

# Jesús Montero-Marín

## List of Publications by Year in descending order

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115  
papers

4,035  
citations

117625

34  
h-index

168389

53  
g-index

130  
all docs

130  
docs citations

130  
times ranked

4071  
citing authors

#	ARTICLE	IF	CITATIONS
1	Internet-Based Cognitive Behavioral Therapy for Depression. <i>JAMA Psychiatry</i> , 2021, 78, 361.	11.0	398
2	Examining the factor structure of the Self-Compassion Scale in 20 diverse samples: Support for use of a total score and six subscale scores.. <i>Psychological Assessment</i> , 2019, 31, 27-45.	1.5	208
3	Validation of the Spanish versions of the long (26 items) and short (12 items) forms of the Self-Compassion Scale (SCS). <i>Health and Quality of Life Outcomes</i> , 2014, 12, 4.	2.4	178
4	The Efficacy of Mindfulness-Based Interventions in Primary Care: A Meta-Analytic Review. <i>Annals of Family Medicine</i> , 2015, 13, 573-582.	1.9	118
5	Perceived injustice in fibromyalgia: Psychometric characteristics of the Injustice Experience Questionnaire and relationship with pain catastrophising and pain acceptance. <i>Journal of Psychosomatic Research</i> , 2012, 73, 86-91.	2.6	105
6	Dismantling, optimising, and personalising internet cognitive behavioural therapy for depression: a systematic review and component network meta-analysis using individual participant data. <i>Lancet Psychiatry</i> , 2021, 8, 500-511.	7.4	105
7	Evaluation of a Mindfulness-Based Intervention With and Without Virtual Reality Dialectical Behavior Therapy® Mindfulness Skills Training for the Treatment of Generalized Anxiety Disorder in Primary Care: A Pilot Study. <i>Frontiers in Psychology</i> , 2019, 10, 55.	2.1	93
8	Mindfulness, perceived stress, and subjective well-being: a correlational study in primary care health professionals. <i>BMC Complementary and Alternative Medicine</i> , 2015, 15, 303.	3.7	88
9	The role of aggressions suffered by healthcare workers as predictors of burnout. <i>Journal of Clinical Nursing</i> , 2013, 22, 3120-3129.	3.0	84
10	Mindfulness, Resilience, and Burnout Subtypes in Primary Care Physicians: The Possible Mediating Role of Positive and Negative Affect. <i>Frontiers in Psychology</i> , 2015, 6, 1895.	2.1	81
11	Burnout Subtypes and Absence of Self-Compassion in Primary Healthcare Professionals: A Cross-Sectional Study. <i>PLoS ONE</i> , 2016, 11, e0157499.	2.5	75
12	Coping with Stress and Types of Burnout: Explanatory Power of Different Coping Strategies. <i>PLoS ONE</i> , 2014, 9, e89090.	2.5	74
13	Efficacy of 8- and 4-Session Mindfulness-Based Interventions in a Non-clinical Population: A Controlled Study. <i>Frontiers in Psychology</i> , 2017, 8, 1343.	2.1	68
14	Effects of Mindfulness-Based Interventions on Salivary Cortisol in Healthy Adults: A Meta-Analytical Review. <i>Frontiers in Physiology</i> , 2016, 7, 471.	2.8	67
15	The Effect of Swimming During Childhood and Adolescence on Bone Mineral Density: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2016, 46, 365-379.	6.5	62
16	Effectiveness and cost-effectiveness of universal school-based mindfulness training compared with normal school provision in reducing risk of mental health problems and promoting well-being in adolescence: the MYRIAD cluster randomised controlled trial. <i>Evidence-Based Mental Health</i> , 2022, 25, 99-109.	4.5	62
17	A new definition of burnout syndrome based on Farber's proposal. <i>Journal of Occupational Medicine and Toxicology</i> , 2009, 4, 31.	2.2	59
18	An Internet-Based Intervention for Depression in Primary Care in Spain: A Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2016, 18, e231.	4.3	59

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19	Peripheral immune aberrations in fibromyalgia: A systematic review, meta-analysis and meta-regression. <i>Brain, Behavior, and Immunity</i> , 2020, 87, 881-889.	4.1	58
20	A randomized controlled efficacy trial of mindfulness-based stress reduction compared with an active control group and usual care for fibromyalgia: the EUDAIMON study. <i>Pain</i> , 2019, 160, 2508-2523.	4.2	56
21	Zen meditation, Length of Telomeres, and the Role of Experiential Avoidance and Compassion. <i>Mindfulness</i> , 2016, 7, 651-659.	2.8	55
22	A newer and broader definition of burnout: Validation of the "Burnout Clinical Subtype Questionnaire (BCSQ-36)". <i>BMC Public Health</i> , 2010, 10, 302.	2.9	54
23	Immune-inflammatory pathways and clinical changes in fibromyalgia patients treated with Mindfulness-Based Stress Reduction (MBSR): A randomized, controlled clinical trial. <i>Brain, Behavior, and Immunity</i> , 2019, 80, 109-119.	4.1	50
24	Effects of Mindfulness-Based Interventions on Biomarkers and Low-Grade Inflammation in Patients with Psychiatric Disorders: A Meta-Analytic Review. <i>International Journal of Molecular Sciences</i> , 2020, 21, 2484.	4.1	49
25	Efficacy of "Attachment-Based Compassion Therapy" in the Treatment of Fibromyalgia: A Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2017, 8, 307.	2.6	47
26	Sociodemographic and occupational risk factors associated with the development of different burnout types: the cross-sectional University of Zaragoza study. <i>BMC Psychiatry</i> , 2011, 11, 49.	2.6	46
27	Effects of mindfulness-based interventions on biomarkers in healthy and cancer populations: a systematic review. <i>BMC Complementary and Alternative Medicine</i> , 2017, 17, 125.	3.7	46
28	Self-Compassion and Cultural Values: A Cross-Cultural Study of Self-Compassion Using a Multitrait-Multimethod (MTMM) Analytical Procedure. <i>Frontiers in Psychology</i> , 2018, 9, 2638.	2.1	46
29	Self-Criticism: A Measure of Uncompassionate Behaviors Toward the Self, Based on the Negative Components of the Self-Compassion Scale. <i>Frontiers in Psychology</i> , 2016, 7, 1281.	2.1	45
30	School-based mindfulness training in early adolescence: what works, for whom and how in the MYRIAD trial?. <i>Evidence-Based Mental Health</i> , 2022, 25, 117-124.	4.5	45
31	Reassessment of the Psychometric Characteristics and Factor Structure of the "Perceived Stress Questionnaire" (PSQ): Analysis in a Sample of Dental Students. <i>PLoS ONE</i> , 2014, 9, e87071.	2.5	44
32	Towards a brief definition of burnout syndrome by subtypes: Development of the "Burnout Clinical Subtypes Questionnaire" (BCSQ-12). <i>Health and Quality of Life Outcomes</i> , 2011, 9, 74.	2.4	40
33	Psychological Effects of a 1-Month Meditation Retreat on Experienced Meditators: The Role of Non-attachment. <i>Frontiers in Psychology</i> , 2016, 7, 1935.	2.1	38
34	Burnout syndrome among dental students: a short version of the "Burnout Clinical Subtype Questionnaire" adapted for students (BCSQ-12-SS). <i>BMC Medical Education</i> , 2011, 11, 103.	2.4	35
35	Frequency of Self-reported Unpleasant Events and Harm in a Mindfulness-Based Program in Two General Population Samples. <i>Mindfulness</i> , 2021, 12, 763-774.	2.8	34
36	Understanding burnout according to individual differences: ongoing explanatory power evaluation of two models for measuring burnout types. <i>BMC Public Health</i> , 2012, 12, 922.	2.9	32

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37	Meditation techniques <i>v</i>. relaxation therapies when treating anxiety: a meta-analytic review. <i>Psychological Medicine</i> , 2019, 49, 2118-2133.	4.5	32
38	Reducing stress and promoting well-being in healthcare workers using mindfulness-based cognitive therapy for life. <i>International Journal of Clinical and Health Psychology</i> , 2021, 21, 100227.	5.1	32
39	The Role of Schools in Early Adolescentsâ€™ Mental Health: Findings From the MYRIAD Study. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2021, 60, 1467-1478.	0.5	31
40	Expectations Among Patients and Health Professionals Regarding Web-Based Interventions for Depression in Primary Care: A Qualitative Study. <i>Journal of Medical Internet Research</i> , 2015, 17, e67.	4.3	31
41	Mindfulness-Based Programs: Why, When, and How to Adapt?. <i>Global Advances in Health and Medicine</i> , 2022, 11, 216495612110688.	1.6	31
42	Epigenetic Response to Mindfulness in Peripheral Blood Leukocytes Involves Genes Linked to Common Human Diseases. <i>Mindfulness</i> , 2018, 9, 1146-1159.	2.8	30
43	Mindfulness may both moderate and mediate the effect of physical fitness on cardiovascular responses to stress: a speculative hypothesis. <i>Frontiers in Physiology</i> , 2014, 5, 105.	2.8	29
44	Impact of mindfulness and self-compassion on anxiety and depression: The mediating role of resilience. <i>International Journal of Clinical and Health Psychology</i> , 2021, 21, 100229.	5.1	28
45	Detecting depression among adolescents in Santiago, Chile: sex differences. <i>BMC Psychiatry</i> , 2013, 13, 122.	2.6	27
46	Mental health among children and adolescents: Construct validity, reliability, and parent-adolescent agreement on the â€œStrengths and Difficulties Questionnaireâ€™ in Chile. <i>PLoS ONE</i> , 2018, 13, e0191809.	2.5	26
47	Universal Mindfulness Training in Schools for Adolescents: a Scoping Review and Conceptual Model of Moderators, Mediators, and Implementation Factors. <i>Prevention Science</i> , 2022, 23, 934-953.	2.6	26
48	Exploring the Relationship Between the Acceptability of an Internet-Based Intervention for Depression in Primary Care and Clinical Outcomes: Secondary Analysis of a Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2019, 10, 325.	2.6	25
49	Effects of Attachment-Based Compassion Therapy (ABCT) on Self-compassion and Attachment Style in Healthy People. <i>Mindfulness</i> , 2020, 11, 51-62.	2.8	25
50	Swimming and peak bone mineral density: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2018, 36, 1-13.	2.0	24
51	Machine Learning to Understand the Immune-Inflammatory Pathways in Fibromyalgia. <i>International Journal of Molecular Sciences</i> , 2019, 20, 4231.	4.1	24
52	Perceived Stress Latent Factors and the Burnout Subtypes: A Structural Model in Dental Students. <i>PLoS ONE</i> , 2014, 9, e99765.	2.5	24
53	Validation of the Spanish version of the Multidimensional State Boredom Scale (MSBS). <i>Health and Quality of Life Outcomes</i> , 2015, 13, 59.	2.4	23
54	Is cognitiveâ€™behavioural therapy more effective than relaxation therapy in the treatment of anxiety disorders? A meta-analysis. <i>Psychological Medicine</i> , 2018, 48, 1427-1436.	4.5	23

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55	Effects of attachment-based compassion therapy (ABCT) on brain-derived neurotrophic factor and low-grade inflammation among fibromyalgia patients: A randomized controlled trial. <i>Scientific Reports</i> , 2019, 9, 15639.	3.3	23
56	Efficacy of a mindfulness-based programme with and without virtual reality support to reduce stress in university students: A randomized controlled trial. <i>Behaviour Research and Therapy</i> , 2021, 142, 103866.	3.1	23
57	A factor confirmation and convergent validity of the "areas of worklife scale" (AWS) to Spanish translation. <i>Health and Quality of Life Outcomes</i> , 2013, 11, 63.	2.4	21
58	Validation of Five Facets Mindfulness Questionnaire " Short form, in Spanish, general health care services patients sample: Prediction of depression through mindfulness scale. <i>PLoS ONE</i> , 2019, 14, e0214503.	2.5	21
59	<p>Relation of the Psychological Constructs of Resilience, Mindfulness, and Self-Compassion on the Perception of Physical and Mental Health</p>. <i>Psychology Research and Behavior Management</i> , 2019, Volume 12, 1155-1166.	2.8	21
60	Telomere length correlates with subtelomeric DNA methylation in long-term mindfulness practitioners. <i>Scientific Reports</i> , 2020, 10, 4564.	3.3	21
61	Teachers "finding peace in a frantic world": An experimental study of self-taught and instructor-led mindfulness program formats on acceptability, effectiveness, and mechanisms.. <i>Journal of Educational Psychology</i> , 2021, 113, 1689-1708.	2.9	21
62	Efficacy of Neurofeedback on the Increase of Mindfulness-Related Capacities in Healthy Individuals: a Controlled Trial. <i>Mindfulness</i> , 2018, 9, 303-311.	2.8	20
63	The Mental Health and Wellbeing of University Students: Acceptability, Effectiveness, and Mechanisms of a Mindfulness-Based Course. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6023.	2.6	20
64	Expectations, experiences and attitudes of patients and primary care health professionals regarding online psychotherapeutic interventions for depression: protocol for a qualitative study. <i>BMC Psychiatry</i> , 2013, 13, 64.	2.6	19
65	How to reduce the number of rating scale items without predictability loss?. <i>Scientometrics</i> , 2017, 111, 581-593.	3.0	19
66	Effectiveness of universal school-based mindfulness training compared with normal school provision on teacher mental health and school climate: results of the MYRIAD cluster randomised controlled trial. <i>Evidence-Based Mental Health</i> , 2022, 25, 125-134.	4.5	18
67	Validation of the Spanish Version of the Psychological Sense of School Membership (PSSM) Scale in Chilean Adolescents and Its Association with School-Related Outcomes and Substance Use. <i>Frontiers in Psychology</i> , 2016, 7, 1901.	2.1	16
68	The "sociotype" construct: Gauging the structure and dynamics of human sociality. <i>PLoS ONE</i> , 2017, 12, e0189568.	2.5	16
69	Training School Teachers to Deliver a Mindfulness Program: Exploring Scalability, Acceptability, Effectiveness, and Cost-effectiveness. <i>Global Advances in Health and Medicine</i> , 2020, 9, 216495612096473.	1.6	16
70	Facilitators and barriers to modifying dietary and hygiene behaviours as adjuvant treatment in patients with depression in primary care: a qualitative study. <i>BMC Psychiatry</i> , 2018, 18, 205.	2.6	15
71	Mindfulness as a complementary intervention in the treatment of overweight and obesity in primary health care: study protocol for a randomised controlled trial. <i>Trials</i> , 2018, 19, 277.	1.6	15
72	Causes of discomfort in the academic workplace and their associations with the different burnout types: a mixed-methodology study. <i>BMC Public Health</i> , 2013, 13, 1240.	2.9	14

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73	Protective role of mindfulness, self-compassion and psychological flexibility on the burnout subtypes among psychology and nursing undergraduate students. <i>Journal of Advanced Nursing</i> , 2021, 77, 3398-3411.	3.3	14
74	Attachment-Based Compassion Therapy for Ameliorating Fibromyalgia: Mediating Role of Mindfulness and Self-Compassion. <i>Mindfulness</i> , 2020, 11, 816-828.	2.8	13
75	Frenetic, under-Challenged, and Worn-out Burnout Subtypes among Brazilian Primary Care Personnel: Validation of the Brazilian "Burnout Clinical Subtype Questionnaire" (BCSQ-36/BCSQ-12). <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1081.	2.6	13
76	Effectiveness of mindfulness-based stress reduction and attachment-based compassion therapy for the treatment of depressive, anxious, and adjustment disorders in mental health settings: A randomized controlled trial. <i>Depression and Anxiety</i> , 2021, 38, 1138-1151.	4.1	13
77	Efficacy of a mindful-eating programme to reduce emotional eating in patients suffering from overweight or obesity in primary care settings: a cluster-randomised trial protocol. <i>BMJ Open</i> , 2019, 9, e031327.	1.9	13
78	Adicción al ejercicio medida a través del Exercise Addiction Inventory (EAI) y salud en deportistas habituales. Una revisión sistemática y meta-análisis. <i>Revista De Psicología De La Salud</i> , 2019, 31, 233.	0.5	13
79	Feasibility, Effectiveness, and Mechanisms of a Brief Mindfulness- and Compassion-Based Program to Reduce Stress in University Students: A Pilot Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 154.	2.6	13
80	Effectiveness of a brief psychological mindfulness-based intervention for the treatment of depression in primary care: study protocol for a randomized controlled clinical trial. <i>BMC Psychiatry</i> , 2019, 19, 301.	2.6	12
81	Implementing a training program to promote mindful, empathic, and pro-environmental attitudes in the classroom: a controlled exploratory study with elementary school students. <i>Current Psychology</i> , 2022, 41, 4422-4430.	2.8	12
82	Update to the effectiveness and cost-effectiveness of a mindfulness training programme in schools compared with normal school provision (MYRIAD): study protocol for a randomised controlled trial. <i>Trials</i> , 2021, 22, 254.	1.6	12
83	Impact of a Blended Web-Based Mindfulness Programme for General Practitioners: a Pilot Study. <i>Mindfulness</i> , 2018, 9, 129-139.	2.8	11
84	A mindfulness and compassion-based program applied to pregnant women and their partners to decrease depression symptoms during pregnancy and postpartum: study protocol for a randomized controlled trial. <i>Trials</i> , 2019, 20, 654.	1.6	11
85	Mindfulness-Based Program Plus Amygdala and Insula Retraining (MAIR) for the Treatment of Women with Fibromyalgia: A Pilot Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , 2020, 9, 3246.	2.4	11
86	Feasibility and Effectiveness of a Workplace-Adapted Mindfulness-Based Programme to Reduce Stress in Workers at a Private Sector Logistics Company: An Exploratory Mixed Methods Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1643.	2.6	11
87	How can we estimate QALYs based on PHQ-9 scores? Equipercentile linking analysis of PHQ-9 and EQ-5D. <i>Evidence-Based Mental Health</i> , 2021, 24, 97-101.	4.5	11
88	Hanging ability in climbing: an approach by finger hangs on adjusted depth edges in advanced and elite sport climbers. <i>International Journal of Performance Analysis in Sport</i> , 2018, 18, 437-450.	1.1	10
89	Testing the Intermediary Role of Perceived Stress in the Relationship between Mindfulness and Burnout Subtypes in a Large Sample of Spanish University Students. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7013.	2.6	10
90	Fifteen Years Controlling Unwanted Thoughts: A Systematic Review of the Thought Control Ability Questionnaire (TCAQ). <i>Frontiers in Psychology</i> , 2019, 10, 1446.	2.1	9

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91	Religiosity and Meditation Practice: Exploring Their Explanatory Power on Psychological Adjustment. <i>Frontiers in Psychology</i> , 2019, 10, 630.	2.1	9
92	Towards a conceptual framework of the working alliance in a blended low-intensity cognitive behavioural therapy intervention for depression in primary mental health care: a qualitative study. <i>BMJ Open</i> , 2020, 10, e036299.	1.9	9
93	Burned or engaged teachers? The role of mindfulness, self-efficacy, teacher and students' relationships, and the mediating role of intrapersonal and interpersonal mindfulness. <i>Current Psychology</i> , 2023, 42, 11719-11732.	2.8	9
94	Exploring the Wisdom Structure: Validation of the Spanish New Short Three-Dimensional Wisdom Scale (3D-WS) and Its Explanatory Power on Psychological Health-Related Variables. <i>Frontiers in Psychology</i> , 2018, 9, 692.	2.1	8
95	Attachment-based compassion therapy and adapted mindfulness-based stress reduction for the treatment of depressive, anxious and adjustment disorders in mental health settings: a randomised controlled clinical trial protocol. <i>BMJ Open</i> , 2019, 9, e029909.	1.9	8
96	Cost-Utility of Attachment-Based Compassion Therapy (ABCT) for Fibromyalgia Compared to Relaxation: A Pilot Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , 2020, 9, 726.	2.4	8
97	Psychometric Properties of the 15-Item Five Facet Mindfulness Questionnaire in a Large Sample of Spanish Pilgrims. <i>Mindfulness</i> , 2021, 12, 852-862.	2.8	8
98	Anxiety and Depression during COVID-19 in Elite Rugby Players: The Role of Mindfulness Skills. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11940.	2.6	8
99	The impact of mindfulness training in early adolescence on affective executive control, and on later mental health during the COVID-19 pandemic: a randomised controlled trial. <i>Evidence-Based Mental Health</i> , 2022, 25, 110-116.	4.5	8
100	Subtipos de burnout e implicaciones clínicas: Una propuesta teórica basada en abordajes terapéuticos específicos. <i>Revista De Psicopatología Y Psicología Clínica</i> , 2017, 21, 231.	0.2	7
101	Adolescent Lifestyle Profile-Revised 2: validity and reliability among adolescents in Chile. <i>Jornal De Pediatria</i> , 2021, 97, 52-60.	2.0	7
102	Validez factorial de la estructura del cuestionario breve de Burnout (CBB) en una muestra de docentes en Aragón. <i>Revista De Psicopatología Y Psicología Clínica</i> , 2009, 14, .	0.2	6
103	Examining the psychometric properties of the burnout clinical subtype questionnaire (BCSQ-12) in secondary school teachers. <i>Current Psychology</i> , 2019, 40, 3809.	2.8	6
104	Utilidad de los marcadores biológicos en la detección precoz y prevención del síndrome de burnout [Usefulness of biological markers in early detection and prevention of burnout syndrome]. <i>Revista De Psicopatología Y Psicología Clínica</i> , 2014, 18, 245.	0.2	5
105	The efficacy and pattern of use of a computer-assisted programme for the treatment of anxiety: A naturalistic study using mixed methods in primary care in Spain. <i>Journal of Affective Disorders</i> , 2015, 175, 184-191.	4.1	5
106	Too Much of a Good Thing: A Neuro-Dynamic Personality Model Explaining Engagement and Its Protective Inhibition. <i>Advances in Motivation and Achievement: A Research Annual</i> , 2016, , 283-319.	0.3	5
107	Feasibility and Effectiveness of a Mindfulness-Based Program Vs. Relaxation in the Treatment of Burnout in Brazilian Primary Care Providers: a Mixed-Methods Pragmatic Controlled Study. <i>Mindfulness</i> , 2020, 11, 2573-2588.	2.8	4
108	Assessing mindfulness and self-compassion facets as mediators of change in patients with depressive, anxious and adjustment disorders: Secondary data analysis of a randomized controlled trial. <i>Journal of Contextual Behavioral Science</i> , 2022, 24, 171-178.	2.6	4

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109	The finger flexors occlusion threshold in sportâ€limbers: an exploratory study on its indirect approximation. <i>European Journal of Sport Science</i> , 2021, 21, 1234-1242.	2.7	3
110	Decentering, Acceptance, and Non-Attachment: Challenging the Question â€œIs It Me?â€ Frontiers in Psychiatry, 2021, 12, 659835.	2.6	2
111	The Gambling Habits of University Students in Aragon, Spain: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4553.	2.6	2
112	Areas of work-life in Spanish hostelry professionals: explanatory power on burnout dimensions. <i>Health and Quality of Life Outcomes</i> , 2019, 17, 133.	2.4	1
113	A role of serotonin and the insula in vigor: Tracking environmental and physiological resources. <i>Behavioral and Brain Sciences</i> , 2021, 44, e136.	0.7	1
114	Testing the Efficacy of â€Unlearningâ€™, a Mindfulness and Compassion-Based Programme for Cultivating Nonviolence in Teenagers: A Randomised Controlled Trial. <i>Frontiers in Psychology</i> , 2021, 12, 717736.	2.1	1
115	Effects of mindfulness-based interventions on biomarkers in psychiatric disorders: a systematic review. <i>European Neuropsychopharmacology</i> , 2019, 29, S247-S248.	0.7	0