

Willoughby B Britton

List of Publications by Year in descending order

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Version: 2024-02-01

45
papers

3,362
citations

257450

24
h-index

265206

42
g-index

47
all docs

47
docs citations

47
times ranked

3240
citing authors

#	ARTICLE	IF	CITATIONS
1	Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation. <i>Perspectives on Psychological Science</i> , 2018, 13, 36-61.	9.0	900
2	The varieties of contemplative experience: A mixed-methods study of meditation-related challenges in Western Buddhists. <i>PLoS ONE</i> , 2017, 12, e0176239.	2.5	242
3	Mindfulness-Based Cognitive Therapy Improves Emotional Reactivity to Social Stress: Results from a Randomized Controlled Trial. <i>Behavior Therapy</i> , 2012, 43, 365-380.	2.4	197
4	A randomized controlled pilot trial of classroom-based mindfulness meditation compared to an active control condition in sixth-grade children. <i>Journal of School Psychology</i> , 2014, 52, 263-278.	2.9	174
5	Women Benefit More Than Men in Response to College-based Meditation Training. <i>Frontiers in Psychology</i> , 2017, 8, 551.	2.1	148
6	Mechanisms of Change in Mindfulness-Based Cognitive Therapy for Depression: Preliminary Evidence from a Randomized Controlled Trial. <i>International Journal of Cognitive Therapy</i> , 2010, 3, 402-418.	2.2	124
7	Effects of Mindfulness Training on Body Awareness to Sexual Stimuli. <i>Psychosomatic Medicine</i> , 2011, 73, 817-825.	2.0	124
8	Can mindfulness be too much of a good thing? The value of a middle way. <i>Current Opinion in Psychology</i> , 2019, 28, 159-165.	4.9	114
9	The Contribution of Mindfulness Practice to a Multicomponent Behavioral Sleep Intervention following Substance Abuse Treatment in Adolescents: A Treatment-Development Study. <i>Substance Abuse</i> , 2010, 31, 86-97.	2.3	109
10	Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework. <i>Current Cardiology Reports</i> , 2015, 17, 112.	2.9	106
11	Polysomnographic and Subjective Profiles of Sleep Continuity Before and After Mindfulness-Based Cognitive Therapy in Partially Remitted Depression. <i>Psychosomatic Medicine</i> , 2010, 72, 539-548.	2.0	100
12	Awakening is not a metaphor: the effects of Buddhist meditation practices on basic wakefulness. <i>Annals of the New York Academy of Sciences</i> , 2014, 1307, 64-81.	3.8	83
13	Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week focused attention and open monitoring interventions within a 3-armed randomized controlled trial. <i>Behaviour Research and Therapy</i> , 2018, 101, 92-107.	3.1	71
14	Defining and Measuring Meditation-Related Adverse Effects in Mindfulness-Based Programs. <i>Clinical Psychological Science</i> , 2021, 9, 1185-1204.	4.0	71
15	Motivational and mindfulness intervention for young adult female marijuana users. <i>Journal of Substance Abuse Treatment</i> , 2012, 42, 56-64.	2.8	69
16	Gender differences in response to a school-based mindfulness training intervention for early adolescents. <i>Journal of School Psychology</i> , 2018, 68, 163-176.	2.9	69
17	The Effects of Mindfulness-Based Cognitive Therapy on Affective Memory Recall Dynamics in Depression: A Mechanistic Model of Rumination. <i>Frontiers in Human Neuroscience</i> , 2012, 6, 257.	2.0	68
18	Positive Associations of Dispositional Mindfulness with Cardiovascular Health: the New England Family Study. <i>International Journal of Behavioral Medicine</i> , 2015, 22, 540-550.	1.7	65

#	ARTICLE	IF	CITATIONS
19	A phenomenology of meditation-induced light experiences: traditional buddhist and neurobiological perspectives. <i>Frontiers in Psychology</i> , 2014, 4, 973.	2.1	58
20	Mindfulness-Based Cognitive Therapy Improves Polysomnographic and Subjective Sleep Profiles in Antidepressant Users with Sleep Complaints. <i>Psychotherapy and Psychosomatics</i> , 2012, 81, 296-304.	8.8	57
21	Mindfulness Training Alters Emotional Memory Recall Compared to Active Controls: Support for an Emotional Information Processing Model of Mindfulness. <i>Frontiers in Human Neuroscience</i> , 2012, 6, 15.	2.0	54
22	The Effect of Mindfulness-based Programs on Cognitive Function in Adults: A Systematic Review and Meta-analysis. <i>Neuropsychology Review</i> , 2022, 32, 677-702.	4.9	48
23	Prevalence of meditation-related adverse effects in a population-based sample in the United States. <i>Psychotherapy Research</i> , 2022, 32, 291-305.	1.8	33
24	Mindfulness-Based Blood Pressure Reduction (MB-BP): Stage 1 single-arm clinical trial. <i>PLoS ONE</i> , 2019, 14, e0223095.	2.5	32
25	Reiterated Concerns and Further Challenges for Mindfulness and Meditation Research: A Reply to Davidson and Dahl. <i>Perspectives on Psychological Science</i> , 2018, 13, 66-69.	9.0	30
26	The Contribution of Common and Specific Therapeutic Factors to Mindfulness-Based Intervention Outcomes. <i>Frontiers in Psychology</i> , 2020, 11, 603394.	2.1	24
27	Associations of Mindfulness with Glucose Regulation and Diabetes. <i>American Journal of Health Behavior</i> , 2016, 40, 258-267.	1.4	22
28	Progress or Pathology? Differential Diagnosis and Intervention Criteria for Meditation-Related Challenges: Perspectives From Buddhist Meditation Teachers and Practitioners. <i>Frontiers in Psychology</i> , 2020, 11, 1905.	2.1	21
29	A Retrospective Systematic Review of Diversity Variables in Mindfulness Research, 2000â€“2016. <i>Mindfulness</i> , 2021, 12, 2573-2592.	2.8	19
30	From Self-Esteem to Selflessness: An Evidence (Gap) Map of Self-Related Processes as Mechanisms of Mindfulness-Based Interventions. <i>Frontiers in Psychology</i> , 2021, 12, 730972.	2.1	19
31	Major depression duration reduces appetitive word use: An elaborated verbal recall of emotional photographs. <i>Journal of Psychiatric Research</i> , 2013, 47, 809-815.	3.1	18
32	Emotion-Related Constructs Engaged by Mindfulness-Based Interventions: a Systematic Review and Meta-analysis. <i>Mindfulness</i> , 2021, 12, 1041-1062.	2.8	14
33	Predictors of Out-of-Class Mindfulness Practice Adherence During and After a Mindfulness-Based Intervention. <i>Psychosomatic Medicine</i> , 2021, 83, 655-664.	2.0	12
34	The contributions of focused attention and open monitoring in mindfulness-based cognitive therapy for affective disturbances: A 3-armed randomized dismantling trial. <i>PLoS ONE</i> , 2021, 16, e0244838.	2.5	11
35	A Longitudinal Training Study to Delineate the Specific Causal Effects of Open Monitoring Versus Focused Attention Techniques on Emotional Health. <i>Complementary Therapies in Medicine</i> , 2020, 53, 102525.	2.7	10
36	Associations of Dispositional Mindfulness with Obesity and Central Adiposity: the New England Family Study. <i>International Journal of Behavioral Medicine</i> , 2016, 23, 224-233.	1.7	9

#	ARTICLE	IF	CITATIONS
37	Comparing impacts of meditation training in focused attention, open monitoring, and mindfulness-based cognitive therapy on emotion reactivity and regulation: Neural and subjective evidence from a dismantling study. <i>Psychophysiology</i> , 2022, 59, e14024.	2.4	9
38	Contemplative Science: An Insider Prospectus. <i>New Directions for Teaching and Learning</i> , 2013, 2013, 13-29.	0.4	7
39	Scientific Literacy as a Foundational Competency for Teachers of Mindfulness-based Interventions. , 2016, , 93-119.		6
40	Development and Validation of the Behavioral Tendencies Questionnaire. <i>PLoS ONE</i> , 2015, 10, e0140867.	2.5	5
41	“Like a Vibration Cascading through the Body”: Energy-Like Somatic Experiences Reported by Western Buddhist Meditators. <i>Religions</i> , 2021, 12, 1042.	0.6	5
42	Beyond acetylcholine: Next steps for sleep and memory research. <i>Behavioral and Brain Sciences</i> , 2005, 28, 77-77.	0.7	2
43	Mindfulness, Affect, and Sleep. , 2015, , 339-373.		2
44	How do Mindfulness-Based Programs Improve Depression Symptoms: Selflessness, Valence, or Valenced Self?. <i>Cognitive Therapy and Research</i> , 2022, 46, 668-685.	1.9	1
45	Cerebrum: The Dana Forum on Brain Science, Volume 5 (3) 2003. <i>Sleep</i> , 2004, 27, 1606-1606.	1.1	0