

# Dirk Lehr

## List of Publications by Year in descending order

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Version: 2024-02-01

91  
papers

4,722  
citations

117453

34  
h-index

123241

61  
g-index

114  
all docs

114  
docs citations

114  
times ranked

4015  
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	2.1	319
2	Increasing the acceptance of internet-based mental health interventions in primary care patients with depressive symptoms. A randomized controlled trial. <i>Journal of Affective Disorders</i> , 2015, 176, 9-17.	2.0	241
3	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.	6.0	239
4	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.	3.8	188
5	Web-Based and Mobile Stress Management Intervention for Employees: A Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2016, 18, e21.	2.1	173
6	Reliability and Validity of Assessing User Satisfaction With Web-Based Health Interventions. <i>Journal of Medical Internet Research</i> , 2016, 18, e234.	2.1	165
7	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.	1.3	152
8	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.	2.1	144
9	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.	4.3	143
10	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.	1.7	137
11	Does Internet-based guided-self-help for depression cause harm? An individual participant data meta-analysis on deterioration rates and its moderators in randomized controlled trials. <i>Psychological Medicine</i> , 2016, 46, 2679-2693.	2.7	129
12	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.	1.3	118
13	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.	2.1	111
14	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.	1.7	97
15	Internet-Based Cognitive Behavioral Therapy for Insomnia: A Health Economic Evaluation. <i>Sleep</i> , 2016, 39, 1769-1778.	0.6	91
16	Overcome procrastination: Enhancing emotion regulation skills reduce procrastination. <i>Learning and Individual Differences</i> , 2016, 52, 10-18.	1.5	88
17	Effectiveness of a Web-Based Cognitive Behavioural Intervention for Subthreshold Depression: Pragmatic Randomised Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2015, 84, 348-358.	4.0	87
18	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.	2.1	85

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19	The 6-month effectiveness of Internet-based guided self-help for depression in adults with Type 1 and 2 diabetes mellitus. <i>Diabetic Medicine</i> , 2017, 34, 99-107.	1.2	82
20	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.	1.7	82
21	The German Version of the Perceived Stress Scale (PSS-10): Evaluation of Dimensionality, Validity, and Measurement Invariance With Exploratory and Confirmatory Bifactor Modeling. <i>Assessment</i> , 2019, 26, 1246-1259.	1.9	74
22	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.	1.2	72
23	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.	1.2	71
24	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.	1.7	64
25	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.	2.1	62
26	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.	1.3	60
27	Efficacy and Moderators of Internet-Based Interventions in Adults with Subthreshold Depression: An Individual Participant Data Meta-Analysis of Randomized Controlled Trials. <i>Psychotherapy and Psychosomatics</i> , 2021, 90, 94-106.	4.0	59
28	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.	1.1	55
29	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.	1.1	52
30	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.	1.7	48
31	Where is (im)balance? Necessity and construction of evaluated cut-off points for effort-reward imbalance and overcommitment. <i>Journal of Occupational and Organizational Psychology</i> , 2010, 83, 251-261.	2.6	42
32	What Can Balance the Effort? Associations between Effort-Reward Imbalance, Overcommitment, and Affective Disorders in German Teachers. <i>International Journal of Occupational and Environmental Health</i> , 2009, 15, 374-384.	1.2	41
33	Health Related Quality of Life of a Tertiary Referral Center Population With Urinary Incontinence Using the DCGM-10 Questionnaire. <i>Journal of Urology</i> , 2009, 182, 2000-2006.	0.2	41
34	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.	1.7	41
35	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.	2.0	40
36	Patients' experiences in a guided Internet- and App-based stress intervention for college students: A qualitative study. <i>Internet Interventions</i> , 2018, 12, 130-140.	1.4	39

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37	Quality and Adoption of COVID-19 Tracing Apps and Recommendations for Development: Systematic Interdisciplinary Review of European Apps. <i>Journal of Medical Internet Research</i> , 2021, 23, e27989.	2.1	37
38	Occupational e-Mental Health: Current Approaches and Promising Perspectives for Promoting Mental Health in Workers. , 2016, , 257-281.		35
39	Effectiveness of a Guided Internet- and Mobile-Based Intervention for Patients with Chronic Back Pain and Depression (WARD-BP): A Multicenter, Pragmatic Randomized Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2021, 90, 255-268.	4.0	34
40	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.	0.7	33
41	Effect of an internet- and app-based stress intervention compared to online psychoeducation in university students with depressive symptoms: Results of a randomized controlled trial. <i>Internet Interventions</i> , 2021, 24, 100374.	1.4	33
42	Cultural adaptation of internet interventions for refugees: Results from a user experience study in Germany. <i>Internet Interventions</i> , 2019, 18, 100252.	1.4	31
43	Efficacy of an internet and app-based gratitude intervention in reducing repetitive negative thinking and mechanisms of change in the intervention's effect on anxiety and depression: Results from a randomized controlled trial. <i>Behaviour Research and Therapy</i> , 2019, 119, 103415.	1.6	31
44	Efficacy of a Self-Help Web-Based Recovery Training in Improving Sleep in Workers: Randomized Controlled Trial in the General Working Population. <i>Journal of Medical Internet Research</i> , 2020, 22, e13346.	2.1	30
45	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.	0.7	29
46	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.	1.7	28
47	Efficacy of an internet-based self-help intervention to reduce co-occurring alcohol misuse and depression symptoms in adults: study protocol of a three-arm randomised controlled trial. <i>BMJ Open</i> , 2016, 6, e011457.	0.8	27
48	Need Satisfaction and Optimal Functioning at Leisure and Work: A Longitudinal Validation Study of the DRAMMA Model. <i>Journal of Happiness Studies</i> , 2021, 22, 681-707.	1.9	27
49	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.	2.1	27
50	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.	1.4	24
51	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.	0.8	22
52	Efficacy of a hybrid online training for panic symptoms and agoraphobia: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 427.	0.7	21
53	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.	1.1	21
54	Internet-based treatment of major depression for patients on a waiting list for inpatient psychotherapy: protocol for a multi-centre randomised controlled trial. <i>BMC Psychiatry</i> , 2013, 13, 318.	1.1	20

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55	Engaging Refugees With a Culturally Adapted Digital Intervention to Improve Sleep: A Randomized Controlled Pilot Trial. <i>Frontiers in Psychiatry</i> , 2022, 13, 832196.	1.3	19
56	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.	1.2	18
57	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.	2.1	16
58	Economic Evaluation of an Internet-Based Stress Management Intervention Alongside a Randomized Controlled Trial. <i>JMIR Mental Health</i> , 2019, 6, e10866.	1.7	15
59	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.	1.0	14
60	A mobile application for panic disorder and agoraphobia: Insights from a multi-methods feasibility study. <i>Internet Interventions</i> , 2020, 19, 100296.	1.4	13
61	A three-armed randomised controlled trial investigating the comparative impact of guidance on the efficacy of a web-based stress management intervention and health impairing and promoting mechanisms of prevention. <i>BMC Public Health</i> , 2021, 21, 1511.	1.2	13
62	“Take Care of You” Efficacy of integrated, minimal-guidance, internet-based self-help for reducing co-occurring alcohol misuse and depression symptoms in adults: Results of a three-arm randomized controlled trial. <i>Drug and Alcohol Dependence</i> , 2021, 225, 108806.	1.6	13
63	Web-Based Stress Management Program for University Students in Indonesia: Systematic Cultural Adaptation and Protocol for a Feasibility Study. <i>JMIR Research Protocols</i> , 2019, 8, e11493.	0.5	13
64	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.	2.1	13
65	Who Wants to Become a Child Psychiatrist? Lessons for Future Recruitment Strategies From a Student Survey at Seven German Medical Schools. <i>Academic Psychiatry</i> , 2012, 36, 246.	0.4	11
66	Effectiveness of an Internet-Based Self-Help Intervention versus Public Mental Health Advice to Reduce Worry during the COVID-19 Pandemic: A Pragmatic, Parallel-Group, Randomized Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2022, 91, 398-410.	4.0	11
67	German Version of the Pediatric Incontinence Questionnaire for Urinary Incontinence Health Related Quality of Life. <i>Journal of Urology</i> , 2009, 182, 1993-1999.	0.2	10
68	Clinical evaluation of the short-form pediatric enuresis module to assess quality of life. <i>Neurourology and Urodynamics</i> , 2010, 29, 1397-1402.	0.8	10
69	User experience predicts the effectiveness of a gamified recovery app. <i>Pravention Und Gesundheitsforderung</i> , 2018, 13, 319-326.	1.5	10
70	Internet- and App-Based Stress Intervention for Distance-Learning Students With Depressive Symptoms: Protocol of a Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2019, 10, 361.	1.3	10
71	Occupational e-Mental Health – eine Übersicht zu Ansätzen, Evidenz und Implementierung. , 2019, , 155-178.		10
72	Exploring the influence of testimonial source on attitudes towards e-mental health interventions among university students: Four-group randomized controlled trial. <i>PLoS ONE</i> , 2021, 16, e0252012.	1.1	9

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73	Digi-Exist: Eine digitale Plattform zur Gesundheitsförderung für junge Unternehmen. , 2019, , 333-347.		8
74	Subjective and Biological Weight-Related Parameters. Zeitschrift für Kinder- Und Jugendpsychiatrie Und Psychotherapie, 2012, 40, 151-159.	0.4	8
75	Usability and Naturalness of Videoconference-Based Exposure and Response Prevention for Obsessive-Compulsive Disorder at the Patients' Homes: A Pilot Study. Journal of Cognitive Psychotherapy, 2018, 32, 303-314.	0.2	8
76	Teachers' Emotion Regulation Skills Facilitate Implementation of Health-related Intentions. American Journal of Health Behavior, 2015, 39, 874-881.	0.6	7
77	Guided Internet-Based Cognitive Behavioral Therapy for Insomnia: Health-Economic Evaluation From the Societal and Public Health Care Perspective Alongside a Randomized Controlled Trial. Journal of Medical Internet Research, 2021, 23, e25609.	2.1	7
78	Effectiveness of an internet-based intervention to improve sleep difficulties in a culturally diverse sample of international students: A randomised controlled pilot study. Journal of Sleep Research, 2022, 31, e13493.	1.7	6
79	What Can Balance the Effort? Associations between Effort-Reward Imbalance, Overcommitment, and Affective Disorders in German Teachers. International Journal of Occupational and Environmental Health, 2009, 15, 374-384.	1.2	6
80	Efficacy of a smartphone-based intervention "Holiday" promoting recovery behaviour in workers after a vacation: study protocol for a randomised controlled trial. BMC Public Health, 2020, 20, 1286.	1.2	5
81	Comparative effectiveness of guided internet-based stress management training versus established in-person group training in employees " study protocol for a pragmatic, randomized, non-inferiority trial. BMC Public Health, 2021, 21, 2177.	1.2	5
82	Facilitating stress prevention in micro and small-sized enterprises: protocol for a mixed method study to evaluate the effectiveness and implementation process of targeted web-based interventions. BMC Public Health, 2022, 22, 591.	1.2	5
83	Reducing Problematic Alcohol Use in Employees: Economic Evaluation of Guided and Unguided Web-Based Interventions Alongside a Three-Arm Randomized Controlled Trial. Addiction, 2021, , .	1.7	3
84	Investigating the Persuasive Effects of Testimonials on the Acceptance of Digital Stress Management Trainings Among University Students and Underlying Mechanisms: A Randomized Controlled Trial. Frontiers in Psychology, 2021, 12, 738950.	1.1	3
85	Stress-Bewältigungs-Trainings Das Präventionsprogramm AGIL "Arbeit und Gesundheit im Lehrerberuf" als Beispiel eines Stress-Bewältigungs-Trainings für Lehrerinnen und Lehrer. , 2013, , 251-271.		3
86	Selbstwertschätzung im Beruf " ein Weg zur Balance?. , 2018, , 143-156.		3
87	Effect of a Web-Based Guided Self-Help Intervention for Prevention of Major Depression in Adults With Subthreshold Depression. Obstetrical and Gynecological Survey, 2016, 71, 526-527.	0.2	2
88	E-Mental Health im Betrieblichem Gesundheitsmanagement " das Potenzial von Online-Gesundheitstrainings am Beispiel von GET.ON Stress. , 2018, , 475-490.		2
89	Well Recovered and More Creative? A Longitudinal Study on the Relationship Between Vacation and Creativity. Frontiers in Psychology, 2021, 12, 784844.	1.1	2
90	Promoting recovery in daily life: study protocol for a randomized controlled trial. BMC Psychology, 2021, 9, 91.	0.9	1

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91	A Two-Step Approach for the Prediction of Mood Levels Based on Diary Data. Lecture Notes in Computer Science, 2019, , 626-629.	1.0	0