

# Matthias Berking

## List of Publications by Year in descending order

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Version: 2024-02-01

108  
papers

8,623  
citations

41344

49  
h-index

53230

85  
g-index

123  
all docs

123  
docs citations

123  
times ranked

7695  
citing authors

#	ARTICLE	IF	CITATIONS
1	Blended Psychotherapy: Treatment Concept and Case Report for the Integration of Internet- and Mobile-Based Interventions into Brief Psychotherapy of Depressive Disorders. <i>Verhaltenstherapie</i> , 2022, 32, 230-244.	0.4	5
2	Lower Emotion Regulation Competencies Mediate the Association between Impulsivity and Craving during Alcohol Withdrawal Treatment. <i>Substance Use and Misuse</i> , 2022, 57, 649-655.	1.4	3
3	App-based maintenance treatment for alcohol use disorder after acute inpatient treatment: Study protocol for a multicentre randomized controlled trial. <i>Internet Interventions</i> , 2022, 28, 100517.	2.7	3
4	Internet- and mobile-based intervention for depression in adults with chronic back pain: A health economic evaluation. <i>Journal of Affective Disorders</i> , 2022, , .	4.1	1
5	The efficacy of a transdiagnostic emotion regulation skills training in the treatment of binge-eating disorder: Results from a randomized controlled trial. <i>British Journal of Clinical Psychology</i> , 2022, 61, 998-1018.	3.5	7
6	Psychological interventions to improve sleep in college students: A meta-analysis of randomized controlled trials. <i>Journal of Sleep Research</i> , 2021, 30, e13097.	3.2	20
7	Blending group-based psychoeducation with a smartphone intervention for the reduction of depressive symptoms: results of a randomized controlled pilot study. <i>Pilot and Feasibility Studies</i> , 2021, 7, 57.	1.2	9
8	Evaluating a Hybrid Web-Based Training Program for Panic Disorder and Agoraphobia: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e20829.	4.3	16
9	Guided Internet-Based Cognitive Behavioral Therapy for Insomnia: Health-Economic Evaluation From the Societal and Public Health Care Perspective Alongside a Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e25609.	4.3	7
10	A Gamified Smartphone-Based Intervention for Depression: Randomized Controlled Pilot Trial. <i>JMIR Mental Health</i> , 2021, 8, e16643.	3.3	21
11	Touchscreen-based assessment of food approach biases: Investigating reliability and item-specific preferences. <i>Appetite</i> , 2021, 163, 105190.	3.7	14
12	Reducing Problematic Alcohol Use in Employees: Economic Evaluation of Guided and Unguided Web-Based Interventions Alongside a Three-Arm Randomized Controlled Trial. <i>Addiction</i> , 2021, , .	3.3	3
13	Effectiveness and Moderators of an Internet-Based Mobile-Supported Stress Management Intervention as a Universal Prevention Approach: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e22107.	4.3	13
14	The influence of emotion regulation on posttraumatic stress symptoms among Japanese people. <i>Journal of Affective Disorders</i> , 2020, 277, 577-583.	4.1	4
15	Implementing internet- and tele-based interventions to prevent mental health disorders in farmers, foresters and gardeners (ImplementIT): study protocol for the multi-level evaluation of a nationwide project. <i>BMC Psychiatry</i> , 2020, 20, 424.	2.6	13
16	Clinical and Cost-Effectiveness of Personalized Tele-Based Coaching for Farmers, Foresters and Gardeners to Prevent Depression: Study Protocol of an 18-Month Follow-Up Pragmatic Randomized Controlled Trial (TEC-A). <i>Frontiers in Psychiatry</i> , 2020, 11, 125.	2.6	5
17	Emotion regulation strategies in bulimia nervosa: an experimental investigation of mindfulness, self-compassion, and cognitive restructuring. <i>Borderline Personality Disorder and Emotion Dysregulation</i> , 2020, 7, 13.	2.6	7
18	A Web- and Mobile-Based Intervention for Comorbid, Recurrent Depression in Patients With Chronic Back Pain on Sick Leave (Get.Back): Pilot Randomized Controlled Trial on Feasibility, User Satisfaction, and Effectiveness. <i>JMIR Mental Health</i> , 2020, 7, e16398.	3.3	28

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19	User Experience and Effects of an Individually Tailored Transdiagnostic Internet-Based and Mobile-Supported Intervention for Anxiety Disorders: Mixed-Methods Study. <i>Journal of Medical Internet Research</i> , 2020, 22, e16450.	4.3	13
20	Effects of Internet-Based Cognitive Behavioral Therapy in Routine Care for Adults in Treatment for Depression and Anxiety: Systematic Review and Meta-Analysis. <i>Journal of Medical Internet Research</i> , 2020, 22, e18100.	4.3	180
21	Barriers and Facilitators for Referrals of Primary Care Patients to Blended Internet-Based Psychotherapy for Depression: Mixed Methods Study of General Practitioners' Views. <i>JMIR Mental Health</i> , 2020, 7, e18642.	3.3	16
22	Training emotionaler Kompetenzen (TEK). , 2020, , 223-230.		0
23	Trainings emotionaler, sozialer und kommunikativer Fertigkeiten. , 2020, , 695-708.		0
24	Efficacy and cost-effectiveness of guided and unguided internet- and mobile-based indicated transdiagnostic prevention of depression and anxiety (iCare Prevent): A three-armed randomized controlled trial in four European countries. <i>Internet Interventions</i> , 2019, 16, 52-64.	2.7	40
25	Cognitive Behaviour Therapy Complemented with Emotion Regulation Training for Patients with Persistent Physical Symptoms: A Randomised Clinical Trial. <i>Psychotherapy and Psychosomatics</i> , 2019, 88, 287-299.	8.8	35
26	Affect regulation training reduces symptom severity in depression – A randomized controlled trial. <i>PLoS ONE</i> , 2019, 14, e0220436.	2.5	30
27	Efficacy of an unguided internet-based self-help intervention for social anxiety disorder in university students: A randomized controlled trial. <i>International Journal of Methods in Psychiatric Research</i> , 2019, 28, e1766.	2.1	60
28	Efficacy and cost-effectiveness of an unguided, internet-based self-help intervention for social anxiety disorder in university students: protocol of a randomized controlled trial. <i>BMC Psychiatry</i> , 2019, 19, 197.	2.6	10
29	Do Nonsuicidal Severely Depressed Individuals with Diabetes Profit from Internet-Based Guided Self-Help? Secondary Analyses of a Pragmatic Randomized Trial. <i>Journal of Diabetes Research</i> , 2019, 1-11.	2.3	14
30	Smartphone-based emotion recognition skills training for alexithymia - A randomized controlled pilot study. <i>Internet Interventions</i> , 2019, 17, 100250.	2.7	20
31	Standalone smartphone apps for mental health – a systematic review and meta-analysis. <i>Npj Digital Medicine</i> , 2019, 2, 118.	10.9	301
32	Internet interventions for mental health in university students: A systematic review and meta-analysis. <i>International Journal of Methods in Psychiatric Research</i> , 2019, 28, e1759.	2.1	253
33	The more I got, the less I need? Efficacy of Internet-based guided self-help compared to online psychoeducation for major depressive disorder. <i>Journal of Affective Disorders</i> , 2019, 246, 695-705.	4.1	40
34	Increasing intentions to use mental health services among university students. Results of a pilot randomized controlled trial within the World Health Organization's World Mental Health International College Student Initiative. <i>International Journal of Methods in Psychiatric Research</i> , 2019, 28, e1754.	2.1	84
35	Economic Evaluation of an Internet-Based Stress Management Intervention Alongside a Randomized Controlled Trial. <i>JMIR Mental Health</i> , 2019, 6, e10866.	3.3	15
36	Barriers and facilitators for the implementation of blended psychotherapy for depression: A qualitative pilot study of therapists' perspective. <i>Internet Interventions</i> , 2018, 12, 150-164.	2.7	115

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37	Deficits in general emotion regulation skills—Evidence of a transdiagnostic factor. <i>Journal of Clinical Psychology</i> , 2018, 74, 1017-1033.	1.9	20
38	Patient's experience with blended video- and internet based cognitive behavioural therapy service in routine care. <i>Internet Interventions</i> , 2018, 12, 165-175.	2.7	61
39	Web-based intervention for depressive symptoms in adults with types 1 and 2 diabetes mellitus: a health economic evaluation. <i>British Journal of Psychiatry</i> , 2018, 212, 199-206.	2.8	41
40	Effectiveness of Web- and Mobile-Based Treatment of Subthreshold Depression With Adherence-Focused Guidance: A Single-Blind Randomized Controlled Trial. <i>Behavior Therapy</i> , 2018, 49, 71-83.	2.4	60
41	Reducing procrastination using a smartphone-based treatment program: A randomized controlled pilot study. <i>Internet Interventions</i> , 2018, 12, 83-90.	2.7	42
42	Self-compassion is more effective than acceptance and reappraisal in decreasing depressed mood in currently and formerly depressed individuals. <i>Journal of Affective Disorders</i> , 2018, 226, 220-226.	4.1	28
43	Evaluation of a text-message-based maintenance intervention for Major Depressive Disorder after inpatient cognitive behavioral therapy. <i>Journal of Affective Disorders</i> , 2018, 227, 305-312.	4.1	20
44	Efficacy of a web-based intervention with and without guidance for employees with risky drinking: results of a three-arm randomized controlled trial. <i>Addiction</i> , 2018, 113, 635-646.	3.3	64
45	Transdiagnostic Tailored Internet- and Mobile-Based Guided Treatment for Major Depressive Disorder and Comorbid Anxiety: Study Protocol of a Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2018, 9, 274.	2.6	18
46	Wenn Geschlechtsverkehr nicht möglich ist: Vorstellung eines internetbasierten Behandlungsprogramms für Genito-Pelvine Schmerz-Penetrationsstörung mit Falldarstellung. <i>Verhaltenstherapie</i> , 2018, 28, 177-184.	0.4	4
47	Does SMS-Support Make a Difference? Effectiveness of a Two-Week Online-Training to Overcome Procrastination. A Randomized Controlled Trial. <i>Frontiers in Psychology</i> , 2018, 9, 1103.	2.1	21
48	Do guided internet-based interventions result in clinically relevant changes for patients with depression? An individual participant data meta-analysis. <i>Clinical Psychology Review</i> , 2018, 63, 80-92.	11.4	239
49	Turning Good Intentions Into Actions by Using the Health Action Process Approach to Predict Adherence to Internet-Based Depression Prevention: Secondary Analysis of a Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2018, 20, e9.	4.3	85
50	Effectiveness of an Internet- and App-Based Intervention for College Students With Elevated Stress: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2018, 20, e136.	4.3	144
51	Severely Burdened Individuals Do Not Need to Be Excluded From Internet-Based and Mobile-Based Stress Management: Effect Modifiers of Treatment Outcomes From Three Randomized Controlled Trials. <i>Journal of Medical Internet Research</i> , 2018, 20, e211.	4.3	27
52	A health economic outcome evaluation of an internet-based mobile-supported stress management intervention for employees. <i>Scandinavian Journal of Work, Environment and Health</i> , 2018, 44, 171-182.	3.4	48
53	Internet-Based Guided Self-Help for Vaginal Penetration Difficulties: Results of a Randomized Controlled Pilot Trial. <i>Journal of Sexual Medicine</i> , 2017, 14, 238-254.	0.6	27
54	Emotion Regulation Protects Against Recurrence of Depressive Symptoms Following Inpatient Care for Major Depressive Disorder. <i>Behavior Therapy</i> , 2017, 48, 739-749.	2.4	12

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55	Negative affect as mediator between emotion regulation and medically unexplained symptoms. <i>Journal of Psychosomatic Research</i> , 2017, 101, 114-121.	2.6	19
56	Adaptive emotion regulation mediates the relationship between self-compassion and depression in individuals with unipolar depression. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2017, 90, 247-263.	2.5	65
57	Theta/beta neurofeedback in children with ADHD: Feasibility of a short-term setting and plasticity effects. <i>International Journal of Psychophysiology</i> , 2017, 112, 80-88.	1.0	39
58	Effectiveness and cost-effectiveness of a guided internet- and mobile-based depression intervention for individuals with chronic back pain: protocol of a multi-centre randomised controlled trial. <i>BMJ Open</i> , 2017, 7, e015226.	1.9	22
59	Efficacy of Internet-Based Guided Treatment for Genito-Pelvic Pain/Penetration Disorder: Rationale, Treatment Protocol, and Design of a Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2017, 8, 260.	2.6	12
60	An app-based blended intervention to reduce body dissatisfaction: A randomized controlled pilot study. <i>Journal of Consulting and Clinical Psychology</i> , 2017, 85, 1104-1108.	2.0	32
61	The Benefit of Web- and Computer-Based Interventions for Stress: A Systematic Review and Meta-Analysis. <i>Journal of Medical Internet Research</i> , 2017, 19, e32.	4.3	319
62	Preventing Depression in Adults With Subthreshold Depression: Health-Economic Evaluation Alongside a Pragmatic Randomized Controlled Trial of a Web-Based Intervention. <i>Journal of Medical Internet Research</i> , 2017, 19, e5.	4.3	62
63	Self-guided internet-based and mobile-based stress management for employees: results of a randomised controlled trial. <i>Occupational and Environmental Medicine</i> , 2016, 73, 315-323.	2.8	152
64	Self-compassion enhances the efficacy of explicit cognitive reappraisal as an emotion regulation strategy in individuals with major depressive disorder. <i>Behaviour Research and Therapy</i> , 2016, 82, 1-10.	3.1	117
65	Effect of a Web-Based Guided Self-help Intervention for Prevention of Major Depression in Adults With Subthreshold Depression. <i>JAMA - Journal of the American Medical Association</i> , 2016, 315, 1854.	7.4	188
66	Effect of a Web-Based Guided Self-Help Intervention for Prevention of Major Depression in Adults With Subthreshold Depression. <i>Obstetrical and Gynecological Survey</i> , 2016, 71, 526-527.	0.4	2
67	European COMPARative Effectiveness research on blended Depression treatment versus treatment-as-usual (E-COMPARED): study protocol for a randomized controlled, non-inferiority trial in eight European countries. <i>Trials</i> , 2016, 17, 387.	1.6	118
68	Emotion regulation mediates the effect of childhood trauma on depression. <i>Journal of Affective Disorders</i> , 2016, 198, 189-197.	4.1	98
69	Validation of the Behavioral Activation for Depression Scale (BADSD) – Psychometric properties of the long and short form. <i>Comprehensive Psychiatry</i> , 2016, 66, 209-218.	3.1	38
70	Enriching Cognitive Behavior Therapy with Emotion Regulation Training for Patients with Multiple Medically Unexplained Symptoms (ENCERT): Design and implementation of a multicenter, randomized, active-controlled trial. <i>Contemporary Clinical Trials</i> , 2016, 47, 54-63.	1.8	35
71	Adherence to Internet-Based Mobile-Supported Stress Management: A Pooled Analysis of Individual Participant Data From Three Randomized Controlled Trials. <i>Journal of Medical Internet Research</i> , 2016, 18, e146.	4.3	111
72	Web-Based and Mobile Stress Management Intervention for Employees: A Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2016, 18, e21.	4.3	173

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73	Reliability and Validity of Assessing User Satisfaction With Web-Based Health Interventions. <i>Journal of Medical Internet Research</i> , 2016, 18, e234.	4.3	165
74	Internet- and mobile-based stress management for employees with adherence-focused guidance: efficacy and mechanism of change. <i>Scandinavian Journal of Work, Environment and Health</i> , 2016, 42, 382-394.	3.4	97
75	Internet-Based Cognitive Behavioral Therapy for Insomnia: A Health Economic Evaluation. <i>Sleep</i> , 2016, 39, 1769-1778.	1.1	91
76	Restoring depleted resources: Efficacy and mechanisms of change of an internet-based unguided recovery training for better sleep and psychological detachment from work.. <i>Health Psychology</i> , 2015, 34, 1240-1251.	1.6	118
77	Effectiveness of a Web-Based Cognitive Behavioural Intervention for Subthreshold Depression: Pragmatic Randomised Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2015, 84, 348-358.	8.8	87
78	Evaluating the (cost-)effectiveness of guided and unguided Internet-based self-help for problematic alcohol use in employees - a three arm randomized controlled trial. <i>BMC Public Health</i> , 2015, 15, 1043.	2.9	18
79	Internet and Computer-Based Cognitive Behavioral Therapy for Anxiety and Depression in Youth: A Meta-Analysis of Randomized Controlled Outcome Trials. <i>PLoS ONE</i> , 2015, 10, e0119895.	2.5	407
80	For whom are internet-based occupational mental health interventions effective? Moderators of internet-based problem-solving training outcome. <i>Internet Interventions</i> , 2015, 2, 39-47.	2.7	24
81	The Affect Regulation Training (ART): a transdiagnostic approach to the prevention and treatment of mental disorders. <i>Current Opinion in Psychology</i> , 2015, 3, 64-69.	4.9	65
82	Efficacy of a Web-Based Intervention With Mobile Phone Support in Treating Depressive Symptoms in Adults With Type 1 and Type 2 Diabetes: A Randomized Controlled Trial. <i>Diabetes Care</i> , 2015, 38, 776-783.	8.6	143
83	Examining risk and resilience factors for depression: The role of self-criticism and self-compassion. <i>Cognition and Emotion</i> , 2015, 29, 1496-1504.	2.0	122
84	Training emotionaler Kompetenzen. , 2015, , .		28
85	Log in and breathe out: internet-based recovery training for sleepless employees with work-related strain – results of a randomized controlled trial. <i>Scandinavian Journal of Work, Environment and Health</i> , 2015, 41, 164-174.	3.4	137
86	Efficacy of a hybrid online training for panic symptoms and agoraphobia: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 427.	1.6	21
87	Reducing symptoms of major depressive disorder through a systematic training of general emotion regulation skills: protocol of a randomized controlled trial. <i>BMC Psychiatry</i> , 2014, 14, 20.	2.6	21
88	Emotion regulation predicts symptoms of depression over five years. <i>Behaviour Research and Therapy</i> , 2014, 57, 13-20.	3.1	199
89	GET.ON Mood Enhancer: efficacy of Internet-based guided self-help compared to psychoeducation for depression: an investigator-blinded randomised controlled trial. <i>Trials</i> , 2014, 15, 39.	1.6	33
90	Evaluating the efficacy and cost-effectiveness of web-based indicated prevention of major depression: design of a randomised controlled trial. <i>BMC Psychiatry</i> , 2014, 14, 25.	2.6	55

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91	Efficacy and cost-effectiveness of minimal guided and unguided internet-based mobile supported stress-management in employees with occupational stress: a three-armed randomised controlled trial. <i>BMC Public Health</i> , 2014, 14, 807.	2.9	72
92	Self-compassion as an emotion regulation strategy in major depressive disorder. <i>Behaviour Research and Therapy</i> , 2014, 58, 43-51.	3.1	201
93	Successful emotion regulation skills application predicts subsequent reduction of symptom severity during treatment of major depressive disorder.. <i>Journal of Consulting and Clinical Psychology</i> , 2014, 82, 248-262.	2.0	88
94	Efficacy of an internet-based problem-solving training for teachers: results of a randomized controlled trial. <i>Scandinavian Journal of Work, Environment and Health</i> , 2014, 40, 582-596.	3.4	82
95	Log in and breathe out: efficacy and cost-effectiveness of an online sleep training for teachers affected by work-related strain - study protocol for a randomized controlled trial. <i>Trials</i> , 2013, 14, 169.	1.6	29
96	Efficacy and cost-effectiveness of a web-based and mobile stress-management intervention for employees: design of a randomized controlled trial. <i>BMC Public Health</i> , 2013, 13, 655.	2.9	71
97	Efficacy and cost-effectiveness of a web-based intervention with mobile phone support to treat depressive symptoms in adults with diabetes mellitus type 1 and type 2: design of a randomised controlled trial. <i>BMC Psychiatry</i> , 2013, 13, 306.	2.6	52
98	A Transdiagnostic Internet-Based Maintenance Treatment Enhances the Stability of Outcome after Inpatient Cognitive Behavioral Therapy: A Randomized Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2013, 82, 246-256.	8.8	77
99	Emotion Regulation Skills Training Enhances the Efficacy of Inpatient Cognitive Behavioral Therapy for Major Depressive Disorder: A Randomized Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2013, 82, 234-245.	8.8	234
100	For Whom Does It Work? Moderators of Outcome on the Effect of a Transdiagnostic Internet-Based Maintenance Treatment After Inpatient Psychotherapy: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2013, 15, e191.	4.3	55
101	Emotion regulation and mental health. <i>Current Opinion in Psychiatry</i> , 2012, 25, 128-134.	6.3	571
102	Is the association between various emotion-regulation skills and mental health mediated by the ability to modify emotions? Results from two cross-sectional studies. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2012, 43, 931-937.	1.2	68
103	Deficits in emotion-regulation skills predict alcohol use during and after cognitive-behavioral therapy for alcohol dependence.. <i>Journal of Consulting and Clinical Psychology</i> , 2011, 79, 307-318.	2.0	299
104	Enhancing Emotion-Regulation Skills in Police Officers: Results of a Pilot Controlled Study. <i>Behavior Therapy</i> , 2010, 41, 329-339.	2.4	146
105	The impact of experiential avoidance on the reduction of depression in treatment for borderline personality disorder. <i>Behaviour Research and Therapy</i> , 2009, 47, 663-670.	3.1	122
106	Emotion-regulation skills as a treatment target in psychotherapy. <i>Behaviour Research and Therapy</i> , 2008, 46, 1230-1237.	3.1	390
107	Prospective effects of emotion-regulation skills on emotional adjustment.. <i>Journal of Counseling Psychology</i> , 2008, 55, 485-494.	2.0	105
108	Telephone coaching for the prevention of depression in farmers: Results from a pragmatic randomized controlled trial. <i>Journal of Telemedicine and Telecare</i> , 0, , 1357633X2211060.	2.7	5