

Barbara L Fredrickson

List of Publications by Year in descending order

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94
papers

41,897
citations

47006

47
h-index

40979

93
g-index

98
all docs

98
docs citations

98
times ranked

21667
citing authors

#	ARTICLE	IF	CITATIONS
1	The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions.. American Psychologist, 2001, 56, 218-226.	4.2	9,773
2	What Good Are Positive Emotions?. Review of General Psychology, 1998, 2, 300-319.	3.2	4,396
3	Resilient Individuals Use Positive Emotions to Bounce Back From Negative Emotional Experiences.. Journal of Personality and Social Psychology, 2004, 86, 320-333.	2.8	2,436
4	Positive emotions broaden the scope of attention and thought-action repertoires. Cognition and Emotion, 2005, 19, 313-332.	2.0	2,408
5	The broaden-and-build theory of positive emotions. Philosophical Transactions of the Royal Society B: Biological Sciences, 2004, 359, 1367-1377.	4.0	2,169
6	Positive Emotions Trigger Upward Spirals Toward Emotional Well-Being. Psychological Science, 2002, 13, 172-175.	3.3	1,873
7	Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources.. Journal of Personality and Social Psychology, 2008, 95, 1045-1062.	2.8	1,716
8	What good are positive emotions in crisis? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001.. Journal of Personality and Social Psychology, 2003, 84, 365-376.	2.8	1,683
9	Positive Affect and the Complex Dynamics of Human Flourishing.. American Psychologist, 2005, 60, 678-686.	4.2	1,613
10	Positive Emotions Speed Recovery from the Cardiovascular Sequelae of Negative Emotions. Cognition and Emotion, 1998, 12, 191-220.	2.0	1,161
11	Happiness unpacked: Positive emotions increase life satisfaction by building resilience.. Emotion, 2009, 9, 361-368.	1.8	987
12	Positive Emotions Broaden and Build. Advances in Experimental Social Psychology, 2013, 47, 1-53.	3.3	937
13	The Undoing Effect of Positive Emotions. Motivation and Emotion, 2000, 24, 237-258.	1.3	923
14	Duration neglect in retrospective evaluations of affective episodes.. Journal of Personality and Social Psychology, 1993, 65, 45-55.	2.8	878
15	Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. Clinical Psychology Review, 2010, 30, 849-864.	11.4	682
16	What good are positive emotions in crisis? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001.. Journal of Personality and Social Psychology, 2003, 84, 365-376.	2.8	670
17	How Positive Emotions Build Physical Health. Psychological Science, 2013, 24, 1123-1132.	3.3	587
18	Regulation of Positive Emotions: Emotion Regulation Strategies that Promote Resilience. Journal of Happiness Studies, 2007, 8, 311-333.	3.2	497

#	ARTICLE	IF	CITATIONS
19	Mindfulness Broadens Awareness and Builds Eudaimonic Meaning: A Process Model of Mindful Positive Emotion Regulation. <i>Psychological Inquiry</i> , 2015, 26, 293-314.	0.9	454
20	Happy People Become Happier through Kindness: A Counting Kindnesses Intervention. <i>Journal of Happiness Studies</i> , 2006, 7, 361-375.	3.2	411
21	Positive Reappraisal Mediates the Stress-Reductive Effects of Mindfulness: An Upward Spiral Process. <i>Mindfulness</i> , 2011, 2, 59-67.	2.8	397
22	Nice to know you: Positive emotions, self–other overlap, and complex understanding in the formation of a new relationship. <i>Journal of Positive Psychology</i> , 2006, 1, 93-106.	4.0	391
23	A functional genomic perspective on human well-being. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2013, 110, 13684-13689.	7.1	388
24	Upward spirals of the heart: Autonomic flexibility, as indexed by vagal tone, reciprocally and prospectively predicts positive emotions and social connectedness. <i>Biological Psychology</i> , 2010, 85, 432-436.	2.2	340
25	Deconstructing Mindfulness and Constructing Mental Health: Understanding Mindfulness and its Mechanisms of Action. <i>Mindfulness</i> , 2010, 1, 235-253.	2.8	295
26	In search of durable positive psychology interventions: Predictors and consequences of long-term positive behavior change. <i>Journal of Positive Psychology</i> , 2010, 5, 355-366.	4.0	218
27	Reflections on Positive Emotions and Upward Spirals. <i>Perspectives on Psychological Science</i> , 2018, 13, 194-199.	9.0	209
28	The social functions of the emotion of gratitude via expression.. <i>Emotion</i> , 2013, 13, 605-609.	1.8	180
29	Positive affective processes underlie positive health behaviour change. <i>Psychology and Health</i> , 2018, 33, 77-97.	2.2	177
30	A Tuesday in the life of a flourisher: The role of positive emotional reactivity in optimal mental health.. <i>Emotion</i> , 2011, 11, 938-950.	1.8	169
31	Positive psychology in a pandemic: buffering, bolstering, and building mental health. <i>Journal of Positive Psychology</i> , 2022, 17, 303-323.	4.0	166
32	The Construct and Measurement of Peace of Mind. <i>Journal of Happiness Studies</i> , 2013, 14, 571-590.	3.2	154
33	Psychological Well-Being and the Human Conserved Transcriptional Response to Adversity. <i>PLoS ONE</i> , 2015, 10, e0121839.	2.5	154
34	Strangers in sync: Achieving embodied rapport through shared movements. <i>Journal of Experimental Social Psychology</i> , 2012, 48, 399-402.	2.2	149
35	The neural correlates of trait resilience when anticipating and recovering from threat. <i>Social Cognitive and Affective Neuroscience</i> , 2008, 3, 322-332.	3.0	131
36	Religion and Well-Being: The Mediating Role of Positive Emotions. <i>Journal of Happiness Studies</i> , 2016, 17, 485-505.	3.2	129

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37	Social closeness increases salivary progesterone in humans. <i>Hormones and Behavior</i> , 2009, 56, 108-111.	2.1	126
38	Upward spirals of positive emotion and coping: Replication, extension, and initial exploration of neurochemical substrates. <i>Personality and Individual Differences</i> , 2008, 44, 360-370.	2.9	125
39	Hostility predicts magnitude and duration of blood pressure response to anger. <i>Journal of Behavioral Medicine</i> , 2000, 23, 229-243.	2.1	113
40	Prioritizing positivity: An effective approach to pursuing happiness?. <i>Emotion</i> , 2014, 14, 1155-1161.	1.8	110
41	The Mindfulness-to-Meaning Theory: Extensions, Applications, and Challenges at the Attention-Appraisal-Emotion Interface. <i>Psychological Inquiry</i> , 2015, 26, 377-387.	0.9	109
42	Self-transcendent positive emotions increase spirituality through basic world assumptions. <i>Cognition and Emotion</i> , 2013, 27, 1378-1394.	2.0	108
43	Methodology for Assessing Bodily Expression of Emotion. <i>Journal of Nonverbal Behavior</i> , 2010, 34, 223-248.	1.0	107
44	Positive Emotion Correlates of Meditation Practice: a Comparison of Mindfulness Meditation and Loving-Kindness Meditation. <i>Mindfulness</i> , 2017, 8, 1623-1633.	2.8	103
45	Positive psychological states in the arc from mindfulness to self-transcendence: extensions of the Mindfulness-to-Meaning Theory and applications to addiction and chronic pain treatment. <i>Current Opinion in Psychology</i> , 2019, 28, 184-191.	4.9	62
46	Beyond emotional benefits: Physical activity and sedentary behaviour affect psychosocial resources through emotions. <i>Psychology and Health</i> , 2015, 30, 354-369.	2.2	60
47	The Future of Women in Psychological Science. <i>Perspectives on Psychological Science</i> , 2021, 16, 483-516.	9.0	59
48	Being Present and Enjoying It: Dispositional Mindfulness and Savoring the Moment Are Distinct, Interactive Predictors of Positive Emotions and Psychological Health. <i>Mindfulness</i> , 2017, 8, 1280-1290.	2.8	55
49	Loving-kindness meditation slows biological aging in novices: Evidence from a 12-week randomized controlled trial. <i>Psychoneuroendocrinology</i> , 2019, 108, 20-27.	2.7	55
50	Looking Back and Glimpsing Forward: The Broaden-and-Build Theory of Positive Emotions as Applied to Organizations. <i>Advances in Positive Organizational Psychology</i> , 2013, , 45-60.	1.2	52
51	Mindfulness Facets Predict Helping Behavior and Distinct Helping-Related Emotions. <i>Mindfulness</i> , 2015, 6, 1211-1218.	2.8	50
52	Effects of oxytocin administration on spirituality and emotional responses to meditation. <i>Social Cognitive and Affective Neuroscience</i> , 2016, 11, 1579-1587.	3.0	47
53	Well-Being Correlates of Perceived Positivity Resonance: Evidence From Trait and Episode-Level Assessments. <i>Personality and Social Psychology Bulletin</i> , 2018, 44, 1631-1647.	3.0	44
54	Positive affect and its association with viral control among women with HIV infection.. <i>Health Psychology</i> , 2017, 36, 91-100.	1.6	38

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55	Present with You: Does Cultivated Mindfulness Predict Greater Social Connection Through Gains in Decentering and Reductions in Negative Emotions?. Mindfulness, 2018, 9, 737-749.	2.8	36
56	Behavioral indices of positivity resonance associated with long-term marital satisfaction.. Emotion, 2020, 20, 1225-1233.	1.8	33
57	Bringing Back the Body. Psychology of Women Quarterly, 2011, 35, 689-696.	2.0	30
58	Common variant in OXTR predicts growth in positive emotions from loving-kindness training. Psychoneuroendocrinology, 2016, 73, 244-251.	2.7	30
59	Characteristics and consequences of co-experienced positive affect: understanding the origins of social skills, social bonds, and caring, healthy communities. Current Opinion in Behavioral Sciences, 2021, 39, 58-63.	3.9	29
60	The Role of Trait Self-Objectification in Smoking among College Women. Sex Roles, 2006, 54, 735-743.	2.4	28
61	Staying "in sync"™ with others during COVID-19: Perceived positivity resonance mediates cross-sectional and longitudinal links between trait resilience and mental health. Journal of Positive Psychology, 2022, 17, 440-455.	4.0	26
62	Shared emotions in shared lives: Moments of co-experienced affect, more than individually experienced affect, linked to relationship quality.. Emotion, 2022, 22, 1387-1393.	1.8	25
63	Physiological linkage during shared positive and shared negative emotion.. Journal of Personality and Social Psychology, 2021, 121, 1029-1056.	2.8	25
64	Positive Psychology in Lifestyle Medicine and Health Care: Strategies for Implementation. American Journal of Lifestyle Medicine, 2019, 13, 480-486.	1.9	24
65	Do Contemplative Moments Matter? Effects of Informal Meditation on Emotions and Perceived Social Integration. Mindfulness, 2019, 10, 1915-1925.	2.8	23
66	Upward spirals of positive emotions and religious behaviors. Current Opinion in Psychology, 2021, 40, 92-98.	4.9	23
67	Influences of oxytocin and respiratory sinus arrhythmia on emotions and social behavior in daily life.. Emotion, 2017, 17, 1156-1165.	1.8	19
68	Same-day, cross-day, and upward spiral relations between positive affect and positive health behaviours. Psychology and Health, 2021, 36, 444-460.	2.2	19
69	A new micro-intervention to increase the enjoyment and continued practice of meditation.. Emotion, 2020, 20, 1332-1343.	1.8	18
70	Of Passions and Positive Spontaneous Thoughts. Cognitive Therapy and Research, 2017, 41, 350-361.	1.9	17
71	New parental positivity: The role of positive emotions in promoting relational adjustment during the transition to parenthood.. Journal of Personality and Social Psychology, 2022, 123, 84-106.	2.8	15
72	Do positive spontaneous thoughts function as incentive salience?. Emotion, 2017, 17, 840-855.	1.8	14

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73	How the Affective Quality of Social Connections May Contribute to Public Health: Prosocial Tendencies Account for the Links Between Positivity Resonance and Behaviors that Reduce the Spread of COVID-19. <i>Affective Science</i> , 2021, 2, 241-261.	2.6	14
74	Positivity resonance in long-term married couples: Multimodal characteristics and consequences for health and longevity.. <i>Journal of Personality and Social Psychology</i> , 2022, 123, 983-1003.	2.8	14
75	Evidence for the Upward Spiral Stands Steady. <i>Psychological Science</i> , 2015, 26, 1144-1146.	3.3	13
76	Errors in the Brown et al. critical reanalysis. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2014, 111, E3581.	7.1	11
77	Positive psychology in health care: defining key stakeholders and their roles. <i>Translational Behavioral Medicine</i> , 2020, 10, 637-647.	2.4	8
78	Perceived social integration predicts future physical activity through positive affect and spontaneous thoughts.. <i>Emotion</i> , 2020, 20, 1074-1083.	1.8	8
79	The Ordinary Concept of a Meaningful Life: The Role of Subjective and Objective Factors in Third-Person Attributions of Meaning. <i>Journal of Positive Psychology</i> , 2022, 17, 639-654.	4.0	7
80	Enjoying the sweet moments: Does approach motivation upwardly enhance reactivity to positive interpersonal processes?. <i>Journal of Personality and Social Psychology</i> , 2022, 122, 1022-1055.	2.8	7
81	The goods in everyday love: Positivity resonance builds prosociality.. <i>Emotion</i> , 2022, 22, 30-45.	1.8	7
82	Training in Mindfulness or Loving-kindness Meditation Is Associated with Lower Variability in Social Connectedness Across Time. <i>Mindfulness</i> , 0, , 1.	2.8	6
83	More Than a Momentary Blip in the Universe? Investigating the Link Between Religiousness and Perceived Meaning in Life. <i>Personality and Social Psychology Bulletin</i> , 2023, 49, 180-196.	3.0	6
84	Evidence for the Upward Spiral Stands Steady: A Response to Nickerson (2018). <i>Psychological Science</i> , 2018, 29, 467-470.	3.3	5
85	Specifying exogeneity and bilinear effects in data-driven model searches. <i>Behavior Research Methods</i> , 2021, 53, 1276-1288.	4.0	5
86	Women's Sports Media, Self-Objectification, and Mental Health in Black and White Adolescent Females. <i>Journal of Communication</i> , 2003, 53, 216-232.	3.7	5
87	Penalized Estimation and Forecasting of Multiple Subject Intensive Longitudinal Data. <i>Psychometrika</i> , 2022, 87, 1-29.	2.1	5
88	A communityâ€œengaged approach to investigate cardiovascularâ€œassociated inflammation among American Indian women: A research protocol. <i>Research in Nursing and Health</i> , 2019, 42, 165-175.	1.6	4
89	Does Meditation Training Influence Social Approach and Avoidance Goals? Evidence from a Randomized Intervention Study of Midlife Adults. <i>Mindfulness</i> , 2021, 12, 582-593.	2.8	4
90	Attachment insecurity moderates emotion responses to mindfulness and loving-kindness meditation in adults raised in low socioeconomic status households.. <i>Emotion</i> , 2022, 22, 1101-1118.	1.8	4

#	ARTICLE	IF	CITATIONS
91	Effect of Mindfulness Versus Loving-kindness Training on Leukocyte Gene Expression in Midlife Adults Raised in Low-Socioeconomic Status Households. Mindfulness, 0, , 1.	2.8	2
92	Selective Data Analysis in Brown et al.'s Continued Critical Reanalysis. PLoS ONE, 2016, 11, e0160565.	2.5	1
93	A Square-Root Second-Order Extended Kalman Filtering Approach for Estimating Smoothly Time-Varying Parameters. Multivariate Behavioral Research, 2020, , 1-19.	3.1	1
94	For Whom Do Meditation Interventions Improve Mental Health Symptoms? Looking at the Roles of Psychological and Biological Resources over Time. Mindfulness, 2021, 12, 2781-2793.	2.8	1