

Jesús Montero-Marín

List of Publications by Year in descending order

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Version: 2024-02-01

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	Burned or engaged teachers? The role of mindfulness, self-efficacy, teacher and studentsâ€™ relationships, and the mediating role of intrapersonal and interpersonal mindfulness. <i>Current Psychology</i> , 2023, 42, 11719-11732.	2.8	9
2	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
3	Mindfulness-Based Programs: Why, When, and How to Adapt?. <i>Global Advances in Health and Medicine</i> , 2022, 11, 216495612110688.	1.6	31
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	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
12	The finger flexors occlusion threshold in sportâ€™climbers: an exploratory study on its indirect approximation. <i>European Journal of Sport Science</i> , 2021, 21, 1234-1242.	2.7	3
13	Adolescent Lifestyle Profile-Revised 2: validity and reliability among adolescents in Chile. <i>Jornal De Pediatria</i> , 2021, 97, 52-60.	2.0	7
14	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
15	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
16	How can we estimate QALYs based on PHQ-9 scores? Equipercetile linking analysis of PHQ-9 and EQ-5D. <i>Evidence-Based Mental Health</i> , 2021, 24, 97-101.	4.5	11
17	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
18	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

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19	Internet-Based Cognitive Behavioral Therapy for Depression. <i>JAMA Psychiatry</i> , 2021, 78, 361.	11.0	398
20	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
21	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
22	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
23	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
24	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
25	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
26	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
27	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
28	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
29	Decentering, Acceptance, and Non-Attachment: Challenging the Question "Is It Me?". <i>Frontiers in Psychiatry</i> , 2021, 12, 659835.	2.6	2
30	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
31	Testing the Efficacy of "Unlearning"™, 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
32	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
33	Attachment-Based Compassion Therapy for Ameliorating Fibromyalgia: Mediating Role of Mindfulness and Self-Compassion. <i>Mindfulness</i> , 2020, 11, 816-828.	2.8	13
34	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
35	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
36	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

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37	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
38	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
39	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
40	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
41	Telomere length correlates with subtelomeric DNA methylation in long-term mindfulness practitioners. <i>Scientific Reports</i> , 2020, 10, 4564.	3.3	21
42	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
43	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
44	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
45	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
46	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
47	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
48	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
49	Machine Learning to Understand the Immune-Inflammatory Pathways in Fibromyalgia. <i>International Journal of Molecular Sciences</i> , 2019, 20, 4231.	4.1	24
50	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
51	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
52	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
53	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
54	Effects of mindfulness-based interventions on biomarkers in psychiatric disorders: a systematic review. <i>European Neuropsychopharmacology</i> , 2019, 29, S247-S248.	0.7	0

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55	Validation of Five Facets Mindfulness Questionnaire " Short form, in Spanish, general health care services patients sample: Prediction of depression through mindfulness scale. PLoS ONE, 2019, 14, e0214503.	2.5	21
56	Religiosity and Meditation Practice: Exploring Their Explanatory Power on Psychological Adjustment. Frontiers in Psychology, 2019, 10, 630.	2.1	9
57	Immune-inflammatory pathways and clinical changes in fibromyalgia patients treated with Mindfulness-Based Stress Reduction (MBSR): A randomized, controlled clinical trial. Brain, Behavior, and Immunity, 2019, 80, 109-119.	4.1	50
58	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. BMJ Open, 2019, 9, e029909.	1.9	8
59	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. Trials, 2019, 20, 654.	1.6	11
60	A randomized controlled efficacy trial of mindfulness-based stress reduction compared with an active control group and usual care for fibromyalgia: the EUDAIMON study. Pain, 2019, 160, 2508-2523.	4.2	56
61	<p>Relation of the Psychological Constructs of Resilience, Mindfulness, and Self-Compassion on the Perception of Physical and Mental Health</p>. Psychology Research and Behavior Management, 2019, Volume 12, 1155-1166.	2.8	21
62	Examining the factor structure of the Self-Compassion Scale in 20 diverse samples: Support for use of a total score and six subscale scores.. Psychological Assessment, 2019, 31, 27-45.	1.5	208
63	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. BMJ Open, 2019, 9, e031327.	1.9	13
64	Adicci3n al ejercicio medida a trav3s del Exercise Addiction Inventory (EAI) y salud en deportistas habituales. Una revisi3n sistem4tica y meta-an4lisis. Revista De Psicología De La Salud, 2019, 31, 233.	0.5	13
65	Swimming and peak bone mineral density: A systematic review and meta-analysis. Journal of Sports Sciences, 2018, 36, 1-13.	2.0	24
66	Impact of a Blended Web-Based Mindfulness Programme for General Practitioners: a Pilot Study. Mindfulness, 2018, 9, 129-139.	2.8	11
67	Efficacy of Neurofeedback on the Increase of Mindfulness-Related Capacities in Healthy Individuals: a Controlled Trial. Mindfulness, 2018, 9, 303-311.	2.8	20
68	Is cognitive-behavioural therapy more effective than relaxation therapy in the treatment of anxiety disorders? A meta-analysis. Psychological Medicine, 2018, 48, 1427-1436.	4.5	23
69	Epigenetic Response to Mindfulness in Peripheral Blood Leukocytes Involves Genes Linked to Common Human Diseases. Mindfulness, 2018, 9, 1146-1159.	2.8	30
70	Self-Compassion and Cultural Values: A Cross-Cultural Study of Self-Compassion Using a Multitrait-Multimethod (MTMM) Analytical Procedure. Frontiers in Psychology, 2018, 9, 2638.	2.1	46
71	Hanging ability in climbing: an approach by finger hangs on adjusted depth edges in advanced and elite sport climbers. International Journal of Performance Analysis in Sport, 2018, 18, 437-450.	1.1	10
72	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. Frontiers in Psychology, 2018, 9, 692.	2.1	8

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73	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
74	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
75	Mental health among children and adolescents: Construct validity, reliability, and parent-adolescent agreement on the "Strengths and Difficulties Questionnaire"™ in Chile. <i>PLoS ONE</i> , 2018, 13, e0191809.	2.5	26
76	How to reduce the number of rating scale items without predictability loss?. <i>Scientometrics</i> , 2017, 111, 581-593.	3.0	19
77	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
78	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
79	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
80	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
81	The "sociotype" construct: Gauging the structure and dynamics of human sociality. <i>PLoS ONE</i> , 2017, 12, e0189568.	2.5	16
82	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
83	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
84	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
85	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
86	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
87	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
88	Zen meditation, Length of Telomeres, and the Role of Experiential Avoidance and Compassion. <i>Mindfulness</i> , 2016, 7, 651-659.	2.8	55
89	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
90	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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91	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
92	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
93	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
94	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
95	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
96	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
97	Coping with Stress and Types of Burnout: Explanatory Power of Different Coping Strategies. <i>PLoS ONE</i> , 2014, 9, e89090.	2.5	74
98	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
99	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
100	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
101	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
102	Perceived Stress Latent Factors and the Burnout Subtypes: A Structural Model in Dental Students. <i>PLoS ONE</i> , 2014, 9, e99765.	2.5	24
103	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
104	Detecting depression among adolescents in Santiago, Chile: sex differences. <i>BMC Psychiatry</i> , 2013, 13, 122.	2.6	27
105	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
106	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
107	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
108	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

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109	Understanding burnout according to individual differences: ongoing explanatory power evaluation of two models for measuring burnout types. BMC Public Health, 2012, 12, 922.	2.9	32
110	Sociodemographic and occupational risk factors associated with the development of different burnout types: the cross-sectional University of Zaragoza study. BMC Psychiatry, 2011, 11, 49.	2.6	46
111	Burnout syndrome among dental students: a short version of the "Burnout Clinical Subtype Questionnaire" adapted for students (BCSQ-12-SS). BMC Medical Education, 2011, 11, 103.	2.4	35
112	Towards a brief definition of burnout syndrome by subtypes: Development of the "Burnout Clinical Subtypes Questionnaire" (BCSQ-12). Health and Quality of Life Outcomes, 2011, 9, 74.	2.4	40
113	A newer and broader definition of burnout: Validation of the "Burnout Clinical Subtype Questionnaire (BCSQ-36)". BMC Public Health, 2010, 10, 302.	2.9	54
114	Validez factorial de la estructura del cuestionario breve de Burnout (CBB) en una muestra de docentes en Aragón. Revista De Psicopatología Y Psicología Clínica, 2009, 14, .	0.2	6
115	A new definition of burnout syndrome based on Farber's proposal. Journal of Occupational Medicine and Toxicology, 2009, 4, 31.	2.2	59