

Katya Fernandez

List of Publications by Year in descending order

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65
papers

4,706
citations

159585

30
h-index

106344

65
g-index

65
all docs

65
docs citations

65
times ranked

3657
citing authors

#	ARTICLE	IF	CITATIONS
1	Interoception and Mental Health: A Roadmap. <i>Biological Psychiatry: Cognitive Neuroscience and Neuroimaging</i> , 2018, 3, 501-513.	1.5	524
2	Reduced perception of bodily signals in anorexia nervosa. <i>Eating Behaviors</i> , 2008, 9, 381-388.	2.0	345
3	On the embodiment of emotion regulation: interoceptive awareness facilitates reappraisal. <i>Social Cognitive and Affective Neuroscience</i> , 2013, 8, 911-917.	3.0	333
4	On the Relationship Between Interoceptive Awareness and Alexithymia: Is Interoceptive Awareness Related to Emotional Awareness?. <i>Journal of Personality</i> , 2011, 79, 1149-1175.	3.2	319
5	Brain structures mediating cardiovascular arousal and interoceptive awareness. <i>Brain Research</i> , 2007, 1141, 178-187.	2.2	284
6	On the relationship between interoceptive awareness, emotional experience, and brain processes. <i>Cognitive Brain Research</i> , 2005, 25, 948-962.	3.0	237
7	Brain structures involved in interoceptive awareness and cardioafferent signal processing: A dipole source localization study. <i>Human Brain Mapping</i> , 2005, 26, 54-64.	3.6	213
8	Differential effects of anxiety and depression on interoceptive accuracy. <i>Depression and Anxiety</i> , 2009, 26, 167-173.	4.1	212
9	Interoceptive sensitivity and emotion processing: An EEG study. <i>International Journal of Psychophysiology</i> , 2007, 65, 214-227.	1.0	192
10	Attenuated interoceptive sensitivity in overweight and obese individuals. <i>Eating Behaviors</i> , 2014, 15, 445-448.	2.0	169
11	Heart rate response after emotional picture presentation is modulated by interoceptive awareness. <i>International Journal of Psychophysiology</i> , 2007, 63, 117-124.	1.0	162
12	Interoceptive awareness mediates the relationship between anxiety and the intensity of unpleasant feelings. <i>Journal of Anxiety Disorders</i> , 2007, 21, 931-943.	3.2	160
13	Bidirectional relationship of stress and affect with physical activity and healthy eating. <i>British Journal of Health Psychology</i> , 2019, 24, 315-333.	3.5	143
14	Interoceptive awareness, anxiety and cardiovascular reactivity to isometric exercise. <i>International Journal of Psychophysiology</i> , 2007, 65, 167-173.	1.0	101
15	Impaired Central Processing of Emotional Faces in Anorexia Nervosa. <i>Psychosomatic Medicine</i> , 2008, 70, 701-708.	2.0	89
16	Perceiving one's body shapes empathy. <i>Physiology and Behavior</i> , 2015, 140, 54-60.	2.1	86
17	Changes in interoceptive processes following brain stimulation. <i>Philosophical Transactions of the Royal Society B: Biological Sciences</i> , 2016, 371, 20160016.	4.0	83
18	Comment on "Zamariola et al. (2018), Interoceptive Accuracy Scores are Problematic: Evidence from Simple Bivariate Correlations" The empirical data base, the conceptual reasoning and the analysis behind this statement are misconceived and do not support the authors' conclusions. <i>Biological Psychology</i> , 2020, 152, 107870.	2.2	61

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19	Interoceptive Focus Shapes the Experience of Time. PLoS ONE, 2014, 9, e86934.	2.5	57
20	It's craving time: time of day effects on momentary hunger and food craving in daily life. Nutrition, 2018, 55-56, 15-20.	2.4	55
21	Cardiac sensitivity in children: Sex differences and its relationship to parameters of emotional processing. Psychophysiology, 2014, 51, 932-941.	2.4	53
22	When interoception helps to overcome negative feelings caused by social exclusion. Frontiers in Psychology, 2015, 6, 786.	2.1	51
23	Microsaccades Are Coupled to Heartbeat. Journal of Neuroscience, 2016, 36, 1237-1241.	3.6	51
24	Interoceptive sensitivity, body weight and eating behavior in children: a prospective study. Frontiers in Psychology, 2014, 5, 1003.	2.1	49
25	Atypical Self-Focus Effect on Interoceptive Accuracy in Anorexia Nervosa. Frontiers in Human Neuroscience, 2016, 10, 484.	2.0	47
26	Are interoceptive accuracy scores from the heartbeat counting task problematic? A comment on Zamariola et al. (2018). Biological Psychology, 2020, 152, 107868.	2.2	46
27	Normal interoceptive accuracy in women with bulimia nervosa. Psychiatry Research, 2016, 240, 328-332.	3.3	45
28	Interoception is associated with heartbeat-evoked brain potentials (HEPs) in adolescents. Biological Psychology, 2018, 137, 24-33.	2.2	37
29	Interoceptive Processes in Anorexia Nervosa in the Time Course of Cognitive-Behavioral Therapy: A Pilot Study. Frontiers in Psychiatry, 2016, 7, 199.	2.6	36
30	Interaction of physical activity and interoception in children. Frontiers in Psychology, 2015, 6, 502.	2.1	34
31	Blunted autonomic reactivity and increased pain tolerance in somatoform patients. Pain, 2011, 152, 2157-2164.	4.2	33
32	How much time has passed? Ask your heart. Frontiers in Neurorobotics, 2014, 8, 15.	2.8	30
33	Electrophysiological evidence for an attentional bias in processing body stimuli in bulimia nervosa. Biological Psychology, 2015, 108, 105-114.	2.2	29
34	Improving interoceptive ability through the practice of power posing: A pilot study. PLoS ONE, 2019, 14, e0211453.	2.5	24
35	Deficits in early emotional reactivity in alexithymia. Psychophysiology, 2008, 45, 839-846.	2.4	23
36	Disconnected " Impaired Interoceptive Accuracy and Its Association With Self-Perception and Cardiac Vagal Tone in Patients With Dissociative Disorder. Frontiers in Psychology, 2018, 9, 897.	2.1	22

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37	Interoceptive deficits in patients with obsessive-compulsive disorder in the time course of cognitive-behavioral therapy. <i>PLoS ONE</i> , 2019, 14, e0217237.	2.5	21
38	Reduced facial emotion recognition in overweight and obese children. <i>Journal of Psychosomatic Research</i> , 2015, 79, 635-639.	2.6	20
39	I see neither your Fear, nor your Sadness – Interoception in adolescents. <i>Consciousness and Cognition</i> , 2018, 60, 52-61.	1.5	20
40	Changes in emotional processing following interoceptive network stimulation with rTMS. <i>Neuroscience</i> , 2019, 406, 405-419.	2.3	19
41	Interoceptive accuracy is related to long-term stress via self-regulation. <i>Psychophysiology</i> , 2019, 56, e13429.	2.4	17
42	Heartbeat perception and P300 amplitude in a visual oddball paradigm. <i>Clinical Neurophysiology</i> , 2007, 118, 2248-2253.	1.5	16
43	Effects of an 8-Week Body Scan Intervention on Individually Perceived Psychological Stress and Related Steroid Hormones in Hair. <i>Mindfulness</i> , 2019, 10, 2532-2543.	2.8	16
44	Complaints as starting point for vicious cycles in customer–employee-interactions. <i>Frontiers in Psychology</i> , 2015, 6, 1454.	2.1	14
45	Feasibility and relative validity of a digital photo-based dietary assessment: results from the Nutris-Phone study. <i>Public Health Nutrition</i> , 2019, 22, 1-8.	2.2	14
46	Good is up – spatial metaphors in action observation. <i>Frontiers in Psychology</i> , 2015, 6, 1605.	2.1	11
47	Using bodily postures to reduce anxiety and improve interoception: A comparison between powerful and neutral poses. <i>PLoS ONE</i> , 2020, 15, e0242578.	2.5	11
48	Alexithymic Trait, Painful Heat Stimulation, and Everyday Pain Experience. <i>Frontiers in Psychiatry</i> , 2015, 6, 139.	2.6	9
49	Effectiveness of a guided online mindfulness-focused intervention in a student population: Study protocol for a randomised control trial. <i>BMJ Open</i> , 2020, 10, e032775.	1.9	9
50	Using bodily postures in the treatment of anorexia nervosa: Effects of power posing on interoception and affective states. <i>European Eating Disorders Review</i> , 2021, 29, 216-231.	4.1	8
51	Interaction Between Sex and Cardiac Interoceptive Accuracy in Measures of Induced Pain. <i>Frontiers in Psychology</i> , 2020, 11, 577961.	2.1	8
52	Describe Your Feelings: Body Illusion Related to Alexithymia in Adolescence. <i>Frontiers in Psychology</i> , 2016, 7, 1690.	2.1	7
53	StudiCare mindfulness – study protocol of a randomized controlled trial evaluating an internet- and mobile-based intervention for college students with no and –on demand– guidance. <i>Trials</i> , 2020, 21, 975.	1.6	7
54	Emotional responses to illness imagery in young adults: Effects of attention to somatic sensations and levels of illness anxiety. <i>Biological Psychology</i> , 2020, 149, 107812.	2.2	6

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55	Affect Improvements and Measurement Concordance Between a Subjective and an Accelerometric Estimate of Physical Activity. <i>European Journal of Health Psychology</i> , 2020, 27, 66-75.	0.6	6
56	Interoception and Health. <i>European Journal of Health Psychology</i> , 2020, 27, 127-131.	0.6	5
57	Effects of a Single Yoga Session on Cardiac Interoceptive Accuracy and Emotional Experience. <i>Brain Sciences</i> , 2021, 11, 1572.	2.3	5
58	Trait-Based Emotional Intelligence, Body Image Dissatisfaction, and HRQoL in Children. <i>Frontiers in Psychiatry</i> , 2019, 10, 973.	2.6	4
59	On the Relationship of Interoceptive Accuracy and Attention: A Controlled Study With Depressed Inpatients and a Healthy Cohort. <i>Frontiers in Psychology</i> , 2020, 11, 597488.	2.1	3
60	Parental Self-Efficacyâ€™ A Predictor of Children's Health Behaviors? Its Impact on Children's Physical Activity and Screen Media Use and Potential Interaction Effect Within a Health Promotion Program. <i>Frontiers in Psychology</i> , 2021, 12, 712796.	2.1	3
61	The Effects of a Standardized Cognitive-Behavioural Therapy and an Additional Mindfulness-Based Training on Interoceptive Abilities in a Depressed Cohort. <i>Brain Sciences</i> , 2021, 11, 1355.	2.3	3
62	A Pilot Study on the Effect of an Energy Drink on Interoception in High vs. Low Anxiety Sensitivity Individuals. <i>European Journal of Health Psychology</i> , 2020, 27, 171-187.	0.6	3
63	Academic-contingent self-worth and the social monitoring system. <i>Personality and Individual Differences</i> , 2011, 50, 59-63.	2.9	2
64	Reply to Coll <i>et al.</i> â€™ Important methodological issues regarding the use of transcranial magnetic stimulation to investigate interoceptive processingâ€™ (2017). <i>Philosophical Transactions of the Royal Society B: Biological Sciences</i> , 2017, 372, 20170046.	4.0	2
65	Discrepancies Between Explicit Feelings of Power and Implicit Power Motives Are Related to Anxiety in Women With Anorexia Nervosa. <i>Frontiers in Psychology</i> , 2020, 11, 618650.	2.1	2