

Dying on Hamster WheelReferences

- Alavi, S. S., Ferdosi, M., Jannatifard, F., Eslami, M., Alaghemandan, H., & Setare, M. (2012). Behavioral Addiction versus Substance Addiction: Correspondence of Psychiatric and Psychological Views. *International journal of preventive medicine*, 3(4), 290–294.
- Alhusen, J. L., Hayat, M. J., & Gross, D. (2013). A longitudinal study of maternal attachment and infant developmental outcomes. *Archives of women's mental health*, 16(6), 521–529. doi:10.1007/s00737-013-0357-8
- Andreassen, C. S., Griffiths, M. D., Sinha, R., Hetland, J., & Pallesen, S. (2016). The Relationships between Workaholism and Symptoms of Psychiatric Disorders: A Large-Scale Cross-Sectional Study. *PLoS ONE*, 11(5), 1–19. <https://doi.org/10.1371/journal.pone.0152978>
- Balkin, R. S., Reiner, S. M., Hendricks, L., Washington, A., McNeary, S., Juhnke, G. A., & Hunter, Q. (2018). Life balance and work addiction among African Americans. *The Career Development Quarterly*, 66(1), 77–84. <https://doi.org/10.1002/cdq.12123>
- Beiler-May, A., Williamson, R. L., Clark, M. A., Carter, N. T. (2017). Gender Bias in the Measurement of Workaholism, *Journal of Personality Assessment*, 99:1, 104-104-110, DOI: [10.1080/00223891.2016.1198795](https://doi.org/10.1080/00223891.2016.1198795)
- Clark, M. A., Michel, J. S., Zhdanova, L., Pui, S. Y., & Baltes, B. B. (2016). All Work and No Play? A Meta-Analytic Examination of the Correlates and Outcomes of Workaholism. *Journal of Management*, 42(7), 1836–1873. <https://doi.org/10.1177/0149206314522301>

References

- Fassel, D. (1992). *Working ourselves to death: The high costs of workaholism and the rewards of recovery*. London, UK: Thorsons.
- Flores, P. (2004). *Addiction as an attachment disorder*. United States: Aronson.
- Fosha, D.(2021). *Undoing aloneness & the transformation of suffering into flourishing: AEDP 2.0*. United States: American Psychological Association.
- Griffiths, M. D., Demetrovics, Z., & Atroszko, P. A. (2018). Ten myths about work addiction. *Journal of behavioral addictions*, 7(4), 845–857. <https://doi.org/10.1556/2006.7.2018.05>
- Jordan, J. (2019) Alcoholics Anonymous: A Vehicle for Achieving Capacity for Secure Attachment Relationships and Adaptive Affect Regulation, *Journal of Social Work Practice in the Addictions*, 19:3, 201-222, DOI: [10.1080/1533256X.2019.1638180](https://doi.org/10.1080/1533256X.2019.1638180)
- Kun, B., Takacs, Z. K., Richman, M. J., Griffiths, M. D., & Demetrovics, Z. (2020). Work addiction and personality: A meta-analytic study. *Journal of behavioral addictions*, 9(4), 945–966. <https://doi.org/10.1556/2006.2020.00097>
- Mayo Clinic (Retrieved 1/25/2022) Job burnout-:How to stop it and take action. <https://www.mayoclinic.org › burnout › art-20046642>

References

- Oates W. E. (1968). On being a “workaholic”. *Pastoral Psychology*, 19(8), 16–20. doi:10.1007/BF01785472 [[CrossRef](#)] [[Google Scholar](#)]
- Mayo Clinic (Retrieved 1/25/2022) Job burnout-:How to stop it and take action. <https://www.mayoclinic.org › burnout › art-20046642>
- Positive Psychology (Retrieved 1/25/22). <https://positivepsychology.com/emotionally-focused-therapy/>
- Tronnier, C. D. (2015). Harnessing Attachment in Addiction Treatment: Regulation Theory and the Self-Medication Hypothesis. *Journal of Social Work Practice in the Addictions*, 15(3), 233–251.
<https://doi.org/10.1080/1533256X.2015.1056529>
- Tziner, A., & Tanami, M. (2013). Examining the links between attachment, perfectionism, and job motivation potential with job engagement and workaholism. *Journal of Work and Organizational Psychology*, 29(2), 65–74. <https://doi.org/10.5093/tr2013a10>