

Michael E Levin

List of Publications by Year in descending order

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96
papers

5,782
citations

136740

32
h-index

82410

72
g-index

100
all docs

100
docs citations

100
times ranked

4348
citing authors

#	ARTICLE	IF	CITATIONS
1	Acceptance and Commitment Therapy and Contextual Behavioral Science: Examining the Progress of a Distinctive Model of Behavioral and Cognitive Therapy. <i>Behavior Therapy</i> , 2013, 44, 180-198.	1.3	648
2	Open, Aware, and Active: Contextual Approaches as an Emerging Trend in the Behavioral and Cognitive Therapies. <i>Annual Review of Clinical Psychology</i> , 2011, 7, 141-168.	6.3	587
3	Acceptance and Commitment Therapy as a Unified Model of Behavior Change. <i>Counseling Psychologist</i> , 2012, 40, 976-1002.	0.8	382
4	The Impact of Treatment Components Suggested by the Psychological Flexibility Model: A Meta-Analysis of Laboratory-Based Component Studies. <i>Behavior Therapy</i> , 2012, 43, 741-756.	1.3	320
5	The empirical status of acceptance and commitment therapy: A review of meta-analyses. <i>Journal of Contextual Behavioral Science</i> , 2020, 18, 181-192.	1.3	252
6	Acceptance and commitment therapy for anxiety and OCD spectrum disorders: An empirical review. <i>Journal of Anxiety Disorders</i> , 2014, 28, 612-624.	1.5	228
7	Examining psychological inflexibility as a transdiagnostic process across psychological disorders. <i>Journal of Contextual Behavioral Science</i> , 2014, 3, 155-163.	1.3	218
8	Measuring Weight Self-Stigma: The Weight Self-Stigma Questionnaire. <i>Obesity</i> , 2010, 18, 971-976.	1.5	202
9	An initial meta-analysis of Acceptance and Commitment Therapy for treating substance use disorders. <i>Drug and Alcohol Dependence</i> , 2015, 155, 1-7.	1.6	160
10	Acceptance and Commitment Therapy as a Treatment for Anxiety and Depression. <i>Psychiatric Clinics of North America</i> , 2017, 40, 751-770.	0.7	148
11	Web-Based Acceptance and Commitment Therapy for Mental Health Problems in College Students. <i>Behavior Modification</i> , 2017, 41, 141-162.	1.1	146
12	Randomized trial of group interventions to reduce HIV/STD risk and change theoretical mediators among detained adolescents.. <i>Journal of Consulting and Clinical Psychology</i> , 2009, 77, 38-50.	1.6	141
13	Feasibility of a Prototype Web-Based Acceptance and Commitment Therapy Prevention Program for College Students. <i>Journal of American College Health</i> , 2014, 62, 20-30.	0.8	139
14	Burnout among the addiction counseling workforce: The differential roles of mindfulness and values-based processes and work-site factors. <i>Journal of Substance Abuse Treatment</i> , 2011, 40, 323-335.	1.5	108
15	Binge Eating and Weight Control: The Role of Experiential Avoidance. <i>Behavior Modification</i> , 2011, 35, 252-264.	1.1	86
16	Web-Based Self-Help for Preventing Mental Health Problems in Universities: Comparing Acceptance and Commitment Training to Mental Health Education. <i>Journal of Clinical Psychology</i> , 2016, 72, 207-225.	1.0	81
17	Creating a strategy for progress: A contextual behavioral science approach. <i>The Behavior Analyst</i> , 2009, 32, 105-133.	2.5	80
18	A review of AAQ variants and other context-specific measures of psychological flexibility. <i>Journal of Contextual Behavioral Science</i> , 2019, 12, 329-346.	1.3	74

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19	Exploring the relationship between body mass index and health-related quality of life: A pilot study of the impact of weight self-stigma and experiential avoidance. <i>Journal of Health Psychology</i> , 2011, 16, 722-727.	1.3	73
20	Exploring the Relationship Between Experiential Avoidance, Alcohol Use Disorders, and Alcohol-Related Problems Among First-Year College Students. <i>Journal of American College Health</i> , 2012, 60, 443-448.	0.8	73
21	Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review. <i>Journal of Contextual Behavioral Science</i> , 2017, 6, 380-390.	1.3	69
22	Decoupling as a Mechanism of Change in Mindfulness and Acceptance. <i>Behavior Modification</i> , 2015, 39, 870-911.	1.1	62
23	Cognitive Behavioral Mobile Applications: Clinical Studies, Marketplace Overview, and Research Agenda. <i>Cognitive and Behavioral Practice</i> , 2017, 24, 215-225.	0.9	62
24	Examining the role of psychological inflexibility, perspective taking, and empathic concern in generalized prejudice. <i>Journal of Applied Social Psychology</i> , 2016, 46, 180-191.	1.3	52
25	Treatment development: Can we find a better way?. <i>Clinical Psychology Review</i> , 2013, 33, 870-882.	6.0	49
26	Delivering Acceptance and Commitment Therapy for Weight Self-Stigma Through Guided Self-Help: Results From an Open Pilot Trial. <i>Cognitive and Behavioral Practice</i> , 2018, 25, 87-104.	0.9	46
27	A psychometric comparison of psychological inflexibility measures: Discriminant validity and item performance. <i>Journal of Contextual Behavioral Science</i> , 2020, 18, 34-47.	1.3	46
28	The Acceptance and Action Questionnaire – Stigma (AAQ-S): Developing a measure of psychological flexibility with stigmatizing thoughts. <i>Journal of Contextual Behavioral Science</i> , 2014, 3, 21-26.	1.3	45
29	A randomized dismantling trial of the open and engaged components of acceptance and commitment therapy in an online intervention for distressed college students. <i>Behaviour Research and Therapy</i> , 2020, 126, 103557.	1.6	44
30	Changes in psychological flexibility during acceptance and commitment therapy for obsessive compulsive disorder. <i>Journal of Contextual Behavioral Science</i> , 2015, 4, 196-202.	1.3	43
31	Pilot evaluation of the stop, breathe & think mindfulness app for student clients on a college counseling center waitlist. <i>Journal of American College Health</i> , 2022, 70, 165-173.	0.8	41
32	Deictic Relational Responding, Empathy, and Experiential Avoidance as Predictors of Social Anhedonia: Further Contributions From Relational Frame Theory. <i>Psychological Record</i> , 2012, 62, 409-432.	0.6	37
33	Which facets of mindfulness are related to problematic eating among patients seeking bariatric surgery?. <i>Eating Behaviors</i> , 2014, 15, 298-305.	1.1	37
34	Feasibility of an acceptance and commitment therapy adjunctive web-based program for counseling centers.. <i>Journal of Counseling Psychology</i> , 2015, 62, 529-536.	1.4	37
35	Evaluating an Adjunctive Mobile App to Enhance Psychological Flexibility in Acceptance and Commitment Therapy. <i>Behavior Modification</i> , 2017, 41, 846-867.	1.1	37
36	Does self-help increase rates of help seeking for student mental health problems by minimizing stigma as a barrier?. <i>Journal of American College Health</i> , 2018, 66, 302-309.	0.8	35

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37	Do College Students Use Online Self-Help? A Survey of Intentions and Use of Mental Health Resources. <i>Journal of College Student Psychotherapy</i> , 2018, 32, 181-198.	0.6	34
38	A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism. <i>Journal of Obsessive-Compulsive and Related Disorders</i> , 2019, 22, 100444.	0.7	34
39	Comparing cognitive fusion and cognitive reappraisal as predictors of college student mental health. <i>Cognitive Behaviour Therapy</i> , 2019, 48, 241-252.	1.9	34
40	Tailoring Acceptance and Commitment Therapy Skill Coaching in the Moment Through Smartphones: Results from a Randomized Controlled Trial. <i>Mindfulness</i> , 2019, 10, 689-699.	1.6	33
41	Psychological inflexibility and stigma: A meta-analytic review. <i>Journal of Contextual Behavioral Science</i> , 2018, 7, 15-28.	1.3	32
42	Is Acceptance and Commitment Therapy Superior to Established Treatment Comparisons?. <i>Psychotherapy and Psychosomatics</i> , 2009, 78, 380-380.	4.0	31
43	Perspectives on the use of acceptance and commitment therapy related mobile apps: Results from a survey of students and professionals. <i>Journal of Contextual Behavioral Science</i> , 2016, 5, 215-224.	1.3	31
44	A Randomized Controlled Trial of Multiple Versions of an Acceptance and Commitment Therapy Matrix App for Well-Being. <i>Behavior Modification</i> , 2019, 43, 246-272.	1.1	30
45	When is experiential avoidance harmful in the moment? Examining global experiential avoidance as a moderator. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2018, 61, 158-163.	0.6	28
46	Which facets of mindfulness predict the presence of substance use disorders in an outpatient psychiatric sample?. <i>Psychology of Addictive Behaviors</i> , 2014, 28, 498-506.	1.4	27
47	Regression Mixture Models of Alcohol Use and Risky Sexual Behavior Among Criminally-Involved Adolescents. <i>Prevention Science</i> , 2009, 10, 335-344.	1.5	25
48	The Acceptance and Action Questionnaire – II: an Item Response Theory Analysis. <i>Journal of Psychopathology and Behavioral Assessment</i> , 2019, 41, 123-134.	0.7	25
49	The acceptance and commitment therapy matrix mobile app: A pilot randomized trial on health behaviors. <i>Journal of Contextual Behavioral Science</i> , 2017, 6, 268-275.	1.3	24
50	Comparing Cognitive Defusion and Cognitive Restructuring Delivered Through a Mobile App for Individuals High in Self-Criticism. <i>Cognitive Therapy and Research</i> , 2018, 42, 844-855.	1.2	24
51	The Role of Experiential Avoidance in Problematic Pornography Viewing. <i>Psychological Record</i> , 2019, 69, 1-12.	0.6	24
52	Self-stigma and weight loss: The impact of fear of being stigmatized. <i>Journal of Health Psychology</i> , 2020, 25, 922-930.	1.3	24
53	A randomized controlled trial of online acceptance and commitment therapy to improve diet and physical activity among adults who are overweight/obese. <i>Translational Behavioral Medicine</i> , 2021, 11, 1216-1225.	1.2	23
54	Mindfulness in Treatment Approaches for Addiction – Underlying Mechanisms and Future Directions. <i>Current Addiction Reports</i> , 2021, 8, 282-297.	1.6	22

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55	Beyond Acceptance and Commitment Therapy: Process-Based Therapy. <i>Psychological Record</i> , 2020, 70, 637-648.	0.6	21
56	Response to ‘ls Acceptance and Commitment Therapy Superior to Established Treatment Comparisons?’. <i>Psychotherapy and Psychosomatics</i> , 2009, 78, 380a-381.	4.0	20
57	Acceptability, Feasibility, and Efficacy Potential of a Multimodal Acceptance and Commitment Therapy Intervention to Address Psychosocial and Advance Care Planning Needs among Anxious and Depressed Adults with Metastatic Cancer. <i>Journal of Palliative Medicine</i> , 2020, 23, 1380-1385.	0.6	20
58	Psychological Inflexibility Predicts Suicidality Over Time in College Students. <i>Suicide and Life-Threatening Behavior</i> , 2019, 49, 1488-1496.	0.9	19
59	Assessing psychological inflexibility in university students: Development and validation of the acceptance and action questionnaire for university students (AAQ-US). <i>Journal of Contextual Behavioral Science</i> , 2019, 12, 199-206.	1.3	18
60	Evaluating Acceptance and Commitment Therapy and Mindfulness-Based Stress Reduction Self-Help Books for College Student Mental Health. <i>Mindfulness</i> , 2020, 11, 1275-1285.	1.6	17
61	Outcomes from a pilot online Acceptance and Commitment Therapy program for dementia family caregivers. <i>Aging and Mental Health</i> , 2022, 26, 1620-1629.	1.5	17
62	Experiential avoidance and negative affect as predictors of daily drinking.. <i>Psychology of Addictive Behaviors</i> , 2020, 34, 421-433.	1.4	17
63	A web-based self-guided program to promote valued-living in college students: A pilot study. <i>Journal of Contextual Behavioral Science</i> , 2019, 12, 29-38.	1.3	15
64	Creating an implicit measure of cognition more suited to applied research: A test of the Mixed Trial’ Implicit Relational Assessment Procedure (MT-IRAP).. <i>International Journal of Behavioral and Consultation Therapy</i> , 2010, 6, 245-262.	0.4	14
65	Examining the Role of Implicit Emotional Judgments in Social Anxiety and Experiential Avoidance. <i>Journal of Psychopathology and Behavioral Assessment</i> , 2017, 39, 264-278.	0.7	13
66	Randomized Controlled Pilot Trial of a Low-Touch Remotely-Delivered Values Intervention to Promote Adherence to Adjuvant Endocrine Therapy Among Breast Cancer Survivors. <i>Annals of Behavioral Medicine</i> , 2022, 56, 856-871.	1.7	13
67	An Examination of the Transdiagnostic Role of Delay Discounting in Psychological Inflexibility and Mental Health Problems. <i>Psychological Record</i> , 2018, 68, 201-210.	0.6	12
68	Evaluating the Open and Engaged Components of Acceptance and Commitment Therapy in an Online Self-Guided Website: Results from a Pilot Trial. <i>Behavior Modification</i> , 2021, 45, 480-501.	1.1	12
69	Evaluating the effects of guided coaching calls on engagement and outcomes for online acceptance and commitment therapy. <i>Cognitive Behaviour Therapy</i> , 2021, 50, 395-408.	1.9	12
70	Examining processes of change in an online acceptance and commitment therapy dismantling trial with distressed college students. <i>Journal of Contextual Behavioral Science</i> , 2020, 17, 10-16.	1.3	12
71	Comparing in-the-moment skill coaching effects from tailored versus non-tailored acceptance and commitment therapy mobile apps in a non-clinical sample. <i>Cognitive Behaviour Therapy</i> , 2019, 48, 200-216.	1.9	11
72	An Examination of the Role of Psychological Inflexibility in Hoarding Using Multiple Mediator Models. <i>Journal of Cognitive Psychotherapy</i> , 2018, 32, 97-111.	0.2	11

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73	Mechanisms of Smartphone Apps for Cigarette Smoking Cessation: Results of a Serial Mediation Model From the iCanQuit Randomized Trial. <i>JMIR MHealth and UHealth</i> , 2021, 9, e32847.	1.8	11
74	Assessing psychological inflexibility in hoarding: The Acceptance and Action Questionnaire for Hoarding (AAQH). <i>Journal of Contextual Behavioral Science</i> , 2019, 12, 234-242.	1.3	9
75	Examining the Feasibility of Acceptance and Commitment Therapy Self-Help for Problematic Pornography Viewing. <i>Family Journal</i> , 2017, 25, 306-312.	0.7	8
76	A Pilot Randomized Controlled Trial of Acceptance and Commitment Therapy Guided Self-Help for Overweight and Obese Adults High in Weight Self-Stigma. <i>Behavior Modification</i> , 2022, 46, 178-201.	1.1	8
77	Utilizing ACT daily as a self-guided app for clients waiting for services at a college counseling center: A pilot study. <i>Journal of American College Health</i> , 2020, , 1-8.	0.8	8
78	A systematic review and psychometric evaluation of self-report measures for hoarding disorder. <i>Journal of Affective Disorders</i> , 2021, 290, 136-148.	2.0	7
79	An Ecological Momentary Assessment Study Investigating the Function of Hoarding. <i>Behavior Therapy</i> , 2020, 51, 715-727.	1.3	6
80	Tracking Valued and Avoidant Functions with Health Behaviors: A Randomized Controlled Trial of the Acceptance and Commitment Therapy Matrix Mobile App. <i>Behavior Modification</i> , 2022, 46, 63-89.	1.1	6
81	Is perfectionism always unhealthy? Examining the moderating effects of psychological flexibility and self-compassion. <i>Journal of Clinical Psychology</i> , 2021, 77, 2576-2591.	1.0	6
82	Preliminary validation and reliability assessment of a 10-item Tacting of Function Scale. <i>Journal of Contextual Behavioral Science</i> , 2019, 12, 322-328.	1.3	5
83	A Randomized Trial of Acceptance and Commitment Therapy and Traditional Cognitive-Behavioral Therapy Self-Help Books for Social Anxiety. <i>Cognitive Therapy and Research</i> , 2020, 44, 954-966.	1.2	5
84	The role of psychological inflexibility and perspective taking in anti-racism and anti-sexism. <i>Personality and Individual Differences</i> , 2021, 175, 110724.	1.6	5
85	Elevated BMI and illicit drug use are associated with decreased ability to inhibit prepotent behaviors. <i>Addictive Behaviors</i> , 2012, 37, 544-547.	1.7	4
86	Weight-related psychological inflexibility as a mediator between weight self-stigma and health-related outcomes. <i>Bulletin of the Menninger Clinic</i> , 2021, 85, 316-330.	0.3	4
87	Implementing a Web-Based Cognitive Defusion Program to Target Negative Self-Referential Thoughts in College Students: A Pilot Study. <i>Journal of Contextual Behavioral Science</i> , 2020, 16, 183-191.	1.3	3
88	An Open Trial of Group Acceptance and Commitment Therapy With an Adjunctive Mobile App for Generalized Anxiety Disorder. <i>Cognitive and Behavioral Practice</i> , 2022, 29, 846-859.	0.9	3
89	Does the Cognitive Fusion Questionnaire Measure More than Frequency of Negative Thoughts?. <i>Journal of Contextual Behavioral Science</i> , 2021, , .	1.3	3
90	Effects of Cognitive Restructuring and Defusion for Coping with Difficult Thoughts in a Predominantly White Female College Student Sample. <i>Cognitive Therapy and Research</i> , 2022, 46, 86-94.	1.2	2

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91	Mindfulness as a Key Construct in Modern Psychotherapy. , 2015, , 141-154.		1
92	The Potential Benefits of Flexibility for Dissemination and Implementation: Acceptance and Commitment Therapy as an Example. Perspectives on Behavior Science, 2019, 42, 223-232.	1.1	1
93	Study protocol for a randomized controlled trial comparing two low-intensity weight loss maintenance interventions based on acceptance and commitment therapy or self-regulation. Contemporary Clinical Trials, 2021, 103, 106327.	0.8	1
94	Preliminary findings on processes of change and moderators for cognitive defusion and restructuring delivered through mobile apps. Journal of Contextual Behavioral Science, 2021, 20, 13-19.	1.3	1
95	Quality Improvement and Clinical Psychological Science. , 2016, , 69-85.		1
96	Online process-based training for perfectionism: A randomized trial. Behaviour Research and Therapy, 2022, 156, 104152.	1.6	1