

Dosedlová, Jaroslava

Literatura

In: Dosedlová, Jaroslava. *Optimismus a jeho role v kontextu zdraví*. Vydání první Brno: Filozofická fakulta, Masarykova univerzita, 2018, pp. 147-162

ISBN 978-80-210-8951-8; ISBN 978-80-210-8952-5 (online : pdf)

Stable URL (handle): <https://hdl.handle.net/11222.digilib/138221>

Access Date: 16. 02. 2024

Version: 20220831

Terms of use: Digital Library of the Faculty of Arts, Masaryk University provides access to digitized documents strictly for personal use, unless otherwise specified.

LITERATURA

- Abramson, L. Y., Seligman, M. E. P., & Teasdale, J. D. (1978). Learned helplessness in humans: Critique and reformulation. *Journal of Abnormal Psychology*, 87, 49–74.
- Abramson, L. Y., Alloy, L. B., & Metalsky, G. I. (1989). Hopelessness depression: A theory-based subtype of depression. *Psychological Review*, 96, 358–372.
- Ah, D. V., Kang, D. H., & Carpenter, J. S. (2007). Stress, optimism, and social support: Impact on immune responses in breast cancer. *Research in Nursing & Health*, 30, 72–83.
- Ajzen, I., & Madden, T. J. (1986). Prediction of goal-directed behavior: attitudes, intentions, and perceived control. *Journal of Experimental Social Psychology*, 22, 453–474.
- Alarcon, G. M., Bowling, N. A., & Khazon, S. (2013). Great expectations: A meta-analytic examination of optimism and hope. *Personality and Individual Differences*, 54, 821–827.
- Allison, P. J., Guichard, C., Fung, K., Gilain, L. (2003). Dispositional optimism predicts survival status 1 year after diagnosis in head and neck cancer patients. *Journal of Clinical Oncology*, 21, 543–548.
- Armor, D. A., & Taylor, S. E. (2002). When predictions fail: The dilemma of unrealistic optimism. In T. Gilovich, D. W. Griffin, & D. Kahneman (Eds.), *Heuristics and Biases: The Psychology of Intuitive Judgement*. NJ: Cambridge University Press.
- Arnoldová, A. (2012). *Sociální zabezpečení I*. Praha: Grada.
- Asendorpf, J. B., & Ostendorf, F. (1998). Is self-enhancement healthy? Conceptual, psychometric and empirical analysis. *Journal of Personality and Social Psychology*, 74, 4, 955–966.
- Augustinus, A. (2000). *Aurelius Augustinus. Říman – člověk – světec*. Praha: Vyšehrad.
- Averill, J. R., Catlin, G., & Chon, K. K. (1990). *Rules of hope*. New York: Springer – Verlag.
- Bacon, F. (1974). *Nové organon*. Praha: Svoboda.
- Baer, H. J., Glynn, R. J., Hu, F. B., Hankinson, S. E., Willett, W. C., Colditz, G. A., et al. (2011). Risk factors for mortality in the Nurses Health Study: A competing risk analysis. *American Journal of Epidemiology*. 173, 319–329.
- Baker, S. R. (2007). Dispositional optimism and health status, symptoms and behaviours: Assessing idiothetic relationships using a prospective daily diary approach. *Psychology and Health*, 22, 431–456.

- Batty, G. D., Deary, I. J., & Gottfredson, L. S. (2007). Premorbid (early life) IQ and later mortality risk: Systematic review. *Annals of Epidemiology*, 17, 278–288.
- Baudrillard, J. (1997). *Rozhovory s Baudrillardem*. Olomouc: Votobia.
- Beck, A. T. (1967). *Depression: Clinical, experimental, and theoretical aspects*. New York: Harper and Row.
- Blaxter, M. (2010). *Health* (2nd ed.). Malden, MA: Polity.
- Brugger, W. (1994). *Filosofický slovník*. 2. vyd. Praha: Naše vojsko.
- Bruininks, P., & Malle, B. F. (2005). Distinguishing hope from optimism and related affective states. *Motivation and Emotion*, 29 (4) 9, 327–355.
- Bryant, F. B., & Cvengros, J. A. (2004). Distinguishing hope and optimism: Two sides of a coin, or two separate coins? *Journal of Social and Clinical Psychology*, 23, 273–302.
- Brychnáčová, E., & Zahradníková, J. (2005). *Rámcový vzdělávací program pro základní vzdělávání (s přílohou upravující vzdělávání žáků s lehkým mentálním postižením)*. Praha: VÚP.
- Brydon, L., Walker, C., Wawrzyniak, A. J., Chart, H., & Steptoe, A. (2009). Dispositional optimism and stress-induced changes in immunity and negative mood. *Brain, Behavior, and Immunity*, 23, 810–816.
- Buchanan McClellan, G. (2009). Explanatory style and coronary heart disease. In G. McClellan Buchanan, M. E. P. Seligman (Eds.), *Explanatory Style*, New York: Routledge.
- Burger, J. M., & Burns, L. (1988). The illusion of unique invulnerability and the use of effective contraception. *Personality and Social Psychology Bulletin*, 14, 264–270.
- Burns, M. O., & Seligman, M. E. P. (1989). Explanatory style across the life span: evidence for stability over 52 years. *Journal of Personality and Social Psychology*, 56, 471–477.
- Camus, A. (2007). *Člověk revoluční*. Praha: Garamond.
- Cantor, N., & Norem, J. K. (1989). Defensive Pessimism and Stress nad Coping. *Social Cognition*, 7, 92–112.
- Carver, Ch. S., & Gaines, J. G. (1987). Optimism, pessimism, and postpartum depression. *Cognitive Therapy and Research*, 11, 449–462.
- Carver, Ch. S., Pozo, C., Harris, S. D., Noriega, V., Scheier, M. F., Robinson, D. S., & Clark, K. C. (1993). How coping mediates the effect of optimism on distress: A study of women with early stage breast cancer. *Journal of Personality and Social Psychology*, 65, 375–390.
- Carver, Ch. S., & Scheier, M. (1998). *On the self-regulation of behavior*. New York: Cambridge University Press.
- Carver, Ch. S., & Scheier, M. (2002a). Optimism. In C. R. Snyder, & S. J. Lopez (Eds.), *Handbook of Positive Psychology*. Oxford University Press.
- Carver, Ch. S., & Scheier, M. (2002b). Optimism, Pessimism and Self-Regulation. In E. C. Chang (Ed.), *Optimism & Pessimism*. APA, Washington, DC.
- Carver, Ch. S., & Scheier, M. (2014). Dispositional optimism. *Trends in Cognitive Sciences*, 18, 6, 293–299.
- Chang, E. C. (2002). Cultural influences on optimism and pessimism: Differences in western and eastern construals of the self. In E. C. Chang (Ed.), *Optimism & Pessimism, Implications for Theory, Research, and Practice*. APA, Washington, DC.
- Chang, E. C., & D'Zurilla, T. J. (1996). Relations between problem orientation and optimism. Pessimism, and trait affectivity: a construct validation study. *Behaviour Research Therapy*, 34, 185–194.
- Chang, E. C., Maydeu-Olivares, A., & D'Zurilla, T. J. (1997). Optimism and pessimism are

- partially independent constructs: relationship to positive and negative affectivity and psychological well-being. *Personality and Individual Differences*, 23, 433–440.
- Chang, E. C., & Ruben-Wen, S. (2004). Constant vigilance: Heritage values and defensive pessimism in coping with severe acute respiratory syndrome in Singapore. *Asian Journal of Social Psychology*, 7, 35–53.
- Cheng, J., Wang, T., Li, F., Xiao, Y., Bi, J., Chen, J., & Zhao, X. (2015). Self-rated health status and subjective health complaints associated with health-promoting lifestyles among urban Chinese women: a cross-sectional study. *Plos One*, 10(2), e0117940.
- Colvin, C. R., & Block, J. (1994). Do positive illusions foster mental health? An examination of the Taylor and Brown formulation. *Psychological Bulletin*, 116, 3–20.
- Colvin, C. R., Funder, D. C., & Block, J. (1995). Overly positive self-evaluations and personality: Negative implications for mental health. *Journal of Personality and Social Psychology*, 68, 1152–1162.
- Conner, M., & Norman, P. (2005). *Predicting Health Behaviour*. London, Open University Press.
- Copleston, F. (2014). *Dějiny filosofie I. Řecko a Řím*. Olomouc: Refugium Velehrad – Roma.
- Copleston, F. (2016). *Dějiny filosofie II. Od Augustina ke Scotovi*. Olomouc: Refugium Velehrad – Roma.
- Costello, N. L., Bragdon, E. E., Light, K. C., Sigurdsson, A., Bunting, S., Grewen, K., & Maixner, W. (2002). Temporomandibular disorder and optimism: Relationships to ischemic pain sensitivity and interleukin-6. *Pain*, 100, 99–110.
- Cutrona, C. E., Russell, D., & Jones, R. D. (1984). Cross-situational consistency in causal attributions: Does attributional style exist? *Journal of Personality and Social Psychology*, 47, 1043–1058.
- Černý, V. (1948). *První sešit o existentialismu*. Praha: Nakladatelství Václav Petr.
- Černý, V. (1992). *První a druhý sešit o existentialismu*. Praha: Mladá fronta.
- Český statistický úřad. *Demografická příručka*. Retrieved July 28, 2017, from <https://www.czso.cz/csu/czso/aktualni-populacni-vyvoj-v-kostce>.
- Čierňava, R. (1999). Optimizmus a zdravotné správanie gymnazistov a vysokoškolákov. *Psychológia a patopsychológia dieťaťa*, 34, 134–144.
- Dahlgren G., & Whitehead, M. (2006). *Levelling up (part 2): a discussion paper on European strategies for tackling social inequities in health*. Copenhagen, WHO Regional Office for Europe (Studies on social and economic determinants of population health, No. 3).
- Descartes, R. (2016). *Rozprava o metodě*. Praha: Oikomenh.
- Dolénková, T., & Hlubík, P. (2013). Stravovací návyky adolescentů a dospělých jako prevence kolorektálního karcinomu. *Ošetřovatelství a porodní asistence*. 4(4), 670–677. Retrieved August 28, 2017, from http://periodika.osu.cz/osetrovatelstviaporodniasistence/dok/2013-04/4_dolenkova_hlubik.pdf.
- Domino, B., & Conway, D. W. (2002). Optimism and pessimism from a historical perspective. In E. C. Chang (Ed.), *Optimism and Pessimism: Implications for Theory, Research and Practice*. Washington, DC: APA Press.
- Dosedlová, J., Klimusová, H., Jelínek, M., & Blatný, M. (2004). Optimismus jako pozitivní iluze u současných adolescentů. In *Svět žen a svět mužů. Polarita a vzájemné obohacování*. Olomouc: UP v Olomouci, 2005.
- Dosedlová, J., Fialová, L., Kebza, V. & Slováčková, Z. (2008). *Předpoklady zdraví a životní spokojenosti*. Brno: MSD.

Literatura

- Dosedlová, J., & Slováčková, Z. (Eds.) (2013). *Optimismem ke zdraví? Kognitivní a osobnostní determinanty zdraví podporujícího chování*. Brno: Tribun EU.
- Dosedlová, J., Slováčková, Z., & Klimusová, H. (2013). Health-supportive Behaviour, Subjective Health and Life Style of University Students. *Journal of Indian Health Psychology*, Global Vision Publishing House, 8, 115–132.
- Dosedlová, J., Klimusová, H., & Burešová, I. (2016). Health-related behavior over the course of life in the Czech Republic. Students and adults. *Procedia-Social and Behavioral Sciences*, 217, 1167–1175. doi: 10.1016/j.sbspro.2016.02.137.
- Dosedlová, J., Klimusová, H., Burešová, I., Jelínek, M., Slezáčková, A., & Vašina, L. (2015). Optimism and health-related behaviour in Czech university students and adults. *Procedia-Social and Behavioral Sciences*, 171, 1051–1059. doi:10.1016/j.sbspro.2015.01.278.
- Dosedlová, J., Slováčková, Z., & Klimusová, H. (2008). Psychologické souvislosti zdraví podporujícího chování vysokoškolských studentů. Subjektivně vnímané zdraví současných vysokoškoláků a jeho vztah k životnímu stylu. In *Psychologie zdraví a kvalita života*. Brno: MSD, 24–30.
- Dosedlová, J., Slováčková, Z., & Klimusová, H. (2013): Optimismus ve vztahu k zdraví podporujícímu a zdraví ohrožujícímu chování. In J. Dosedlová, & Z. Slováčková, (Eds.), *Optimismem ke zdraví? Kognitivní a osobnostní determinanty zdraví podporujícího chování*. Brno: Tribun EU, 69–81.
- Dosedlová, J. et al. (2016). *Chování související se zdravím: determinanty, modely a konsekvence*. Brno: Filozofická fakulta, Masarykova univerzita, MuniPRESS.
- Dosedlová, J., Jelínek, M., & Klimusová, H. (2016). Nadějně vyhlídky: optimismus a jeho vztah k naději. In J. Dosedlová (Ed.), *Chování související se zdravím: determinanty, modely a konsekvence*. Brno: Filozofická fakulta, Masarykova univerzita, MuniPRESS, 13–34.
- Dosedlová, J., Jelínek, M., Klimusová, H., & Burešová, I. (2016). Prediktory subjektivních zdravotních stesků v dospělosti. *Československá psychologie*, Praha: Psychologický ústav AV ČR, 60, 414–429.
- Dosedlová, J., Jelínek, M., & Klimusová, H. (2016). Dispoziční optimismus a defenzivní pesimismus jako prediktory chování vztahujícího se ke zdraví českých dospělých. Dosud nepublikovaný rukopis.
- Dosedlová, J., Klimusová, H., Jelínek, M., Havigerova, J. M., & Kern, L. (2016). Association of Health-Related Behavior and Optimism with Mental Health among Czech and French university students. 3. Rostoharjevi dnevi, Oddelek za psihologijo Filozofske fakultete Univerze v Ljubljani.
- Dubbert, P. M., King, A. C., Marcus, B. H., & Sallis, J. F. (2004). Promotion of physical activity through the life span. In J. M. Raczyński, & L. C., Leviton (Eds.), *Handbook of clinical health psychology: Volume 2. Disorders of behavior and health*. Washington, DC, US: American Psychological Association, XIII, 147–181.
- Egger, J. W. (2013). Biopsychosocial medicine and health – the body mind unity theory and its dynamic definition of health. *Psychologische Medizin*, 24, 24–29.
- European Health Interview Survey (2014). Institute of Health Information and Statistics of the Czech Republic. Retrieved July 27, 2015, from <http://www.uzis.cz/ehis> 27.7.2015.
- Eriksen, H. R., & Ursin, H. (2004). Subjective health complaints, sensitization, and sustained cognitive activation (stress). *Journal of Psychosomatic Research*, 56, 445–448.
- Feldman, P. J., Cohen, S., Gwaltney, J. M., Jr., Doyle, W. J., & Skoner, D. P. (1999). The

- impact of personality on the reporting of unfounded symptoms and illness. *Journal of Personality and Social Psychology*, 77, 370–378.
- Fishbein, M. & Ajzen, I. (1975). *Belief, attitude, intention, and behavior: An introduction to theory and research*. Reading, MA: Addison-Wesley.
- Fitzgerald, T. E., Tennen, H., Affleck, G., & Pransky, G. S. (1993). The relative importance of dispositional optimism and control appraisals in quality of life after coronary artery bypass surgery. *Journal of Behavioral Medicine*, 16, 25–43.
- Fournier, M., de Ridder, D., & Bensing, J. (1999). Optimism and Adaptation to Multiple Sclerosis: What Does Optimism Mean? *Journal Of Behavioral Medicine*, 22(4), 303–326.
- Fowler, S. L., & Geers, A. L. (2015). Dispositional and comparative optimism interact to predict avoidance of a looming health threat. *Psychology and Health*, 30, 456–474, <http://dx.doi.org/10.1080/08870446.2014.977282>
- Fox, K. R., Bouthcher, S. H., Faulkner, G., & Biddle, S. J. H. (2000). The case for exercise in the promotion of mental health and psychological well-being. In S. J. H. Biddle, K. R. Fox, & S. H. Bouthcher (Eds.), *Physical activity and psychological well-being*. Routledge, London.
- Freud, S. (1990). *O člověku a kultuře*. Praha: Odeon.
- Friedman, H. S., & Booth-Kewley, S. (1987). The „disease-prone personality“: A meta-analytic view of the construct. *American Psychologist*, 42, 539–555.
- Friedman, H. S., Kern, M. L., & Reynolds, Ch. A. (2010). Personality and Health, Subjective Well-Being, and Longevity. *Journal of Personality*, 78, 179–216.
- Friedman, H. S., & Martin, L. R. (2011). *The longevity project: surprising discoveries for health and long life from the Landmark eight-decade study*. New York: Hudson Street Press.
- Garrett, N., & Sharot, T. (2014). How robust is the optimistic update bias for estimating self-risk and population base rates? *PLoS ONE* [online]. 9(6), 1–8 [cit. 2016-07-14]. DOI: 10.1371/journal.pone.0098848.
- Gasper, K., Lozinski, R. H., & LeBeau L. S. (2009). If you plan, then you can: How reflection helps defensive pessimists pursue their goals. *Motivation & Emotion*, 33, 2, 203–216.
- Geers, A. L., Wellman, J. A., Seligman, L. D., Wuyek, L. A., & Neff, L. A. (2010). Dispositional optimism and engagement in health treatment programs. *Journal Of Behavioral Medicine*, 33, 2, 123–134.
- Gibson, B., & Sanbonmatsu, D. M. (2004). Optimism, pessimism, and gambling: the downside of optimism. *Pers. Soc. Psychol. Bull.* 30, 149–160.
- Gilham, J. E., Reivich, K. J., Jaycox, L. H., & Seligman, M. (1995). Prevention of depressive symptoms in schoolchildren: Two-year follow-up. *Psychological Science*, 6, 343–351.
- Giltay, E. J., Geleijnse, J. M., Zitman, F. G., Hoekstra, T., & Schouten, E. G. (2004). Dispositional optimism and all-cause and cardiovascular mortality in a prospective cohort of elderly dutch men and women. *Archives of General Psychiatry*, 61, 1126–1135.
- Giltay, E. J., Zitman, F. G., & Kromhout, D. (2006) Dispositional optimism and the risk of depressive symptoms during 15 years of follow-up: the Zutphen Elderly Study. *Journal of Affective Disorders*, 91, 45–52.
- Giltay, E. J., Geleijnse, J. M., Zitman, F. G., Buijsseb, B., & Kromhoutb, D. (2007). Lifestyle and dietary correlates of dispositional optimism in men: The Zutphen Elderly Study. *Journal of Psychosomatic Research*, 63, 5, 483–490.
- Gochman, D. S. (1997). *Handbook of Health Behavior Research I: Personal and Social Determinants*. New York, NY: Plenum Press.

- Grežo, M., & Sarmány-Schuller, I. (2015). Coping with economic hardship: a broader look on the role of dispositional optimism. *Open Science Journal of Psychology*, 2, 6–14.
- Gustavsson-Lilius, M., Julkunen, J., & Hietanen, P. (2007). Quality of life in cancer patients: The role of optimism, hopelessness, and partner support. *Quality of Life Research*, 16, 75–87.
- Hadot, P. (2017). *Co je antická filosofie?* Praha: Vyšehrad.
- Halama, P., Martos, T., Adamová, L. (2010). Religiosity and well-being in Slovak and Hungarian student samples: the role of personality traits. *Studia psychologica*, 52, 101–115.
- Hankonen, N. N., Vollmann, M. M., Renner, B. B., & Absetz, P. P. (2010). What is setting the stage for abdominal obesity reduction? A comparison between personality and health-related social cognitions. *Journal Of Behavioral Medicine*, 33(5), 415–422.
- Hartl, P., & Hartlová, H. (2000). Psychologický slovník. Praha: Portál.
- Heine, S. J., & Lehman, D. R. (1995). Cultural variation in unrealistic optimism: does the west feel more invulnerable than the east? *Journal of Personality and Social Psychology*, 68 (4), 595–607.
- Helweg-Larsen, M., & Shepperd, J. (2001). Do moderators of the optimistic bias affect personal or target risk estimates? A Review of the Literature. *Personality* [online]. 2001, 5(1), 74–95 [cit. 2016-07-14].
- Hetland, J., Torsheim, T., & Aarø, L. E. (2002): Subjective health complaints in adolescence: dimensional structure and variation across gender and age. *Scandinavian Journal of Public Health*, 30, 223–230.
- Hingle, M. D., Wertheim, B. C., Tindle, H. A., Tinker, L., Seguin, R. A., Rosal, M. C., & Thomson, C. A. (2014). Optimism and diet quality in the Women's Health Initiative. *Journal of the Academy of Nutrition and Dietetics*. 114, 7, 1036–1045.
- Hmieleski, K. M., & Baron, R. A. (2009). Entrepreneurs' optimism and new venture performance: a social cognitive perspective. *Acad. Manage. J.* 52, 473–488.
- Hoch, S. (1984). Counterfactual reasoning and accuracy in predicting personal events. *J. Exp. Psychol.* 11, 719–731.
- Hocková, M. (2016). *Chování související se zdravím v dospělosti a stáří*. Diplomová práce. Brno: Psychologický ústav FF MU.
- Hofstede, G., & Hofstede, G. (2006). *Kultury a organizace*. Software lidské mysli. Praha: Linde nakladatelství.
- Hofstede, G., Hofstede, G. J., & Minkov, M. (2010). *Cultures and Organizations: Software of the Mind*. Revised and Expanded 3rd Edition. New York: McGraw-Hill USA.
- Hopfe, L. M. (1987). *Religions of the world*. Fourth Edition. New York: Maxmillan Publishing Company.
- Hrušovský, I. et al. (1998). *Predsokratovci a Platón*. Antológia z diel filozofov. Bratislava: Iris.
- Huisman, M., van Lenthe, F., & Mackenbach, J. (2007). The predictive ability of self-assessed health for mortality in different educational groups. *International Journal of Epidemiology*, 36, 1207–13.
- Hume, D. (1972). *Zkoumání lidského rozumu*. 2. vyd. Praha: Svoboda.
- iDNES (2017). Stejný obal, jiný obsah. Většina výrobků se liší, ukázal průzkum. Retrieved July 11, 2017, from http://zpravy.idnes.cz/kvalita-potravin-srovnani-jurecka-dtz-domaci.aspx?c=A170711_103807_domaci_jj.
- Ironson, G., Balbin, E., Stuetzle, R., Fletcher, M. A., O'Cleirigh, C., Laurenceau, J. P., Schneiderman, N., & Solomon, G. (2005). Dispositional optimism and the mechanism

- by which it predicts slower disease progression in HIV: proactive behavior, avoidant coping, and depression. *International Journal of Behavioral Medicine*, 12, 86–97.
- Jelínek, M., Květon, P., Vobořil, D., & Klimusová H. (2007). Data collection on the Internet: evaluation of web-based questionnaires. *Studia psychologica*, 49, 81–88.
- Jombíková, E., & Kováč, D. (2007). Optimism and quality of life in adolescents – Bratislava secondary schools students. *Studia Psychologica*, 49, 347–353.
- Johnson, T. P. (2007). Cultural-level influences on substance use & misuse. *Substance use & misuse*, 42(2–3), 305–316. Dostupné z: <http://www.tandfonline.com/doi/abs/10.1080/10826080601142022>.
- Kamen-Siegel, L., Rodin, J., Seligman, M. E. P., & Dwyer, J. (1991). Explanatory style and cell-mediated immunity. *Health Psychology*, 10, 229–235.
- Kant, I. (1996). *Kritika praktického rozumu*. Praha: Svoboda.
- Kaplan, R. M., Sallis, J. F., & Patterson, T. L. (1993). *Health and Human Behaviour*. Singapore: McGraw – Hill.
- Kaslow, N. J., Rehm, L. P., Pollack, S. L., & Siegel, A. W. (1988). Attributional style and self-control behavior in depressed and non-depressed children and their parents. *Journal of Abnormal Child Psychology*, 16, 163–175.
- Krantz, D. S., & Hedges, S. M. (1987). Some cautions for research on personality and health. *Journal of Personality*, 55, 351–357.
- Keene, M. (2003). *Světová náboženství*. Praha: Euromedia Group.
- Kern, M. L., Della Porta, S., Friedman, H. (2014). Lifelong Pathways to Longevity: Personality, Relationships, Flourishing, and Health. *Journal of Personality*, 82, 472–484.
- Kebza, V., & Šolcová, I. (1996). Rozdíly v úrovni a struktuře osobnostní odolnosti („hardiness“) u vzorku americké a české populace. *Československá psychologie*, 40, 480–487.
- Kebza, V. (2005). *Psychosociální determinanty zdraví*. 1. vydání. Praha: Academia.
- Kebza, V. (2008). Vulnerabilita, resilience a zdraví. In J. Dosedlová, & Z. Slováčková (Eds.), *Předpoklady zdraví a životní spokojenosti*. Brno, MSD, 7–32.
- Kelley, H. H. (1973). The process of causal attribution. *American Psychologist*, 28, 107–128.
- Kelloniemi, H., Ek, E., & Laitinen, J. (2005). Optimism, dietary habits, body mass index and smoking among young Finnish adults. *Appetite*, 45, 2, 169–176.
- Kern, M. L., & Friedman, H. S. (2008). Do Conscientious Individuals Live Longer? A Quantitative Review. *Health Psychology*, 27, 505–512.
- Kern, M. L., & Friedman, H. S. (2011). Personality and Pathways of Influence on Physical Health. *Social and Personality Psychology Compass*, 5, 76–87.
- Kern, M. L., Della Porta, S., & Friedman, H. (2014). Lifelong Pathways to Longevity: Personality, Relationships, Flourishing, and Health. *Journal of Personality*, 82, 472–484.
- Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43, 207–222.
- Klein, W. M., & Weinstein, N. D. (1997). Social comparison and unrealistic optimism about personal risk. In B. P. Buunk, & F. X. Gibbons (Eds.), *Health, coping, and social comparison*. Mahwah, NJ: Lawrence Erlbaum Associates, Inc., 25–61.
- Klein, W. M., Geaghan, T. R., & McDonald, T. K. (2007). Unplanned sexual activity as a consequence of alcohol use: a prospective study of risk perceptions and alcohol use among college freshmen. *Journal of American College Health*, 56, 317–323.
- Klimusová, H., Jelínek, M., Dosedlová, J., & Burešová, I. (2013). Psychometrické vlastnosti dotazníku GPP-I: vliv formátu odpovědí. In M. Blatný, M. Jelínek, P. Květon, V. Nielsen,

- & D. Vobořil (Eds.), *Sociální procesy a osobnost: sborník příspěvků*. Brno, Psychologický ústav AV ČR, 154–160.
- Klimusová, H., Dosedlová, J., & Slováčková, Z. (2013). Přesvědčení vysokoškolských studentů o zdraví. In J. Dosedlová, & Z. Slováčková (Eds.), *Optimismem ke zdraví? Kognitivní a osobnostní determinanty zdraví podporujícího chování*. Brno, Tribun EU, 83–104.
- Kodl, M. et al. (2014). *Zpráva o zdraví obyvatel České republiky*. Praha: Ministerstvo zdravotnictví České republiky.
- Kohut, M. L., Cooper M. M., Nickolaus, M. S., Russell, D. R., & Cunnick, J. E. (2002). Exercise and psychosocial factors modulate immunity to influenza vaccine in elderly individuals. *The Journals Of Gerontology*. Series A, Biological Sciences And Medical Sciences, 57, 9, M557-62.
- Komenský, J. A. (1992). *Obecná porada o nápravě věcí lidských I-III*. Praha: Svoboda.
- Koukola, B., & Ondřejová, E. (2008). Kvalita života středoškoláků měřená dotazníkem WHOQOL-BREF. In B. Koukola, & J. Mareš (Eds.), *Psychologie zdraví a kvalita života*. Brno: MSD.
- Kubzansky, L. D., Kubzansky, P. E., & Maselko, J. (2004). Optimism and Pessimism in the Context of Health: Bipolar Opposites or Separate Constructs? *Personality And Social Psychology Bulletin*, 30(8), 943–956.
- Kučerová, S. (1996). *Člověk – hodnoty – výchova*. Kapitoly z filosofie výchovy. Prešov: Grafotlač.
- Kučerová, S. (2004). *Filozofie*. Kunovice: Evropský polytechnický institut.
- Křivochlavý, J. (2002). *Psychologie nemoci*. Praha, Grada Publishing.
- Kříž, J. (2011). Determinanty zdraví. In L. Komárek, T. Kopřivová, J. Kříž, K. Provazník, H. Provazníková, D. Schneidrová et al. (Eds), *Ochrana a podpora zdraví*. Praha: 3. lékařská fakulta UK.
- Laertios, D. (1964). *Životy, názory a výroky proslulých filosofů*. Praha: Nakladatelství ČSAV.
- Lancastle, D., & Boivin, J (2005). Dispositional Optimism, Trait Anxiety, and Coping: Unique or Shared Effects on Biological Response to Fertility Treatment? *Health Psychology*, 24, 2, 171–178.
- Lazarus, R. S. (1983). The costs and benefits of denial. In S. Breznitz (Ed.), *Denial of stress* (1–30). New York: International Universities Press.
- Leavell, H. R., & Clark, E. G. (1979). *Preventive Medicine for the Doctor in his Community* (3rd ed.). Huntington, NY: Robert E. Krieger Publishing Company.
- Lee, Y. T., & Seligman, M. E. P. (1997). Are Americans more optimistic than the Chinese? *Personality and Social Psychology Bulletin*, 23, 32–40.
- Leibniz, G. F. (2004). *Theodicea*. Praha: Oikoymenh.
- Leveille, S. G., Guralnik, J. M., Ferrucci, L., & Langlois, J. A. (1999). Aging Successfully until Death in Old Age: Opportunities for Increasing Active Life Expectancy. *American Journal of Epidemiology*, 149, 654–664.
- Levy, D. A. (1985). Optimism and pessimism: Relationships to circadian rhythms. *Psychological Reports*, 57, 1123–1126.
- Linhart, J., Petrusek, M., Vodáková, A., & Maříková, H. (1996). *Velký sociologický slovník*. Praha: Karolinum.
- Linville, P. W., Fischer, G. W., & Fischhoff, B. (1993). AIDS risk perceptions and decision biases. In J. B. Pryor, & G. D. Reeder (Eds.), *The social psychology of HIV infection*, Hillsdale, NJ Erlbaum, 5–38.

- Little, T. D. (2013). *Longitudinal structural equation modeling*. London: Guilford Press.
- Long, A. A. (2003). *Hellénistická filosofie. Stoikové, epikurejci, skeptikové*. Praha: Oikomenh.
- Lopez, S. J., Snyder, C. R., & Teramoto Pedrotti, J. (2003). Hope: Many definitions, many measures. In S. J. Lopez, & C. R. Snyder (Eds), *Positive Psychological Assessment*. Washington: APA.
- Lustig, R. H. (2015). *Cukr – náš zabiják*. Brno: CPress.
- Lyotard, J. F. (1993). *O postmodernismu*. Praha: Filosofie ČSAV.
- Mahler, H. I. M., & Kulik, J. A. (2000). Optimism, pessimism and recovery from coronary bypass surgery: Prediction of affect, pain and functional status. *Psychology Health and Medicine*, 25, 347–358.
- Machová, J. & Kubátová, D. (2009). *Výchova ke zdraví*. Praha: Grada Publishing.
- Martin, L. R., Friedman, H. S., Tucker, J. S., Tomlinson-Keasey, C., Criqui, M. H., & Schwartz, J. E. (2002). A life course perspective on childhood cheerfulness and its relation to mortality risk. *Personality and Social Psychology Bulletin*, 28, 1155–1165.
- Matthews, G., et al. (2002). Fundamental dimensions of subjective state in performance settings: task engagement, distress and worry. *Emotion* 2, 315–340.
- Matthews, G., Deary, I. J., & Whitman, M. C. (2003). *Personality Traits*. Cambridge: Cambridge University Press.
- Maxová, V. (2012). *Defenzívni pesimismus ve vztahu ke copingovým strategiím*. Diplomová práce, FF MU, Brno.
- McGinnis, J. M. & Foege, W. H. (1993). Actual causes of death in the United States. *Journal of the American Medical Association*, 270, 2207–2211.
- McLean-Meyinsse, P. E., Taylor, S. S., & Gager, J. V. (2015). Self-Reported Consumption of Fast-Food Meals by University Students. *Journal Of Food Distribution Research*, 46(1), 23–29. Dostupné z: <http://web.b.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=7&sid=8a22e749-1362-46c8-a02d-357accf475b3%40sessionmgr107&hid=102>.
- Mezulis, A. H., Abramson, L. Y., Hyde, J. S., & Hankin, B. J. (2004). Is there a universal positivity bias in attributions? A meta-analytic review of individual, developmental, and cultural differences in the self-serving attributional bias. *Psychological Bulletin*, 130, 5, 711–747.
- Miller, L., Schott Richards, P., & Keller, R. R. (2002). Foreword. In E. C, Chang (Ed.), *Optimism & Pessimism*. APA, Washington, DC.
- Mlčák, Z. (2007). *Psychologie zdraví a nemoci*. Ostrava: Filozofická fakulta Ostravské univerzity v Ostravě.
- MŠMT Projekt Ovoce do škol. Retrieved July 30, 2017 from <http://www.msmt.cz/ministerstvo/novinar/vlada-schvalila-projekt-ovoce-do-skol>.
- Mulkana, S. S., & Hailey, B. J. (2001). The role of optimism in health-enhancing behavior. *American Journal of Health Behavior*, 25, 388–395.
- Müllerová, D. et al. (2014). *Hygiena, preventivní lékařství a veřejné zdravotnictví*. Praha: Karolinum.
- Müllner, J., Ruisel, I., & Farkaš, G. (1980). *Príručka pre administráciu, interpretáciu a využitie dotazníka na meranie úzkosti a úzkostlivosti*. Bratislava: Psychodiagnostické a didaktické testy.
- Myers, D. G. (2016). *Sociální psychologie*. Brno: Edika.
- Neff, L. A., & Geers, A. L. (2013). Optimistic expectations in early marriage: a resource

- or vulnerability for adaptive relationship functioning? *Journal of Personality and Social Psychology*, 105, 38–60.
- Nekvinda, L. (1996). *Úvod do studia dějin filosofie*. Hradec Králové: Gaudeamus.
- Nes, L. S., & Segerstrom, S. C. (2006). Dispositional optimism and coping: A meta-analytic review. *Journal of Research in Personality*, 40, 5, 675–693.
- Netz, Y., Becker, J. B., & Wu, M. (2005). Physical Activity and Psychological Well-Being in Advanced Age: A Meta-Analysis of Intervention Studies. *Psychology and Aging*, 20, 272–284.
- Nietzsche, F. (2013). *Tak pravil Zarathustra*. Praha: Vyšehrad.
- Norem, J. K., & Cantor, N. (1986). Defensive pessimism: Harnessing anxiety as motivation. *Journal of Personality and Social Psychology*, 51, 1208–1217.
- Norem, J. K., & Chang, E. C. (2000). A very full glass: Adding complexity to our thinking about the implications and applications of optimism and pessimism research. In E. C. Chang (Ed.), *Optimism and Pessimism: Implications for Theory, Research and Practice*. Washington, DC: APA Press.
- Norem, J. K., & Illingworth, K. S. S. (1993). Strategy-dependent effects of reflecting on self and tasks: Some implications of optimism and defensive pessimism. *Journal of Personality and Social Psychology*, 65(4), 822–835.
- Norem, J. K. (2001). *The Positive Power of Negative Thinking*. Basic Books, New York.
- Norem, J. K. (2002). Defensive Pessimism, Optimism, and Pessimism. In E. C. Chang (Ed.), *Optimism and Pessimism: Implications for Theory, Research and Practice*. Washington, DC: APA Press.
- Osecká, L., Řehulková, O., & Macek, P. (1998). Zdravotní stesky u adolescentů. Struktura a rozdíly mezi pohlavím. In M. Svoboda, & M. Blatný (Eds.), *Sociální procesy a osobnost*. Brno, Masarykova univerzita, 135–144.
- Ottová-Jordan, V., Smith, O. R., Augustine, L., Gobina, I., Rathmann, K., Torsheim, T., ... & Ravens-Sieberer, U. (2015). Trends in health complaints from 2002 to 2010 in 34 countries and their association with health behaviours and social context factors at individual and macro-level. *European Journal Of Public Health*, 25, 83–89.
- Pennebaker, J. V., Hughes, C. F., & O'Heeron, R. C. (1987). The psychophysiology of confession: Linking inhibitory and psychosomatic processes, *Journal of Personality and Social Psychology*, 52, 781–793.
- Peterson, Ch. (1988). Explanatory style as a risk factor for illness. *Cognitive Therapy and Research*, 12, 117–130.
- Peterson, Ch., & de Avila, M. E. (1995). Optimistic explanatory style and the perception of health problems. *Journal of Clinical Psychology*, 51, 128–132.
- Peterson, C., Semmel, A., von Baeyer, C., Abramson, L. Y., Metalsky, G. I., & Seligman, M. E. P. (1982). The attributional Style Questionnaire. *Cognitive Therapy and Research*, 6 (3), 287–300.
- Peterson, Ch., & Seligman, M. E. P. (1984). Casual explanations as a risk factor for depression: Theory and evidence. *Psychological Review*, 91, 347–374.
- Peterson, Ch., & Seligman, M. E. P. (1987). Explanatory style and illness. *Journal of Personality*, 55, 2, 237–265.
- Peterson, C., & Barrett, L. (1987). Explanatory style and academic performance among university freshmen. *Journal of Personality and Social Psychology*, 53, 603–607.
- Peterson, Ch., Seligman, M. E. P., & Vaillant, G. (1988). Pessimistic explanatory style as a risk

- factor for physical illness: A thirty-five-year longitudinal study. *Journal of Personality and Social Psychology*, 55, 23–27.
- Peterson, Ch. (2000). The future of optimism. *American Psychologist*, 55, 1, 44–55.
- Peterson, Ch. (2009). Explanatory style and health. In G. McClellan Buchanan, & M. E. P. Seligman (Eds.), *Explanatory Style*, New York: Routledge.
- Peterson, Ch., & Bossio, L. (1991). *Health and Optimism*. New York: The Free Press.
- Peterson, Ch., & Bossio, L. (2002). Optimism and Physical Well-Being. In E. C. Chang (Ed.), *Optimism and Pessimism: Implications for Theory, Research and Practice*. Washington, DC: APA Press.
- Pollner, M. (1989). Divine relations, social relations, and well-being. *Journal of Health & Social Behavior*, 30, 92–104.
- Posadzki, P., Stockl, A., Musonda, P., & Tsouroufli, M. (2010). A mixed-method approach to sense of coherence, health behaviors, self-efficacy and optimism: towards the operationalization of positive health attitudes. *Scandinavian Journal of Psychology*, 51, 3, 246–252.
- Průcha, J. (2004). *Interkulturní psychologie*. Praha: Portál.
- Radcliffe, N., & Klein, W. (2002). Dispositional, unrealistic, and comparative optimism: differential relations with the knowledge and processing of risk information and beliefs about personal risk. *Personality and Social Psychology Bulletin*, 28, 836–845.
- Räikkönen, K., Matthews, K. A., Flory, J. D., Owens, J. F., & Gump, B. B. (1999). Effects of optimism, pessimism, and trait anxiety on ambulatory blood pressure and mood during everyday life. *Journal of Personality and Social Psychology*, 76, 104–113.
- Rasmussen, H. N., Scheier, M. F., & Greenhouse, J. B. (2009). Optimism and physical health: meta-analytic review. *Annals of Behavioral Medicine*, 37, 239–256.
- Reid, K. J., Harker, J., Kleijnen, J., Bala, M. M., Truyers, C., Kellen, E., & Bekkering, G. E. (2011). Epidemiology of chronic non-cancer pain in Europe: Narrative review of prevalence, pain treatments and pain impact. *Current Medical Research and Opinion*, 27, 449–462.
- Ricken, F. (2002). *Antická filosofie*. Olomouc: nakladatelství Olomouc.
- Ridder de, D., Fournier, M., & Bensing, J. (2004). Does optimism affect symptom report in chronic disease? What are its consequences for self-care behaviour and physical functioning? *Journal of Psychosomatic Research*, 56, 341–350.
- Rius-Ottenheim, N., van der Mast, R. C., Zitman, F. G., & Giltay, E. J. (2013). The Role of Dispositional Optimism in Physical and Mental Well-Being. In A. Efklides, & D. Moraïtou (Eds.), *A Positive Psychology Perspective on Quality of Life. Social Indicators Research Series*, 51, 149–173.
- Reivich, K., & Gillham, J. (2003). Learned optimism: The measurement of explanatory style. In S. J. Lopez, & C. R. Snyder (Eds.), *Positive Psychological Assessment*. Washington, DC: American Psychological Association.
- Rogers, R. W. (1975). A protection motivation theory of fear appeals and attitude change. *Journal of Psychology*, 91, 93–114.
- Rogers, R. W. (1983). Cognitive and physiological processes in fear appeals and attitude change: A Revised theory of protection motivation. In J. Cacioppo, & R. Petty (Eds.), *Social Psychophysiology*. New York: Guilford Press.
- Rosen, G., & Imperato, P. J. (2015). *A History of Public Health: Revised Expanded Edition*. Baltimore: Johns Hopkins University Press.
- Rosenthal, D. L., & Seligman, M. E. P. (1989). *Abnormal Psychology* (2nd ed.). New York: Norton.

- Rosenstock, I. M. (1974). Historical origins of health belief model. *Health Education Monographs*, 2, 1–8.
- Rosseel, Y. (2012). Lavaan: An R package for Structural Equation Modeling. *Journal of Statistical Software*, 48, 2, 1–36.
- Rothman, A. J., Klein, W. M., & Weinstein, N. D. (1996). Absolute and relative biases in estimations of personal risk. *Journal of Applied Social Psychology*, 26, 1213–1236.
- Röd, W. (2004). *Novověká filosofie II, Od Newtona po Rousseaua*. Praha: Oikymenah.
- Salač, K. (Ed.) (1947). *Řečtí filosofové a mystici II*. Praha: Společnost přátel antické kultury.
- Sallis, J. F., Owen, N., & Fisher, E. B. (2008). Ecological model of Health Behavior. In K. Glanz, B. K. Rimer, & K. Viswanath (Eds.), *Health Behavior and Health Education. Theory, Research and Practice*. 4th ed. San Francisco, CA: A Willey Imprint, 465–482.
- Sarafino, E. P. (1990). *Health Psychology: Biopsychosocial Interactions*. New York: John Wiley & Sons Ltd.
- Sarmány-Schuller, I. (1992). Optimism and Cognitive Style. *Studia Psychologica*, 34, 3, 259–265.
- Sarmány-Schuller, I. (1997). Osobnostná črta dispozičného optimizmu a coping. *Psychológia a patopsychológia dieťaťa*, 32, 2, 172–182.
- Sartre, P. (2004). *Existencialismus je humanismus*. Praha: Vyšehrad.
- Segerstrom, S. C., Taylor, S. E., Kemeny, M. E., & Fahey, J. L. (1998). Optimism is associated with mood, coping, and immune change in response to stress. *Journal of Personality and Social Psychology*, 74, 6, 1646–1655.
- Segerstrom, S. C. (2005). Optimism and immunity: Do positive thoughts always lead to positive effects? *Brain, Behavior, and Immunity*, 19, 3, 195–200.
- Segerstrom, S. C. (2007). Optimism and resources: Effects on each other and on health over 10 years. *Journal of Research in Personality*, 41, 772–786.
- Seligman, M. E. P., & Maier, S. F. (1967). Failure to escape traumatic shock. *Journal of Experimental Psychology*, 74, 1–9.
- Seligman, M. E. P., Abramson, L. Y., Semmel, A., & von Baeyer, C. (1979). Depressive attributional style. *Journal of Abnormal Psychology*, 88, 242–247.
- Seligman, M. E. P. (1990). *Learned optimism*. New York: Knopf.
- Seligman, M. E. P., Castellon, C., Cacciola, J., Schulman, P., Luborsky, L., Ollove, M., & Downing, R. (1988). Explanatory style change during cognitive therapy for unipolar depression. *Journal of Abnormal Psychology*, 97, 13–18.
- Seligman, M. E. P. (2003). *Opravdové štěstí*. Euromedia Group, Praha.
- Seligman, M. E. P. (2013). *Naučený optimismus. Jak změnit své myšlení a život*. Praha: Nakladatelství Dobrovský.
- Seneca, L. A. (1984). *Další listy Luciliovi*. Praha: Svoboda.
- Scheier, M. F., & Carver, C. S. (1985). Optimism, coping, and health: assessment and implications of generalized outcome expectancies. *Health Psychology*, 4, 3, 219–247.
- Scheier, M. F., Matthews, K. A., Owens, J. F., Magovern, G. J. Sr, Lefebvre, R. C., Abbott, R. A., & Carver, C. S. (1989). Dispositional optimism and recovery from coronary artery bypass surgery: the beneficial effects on physical and psychological well-being. *Journal of Personality and Social Psychology*, 57, 1024–1040.
- Scheier, M. F., & Carver, C. S. (1992). Effects of optimism on psychological and physical well-being: Theoretical overview and empirical update. *Cognitive Therapy and Research*, 16, 201–228.

- Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A reevaluation of the Life orientation Test. *Journal of Personality and Social Psychology*, 67, 1063–1078.
- Scheier, M. F., Matthews, K. A., Owens, J. F., Schulz, R., Bridges, M. W., et al. (1999). Optimism and rehospitalization following coronary artery bypass graft surgery. *Archives of Internal Medicine*, 159, 829–835.
- Scheier, M. F., Carver, C. S., & Bridges, M. W. (2002). Optimism, pessimism and psychological well-being. In E. C. Chang (Ed.), *Optimism and Pessimism: Implications for Theory, Research and Practice*. Washington, DC: APA Press.
- Schejbalová, M. (2016). *Dispoziční optimismus a jeho vztah k chování souvisejícímu se zdravím v ČR a USA*. Diplomová práce. Brno: Psychologický ústav FF MU.
- Schopenhauer, A. (1992). *Životní moudrost*. Praha: Svoboda.
- Schulman, P., Castellon, C., & Seligman, M. E. P. (1989). Assessing explanatory style: The Content analysis of verbatim explanations and the Attributional Style Questionnaire. *Behavior Research and Therapy*, 27, 505–512.
- Schulz, R., Bookwala, J., Knapp, J. E., Scheier, M., & Williamson, G. M. (1996). Pessimism, age, and cancer mortality. *Psychology and Aging*, 11, 2, 304–309.
- Schwarzer, R. (1994). Optimism, vulnerability and self-beliefs as health-related cognitions: A systematic overview. *Psychol. health*, 9, 161–180.
- Sharot, T., Korn, Ch. W., & Dolan, R. J. (2011). How unrealistic optimism is maintained in the face of reality. *Nature Neuroscience* [online]. 2011, 14(11), 1475–1479 [cit. 2016-07-14]. DOI: 10.1038/nrn.2949.
- Sharot, T., Riccardi, A. M., Raio, C. M., & Phelps, E. A. (2007). Neural mechanisms mediating optimism bias. *Nature* [online]. 2007, 450(7166), 102–105 [cit. 2016-07-14]. DOI: 10.1038/nature06280.
- Sharot, T. (2013). *Iluze optimismu aneb Iracionalita pozitivního myšlení*. Nakladatelství dybbuk, Praha.
- Showers, C., & Ruben, C. (1990). Distinguishing defensive pessimism from depression: Negative expectations and positive coping mechanisms. *Cognitive Therapy and Research*, 14, 385–399.
- Slováčková, Z., Dosedlová, J. & Klimusová, H. (2008). Psychologické souvislosti zdraví podporujícího chování vysokoškolských studentů. In J. Dosedlová, & Z. Slováčková (Eds.), *Předpoklady zdraví a životní spokojenosti*. Brno: Nakladatelství MSD.
- Slováčková, Z., Klimusová, H., & Dosedlová, J. (2013). Osobnost a chování související se zdravím. In: J. Dosedlová, & Z. Slováčková (Eds.), *Optimismem ke zdraví? Kognitivní a osobnostní determinanty zdraví podporujícího chování*. Brno, Tribun EU, 15–48.
- Smith, T. W., & Williams, P. G. (1992). Personality and health: Advantages and limitations of the Five-factor model. *Journal of Personality*, 60, 395–425.
- Snyder, C. R., Harris, Ch., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., ... & Harney, P. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60, 4, 570–585.
- Snyder, C. R. (1994). *The Psychology of Hope*. New York: The Free Press.
- Snyder, C. R. (2000a). *Handbook of Hope: Theory, Measures, and Applications*. San Diego: Academic Press.
- Snyder, C. R. (2000b). The Hope Mandala. Coping with the Loss of a Loved One. In J. E. Gillham (Ed.), *The Science of Optimism and Hope*. Templeton Foundation Press.

- Snyder, C. R., Sympson, S. C., Michael, S. T., & Cheavens, J. (2002). Optimism and Hope Constructs: Variants on a Positive Expectancy Theme. In E. C. Chang (Ed.), *Optimism and Pessimism: Implications for Theory, Research and Practice*. Washington, DC: APA Press.
- Soliah, L. L. (2011). The role of optimism regarding nutrition and health behavior. *American Journal of Lifestyle Medicine*, 5, 1, 63–68.
- Stankunas, M., Soares, J. F. J., Stankuniene, A., Melchiorre, M. G., Torres-Gonzales, F., Ioannidi-Kapolou, E., Barros, H., & Lindert, J. (2013). Differences in reporting somatic complaints in elderly by education level. *Central European Journal of Medicine*, 8, 125–131.
- Steptoe, A., Wardle, J., Vinck, J., Tuomisto, M., Holte, A., & Wichström, L. (1994). Personality and attitudinal correlates of healthy and unhealthy lifestyles in young adults. *Psychology and Health*, 9, 5, 331–343.
- Steptoe, A. & Wardle, J. (2004). Health related behaviour: prevalence and links with disease. In A. A. Kaptein, & J. Weinman (Eds.), *Health Psychology*, Oxford: The British Psychological Society and Blackwell Publishing Ltd., 21–51.
- Steptoe, A., Wright, C., & Kunz-Ebrecht, S. R. (2006). Dispositional optimism and health behaviour in community-dwelling older people: associations with healthy ageing. *British Journal Of Health Psychology*, 11, 1, 71–84.
- Strecher, V. J., Champion, V. L., & Rosenstock, I. M. (1997). The health belief model and health behavior. In D. S. Gochman (Ed.), *Handbook of Health Behavior Research I: Personal and Social Determinants*. New York: Plenum Press, 71–91.
- Stríženec, M. (1996). *Psychológia náboženstva*. Bratislava: VEDA.
- Sun, T., Horn, M., & Merritt, D. (2009). Impacts of cultural dimensions on healthy diet through public self-consciousness. *Journal Of Consumer Marketing*, 26(4), 241–250.
- Svoboda, M. (1999). *Psychologická diagnostika dospělých*. Praha: Portál.
- Sweeney, P. D., Anderson, K., & Bailey, S. (1986). Attributional Style in Depression. A Meta-Analytic Review. *Journal of Personality and Social Psychology*, 50, 5, 974–991.
- Šolcová, I. (2009). *Vývoj resilience v dětství a dospělosti*. Praha, Grada.
- Tiger, L. (1979). *Optimism: The biology of hope*. New York: Simon & Schuster.
- Taylor, S. E., & Brown, L. (1994). Positive illusions and well-being revisited: separating fact from fiction. *Psychological Bulletin*, 116, 1, 21–27.
- Taylor, S. E., & Brown, L. (1988). Illusion and well-being: A social psychological perspective on mental health. *Psychological Bulletin*, 103, 2, 193–210.
- Taylor, S. E. (1989). *Positive illusions: Creative self-deception and the healthy mind*. New York: Basic Books.
- Taylor, S. E., Kemeny, M. E., Aspinwall, L. E., Schneider, S. G., Rodriguez, R., & Herbert, M. (1992). Optimism, Coping, Psychological Distress, and High-Risk Sexual Behavior Among Men at Risk for Acquired Immunodeficiency Syndrome (AIDS). *Journal of Personality and Social Psychology*, 63, 3, 460–473.
- Thorson, J. A., Powell, F. C., Sarmány-Schuller, I., & Hampes, W. P. (1997). Psychological Health and Sense of Humor. *Journal of Clinical Psychology*, 53, 605–619.
- Tindle, H. A., Chang, Y-F., Kuller, L. H., Manson, J. E., Robinson, J. G., Rosal, M. C., Siegle, G. J., & Matthews, K. A. (2009). Optimism, Cynical Hostility, and Incident Coronary Heart Disease and Mortality in the Women's Health Initiative. *Circulation*, 120, 656–662.
- Treloar, C., & Hopwood, M. (2008). "Look, I'm fit, I'm positive and I'll be all right, thank you very much": coping with hepatitis C treatment and unrealistic optimism. *Psychology, Health, & Medicine*, 13, 360–366.

- Tretera, I. (1999). *Nástin dejin evropského myšlení*. Praha – Litomyšl: Paseka.
- Tucker, R. P., Wingate, R., O'Keefe, V. M., Mills, A. C., Rasmussen, K., Davidson, C. L., & Grant, M. (2013). Rumination and suicidal ideation: The moderating roles of hope and optimism. *Personality and Individual Differences*, 55, 5, 606–611.
- Twaddle, A. C. (1994). Disease, illness and sickness revisited. In: A. Twaddle, & L. Nordenfelt (eds.), *Disease, Illness and Sickness: Three Central Concepts in the Theory of Health*. Linköping: Studies on Health and Society, 18, 1–18.
- Vargová, E., Dosedlová, J., & Šmíra, M. (2016). Optimizmus a sociálna opora seniorov vo vzťahu k ich správaniu súvisiacemu so zdravím. In K. Millová, A. Slezáčková, P. Humpolíček, M. Svoboda (Eds.), *Sociální procesy a osobnost 2015: otázky a výzvy* (sborník příspěvků). Brno: Masarykova univerzita, 372–378.
- Vašina, L. (2011). *Vademecum psychologie clinicae*. Brno: Institut mezioborových studií.
- Vašina, L. (2013). *Repetitorium Sanoterapie pro klinickou praxi a zdraví podporující chování*. Brno: Institut mezioborových studií.
- Vickers, R. R., Conway, T. L., & Hervig, L. K. (1990). Demonstration of replicable dimensions of health behaviors. *Preventive Medicine*, 19, 377–401.
- Vollman, M., Antoniw, K., Hartung, F., & Renner, B. (2011). Social support as mediator of the stress buffering effect of optimism: the importance of differentiating the recipients' and providers' perspective. *European Journal of Personality*, 25, 146–154.
- Voltaire, F. M. A. (2007). *Candide*. Praha: Nakladatelství XYZ.
- Vymětal, J. (2003). *Lékařská psychologie*. Praha: Portál.
- Waddell, G., & Burton, A. K. (2006). *Is work good for your health and wellbeing?* London: TSO.
- Weiner, B. (1974). *Achievement motivation and attribution theory*. Morristown, NJ: General Learning Press.
- Weinstein, N. D. (1980). Unrealistic optimism about future life events. *Journal of Personality and Social Psychology* 39, 5, 806–820.
- Weinstein, N. D. (1982). Unrealistic optimism about susceptibility to health problems. *Journal of Behavioral Medicine*, 5, 441–460.
- Weinstein, N. D. (1984). Why It Won't Happen to Me: Perceptions of Risk Factors and Susceptibility. *Health Psychology*, 3, 431–457.
- Weinstein, N. D., & Klein, W. M. (2002). Resistance of personal risk perceptions to debiasing interventions. In T. Gilovich, D. W. Griffin, & D. Kahneman (Eds.), *Heuristics and Biases: The Psychology of Intuitive Judgement*. NJ: Cambridge University Press.
- Welsch, W. (1994). *Naše postmoderní moderna*. Praha: Zvon.
- Wiebe, D. J., & Black, D. (1997). Illusional beliefs in the context of risky sexual behaviors. *Journal of Applied Social psychology*, 27, 1727–1749.
- World Health Organization (1946). Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19–22 June, 1946; signed on 22 July 1946 by the representatives of 61 States and entered into force on 7 April 1948. Official Records of the World Health Organization, no. 2, p. 100.
- World Health Organization (2004). Promoting Mental Health: Concepts emerging evidence and practice. Summary report. Retrieved July 11, 2017, from http://www.who.int/mental_health/evidence/en/promoting_mhh.pdf
- World Health Organization. (2010). Alcohol Consumption: Levels and Patterns. Retrieved July 11, 2017, from http://www.who.int/substance_abuse/publications/global_alcohol_report/profiles/usa.pdf?ua=1.

Literatura

- World Health Organization (2014). Global status report on alcohol and health. Retrieved July 11, 2017, from http://www.who.int/substance_abuse/publications/global_alcohol_report/msb_gsr_2014_3.pdf
- World Health Organization (2015). WHO Report on the Global Tobacco Epidemic. Retrieved July 11, 2017, from http://www.who.int/tobacco/surveillance/policy/country_profile/cze.pdf?ua=1.
- World Health Organization. (2016). The determinants of health. Health Impact Assessment (HIA). Retrieved July 27, 2016, from <http://www.who.int/hia/evidence/doh/en/index1.html>
- Wrosch, C., & Scheier, M. F. (2003). Personality and quality of life: The importance of optimism and goal adjustment. *Quality of Life Research*, 12, 59–72.
- Ylöstalo, P. V., Laitinen, J., & Knuutila, M. L. (2003). Optimism and life satisfaction as determinants for dental and general health behavior – oral health habits linked to cardiovascular risk factors. *Journal of Dental Research*, 82, 3, 194–199.
- Zákon č. 361/2000 Sb., o provozu na pozemních komunikacích a o změně některých zákonů. Retrieved August 7, 2017, from <http://www.ibesip.cz/data/web/soubory/legislativa/silnicni-zakon-2013.pdf>
- Zákon č. 65/2017 Sb., o ochraně zdraví před škodlivými účinky návykových látek. Retrieved August 7, 2017, from <http://senat.cz/xqw/xervlet/pssenat/htmlhled?action=doc&value=82464>
- Zak-Place, J., & Stern, M. (2004). Health Belief Factors and Dispositional Optimism as Predictors of STD and HIV Preventive Behavior. *Journal of American College Health* 52, 5, 229–236.
- Zíbrt, Č. (1960). *Jak se kdy v Čechách tancovalo: dějiny tance v Čechách, na Moravě, ve Slezsku a na Slovensku od nejstarší doby až do konce 19. století se zvláštním zřetelem k dějinám tance vůbec*. Praha: Státní nakladatelství krásné literatury, hudby a umění.
- Zullow, H. M. (1991). Explanations and expectations: Understanding the „doing“ side of optimism. *Psychological Inquiry*, 2, 45–49.