

# Sakari Lemola

## List of Publications by Year in Descending Order

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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	Maternal postpartum depressive symptoms partially mediate the association between preterm birth and mental and behavioral disorders in children.. <i>Scientific Reports</i> , <b>2022</b> , 12, 947	4.9	0
77	Intraindividual Variability and Temporal Stability of Mid-Sleep on Free and Workdays. <i>Journal of Biological Rhythms</i> , <b>2021</b> , 36, 169-184	3.2	3
76	Participation in Club Sport in Childhood Is Associated with Mental Health in Preterm and Term Born Adolescents <b>2021</b> , 52,		
75	Optimism in adults born preterm: Systematic review and individual-participant-data meta-analysis. <i>PLoS ONE</i> , <b>2021</b> , 16, e0259463	3.7	
74	Subjective Well-Being and Self-Esteem in Preterm Born Adolescents: An Individual Participant Data Meta-Analysis. <i>Journal of Developmental and Behavioral Pediatrics</i> , <b>2021</b> , 42, 613-620	2.4	0
73	Relations between fine motor skills and intelligence in typically developing children and children with attention deficit hyperactivity disorder. <i>Research in Developmental Disabilities</i> , <b>2021</b> , 110, 103855	2.7	5
72	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> , <b>2021</b> , 21, 782	4.1	5
71	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> , <b>2021</b> , 1, e12018		
70	Very preterm birth and cognitive control: The mediating roles of motor skills and physical fitness. <i>Developmental Cognitive Neuroscience</i> , <b>2021</b> , 49, 100956	5.5	0
69	Personality traits relate to chronotype at both the phenotypic and genetic level. <i>Journal of Personality</i> , <b>2021</b> , 89, 1206-1222	4.4	4
68	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> , <b>2021</b> , 11,	3	8
67	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> , <b>2021</b> , 18,	4.6	2
66	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> , <b>2020</b> , 25, 101113	3.7	12
65	Interpersonal Functioning in Borderline Personality Disorder Traits: A Social Media Perspective. <i>Scientific Reports</i> , <b>2020</b> , 10, 1068	4.9	8
64	Midwives@ngagement 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> , <b>2020</b> , 20, 31	3.2	5
63	Comparison of Blood Pressure and Kidney Markers between Adolescent Former Preterm Infants and Term Controls. <i>Children</i> , <b>2020</b> , 7,	2.8	3
62	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> , <b>2020</b> , 61, 1138-1149	7.9	4

61	Comparative Evaluation of Parental Stress Experiences Up to 2 to 3 Years After Preterm and Term Birth. <i>Advances in Neonatal Care</i> , <b>2020</b> , 20, 301-313	2	4
60	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> , <b>2020</b> , 66, 103-109	4.6	3
59	Parent-reported early sleep problems and internalising, externalising and dysregulation symptoms in toddlers. <i>BMJ Paediatrics Open</i> , <b>2020</b> , 4, e000622	2.4	4
58	The association between sleep and dual-task performance in preterm and full-term children: an exploratory study. <i>Sleep Medicine</i> , <b>2019</b> , 55, 100-108	4.6	5
57	Long-term effects of pregnancy and childbirth on sleep satisfaction and duration of first-time and experienced mothers and fathers. <i>Sleep</i> , <b>2019</b> , 42,	1.1	35
56	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> , <b>2019</b> , 60, 109-115	4.6	12
55	Media use and insomnia after terror attacks in France. <i>Journal of Psychiatric Research</i> , <b>2018</b> , 98, 47-50	5.2	19
54	Does IQ = IQ? Comparability of Intelligence Test Scores in Typically Developing Children. <i>Assessment</i> , <b>2018</b> , 25, 691-701	3.7	6
53	Heart rate variability and salivary cortisol in very preterm children during school age. <i>Psychoneuroendocrinology</i> , <b>2018</b> , 87, 27-34	5	8
52	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> , <b>2018</b> , 9, 2240	3.4	5
51	Correspondence of maternal and paternal perception of school-aged children's sleep with in-home sleep-electroencephalography and diary-reports of children's sleep. <i>Sleep Medicine</i> , <b>2018</b> , 48, 180-186	4.6	2
50	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> , <b>2017</b> , 35, 426-434	3.6	46
49	Growing up with a single mother and life satisfaction in adulthood: A test of mediating and moderating factors. <i>PLoS ONE</i> , <b>2017</b> , 12, e0179639	3.7	3
48	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> , <b>2017</b> , 12, e0183319	3.7	12
47	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> , <b>2017</b> , 38, 64-70	4.6	27
46	During early and mid-adolescence, greater mental toughness is related to increased sleep quality and quality of life. <i>Journal of Health Psychology</i> , <b>2016</b> , 21, 905-15	3.1	37
45	Habituation as Parameter for Prediction of Mental Development in Healthy Preterm Infants: An Electrophysiological Pilot Study. <i>Journal of Child Neurology</i> , <b>2016</b> , 31, 1591-1597	2.5	7
44	Salivary and hair glucocorticoids and sleep in very preterm children during school age. <i>Psychoneuroendocrinology</i> , <b>2016</b> , 72, 166-74	5	27

43	Poor Sleep Is Related to Lower Emotional Competence Among Adolescents. <i>Behavioral Sleep Medicine</i> , <b>2016</b> , 14, 602-14	4.2	53
42	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> , <b>2016</b> , 12, 1571-9	3.1	24
41	Examining Dark Triad traits in relation to mental toughness and physical activity in young adults. <i>Neuropsychiatric Disease and Treatment</i> , <b>2016</b> , 12, 229-35	3.1	32
40	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> , <b>2016</b> , 7, 352	3.4	26
39	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> , <b>2016</b> , 7, 1221	3.4	21
38	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> , <b>2016</b> , 16, 174	4.2	87
37	Examining Dark Triad traits in relation to sleep disturbances, anxiety sensitivity and intolerance of uncertainty in young adults. <i>Comprehensive Psychiatry</i> , <b>2016</b> , 68, 103-10	7.3	26
36	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> , <b>2016</b> , 44, 245-9	2.6	19
35	Morning cortisol secretion in school-age children is related to the sleep pattern of the preceding night. <i>Psychoneuroendocrinology</i> , <b>2015</b> , 52, 297-301	5	31
34	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> , <b>2015</b> , 60, 141-7	5.2	27
33	Adolescents' electronic media use at night, sleep disturbance, and depressive symptoms in the smartphone age. <i>Journal of Youth and Adolescence</i> , <b>2015</b> , 44, 405-18	4.5	409
32	Intraindividual long-term stability of sleep electroencephalography in school-aged children. <i>Sleep Medicine</i> , <b>2015</b> , 16, 1348-1351	4.6	7
31	Perfectionism related to self-reported insomnia severity, but not when controlled for stress and emotion regulation. <i>Neuropsychiatric Disease and Treatment</i> , <b>2015</b> , 11, 263-71	3.1	35
30	Gait in Very Preterm School-Aged Children in Dual-Task Paradigms. <i>PLoS ONE</i> , <b>2015</b> , 10, e0144363	3.7	17
29	Long-Term Outcomes of Very Preterm Birth. <i>European Psychologist</i> , <b>2015</b> , 20, 128-137	4.4	13
28	Sleep duration and subjective psychological well-being in adolescence: a longitudinal study in Switzerland and Norway. <i>Neuropsychiatric Disease and Treatment</i> , <b>2014</b> , 10, 1199-207	3.1	27
27	"Sleep well, our tough heroes!"--in adolescence, greater mental toughness is related to better sleep schedules. <i>Behavioral Sleep Medicine</i> , <b>2014</b> , 12, 444-54	4.2	37
26	In school-age children who were born very preterm sleep efficiency is associated with cognitive function. <i>Neuropsychobiology</i> , <b>2014</b> , 70, 244-252	4	18

25	Institutional rearing is associated with lower general life satisfaction in adulthood. <i>Journal of Research in Personality</i> , <b>2014</b> , 48, 93-97	2.8	4
24	Adolescents with greater mental toughness show higher sleep efficiency, more deep sleep and fewer awakenings after sleep onset. <i>Journal of Adolescent Health</i> , <b>2014</b> , 54, 109-13	5.8	73
23	Sleep, Aggression, and Psychosocial Adjustment in Male Prisoners. <i>Swiss Journal of Psychology</i> , <b>2014</b> , 73, 167-176	0.8	11
22	Control beliefs are related to smoking prevention in prenatal care. <i>Journal of Evaluation in Clinical Practice</i> , <b>2013</b> , 19, 948-52	2.5	6
21	Optimism and self-esteem are related to sleep. Results from a large community-based sample. <i>International Journal of Behavioral Medicine</i> , <b>2013</b> , 20, 567-71	2.6	59
20	Trajectories of physical growth and personality dimensions of the Five-Factor Model. <i>Journal of Personality and Social Psychology</i> , <b>2013</b> , 105, 154-69	6.5	16
19	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> , <b>2013</b> , 36, 311-8	3.4	79
18	Are adolescents with high mental toughness levels more resilient against stress?. <i>Stress and Health</i> , <b>2013</b> , 29, 164-71	3.7	94
17	Variability of sleep duration is related to subjective sleep quality and subjective well-being: an actigraphy study. <i>PLoS ONE</i> , <b>2013</b> , 8, e71292	3.7	164
16	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> , <b>2013</b> , 68, 721-9	4.6	25
15	Adolescents Exercise and physical activity are associated with mental toughness. <i>Mental Health and Physical Activity</i> , <b>2012</b> , 5, 35-42	5	71
14	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> , <b>2012</b> , 33, 176-84	3.6	33
13	Interparental conflict and early adolescents aggression: is irregular sleep a vulnerability factor?. <i>Journal of Adolescence</i> , <b>2012</b> , 35, 97-105	3.4	45
12	Optimismus und Pessimismus bei Vorschulkindern. <i>Diagnostica</i> , <b>2012</b> , 58, 64-74	0.8	
11	Sleep quantity, quality and optimism in children. <i>Journal of Sleep Research</i> , <b>2011</b> , 20, 12-20	5.8	57
10	Association of moderate alcohol use and binge drinking during pregnancy with neonatal health. <i>Alcoholism: Clinical and Experimental Research</i> , <b>2011</b> , 35, 1669-77	3.7	30
9	Habitual computer game playing at night is related to depressive symptoms. <i>Personality and Individual Differences</i> , <b>2011</b> , 51, 117-122	3.3	58
8	A new measure for dispositional optimism and pessimism in young children. <i>European Journal of Personality</i> , <b>2010</b> , 24, 71-84	5.1	16

7	Correspondence Between the General Ability to Discriminate Sensory Stimuli and General Intelligence. <i>Journal of Individual Differences</i> , <b>2010</b> , 31, 46-56	1.8	17
6	Infant irritability: The impact of fetal alcohol exposure, maternal depressive symptoms, and low emotional support from the husband. <i>Infant Mental Health Journal</i> , <b>2009</b> , 30, 57-81	2.3	9
5	Postpartum depressive symptoms in the first 17 months after childbirth: the impact of an emotionally supportive partnership. <i>International Journal of Public Health</i> , <b>2009</b> , 54, 333-9		15
4	Prenatal origins of poor sleep in children. <i>Sleep</i> , <b>2009</b> , 32, 1086-92	1.1	62
3	Smoking cessation during pregnancy and relapse after childbirth: the impact of the grandmother's smoking status. <i>Maternal and Child Health Journal</i> , <b>2008</b> , 12, 525-33	2.4	19
2	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> , <b>2007</b> , 25, 190-202 <sup>9</sup>	2.9	60
1	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> , <b>2006</b> , 27, 211-24	3.6	38