

Sakari Lemola

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

78
papers

2,293
citations

27
h-index

46
g-index

83
ext. papers

2,815
ext. citations

3.4
avg, IF

5.13
L-index

#	Paper	IF	Citations
78	Adolescents' electronic media use at night, sleep disturbance, and depressive symptoms in the smartphone age. <i>Journal of Youth and Adolescence</i> , 2015 , 44, 405-18	4.5	409
77	Variability of sleep duration is related to subjective sleep quality and subjective well-being: an actigraphy study. <i>PLoS ONE</i> , 2013 , 8, e71292	3.7	164
76	Are adolescents with high mental toughness levels more resilient against stress?. <i>Stress and Health</i> , 2013 , 29, 164-71	3.7	94
75	Validation of the German version of the insomnia severity index in adolescents, young adults and adult workers: results from three cross-sectional studies. <i>BMC Psychiatry</i> , 2016 , 16, 174	4.2	87
74	Sleep duration, positive attitude toward life, and academic achievement: the role of daytime tiredness, behavioral persistence, and school start times. <i>Journal of Adolescence</i> , 2013 , 36, 311-8	3.4	79
73	Adolescents with greater mental toughness show higher sleep efficiency, more deep sleep and fewer awakenings after sleep onset. <i>Journal of Adolescent Health</i> , 2014 , 54, 109-13	5.8	73
72	Adolescents' exercise and physical activity are associated with mental toughness. <i>Mental Health and Physical Activity</i> , 2012 , 5, 35-42	5	71
71	Prenatal origins of poor sleep in children. <i>Sleep</i> , 2009 , 32, 1086-92	1.1	62
70	Maternal adjustment five months after birth: the impact of the subjective experience of childbirth and emotional support from the partner. <i>Journal of Reproductive and Infant Psychology</i> , 2007 , 25, 190-202 ⁹	2.9	60
69	Optimism and self-esteem are related to sleep. Results from a large community-based sample. <i>International Journal of Behavioral Medicine</i> , 2013 , 20, 567-71	2.6	59
68	Habitual computer game playing at night is related to depressive symptoms. <i>Personality and Individual Differences</i> , 2011 , 51, 117-122	3.3	58
67	Sleep quantity, quality and optimism in children. <i>Journal of Sleep Research</i> , 2011 , 20, 12-20	5.8	57
66	Poor Sleep Is Related to Lower Emotional Competence Among Adolescents. <i>Behavioral Sleep Medicine</i> , 2016 , 14, 602-14	4.2	53
65	During early to mid adolescence, moderate to vigorous physical activity is associated with restoring sleep, psychological functioning, mental toughness and male gender. <i>Journal of Sports Sciences</i> , 2017 , 35, 426-434	3.6	46
64	Interparental conflict and early adolescents' aggression: is irregular sleep a vulnerability factor?. <i>Journal of Adolescence</i> , 2012 , 35, 97-105	3.4	45
63	Memory of childbirth in the second year: the long-term effect of a negative birth experience and its modulation by the perceived intranatal relationship with caregivers. <i>Journal of Psychosomatic Obstetrics and Gynaecology</i> , 2006 , 27, 211-24	3.6	38
62	During early and mid-adolescence, greater mental toughness is related to increased sleep quality and quality of life. <i>Journal of Health Psychology</i> , 2016 , 21, 905-15	3.1	37

61	"Sleep well, our tough heroes!"--in adolescence, greater mental toughness is related to better sleep schedules. <i>Behavioral Sleep Medicine</i> , 2014 , 12, 444-54	4.2	37
60	Perfectionism related to self-reported insomnia severity, but not when controlled for stress and emotion regulation. <i>Neuropsychiatric Disease and Treatment</i> , 2015 , 11, 263-71	3.1	35
59	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,	1.1	35
58	Maternal mental health in the first 3-week postpartum: the impact of caregiver support and the subjective experience of childbirth - a longitudinal path model. <i>Journal of Psychosomatic Obstetrics and Gynaecology</i> , 2012 , 33, 176-84	3.6	33
57	Examining Dark Triad traits in relation to mental toughness and physical activity in young adults. <i>Neuropsychiatric Disease and Treatment</i> , 2016 , 12, 229-35	3.1	32
56	Morning cortisol secretion in school-age children is related to the sleep pattern of the preceding night. <i>Psychoneuroendocrinology</i> , 2015 , 52, 297-301	5	31
55	Association of moderate alcohol use and binge drinking during pregnancy with neonatal health. <i>Alcoholism: Clinical and Experimental Research</i> , 2011 , 35, 1669-77	3.7	30
54	The role of sleep and the hypothalamic-pituitary-adrenal axis for behavioral and emotional problems in very preterm children during middle childhood. <i>Journal of Psychiatric Research</i> , 2015 , 60, 141-7	5.2	27
53	Salivary and hair glucocorticoids and sleep in very preterm children during school age. <i>Psychoneuroendocrinology</i> , 2016 , 72, 166-74	5	27
52	The association of mothers' and fathers' insomnia symptoms with school-aged children's sleep assessed by parent report and in-home sleep-electroencephalography. <i>Sleep Medicine</i> , 2017 , 38, 64-70	4.6	27
51	Sleep duration and subjective psychological well-being in adolescence: a longitudinal study in Switzerland and Norway. <i>Neuropsychiatric Disease and Treatment</i> , 2014 , 10, 1199-207	3.1	27
50	Walking in School-Aged Children in a Dual-Task Paradigm Is Related to Age But Not to Cognition, Motor Behavior, Injuries, or Psychosocial Functioning. <i>Frontiers in Psychology</i> , 2016 , 7, 352	3.4	26
49	Examining Dark Triad traits in relation to sleep disturbances, anxiety sensitivity and intolerance of uncertainty in young adults. <i>Comprehensive Psychiatry</i> , 2016 , 68, 103-10	7.3	26
48	The course of subjective sleep quality in middle and old adulthood and its relation to physical health. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i> , 2013 , 68, 721-9	4.6	25
47	Mental toughness, sleep disturbances, and physical activity in patients with multiple sclerosis compared to healthy adolescents and young adults. <i>Neuropsychiatric Disease and Treatment</i> , 2016 , 12, 1571-9	3.1	24
46	The Origins of Mental Toughness - Prosocial Behavior and Low Internalizing and Externalizing Problems at Age 5 Predict Higher Mental Toughness Scores at Age 14. <i>Frontiers in Psychology</i> , 2016 , 7, 1221	3.4	21
45	Media use and insomnia after terror attacks in France. <i>Journal of Psychiatric Research</i> , 2018 , 98, 47-50	5.2	19
44	Smoking cessation during pregnancy and relapse after childbirth: the impact of the grandmother's smoking status. <i>Maternal and Child Health Journal</i> , 2008 , 12, 525-33	2.4	19

43	Age-related decline of gait variability in children with attention-deficit/hyperactivity disorder: Support for the maturational delay hypothesis in gait. <i>Gait and Posture</i> , 2016 , 44, 245-9	2.6	19
42	In school-age children who were born very preterm sleep efficiency is associated with cognitive function. <i>Neuropsychobiology</i> , 2014 , 70, 244-252	4	18
41	Gait in Very Preterm School-Aged Children in Dual-Task Paradigms. <i>PLoS ONE</i> , 2015 , 10, e0144363	3.7	17
40	Correspondence Between the General Ability to Discriminate Sensory Stimuli and General Intelligence. <i>Journal of Individual Differences</i> , 2010 , 31, 46-56	1.8	17
39	Trajectories of physical growth and personality dimensions of the Five-Factor Model. <i>Journal of Personality and Social Psychology</i> , 2013 , 105, 154-69	6.5	16
38	A new measure for dispositional optimism and pessimism in young children. <i>European Journal of Personality</i> , 2010 , 24, 71-84	5.1	16
37	Postpartum depressive symptoms in the first 17 months after childbirth: the impact of an emotionally supportive partnership. <i>International Journal of Public Health</i> , 2009 , 54, 333-9		15
36	Long-Term Outcomes of Very Preterm Birth. <i>European Psychologist</i> , 2015 , 20, 128-137	4.4	13
35	Mental health outcomes of adults born very preterm or with very low birth weight: A systematic review. <i>Seminars in Fetal and Neonatal Medicine</i> , 2020 , 25, 101113	3.7	12
34	Effects of gestational age on brain volume and cognitive functions in generally healthy very preterm born children during school-age: A voxel-based morphometry study. <i>PLoS ONE</i> , 2017 , 12, e0183319	3.7	12
33	A pilot cluster-randomised study to increase sleep duration by decreasing electronic media use at night and caffeine consumption in adolescents. <i>Sleep Medicine</i> , 2019 , 60, 109-115	4.6	12
32	Sleep, Aggression, and Psychosocial Adjustment in Male Prisoners. <i>Swiss Journal of Psychology</i> , 2014 , 73, 167-176	0.8	11
31	Infant irritability: The impact of fetal alcohol exposure, maternal depressive symptoms, and low emotional support from the husband. <i>Infant Mental Health Journal</i> , 2009 , 30, 57-81	2.3	9
30	Interpersonal Functioning in Borderline Personality Disorder Traits: A Social Media Perspective. <i>Scientific Reports</i> , 2020 , 10, 1068	4.9	8
29	Heart rate variability and salivary cortisol in very preterm children during school age. <i>Psychoneuroendocrinology</i> , 2018 , 87, 27-34	5	8
28	Acceptance and Commitment Therapy (ACT) Improves Sleep Quality, Experiential Avoidance, and Emotion Regulation in Individuals with Insomnia-Results from a Randomized Interventional Study. <i>Life</i> , 2021 , 11,	3	8
27	Habituation as Parameter for Prediction of Mental Development in Healthy Preterm Infants: An Electrophysiological Pilot Study. <i>Journal of Child Neurology</i> , 2016 , 31, 1591-1597	2.5	7
26	Intraindividual long-term stability of sleep electroencephalography in school-aged children. <i>Sleep Medicine</i> , 2015 , 16, 1348-1351	4.6	7

25	Does IQ = IQ? Comparability of Intelligence Test Scores in Typically Developing Children. <i>Assessment</i> , 2018 , 25, 691-701	3.7	6
24	Control beliefs are related to smoking prevention in prenatal care. <i>Journal of Evaluation in Clinical Practice</i> , 2013 , 19, 948-52	2.5	6
23	Midwives engagement in smoking- and alcohol-prevention in prenatal care before and after the introduction of practice guidelines in Switzerland: comparison of survey findings from 2008 and 2018. <i>BMC Pregnancy and Childbirth</i> , 2020 , 20, 31	3.2	5
22	Relations between fine motor skills and intelligence in typically developing children and children with attention deficit hyperactivity disorder. <i>Research in Developmental Disabilities</i> , 2021 , 110, 103855	2.7	5
21	Can a @owards-for-exercise app@ncrease 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	4.1	5
20	The association between sleep and dual-task performance in preterm and full-term children: an exploratory study. <i>Sleep Medicine</i> , 2019 , 55, 100-108	4.6	5
19	Cortisol Impacted on Explicit Learning Encoding, but Not on Storage and Retrieval, and Was Not Associated With Sleep Patterns-Results From the Trier Social Stress Test for Children (TSST-C) Among 9-Years Old Children. <i>Frontiers in Psychology</i> , 2018 , 9, 2240	3.4	5
18	Institutional rearing is associated with lower general life satisfaction in adulthood. <i>Journal of Research in Personality</i> , 2014 , 48, 93-97	2.8	4
17	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	7.9	4
16	Comparative Evaluation of Parental Stress Experiences Up to 2 to 3 Years After Preterm and Term Birth. <i>Advances in Neonatal Care</i> , 2020 , 20, 301-313	2	4
15	Personality traits relate to chronotype at both the phenotypic and genetic level. <i>Journal of Personality</i> , 2021 , 89, 1206-1222	4.4	4
14	Parent-reported early sleep problems and internalising, externalising and dysregulation symptoms in toddlers. <i>BMJ Paediatrics Open</i> , 2020 , 4, e000622	2.4	4
13	Growing up with a single mother and life satisfaction in adulthood: A test of mediating and moderating factors. <i>PLoS ONE</i> , 2017 , 12, e0179639	3.7	3
12	Intraindividual Variability and Temporal Stability of Mid-Sleep on Free and Workdays. <i>Journal of Biological Rhythms</i> , 2021 , 36, 169-184	3.2	3
11	Comparison of Blood Pressure and Kidney Markers between Adolescent Former Preterm Infants and Term Controls. <i>Children</i> , 2020 , 7,	2.8	3
10	Effects of a 20 minutes delay in school start time on bed and wake up times, daytime tiredness, behavioral persistence, and positive attitude towards life in adolescents. <i>Sleep Medicine</i> , 2020 , 66, 103-109	4.6	3
9	Physical Activity, Mental Health, and Well-Being in Very Pre-Term and Term Born Adolescents: An Individual Participant Data Meta-Analysis of Two Accelerometry Studies. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	2
8	Correspondence of maternal and paternal perception of school-aged children@ sleep with in-home sleep-electroencephalography and diary-reports of children@ sleep. <i>Sleep Medicine</i> , 2018 , 48, 180-186	4.6	2

7	Maternal postpartum depressive symptoms partially mediate the association between preterm birth and mental and behavioral disorders in children.. <i>Scientific Reports</i> , 2022 , 12, 947	4.9	○
6	Subjective Well-Being and Self-Esteem in Preterm Born Adolescents: An Individual Participant Data Meta-Analysis. <i>Journal of Developmental and Behavioral Pediatrics</i> , 2021 , 42, 613-620	2.4	○
5	Very preterm birth and cognitive control: The mediating roles of motor skills and physical fitness. <i>Developmental Cognitive Neuroscience</i> , 2021 , 49, 100956	5.5	○
4	Participation in Club Sport in Childhood Is Associated with Mental Health in Preterm and Term Born Adolescents 2021 , 52,		
3	Optimism in adults born preterm: Systematic review and individual-participant-data meta-analysis. <i>PLoS ONE</i> , 2021 , 16, e0259463	3.7	
2	Optimismus und Pessimismus bei Vorschulkindern. <i>Diagnostica</i> , 2012 , 58, 64-74	0.8	
1	Changes in emotional problems, hyperactivity and conduct problems in moderate to late preterm children and adolescents born between 1958 and 2002 in the United Kingdom. <i>JCPP Advances</i> , 2021 , 1, e12018		