

# Michael P Mead

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2082350/publications.pdf>

Version: 2024-02-01

15  
papers

206  
citations

1478505

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1125743

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g-index

17  
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docs citations

17  
times ranked

253  
citing authors

#	ARTICLE	IF	CITATIONS
1	Self-discrepancy theory as a transdiagnostic framework: A meta-analysis of self-discrepancy and psychopathology.. Psychological Bulletin, 2019, 145, 372-389.	6.1	70
2	Application of health behaviour theory to sleep health improvement. Journal of Sleep Research, 2020, 29, e12950.	3.2	40
3	Daily Associations Between Sleep and Physical Activity. International Journal of Behavioral Medicine, 2019, 26, 562-568.	1.7	36
4	Sleep and eating disorders among adults enrolled in a commercial weight loss program: associations with self-report and objective sleep measures. Eating and Weight Disorders, 2019, 24, 307-312.	2.5	14
5	Big 5 personality traits and intraindividual variability in sleep duration, continuity, and timing. Sleep Health, 2021, 7, 238-245.	2.5	7
6	Temporal Associations Between Daytime Napping and Nocturnal Sleep: An Exploration of Random Slopes. Annals of Behavioral Medicine, 2022, 56, 1101-1109.	2.9	7
7	<scp>Nightâ€toâ€night</scp> associations between light exposure and sleep health. Journal of Sleep Research, 2023, 32, .	3.2	7
8	Daily relations between nap occurrence, duration, and timing and nocturnal sleep patterns in college students. Sleep Health, 2022, 8, 356-363.	2.5	7
9	The Process of Developing a Sleep Health Improvement Plan: a Lab-Based Model of Self-Help Behavior. International Journal of Behavioral Medicine, 2021, 28, 96-106.	1.7	4
10	Intraindividual Variability of Sleep Opportunity Attitudes, Perceived Norms, Perceived Behavioral Control, and Intentions. Annals of Behavioral Medicine, 2021, 55, 693-697.	2.9	3
11	The theory of planned behaviour and sleep opportunity: An ecological momentary assessment. Journal of Sleep Research, 2021, , e13420.	3.2	3
12	Racial Disparities in Sleep: Potential Mediation by Discrimination and Psychological Distress. Journal of Racial and Ethnic Health Disparities, 2023, 10, 573-580.	3.2	3
13	Re: Accounting for automatic processes in sleep health. Journal of Sleep Research, 2020, 29, e12992.	3.2	2
14	Spousal Influence on CPAP Adherence: Applications of Healthâ€related Social Control. Social and Personality Psychology Compass, 2016, 10, 443-454.	3.7	1
15	The effect of caffeine abstinence on sleep among habitual caffeine users with poor sleep. Journal of Sleep Research, 2021, 30, e13048.	3.2	0