

# Patrick R Steffen

## 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.

44  
papers

1,616  
citations

20  
h-index

40  
g-index

49  
ext. papers

1,850  
ext. citations

2.9  
avg, IF

4.92  
L-index

#	Paper	IF	Citations
44	Nighttime blood pressure dipping: the role of the sympathetic nervous system. <i>American Journal of Hypertension</i> , <b>2002</b> , 15, 111-8	2.3	217
43	Hispanic mortality paradox: a systematic review and meta-analysis of the longitudinal literature. <i>American Journal of Public Health</i> , <b>2013</b> , 103, e52-60	5.1	204
42	Effects of perceived racism and anger inhibition on ambulatory blood pressure in African Americans. <i>Psychosomatic Medicine</i> , <b>2003</b> , 65, 746-50	3.7	135
41	Acculturation to Western society as a risk factor for high blood pressure: a meta-analytic review. <i>Psychosomatic Medicine</i> , <b>2006</b> , 68, 386-97	3.7	133
40	Religious coping, ethnicity, and ambulatory blood pressure. <i>Psychosomatic Medicine</i> , <b>2001</b> , 63, 523-30	3.7	95
39	Does compassion mediate the intrinsic religion-health relationship?. <i>Annals of Behavioral Medicine</i> , <b>2005</b> , 30, 217-24	4.5	81
38	Adding HRV biofeedback to psychotherapy increases heart rate variability and improves the treatment of major depressive disorder. <i>International Journal of Psychophysiology</i> , <b>2018</b> , 131, 96-101	2.9	64
37	The Impact of Resonance Frequency Breathing on Measures of Heart Rate Variability, Blood Pressure, and Mood. <i>Frontiers in Public Health</i> , <b>2017</b> , 5, 222	6	61
36	The impact of a brief mindfulness meditation intervention on cognitive control and error-related performance monitoring. <i>Frontiers in Human Neuroscience</i> , <b>2013</b> , 7, 308	3.3	58
35	Sleep disturbance mediates the relationship between perceived racism and depressive symptoms. <i>Ethnicity and Disease</i> , <b>2006</b> , 16, 16-21	1.8	58
34	Enhancing recovery in coronary heart disease (ENRICH): baseline characteristics. <i>American Journal of Cardiology</i> , <b>2001</b> , 88, 316-22	3	56
33	Blunted nighttime blood pressure dipping in postmenopausal women. <i>American Journal of Hypertension</i> , <b>2001</b> , 14, 749-54	2.3	43
32	Understanding the connection between spiritual well-being and physical health: an examination of ambulatory blood pressure, inflammation, blood lipids and fasting glucose. <i>Journal of Behavioral Medicine</i> , <b>2011</b> , 34, 477-88	3.6	42
31	Spirituality, religion, and clinical outcomes in patients recovering from an acute myocardial infarction. <i>Psychosomatic Medicine</i> , <b>2007</b> , 69, 501-8	3.7	42
30	Diurnal cortisol variation is associated with nocturnal blood pressure dipping. <i>Psychosomatic Medicine</i> , <b>2007</b> , 69, 339-43	3.7	39
29	Adolescent life events and their association with the onset of sexual intercourse. <i>Youth and Society</i> , <b>1993</b> , 25, 3-23	2.1	36
28	The impact of cognitive behavioral group training on event-free survival in patients with myocardial infarction: the ENRICH experience. <i>Journal of Psychosomatic Research</i> , <b>2009</b> , 67, 45-56	4.1	33

27	Anxiety: Stress, Foreign Language Classroom Anxiety, and Enjoyment During Study Abroad in Amman, Jordan. <i>Annual Review of Applied Linguistics</i> , <b>2018</b> , 38, 140-161	3.6	28
26	A Brief Mindfulness Exercise Reduces Cardiovascular Reactivity During a Laboratory Stressor Paradigm. <i>Mindfulness</i> , <b>2015</b> , 6, 803-811	2.9	21
25	Effects of exercise and weight loss on blood pressure during daily life. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 1635-40	1.2	20
24	What Mediates the Relationship Between Religious Service Attendance and Aspects of Well-Being?. <i>Journal of Religion and Health</i> , <b>2017</b> , 56, 158-170	2.6	14
23	The association between religion and acculturation in Utah Mexican immigrants. <i>Mental Health, Religion and Culture</i> , <b>2011</b> , 14, 561-573	1.1	13
22	The cultural gradient: culture moderates the relationship between socioeconomic status (SES) and ambulatory blood pressure. <i>Journal of Behavioral Medicine</i> , <b>2006</b> , 29, 501-10	3.6	13
21	The Effects of Job Instability and Financial Strain on C-Reactive Protein in a Sample of Mexican Immigrants. <i>Ethnicity and Disease</i> , <b>2016</b> , 26, 37-44	1.8	11
20	Impact of a 12-Week Group-Based Compassion Focused Therapy Intervention on Heart Rate Variability. <i>Applied Psychophysiology Biofeedback</i> , <b>2021</b> , 46, 61-68	3.4	10
19	Approaching Religiosity/Spirituality and Health from the Eudaimonic Perspective. <i>Social and Personality Psychology Compass</i> , <b>2012</b> , 6, 70-82	3	9
18	Spirituality and severity of menopausal symptoms in a sample of religious women. <i>Journal of Religion and Health</i> , <b>2011</b> , 50, 721-9	2.6	9
17	Hispanic ethnicity, stress psychophysiology and paradoxical health outcomes: A review with conceptual considerations and a call for research. <i>International Journal of Psychophysiology</i> , <b>2018</b> , 131, 24-29	2.9	9
16	Perfectionism and life aspirations in intrinsically and extrinsically religious individuals. <i>Journal of Religion and Health</i> , <b>2014</b> , 53, 945-58	2.6	8
15	Treating Chronic Stress to Address the Growing Problem of Depression and Anxiety: Biofeedback and Mindfulness as Simple, Effective Preventive Measures. <i>Policy Insights From the Behavioral and Brain Sciences</i> , <b>2017</b> , 4, 64-70	2.1	6
14	Religious orientation and life aspirations. <i>Journal of Religion and Health</i> , <b>2015</b> , 54, 470-9	2.6	6
13	Psychotherapy participants show increased physiological responsiveness to a lab stressor relative to matched controls. <i>Frontiers in Psychology</i> , <b>2014</b> , 5, 795	3.4	6
12	A comparison of religious orientation and health between Whites and Hispanics. <i>Journal of Religion and Health</i> , <b>2012</b> , 51, 1261-77	2.6	6
11	Measuring work productivity with a mental health self-report measure. <i>Journal of Occupational and Environmental Medicine</i> , <b>2009</b> , 51, 739-46	2	6
10	Integrating Breathing Techniques Into Psychotherapy to Improve HRV: Which Approach Is Best?. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 624254	3.4	4

9	The Association Between Experimentally Induced Stress, Performance Monitoring, and Response Inhibition: An Event-Related Potential (ERP) Analysis. <i>Frontiers in Human Neuroscience</i> , <b>2020</b> , 14, 189	3.3	3
8	Expanding schema conceptualisation and assessment: Towards a richer understanding of adaptive and maladaptive functioning. <i>Australian Journal of Psychology</i> , <b>2017</b> , 69, 200-209	2.3	3
7	Does Defensiveness Account for the Relationship Between Religiosity and Psychosocial Adjustment?. <i>International Journal for the Psychology of Religion, The</i> , <b>2007</b> , 17, 233-244	1.8	2
6	The Effect of CardioWaves Interval Training on Resting Blood Pressure, Resting Heart Rate, and Mind-Body Wellness. <i>International Journal of Exercise Science</i> , <b>2016</b> , 9, 89-100	1.3	2
5	The relationship between acute stress and neurophysiological and behavioral measures of food-related inhibitory control: An event-related potential (ERP) study.. <i>Appetite</i> , <b>2021</b> , 170, 105862	4.5	2
4	Mindfulness and the Middle Way of Stress Reduction. <i>Mindfulness in Behavioral Health</i> , <b>2020</b> , 1-9	0.1	1
3	The Brain Is Adaptive Not Triune: How the Brain Responds to Threat, Challenge, and Change.. <i>Frontiers in Psychiatry</i> , <b>2022</b> , 13, 802606	5	1
2	Ethnic differences in relationship orientation, marital quality and ambulatory blood pressure. <i>Ethnicity and Disease</i> , <b>2013</b> , 23, 175-81	1.8	
1	In Honor of Evgeny Vaschillo: His Impact on My Research and Career.. <i>Applied Psychophysiology Biofeedback</i> , <b>2022</b> , 1	3.4	