency: an Endocrine Society clinical practice guideline." *The Journal of Clinical Endocrinology & Metabolism* 95, no. 9 (2010): 4133-4160.
- Therrell Jr, Bradford L., Sheri A. Berenbaum, Valerie Manter-Kapanke, Jennifer Simmank, Kristina Korman, Linda Prentice, Jose Gonzalez, and Sheila Gunn. "Results of screening 1.9 million Texas newborns for 21-hydroxylase-deficient congenital adrenal hyperplasia." *Pediatrics* 101, no. 4 (1998): 583-590.
- Samango-Sprouse, Carole, Eser Kirkizlar, Megan P. Hall, Patrick Lawson, Zachary Demko, Susan M. Zneimer, Kirsten J. Curnow, Susan Gross, and Andrea Gropman. "Incidence of X and Y chromosomal aneuploidy in a large child bearing population." *PLoS One* 11, no. 8 (2016): e0161045.

Chapter 35: Endocrine-Disrupting Chemicals

1. Grimm, Jacob, and Wilhelm Grimm. *Die Kinder zu Hameln*. In *Deutsche Sagen*, vol. 1, no. 245. 1816/1818.
2. Hayes, Tyrone B., Lloyd L. Anderson, Val R. Beasley, Shane R. De Solla, Taisen Iguchi, Holly Ingraham, Patrick Kestemont et al. "Demasculinization and feminization of male gonads by atrazine: consistent effects across vertebrate classes." *The Journal of steroid biochemistry and molecular biology* 127, no. 1-2 (2011): 64-73.
3. Hayes, Tyrone. *From Silent Spring to Silent Night: A Tale of Toads and Men*. YouTube video. Published May 13, 2010. Accessed January 28, 2025. https://www.youtube.com/watch?v=m4Bg_OiG1ds.
4. Swan, Shanna H., Katharina M. Main, Fan Liu, Sara L. Stewart, Robin L. Kruse, Antonia M. Calafat, Catherine S. Mao et al. "Decrease in anogenital distance among male infants with prenatal phthalate exposure." *Environmental health perspectives* 113, no. 8 (2005): 1056-1061.
5. Swan, Shanna H., Sheela Sathyanarayana, Emily S. Barrett, Sarah Janssen, Fan Liu, Ruby HN Nguyen, and J. Bruce Redmon. "First trimester phthalate exposure and anogenital distance in newborns." *Human reproduction* 30, no. 4 (2015): 963-972.
6. Dean, Afshan, and Richard M. Sharpe. "Anogenital distance or digit length ratio as measures of fetal androgen exposure: relationship to male reproductive development and its disorders." *The Journal of Clinical Endocrinology & Metabolism* 98, no. 6 (2013): 2230-2238.
7. Eisenberg, M. L., T-C. Hsieh, and L. I. Lipshultz. "The relationship between anogenital distance and age." *Andrology* 1, no. 1 (2013): 90-93.
8. Guo, Wen, Eric Bachman, Michelle Li, Cindy N. Roy, Jerzy Blusztajn, Siu Wong, Stephen Y. Chan et al. "Testosterone administration inhibits hepcidin transcription and is associated with increased iron incorporation into red blood cells." *Aging cell* 12, no. 2 (2013): 280-291.

Chapter 36: Gender Dysphoria

1. Urban, Tim. *What's Our Problem?: A Self-Help Book for Societies*. Wait But Why, 2023.

Conclusion: Beyond

1. Cogan, Thomas. *A philosophical treatise on the passions*. S. Hazard, 1800.
2. Fuseli, Henry. *The Nightmare*. 1781. Oil on canvas. Detroit Institute of Arts, Detroit.