

**Literaturverzeichnis zum Beitrag Lehrl, S.: „Geistige Fitness – in der deutschen Wunschliste auf Rang 1“ (in Tinnitus-Forum 1, 2010, S. 17-21; Artikel auch zu finden unter [www.drlehrl.de](http://www.drlehrl.de))**

- <sup>1</sup>Teichert T (2008) „Health-Styles“ - Die Trendstudie von “healthy living”. Ergebnisbericht, Universität Hamburg, Arbeitsbereich Marketing und Innovation.
- <sup>2</sup>Colom R, Escorial S, Shih PC, Privado J (2007) Fluid Intelligence, Memory Span, and Temperament Difficulties Predict Academic Performance of Young Adolescents. *Person Individ Diff* 42:1503–1514.
- <sup>3</sup>Gottfredson LS (2002) *g*: Highly general and highly practical. Pages 331-380 in R. J. Sternberg & E. L. Grigorenko (Eds.), *The general factor of intelligence: How general is it?* Mahwah, NJ: Erlbaum.
- <sup>4</sup>Kuncel NR, Hezlett SA, Ones DS (2004) Academic performance, career potential, creativity, and job performance: Can one construct predict them all? *J Person Soc Psychol* [Special Section, Cognitive Abilities: 100 Years after Spearman (1904)] 86: 148-61.
- <sup>5</sup>Weiss V (2000) *Die IQ-Falle: Intelligenz, Sozialstruktur und Politik*. Leopold Stocker Verlag: Graz.
- <sup>6</sup>Murray C (1998) *Income Inequality and IQ*. Washington: AEI Press.
- <sup>7</sup>Cederblad M, Dahlin L, Hagnell O, Hansson K (1995) Intelligence and temperament as protective factors for mental health. A cross-sectional and prospective epidemiological study. *Eur Arch Psychiatry Clin Neurosci* 245:11-19.
- <sup>8</sup>Bullinger M, Alonso J, Apolone G, Lepelge A, Sullivan M, Wood-Dauphinee S, Gandek B, Wagner A, Aaronson N, Bech P, Fukuhara S, Kaasa S, Ware JE Jr. (1998) Translating health status questionnaires and evaluating their quality: the IQOLA Project approach. *International Quality of Life Assessment. J Clin Epidemiol* 51(11):913-23.
- <sup>9</sup>Fukuhara S, Bito S, Green J, Hsiao A, Kurokawa K (1998) Translation, Adaptation, and Validation of the SF-36 Health Survey for Use in Japan. *Journal of Clinical Epidemiology* 51(11):1037-1044.
- <sup>10</sup>Robine JM, Jagger C, and the Euro-REVES group (2003) Creating a coherent set of indicators to monitor health across Europe: The Euro-REVES 2 project. *Eur J Public Health* 13:6–14.
- <sup>11</sup>Lehrl S, Gallwitz A (1983) *Erlanger Depressions-Skala (EDS)*. Vless Verlag: Ebersberg, 3. Aufl.
- <sup>12</sup>Carroll JB (1993) *Human Cognitive Abilities: A Survey of Factor Analytic Studies*. New York : Cambridge University Press.
- <sup>13</sup>Cattell RB (1963) *Theory of Fluid and Crystallized Intelligence: A Critical Experiment*. *Educ Psychol* 54:1-22.
- <sup>14</sup>Lehrl S (2005) *Mehrfachwahl-Wortschatz-Intelligenztest : MWT-B*. 5. Aufl., Spitta: Balingen.
- <sup>15</sup>Frank H (1960) *Über grundlegende Sätze der Informationspsychologie*. *Grundlagenstud Kybern Geisteswiss* 1: 25-32.
- <sup>16</sup>Colom R, Rebollo I, Palacios A, Juan-Espinosa M, Kyllonen PC (2004). Working memory is (almost) perfectly predicted by *g*. *Intelligence* 32:277-296.
- <sup>17</sup>Engle RW, Kane MJ, Tuholski SW (1999) Individual differences in working memory capacity and what they tell us about controlled attention, general fluid intelligence, and functions of the prefrontal cortex. In: A Miyake & P Shah (Eds) *Models of working memory*. Cambridge: Cambridge University Press.
- <sup>18</sup>Lehrl S, Fischer B (1988) The basic parameters of human information processing: their role in the determination of intelligence. *Person Individ Diff* 9: 883-96.

- <sup>19</sup>Jaeggi SM, Buschkuhl M, Jonides J, Perrig WJ (2008) Improving fluid intelligence with training on working memory. *Proc Natl Acad Sci USA* 105: 6829–6833.
- <sup>20</sup>Klingberg T, Fernell E, Olesen PJ, Johnson M, Gustafsson P, Dahlström K, Gillberg CG, Forsberg H, Westerberg H (2005) Computerized Training of Working Memory in Children With ADHD – A Randomized, Controlled Trial. *J Am Acad Child Adolesc Psychiatry* 44: 177–186.
- <sup>21</sup>Rueda MR, Rothbart MK, McCandliss BD, Saccamanno L, Posner MI (2005) Training, maturation and genetic influences on the development of executive attention. *Proc U.S Nat'l Acad of Sciences* 102: 14931-14936.
- <sup>22</sup>Weidenhammer W, Glowacki H, Gräbel E (1986) Wie führt man zerebrales Training in der Praxis durch und was hat sich bewährt? *Pregeriatrics-Geriatrics-Rehabilitation* 2:66–76.
- <sup>23</sup>Willis SL, Tennstedt SL, Marsiske M, Ball K, Elias J, Koepke KM, Morris JN, Rebok GW, Unverzagt FW (2006) Stoddard AM, Wright E, for the ACTIVE Study Group. Long-term Effects of Cognitive Training on Everyday Functional Outcomes in Older Adults. *J Am Med Assoc* 296: 2805–2814.
- <sup>24</sup>Schäfer R, Lehl S, Sturm P (2007) Den Stress kontrollieren. Mehr Gelassenheit durch Mentales Relaxationstraining. *GEISTIG FIT* 5: 3-6.
- <sup>25</sup>Cziske R, Lehl S (1981) Magnitude of Pain and Anxiety Depending on the Limited Capacity of Consciousness. In: *Proceedings of the 9<sup>th</sup> International Congress on Cybernetics, Namur 1980*. Association Internationale de Cybernétique, Namur, S. 539-548.
- <sup>26</sup>Brem M, Lehl S (2008) Dr. Kawashimas Gehirn-Jogging: Schneller wieder fit. *Gesund älter werden* 3:48-50.

Weiteres in [www.drlehl.de](http://www.drlehl.de)