

# Stephen Kellett

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/494958/publications.pdf>

Version: 2024-02-01

105  
papers

2,486  
citations

201385

27  
h-index

253896

43  
g-index

115  
all docs

115  
docs citations

115  
times ranked

1956  
citing authors

#	ARTICLE	IF	CITATIONS
1	Compulsive buying: A cognitive-behavioural model. <i>Clinical Psychology and Psychotherapy</i> , 2009, 16, 83-99.	1.4	150
2	A systematic review of therapist effects: A critical narrative update and refinement to review. <i>Clinical Psychology Review</i> , 2019, 67, 78-93.	6.0	113
3	Identifying the Underlying Mechanisms of Change During Acceptance and Commitment Therapy (ACT): A Systematic Review of Contemporary Mediation Studies. <i>Behavioural and Cognitive Psychotherapy</i> , 2019, 47, 332-362.	0.9	112
4	Eliciting mixed emotions: a meta-analysis comparing models, types, and measures. <i>Frontiers in Psychology</i> , 2015, 6, 428.	1.1	109
5	The dose-response effect in routinely delivered psychological therapies: A systematic review. <i>Psychotherapy Research</i> , 2020, 30, 79-96.	1.1	109
6	Prevalence of Hoarding Disorder: A systematic review and meta-analysis. <i>Journal of Affective Disorders</i> , 2019, 256, 309-316.	2.0	102
7	Improving Access to Psychological Therapies (IAPT) in the United Kingdom: A systematic review and meta-analysis of 10 years of practice-based evidence. <i>British Journal of Clinical Psychology</i> , 2021, 60, 1-37.	1.7	98
8	Treatments for compulsive buying: A systematic review of the quality, effectiveness and progression of the outcome evidence. <i>Journal of Behavioral Addictions</i> , 2016, 5, 379-394.	1.9	78
9	The clinical effectiveness of stepped care systems for depression in working age adults: A systematic review. <i>Journal of Affective Disorders</i> , 2015, 170, 119-130.	2.0	77
10	Therapist effects and IAPT Psychological Wellbeing Practitioners (PWPs): A multilevel modelling and mixed methods analysis. <i>Behaviour Research and Therapy</i> , 2014, 63, 43-54.	1.6	57
11	Development and Evaluation of Cognitive Analytic Guided Self-Help (CAT-SH) for Use in IAPT Services. <i>Behavioural and Cognitive Psychotherapy</i> , 2017, 45, 266-284.	0.9	56
12	Cognitive analytic therapy: A review of the outcome evidence base for treatment. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2014, 87, 253-277.	1.3	48
13	Feasibility of a ward-based psychological intervention to improve staff and patient relationships in psychiatric rehabilitation settings. <i>British Journal of Clinical Psychology</i> , 2016, 55, 236-252.	1.7	46
14	Efficacy of narrative reformulation during cognitive analytic therapy for depression: Randomized dismantling trial. <i>Journal of Affective Disorders</i> , 2018, 239, 37-47.	2.0	46
15	Compulsive Hoarding: An Interpretative Phenomenological Analysis. <i>Behavioural and Cognitive Psychotherapy</i> , 2010, 38, 141-155.	0.9	44
16	Compulsive hoarding: A qualitative investigation of partner and carer perspectives. <i>British Journal of Clinical Psychology</i> , 2008, 47, 59-73.	1.7	42
17	Therapist effects and moderators of effectiveness and efficiency in psychological wellbeing practitioners: A multilevel modelling analysis. <i>Behaviour Research and Therapy</i> , 2015, 69, 54-62.	1.6	42
18	Cognitive Analytic Therapy for Bipolar Disorder: A Pilot Randomized Controlled Trial. <i>Clinical Psychology and Psychotherapy</i> , 2017, 24, 22-35.	1.4	42

#	ARTICLE	IF	CITATIONS
19	Delivering group psychoeducational CBT in Primary Care: Comparing outcomes with individual CBT and individual psychodynamic-interpersonal psychotherapy. <i>British Journal of Clinical Psychology</i> , 2007, 46, 211-222.	1.7	39
20	Usability, Acceptability, and Effectiveness of Web-Based Conversational Agents to Facilitate Problem Solving in Older Adults: Controlled Study. <i>Journal of Medical Internet Research</i> , 2020, 22, e16794.	2.1	39
21	When Feeling Mixed Can Be Meaningful: The Relation Between Mixed Emotions and Eudaimonic Well-Being. <i>Journal of Happiness Studies</i> , 2018, 19, 841-861.	1.9	38
22	Predictors of relapse and recurrence following cognitive behavioural therapy for anxiety-related disorders: a systematic review. <i>Cognitive Behaviour Therapy</i> , 2021, 50, 1-18.	1.9	35
23	Cognitive analytic therapy at 30. <i>Advances in Psychiatric Treatment</i> , 2014, 20, 258-268.	0.6	34
24	The Treatment of Dissociative Identity Disorder with Cognitive Analytic Therapy: Experimental Evidence of Sudden Gains. <i>Journal of Trauma and Dissociation</i> , 2005, 6, 55-81.	1.0	33
25	The Role of Practitioner Resilience and Mindfulness in Effective Practice: A Practice-Based Feasibility Study. <i>Administration and Policy in Mental Health and Mental Health Services Research</i> , 2017, 44, 691-704.	1.2	32
26	Treatment of Paranoid Personality Disorder with Cognitive Analytic Therapy: A Mixed Methods Single Case Experimental Design. <i>Clinical Psychology and Psychotherapy</i> , 2014, 21, 452-464.	1.4	31
27	A multi-service practice research network study of large group psychoeducational cognitive behavioural therapy. <i>Behaviour Research and Therapy</i> , 2016, 87, 155-161.	1.6	29
28	The Dose?Effect Relationship in Psychodynamic Psychotherapy with People with Intellectual Disabilities. <i>Journal of Applied Research in Intellectual Disabilities</i> , 2007, 20, 448-454.	1.3	28
29	Therapist personality traits as predictors of psychological treatment outcomes. <i>Psychotherapy Research</i> , 2020, 30, 857-870.	1.1	28
30	Evaluating a cognitive analytic therapy service; practice-based outcomes and comparisons with person-centred and cognitive-behavioural therapies. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2009, 82, 57-72.	1.3	27
31	Dose-response patterns in low and high intensity cognitive behavioral therapy for common mental health problems. <i>Depression and Anxiety</i> , 2020, 37, 285-294.	2.0	26
32	A time series evaluation of the treatment of histrionic personality disorder with cognitive analytic therapy. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2007, 80, 389-405.	1.3	25
33	Cognitive Analytic Therapy for Borderline Personality Disorder: Therapist Competence and Therapeutic Effectiveness in Routine Practice. <i>Clinical Psychology and Psychotherapy</i> , 2013, 20, 216-225.	1.4	25
34	The clinical and occupational effectiveness of condition management for Incapacity Benefit recipients. <i>British Journal of Clinical Psychology</i> , 2011, 50, 164-177.	1.7	21
35	Heterogeneity within compulsive buyers: A Q-sort study. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2012, 85, 229-241.	1.3	21
36	The acceptability, effectiveness, and durability of cognitive analytic therapy: Systematic review and meta-analysis. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2021, 94, 8-35.	1.3	21

#	ARTICLE	IF	CITATIONS
37	Taming the green-eyed monster: Temporal responsivity to cognitive behavioural and cognitive analytic therapy for morbid jealousy. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2013, 86, 52-69.	1.3	20
38	“Stress Control” as a Large Group Psychoeducational Intervention at Step 2 of IAPT Services: Acceptability of the Approach and Moderators of Effectiveness. <i>Behavioural and Cognitive Psychotherapy</i> , 2016, 44, 431-443.	0.9	18
39	DOES THE CONCEPT OF OBJECT-AFFECT FUSION REFINE COGNITIVE-BEHAVIOURAL THEORIES OF HOARDING?. <i>Behavioural and Cognitive Psychotherapy</i> , 2003, 31, 457-461.	0.9	17
40	Compulsive hoarding: a site-specific model and associated psychological treatment strategies. <i>Clinical Psychology and Psychotherapy</i> , 2007, 14, 413-427.	1.4	17
41	Restructuring mood in cyclothymia using cognitive behavior therapy: an intensive time-sampling study. <i>Journal of Clinical Psychology</i> , 2008, 64, 501-518.	1.0	16
42	The Role of Practice Research Networks (PRN) in the Development and Implementation of Evidence: The Northern Improving Access to Psychological Therapies PRN Case Study. <i>Administration and Policy in Mental Health and Mental Health Services Research</i> , 2017, 44, 919-931.	1.2	16
43	Testing the Generalizability of Impulse Control Problems in Compulsive Buying. <i>Journal of Social and Clinical Psychology</i> , 2016, 35, 269-288.	0.2	15
44	Adapting the body project to a non-western culture: a dissonance-based eating disorders prevention program for Saudi women. <i>Eating and Weight Disorders</i> , 2021, 26, 2503-2512.	1.2	15
45	Effectiveness of stress control large group psychoeducation for anxiety and depression: Systematic review and meta-analysis. <i>British Journal of Clinical Psychology</i> , 2021, 60, 375-399.	1.7	15
46	Group cognitive analytic therapy for female survivors of childhood sexual abuse. <i>British Journal of Clinical Psychology</i> , 2015, 54, 391-413.	1.7	14
47	e-Therapies in England for stress, anxiety or depression: how are apps developed? A survey of NHS e-therapy developers. <i>BMJ Health and Care Informatics</i> , 2019, 26, e100027.	1.4	14
48	Exploring relapse through a network analysis of residual depression and anxiety symptoms after cognitive behavioural therapy: A proof-of-concept study. <i>Psychotherapy Research</i> , 2020, 30, 650-661.	1.1	14
49	Assessment of identity disturbance: Factor structure and validation of the Personality Structure Questionnaire in an Italian sample. <i>Psychological Assessment</i> , 2016, 28, e27-e35.	1.2	14
50	Associations between treatment adherence “competence” integrity (ACI) and adult psychotherapy outcomes: A systematic review and meta-analysis. <i>Journal of Consulting and Clinical Psychology</i> , 2022, 90, 427-445.	1.6	14
51	The treatment of chronic post-traumatic nightmares using psychodynamic-interpersonal psychotherapy: A single-case study. <i>The British Journal of Medical Psychology</i> , 1997, 70, 35-49.	0.6	13
52	INCREASING THE EFFECTIVENESS OF LARGE GROUP FORMAT CBT VIA THE APPLICATION OF PRACTICE-BASED EVIDENCE. <i>Behavioural and Cognitive Psychotherapy</i> , 2004, 32, 231-234.	0.9	13
53	A naturalistic comparison of the effectiveness of trainee and qualified clinical psychologists. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2006, 79, 137-144.	1.3	13
54	Compulsive buying: a field study of mood variability during acquisition episodes. <i>The Cognitive Behaviour Therapist</i> , 2008, 1, 16-26.	0.4	12

#	ARTICLE	IF	CITATIONS
55	Effectiveness of cognitive-behaviour therapy for hoarding disorder in people with mild intellectual disabilities. <i>Research in Developmental Disabilities</i> , 2015, 47, 385-392.	1.2	12
56	A pragmatic randomised controlled trial assessing the non-inferiority of counselling for depression versus cognitive-behaviour therapy for patients in primary care meeting a diagnosis of moderate or severe depression (PRaCTICED): Study protocol for a randomised controlled trial. <i>Trials</i> , 2017, 18, 93.	0.7	12
57	Developing a competence framework for cognitive analytic therapy. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2021, 94, 151-170.	1.3	12
58	Determining the potential link of self-compassion with eating pathology and body image among women: a longitudinal mediational study. <i>Eating and Weight Disorders</i> , 2021, 26, 2683-2691.	1.2	12
59	Person-centred experiential therapy versus cognitive behavioural therapy delivered in the English Improving Access to Psychological Therapies service for the treatment of moderate or severe depression (PRaCTICED): a pragmatic, randomised, non-inferiority trial. <i>Lancet Psychiatry</i> , 2021, 8, 487-499.	3.7	12
60	Tracking Potentiating States of Dissociation: An Intensive Clinical Case Study of Sleep, Daydreaming, Mood, and Depersonalization/Derealization. <i>Frontiers in Psychology</i> , 2016, 7, 1231.	1.1	11
61	The development of a change model of "exits" during cognitive analytic therapy for the treatment of depression. <i>Clinical Psychology and Psychotherapy</i> , 2017, 24, 1263-1272.	1.4	11
62	Determining the potential links of self-compassion with eating pathology and body image among women and men: A cross-sectional mediational study. <i>Body Image</i> , 2021, 37, 28-37.	1.9	11
63	Session Impact and Outcome in Group Psychoeducative Cognitive Behavioural Therapy. <i>Behavioural and Cognitive Psychotherapy</i> , 2006, 35, 335-342.	0.9	10
64	Transdiagnostic CBT Treatment of Co-morbid Anxiety and Depression in an Older Adult: Single Case Experimental Design. <i>Behavioural and Cognitive Psychotherapy</i> , 2015, 43, 119-124.	0.9	10
65	The Treatment of Compulsive Hoarding with Object-Affect Fusion Informed CBT: Initial Experimental Case Evidence. <i>Behavioural and Cognitive Psychotherapy</i> , 2006, 34, 481.	0.9	9
66	Silver linings in the face of temptations: how mixed emotions promote self-control efforts in response to goal conflict. <i>Motivation and Emotion</i> , 2018, 42, 909-919.	0.8	9
67	Group cognitive analytic music therapy: a quasi-experimental feasibility study conducted in a high secure hospital. <i>Nordic Journal of Music Therapy</i> , 2019, 28, 224-255.	0.7	9
68	The influence of socio-demographic similarity and difference on adequate attendance of group psychoeducational cognitive behavioural therapy. <i>Psychotherapy Research</i> , 2020, 30, 362-374.	1.1	9
69	Defining the Assessment and Treatment Competencies to Deliver Low-Intensity Cognitive Behavior Therapy: A Multi-Center Validation Study. <i>Behavior Therapy</i> , 2021, 52, 15-27.	1.3	9
70	The effectiveness of brief cognitive analytic therapy for anxiety and depression: A quasi-experimental case-control study. <i>British Journal of Clinical Psychology</i> , 2021, 60, 194-211.	1.7	9
71	Psychological consultancy in mental health services: A systematic review of service, staff, and patient outcomes. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2019, 94, 141-172.	1.3	8
72	Effectiveness of Group Behavioural Activation for Depression: A Pilot Study. <i>Behavioural and Cognitive Psychotherapy</i> , 2017, 45, 401-418.	0.9	7

#	ARTICLE	IF	CITATIONS
73	Testing the Effectiveness of Cognitive Analytic Therapy for Hypersexuality Disorder: An Intensive Time-Series Evaluation. <i>Journal of Sex and Marital Therapy</i> , 2017, 43, 501-516.	1.0	7
74	Treatment of obsessive morbid jealousy with cognitive analytic therapy: An adjudicated hermeneutic single-case efficacy design evaluation. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2018, 91, 95-116.	1.3	7
75	Delivering cognitive analytic consultancy to community mental health teams: Initial practice-based evidence from a multi-site evaluation. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2020, 93, 429-455.	1.3	7
76	Is behavioral activation an effective and acceptable treatment for co-occurring depression and substance use disorders? A meta-analysis of randomized controlled trials. <i>Journal of Substance Abuse Treatment</i> , 2022, 132, 108478.	1.5	7
77	Cognitive analytic therapy for obsessive morbid jealousy: A case series.. <i>Journal of Psychotherapy Integration</i> , 2018, 28, 537-555.	0.7	7
78	Acceptability and Effectiveness of NHS-Recommended e-Therapies for Depression, Anxiety, and Stress: Meta-Analysis. <i>Journal of Medical Internet Research</i> , 2020, 22, e17049.	2.1	7
79	Predicting return to work from health related welfare following low intensity cognitive behaviour therapy. <i>Behaviour Research and Therapy</i> , 2013, 51, 134-141.	1.6	6
80	Dynamic prediction and identification of cases at risk of relapse following completion of low-intensity cognitive behavioural therapy. <i>Psychotherapy Research</i> , 2021, 31, 19-32.	1.1	6
81	A pragmatic patient preference trial of cognitive behavioural versus cognitive analytic guided self-help for anxiety disorders. <i>Behavioural and Cognitive Psychotherapy</i> , 2021, 49, 104-111.	0.9	6
82	Predictors of Functional Disability in Disability Welfare Claimants. <i>Journal of Occupational Rehabilitation</i> , 2012, 22, 447-455.	1.2	5
83	The Influence of Presenting Health Condition on Eventual Return to Work for Individuals Receiving Health-Related Welfare Benefits. <i>Social Policy and Administration</i> , 2015, 49, 236-253.	2.1	5
84	Treatment of compulsive buying disorder: comparing the effectiveness of cognitive behavioural therapy with person-centred experiential counselling. <i>Behavioural and Cognitive Psychotherapy</i> , 2021, 49, 370-384.	0.9	5
85	Sustaining attendance at a mental health service: A randomized controlled trial.. <i>Journal of Consulting and Clinical Psychology</i> , 2018, 86, 1056-1060.	1.6	5
86	An intensive time-series evaluation of the effectiveness of cognitive behaviour therapy for hoarding disorder: A 2-year prospective study. <i>Psychotherapy Research</i> , 2014, 24, 485-495.	1.1	4
87	Evaluation of a Mobile App to Enhance Relational Awareness and Change During Cognitive Analytic Therapy: Mixed Methods Case Series. <i>JMIR Mental Health</i> , 2020, 7, e19888.	1.7	4
88	Collaborative case management to aid return to work after long-term sickness absence: a pilot randomised controlled trial. <i>Public Health Research</i> , 2018, 6, 1-76.	0.5	4
89	Quasi-experimental N = 1 evaluation of the effectiveness of cognitive analytic therapy for dependent personality disorder.. <i>Journal of Psychotherapy Integration</i> , 2020, 30, 458-475.	0.7	4
90	Comparing self-compassion versus body exposure for adult women with moderate to severe body dissatisfaction: A feasibility and pilot trial. <i>Clinical Psychology and Psychotherapy</i> , 2022, 29, 1475-1480.	1.4	4

#	ARTICLE	IF	CITATIONS
91	The acceptability of cognitive analytic therapy (CAT): Meta-analysis and benchmarking of treatment refusal and treatment dropout rates. <i>Clinical Psychology Review</i> , 2022, 96, 102187.	6.0	4
92	Can cognitive analytic therapy treat hoarding disorder? An adjudicated hermeneutic single-case efficacy design evaluation. <i>Clinical Psychology and Psychotherapy</i> , 2019, 26, 673-683.	1.4	3
93	The experience of working with people that hoard: a Q-sort exploration. <i>Journal of Mental Health</i> , 2019, 28, 97-103.	1.0	3
94	The effectiveness of cognitive analytic therapy for borderline personality disorder: Utilizing a withdrawal experimental design to improve sensitivity to abandonment. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2020, 94 Suppl 1, 96-119.	1.3	3
95	The costs and benefits of practice-based evidence: Correcting some misunderstandings about the 10-year meta-analysis of IAPT studies. <i>British Journal of Clinical Psychology</i> , 2021, 60, 42-47.	1.7	2
96	An investigation of the competencies involved in the facilitation of CBT-based group psychoeducational interventions. <i>Behavioural and Cognitive Psychotherapy</i> , 2021, 49, 732-744.	0.9	2
97	Treatment of obsessive morbid jealousy with cognitive analytic therapy: a mixed-methods quasi-experimental case study. <i>British Journal of Guidance and Counselling</i> , 2023, 51, 96-114.	0.6	2
98	Effectiveness of cognitive analytic therapy for bipolar affective disorder: A co-produced single subject cumulative treatment design with extended follow-up (A <sup>1</sup> /B/A <sup>2</sup> /C <sup>1</sup> /FU). <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2022, 95, 621-638.	1.3	2
99	Effectiveness of the unified protocol for treating co-morbid health anxiety and depression: an empirical case study. <i>Behavioural and Cognitive Psychotherapy</i> , 2021, 49, 673-683.	0.9	1
100	Behavioral activation for depression delivered by drug and alcohol treatment workers: A pilot randomized controlled trial. <i>Journal of Substance Abuse Treatment</i> , 2022, 139, 108769.	1.5	1
101	The acceptability of cognitive analytic guided self-help in an Improving Access to Psychological Therapies service. <i>Behavioural and Cognitive Psychotherapy</i> , 2022, , 1-15.	0.9	1
102	Trajectories of change in the therapeutic alliance during Cognitive Analytic Therapy for depression. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2021, 94, 464-480.	1.3	0
103	Blending Cognitive Analytic Therapy With a Digital Support Tool: Mixed Methods Study Involving a User-Centered Design of a Prototype App. <i>JMIR Mental Health</i> , 2021, 8, e20213.	1.7	0
104	A Feasibility and Pilot Randomised Dismantling Trial of the Efficacy of Self-As-Context During Acceptance and Commitment Therapy. <i>International Journal of Cognitive Therapy</i> , 2021, 14, 704.	1.3	0
105	Effectiveness of cognitive analytic therapy for mixed anxiety and depression in the context of borderline traits: A quasi-experimental single case design evaluation.. <i>Journal of Psychotherapy Integration</i> , 2023, 33, 34-46.	0.7	0