

Nicole K Y Tang

List of Publications by Year in descending order

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Version: 2024-02-01

76
papers

4,193
citations

116194

36
h-index

129628

63
g-index

79
all docs

79
docs citations

79
times ranked

4798
citing authors

#	ARTICLE	IF	CITATIONS
1	An exploratory investigation into the effects of mental defeat on pain threshold, pain rating, pain anticipation, and mood. <i>Current Psychology</i> , 2023, 42, 1738-1749.	1.7	2
2	Being kind to self is being kind to sleep? A structural equation modelling approach evaluating the direct and indirect associations of self-compassion with sleep quality, emotional distress and mental well-being. <i>Current Psychology</i> , 2023, 42, 14092-14105.	1.7	10
3	The Self-Compassion Scale: Validation and Psychometric Properties within the Exploratory Structural Equation Modeling Framework. <i>Journal of Personality Assessment</i> , 2023, 105, 422-435.	1.3	4
4	Development of a hybrid sleep and physical activity improvement intervention for adults with osteoarthritis-related pain and sleep disturbance: a focus group study with potential users. <i>British Journal of Pain</i> , 2022, 16, 204946372110260.	0.7	2
5	Cognitive-behavioural pathways from pain to poor sleep quality and emotional distress in the general population: The indirect effect of sleep-related anxiety and sleep hygiene. <i>PLoS ONE</i> , 2022, 17, e0260614.	1.1	4
6	Development and testing of an opioid tapering self-management intervention for chronic pain: I-WOTCH. <i>BMJ Open</i> , 2022, 12, e053725.	0.8	4
7	Insomnia evaluation and treatment during peripartum: a joint position paper from the European Insomnia Network task force "Sleep and Women," the Italian MarCA Society and international experts task force for perinatal mental health. <i>Archives of Women's Mental Health</i> , 2022, 25, 561-575.	1.2	6
8	Effects of a hybrid digital cognitive-behavioural therapy for insomnia and emotion regulation in the workplace (SLEEP): study protocol for a randomised waitlist control trial. <i>BMJ Open</i> , 2022, 12, e058062.	0.8	0
9	Sleep disturbances and the At Risk Mental State: A systematic review and meta-analysis. <i>Schizophrenia Research</i> , 2021, 227, 81-91.	1.1	19
10	Can a "rewards-for-exercise app"™ increase physical activity, subjective well-being and sleep quality? An open-label single-arm trial among university staff with low to moderate physical activity levels. <i>BMC Public Health</i> , 2021, 21, 782.	1.2	11
11	Is cognitive-behaviour therapy for insomnia (CBT-I) the new best pain killer?. <i>Sleep Medicine Reviews</i> , 2021, 60, 101536.	3.8	0
12	Towards the endotyping of the sleep-pain interaction: a topical review on multitarget strategies based on phenotypic vulnerabilities and putative pathways. <i>Pain</i> , 2021, 162, 1281-1288.	2.0	22
13	Intraindividual Variability and Temporal Stability of Mid-Sleep on Free and Workdays. <i>Journal of Biological Rhythms</i> , 2021, 36, 169-184.	1.4	7
14	Challenges and visions for managing pain-related insomnia in primary care using the hybrid CBT approach: a small-scale qualitative interview study with GPs, nurses, and practice managers. <i>BMC Family Practice</i> , 2021, 22, 210.	2.9	2
15	Sleep and pain. <i>International Anesthesiology Clinics</i> , 2021, Publish Ahead of Print, 27-34.	0.3	3
16	Bedtime social media use, sleep, and affective wellbeing in young adults: an experience sampling study. <i>Journal of Child Psychology and Psychiatry and Allied Disciplines</i> , 2020, 61, 1138-1149.	3.1	24
17	Insomnia and poor sleep quality during peripartum: a family issue with potential long term consequences on mental health. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2020, , 1-9.	0.7	11
18	Implementing a hybrid cognitive-behavioural therapy for pain-related insomnia in primary care: lessons learnt from a mixed-methods feasibility study. <i>BMJ Open</i> , 2020, 10, e034764.	0.8	9

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19	The effect of opioid therapy on sleep quality in patients with chronic non-malignant pain: A systematic review and exploratory meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 45, 105-126.	3.8	23
20	Sleep and Pain. <i>Clinical Journal of Pain</i> , 2019, 35, 544-558.	0.8	97
21	Long-term effects of pregnancy and childbirth on sleep satisfaction and duration of first-time and experienced mothers and fathers. <i>Sleep</i> , 2019, 42, .	0.6	78
22	Testing a support programme for opioid reduction for people with chronic non-malignant pain: the I-WOTCH randomised controlled trial protocol. <i>BMJ Open</i> , 2019, 9, e028937.	0.8	6
23	Do People With Chronic Pain Judge Their Sleep Differently? A Qualitative Study. <i>Behavioral Sleep Medicine</i> , 2018, 16, 259-271.	1.1	10
24	Cognitive behavioural therapy in pain and psychological disorders: Towards a hybrid future. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2018, 87, 281-289.	2.5	48
25	Effects of sleep changes on pain-related health outcomes in the general population: A systematic review of longitudinal studies with exploratory meta-analysis. <i>Sleep Medicine Reviews</i> , 2018, 39, 82-97.	3.8	139
26	Treating sleep problems in people with rheumatic and musculoskeletal disease. <i>Rheumatology</i> , 2018, 57, .	0.9	0
27	Bidirectional association between disturbed sleep and neuropathic pain symptoms: a prospective cohort study in post-total joint replacement participants. <i>Journal of Pain Research</i> , 2018, Volume 11, 1087-1093.	0.8	20
28	Sleep and pain. , 2018, , .		0
29	Sleep Problems in Childhood and Borderline Personality Disorder Symptoms in Early Adolescence. <i>Journal of Abnormal Child Psychology</i> , 2017, 45, 193-206.	3.5	40
30	What sways people's judgement of sleep quality? A quantitative choice-making study with good and poor sleepers. <i>Sleep</i> , 2017, 40, .	0.6	17
31	The sleep phenotype of Borderline Personality Disorder: A systematic review and meta-analysis. <i>Neuroscience and Biobehavioral Reviews</i> , 2017, 73, 48-67.	2.9	40
32	Changes in Sleep Duration, Quality, and Medication Use Are Prospectively Associated With Health and Well-being: Analysis of the UK Household Longitudinal Study. <i>Sleep</i> , 2017, 40, .	0.6	43
33	Development of the Pain-Related Beliefs and Attitudes about Sleep (PBAS) Scale for the Assessment and Treatment of Insomnia Comorbid with Chronic Pain. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 1269-1277.	1.4	20
34	How Perceived Pain Influence Sleep and Mood More Than The Reverse: A Novel, Exploratory Study with Patients Awaiting Total Hip Arthroplasty. <i>Frontiers in Psychology</i> , 2016, 7, 1689.	1.1	18
35	Mental Defeat Is Associated With Suicide Intent in Patients With Chronic Pain. <i>Clinical Journal of Pain</i> , 2016, 32, 411-419.	0.8	28
36	Combined cognitive-behavioural and mindfulness programme for people living with dystonia: a proof-of-concept study. <i>BMJ Open</i> , 2016, 6, e011495.	0.8	13

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37	Behavioural interventions for people living with adult-onset primary dystonia: a systematic review. <i>BMC Neurology</i> , 2016, 16, 40.	0.8	17
38	Sleep in patients with primary dystonia: A systematic review on the state of research and perspectives. <i>Sleep Medicine Reviews</i> , 2016, 26, 95-107.	3.8	46
39	Nonpharmacological Treatments of Insomnia for Long-Term Painful Conditions: A Systematic Review and Meta-analysis of Patient-Reported Outcomes in Randomized Controlled Trials. <i>Sleep</i> , 2015, 38, 1751-1764.	0.6	129
40	Sleep and Chronic Pain. , 2015, , 203-217.		4
41	Impact of musculoskeletal pain on insomnia onset: a prospective cohort study. <i>Rheumatology</i> , 2015, 54, 248-256.	0.9	59
42	Linkages between insomnia and suicidality: Prospective associations, high-risk subgroups and possible psychological mechanisms. <i>International Review of Psychiatry</i> , 2014, 26, 189-204.	1.4	64
43	Better Quality Sleep Promotes Daytime Physical Activity in Patients with Chronic Pain? A Multilevel Analysis of the Within-Person Relationship. <i>PLoS ONE</i> , 2014, 9, e92158.	1.1	64
44	The role of pain, physical disability, and reduced social participation in insomnia onset in community dwelling older adults: a prospective cohort study. <i>Lancet, The</i> , 2013, 382, S95.	6.3	3
45	Mental Defeat Predicts Distress and Disability in Hong Kong Chinese with Chronic Pain. <i>Clinical Journal of Pain</i> , 2013, 29, 830-836.	0.8	6
46	The Role of Sleep Problems in the Development of Depression in Those with Persistent Pain: A Prospective Cohort Study. <i>Sleep</i> , 2013, 36, 1693-1698.	0.6	63
47	Sleep and Chronic Pain. , 2013, , 947-962.		2
48	(Mis)perception of sleep in insomnia: A puzzle and a resolution.. <i>Psychological Bulletin</i> , 2012, 138, 77-101.	5.5	372
49	Deciphering the Temporal Link between Pain and Sleep in a Heterogeneous Chronic Pain Patient Sample: A Multilevel Daily Process Study. <i>Sleep</i> , 2012, 35, 675-87A.	0.6	130
50	Pain-related Insomnia Versus Primary Insomnia. <i>Clinical Journal of Pain</i> , 2012, 28, 428-436.	0.8	42
51	Hybrid cognitive-behaviour therapy for individuals with insomnia and chronic pain: A pilot randomised controlled trial. <i>Behaviour Research and Therapy</i> , 2012, 50, 814-821.	1.6	96
52	Psychological Flexibility May Reduce Insomnia in Persons with Chronic Pain: A Preliminary Retrospective Study. <i>Pain Medicine</i> , 2011, 12, 904-912.	0.9	63
53	Thinking about thinking about pain: a qualitative investigation of rumination in chronic pain. <i>Pain Management</i> , 2011, 1, 311-323.	0.7	22
54	Mental defeat is linked to interference, distress and disability in chronic pain. <i>Pain</i> , 2010, 149, 547-554.	2.0	38

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55	Brief CBT-I for Insomnia Comorbid with Social Phobia: A Case Study. <i>Behavioural and Cognitive Psychotherapy</i> , 2010, 38, 113-122.	0.9	7
56	Cognitive-behavioral therapy for sleep abnormalities of chronic pain patients. <i>Current Rheumatology Reports</i> , 2009, 11, 451-460.	2.1	47
57	Chronic pain syndrome associated with health anxiety: A qualitative thematic comparison between pain patients with high and low health anxiety. <i>British Journal of Clinical Psychology</i> , 2009, 48, 1-20.	1.7	41
58	Effects of mood on pain responses and pain tolerance: An experimental study in chronic back pain patients. <i>Pain</i> , 2008, 138, 392-401.	2.0	121
59	Insomnia Co-Occurring with Chronic Pain: Clinical Features, Interaction, Assessments and Possible Interventions. <i>Reviews in Pain</i> , 2008, 2, 2-7.	0.2	48
60	Mental Defeat in Chronic Pain: Initial Exploration of the Concept. <i>Clinical Journal of Pain</i> , 2007, 23, 222-232.	0.8	49
61	Increased use of safety-seeking behaviors in chronic back pain patients with high health anxiety. <i>Behaviour Research and Therapy</i> , 2007, 45, 2821-2835.	1.6	68
62	Sleeping with the enemy: Clock monitoring in the maintenance of insomnia. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2007, 38, 40-55.	0.6	58
63	Prevalence and correlates of clinical insomnia co-occurring with chronic back pain. <i>Journal of Sleep Research</i> , 2007, 16, 85-95.	1.7	316
64	Cognitive Therapy with Chronic Pain Patients, Carrie Winterowd, Aaron T. Beck and Daniel Gruener, New York: Springer, 2003. pp. 376. Â£26.73 (pb). ISBN 0-8261-4595-7. <i>Behavioural and Cognitive Psychotherapy</i> , 2006, 34, 123-124.	0.9	0
65	Barriers to Treatment Seeking in Primary Insomnia in the United Kingdom: A Cross-Sectional Perspective. <i>Sleep</i> , 2006, 29, 1643-1646.	0.6	78
66	Altering misperception of sleep in insomnia: Behavioral experiment versus verbal feedback.. <i>Journal of Consulting and Clinical Psychology</i> , 2006, 74, 767-776.	1.6	82
67	Suicidality in chronic pain: a review of the prevalence, risk factors and psychological links. <i>Psychological Medicine</i> , 2006, 36, 575.	2.7	488
68	Time Estimation Ability and Distorted Perception of Sleep in Insomnia. <i>Behavioral Sleep Medicine</i> , 2005, 3, 134-150.	1.1	47
69	Cognitive approaches to insomnia. <i>Clinical Psychology Review</i> , 2005, 25, 593-611.	6.0	210
70	Attempts to control unwanted thoughts in the night: development of the thought control questionnaire-insomnia revised (TCQI-R). <i>Behaviour Research and Therapy</i> , 2005, 43, 985-998.	1.6	75
71	Correcting distorted perception of sleep in insomnia: a novel behavioural experiment?. <i>Behaviour Research and Therapy</i> , 2004, 42, 27-39.	1.6	149
72	Effects of Cognitive Arousal and Physiological Arousal on Sleep Perception. <i>Sleep</i> , 2004, 27, 69-78.	0.6	177

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73	Cognitive behaviour therapy for primary insomnia: Can we rest yet?. <i>Sleep Medicine Reviews</i> , 2003, 7, 237-262.	3.8	131
74	The Relaxation Therapy Manual Christine Heron Oxon, UK: Winslow Press Limited, 1996. pp.107. 35.00 (spiral). ISBN: 0-86388-159-9. <i>Behavioural and Cognitive Psychotherapy</i> , 2003, 31, 221-232.	0.9	0
75	Treating Anxiety and Stress: A Group Psycho-Educational Approach Using Brief CBT Jim White West Sussex, UK: Wiley, 2000. Pp. 246. ISBN: 0-471-49306-6. <i>Behavioural and Cognitive Psychotherapy</i> , 2002, 30, 375-380.	0.9	1
76	Mental Healthcare Matters in Primary Care Ruth Chambers, Elizabeth Boath & Gill Wakley Oxford: Radcliffe Medical Press, 2001. pp. 196. Â£19.95 (paperback). ISBN: 1-85775-409-3. <i>Behavioural and Cognitive Psychotherapy</i> , 2002, 30, 507-512.	0.9	0