

# Sheila N Garland

## List of Publications by Citations

**Source:** <https://exaly.com/author-pdf/5324357/sheila-n-garland-publications-by-citations.pdf>

**Version:** 2024-04-28

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

117  
papers

2,592  
citations

24  
h-index

49  
g-index

122  
ext. papers

3,180  
ext. citations

3.2  
avg, IF

5.26  
L-index

#	Paper	IF	Citations
117	Impact of mindfulness-based stress reduction (MBSR) on sleep, mood, stress and fatigue symptoms in cancer outpatients. <i>International Journal of Behavioral Medicine</i> , <b>2005</b> , 12, 278-85	2.6	385
116	Mindfulness-based stress reduction compared with cognitive behavioral therapy for the treatment of insomnia comorbid with cancer: a randomized, partially blinded, noninferiority trial. <i>Journal of Clinical Oncology</i> , <b>2014</b> , 32, 449-57	2.2	193
115	A systematic review and meta-analysis of randomized controlled trials of cognitive behavior therapy for insomnia (CBT-I) in cancer survivors. <i>Sleep Medicine Reviews</i> , <b>2016</b> , 27, 20-8	10.2	171
114	A non-randomized comparison of mindfulness-based stress reduction and healing arts programs for facilitating post-traumatic growth and spirituality in cancer outpatients. <i>Supportive Care in Cancer</i> , <b>2007</b> , 15, 949-61	3.9	162
113	Sleep duration, cardiovascular disease, and proinflammatory biomarkers. <i>Nature and Science of Sleep</i> , <b>2013</b> , 5, 93-107	3.6	146
112	Sleeping well with cancer: a systematic review of cognitive behavioral therapy for insomnia in cancer patients. <i>Neuropsychiatric Disease and Treatment</i> , <b>2014</b> , 10, 1113-24	3.1	121
111	Sleep disturbance in adults with cancer: a systematic review of evidence for best practices in assessment and management for clinical practice. <i>Annals of Oncology</i> , <b>2014</b> , 25, 791-800	10.3	116
110	The impact of mindfulness-based interventions on symptom burden, positive psychological outcomes, and biomarkers in cancer patients. <i>Cancer Management and Research</i> , <b>2015</b> , 7, 121-31	3.6	94
109	Psychological benefits for cancer patients and their partners participating in mindfulness-based stress reduction (MBSR). <i>Psycho-Oncology</i> , <b>2010</b> , 19, 1004-9	3.9	85
108	Associations among salivary cortisol, melatonin, catecholamines, sleep quality and stress in women with breast cancer and healthy controls. <i>Journal of Behavioral Medicine</i> , <b>2007</b> , 30, 45-58	3.6	63
107	Increased mindfulness is related to improved stress and mood following participation in a mindfulness-based stress reduction program in individuals with cancer. <i>Integrative Cancer Therapies</i> , <b>2013</b> , 12, 31-40	3	56
106	A Pan-Canadian practice guideline: prevention, screening, assessment, and treatment of sleep disturbances in adults with cancer. <i>Supportive Care in Cancer</i> , <b>2013</b> , 21, 2695-706	3.9	55
105	Cognitive behavioral therapy for insomnia, but not armodafinil, improves fatigue in cancer survivors with insomnia: a randomized placebo-controlled trial. <i>Supportive Care in Cancer</i> , <b>2016</b> , 24, 2059-2066	3.9	46
104	Acupuncture Versus Cognitive Behavioral Therapy for Insomnia in Cancer Survivors: A Randomized Clinical Trial. <i>Journal of the National Cancer Institute</i> , <b>2019</b> , 111, 1323-1331	9.7	44
103	Bright light therapy improves cancer-related fatigue in cancer survivors: a randomized controlled trial. <i>Journal of Cancer Survivorship</i> , <b>2018</b> , 12, 206-215	5.1	40
102	Who benefits from psychosocial interventions in oncology? A systematic review of psychological moderators of treatment outcome. <i>Journal of Behavioral Medicine</i> , <b>2012</b> , 35, 658-73	3.6	39
101	Prospective evaluation of the reliability, validity, and minimally important difference of the functional assessment of cancer therapy-gastric (FACT-Ga) quality-of-life instrument. <i>Cancer</i> , <b>2011</b> , 117, 1302-12	6.4	38

100	Randomized placebo-controlled trial of cognitive behavioral therapy and armodafinil for insomnia after cancer treatment. <i>Journal of Clinical Oncology</i> , <b>2015</b> , 33, 165-71	2.2	35
99	Complementary and alternative medicine use and benefit finding among cancer patients. <i>Journal of Alternative and Complementary Medicine</i> , <b>2013</b> , 19, 876-81	2.4	33
98	The Comparative Impact of Mindfulness-Based Cancer Recovery (MBCR) and Cognitive Behavior Therapy for Insomnia (CBT-I) on Sleep and Mindfulness in Cancer Patients. <i>Explore: the Journal of Science and Healing</i> , <b>2015</b> , 11, 445-54	1.4	31
97	The Quest for Mindful Sleep: A Critical Synthesis of the Impact of Mindfulness-Based Interventions for Insomnia. <i>Current Sleep Medicine Reports</i> , <b>2016</b> , 2, 142-151	1.2	31
96	Comparative effectiveness of electro-acupuncture versus gabapentin for sleep disturbances in breast cancer survivors with hot flashes: a randomized trial. <i>Menopause</i> , <b>2017</b> , 24, 517-523	2.5	29
95	A decade's difference: 10-year change in insomnia symptom prevalence in Canada depends on sociodemographics and health status. <i>Sleep Health</i> , <b>2018</b> , 4, 160-165	4	26
94	Effects of armodafinil and cognitive behavior therapy for insomnia on sleep continuity and daytime sleepiness in cancer survivors. <i>Sleep Medicine</i> , <b>2016</b> , 20, 18-24	4.6	26
93	A Meta-Analysis of Mindfulness-Based Therapies for Insomnia and Sleep Disturbance: Moving Towards Processes of Change. <i>Sleep Medicine Clinics</i> , <b>2019</b> , 14, 209-233	3.6	24
92	Cognitive Behavioral Therapy for Insomnia Reduces Depression in Cancer Survivors. <i>Journal of Clinical Sleep Medicine</i> , <b>2019</b> , 15, 129-137	3.1	24
91	Buspirone for management of dyspnea in cancer patients receiving chemotherapy: a randomized placebo-controlled URCC CCOP study. <i>Supportive Care in Cancer</i> , <b>2016</b> , 24, 1339-47	3.9	23
90	Dispositional mindfulness, insomnia, sleep quality and dysfunctional sleep beliefs in post-treatment cancer patients. <i>Personality and Individual Differences</i> , <b>2013</b> , 55, 306-311	3.3	23
89	The Relationship Between Insomnia and Cognitive Impairment in Breast Cancer Survivors. <i>JNCI Cancer Spectrum</i> , <b>2019</b> , 3, pkz041	4.6	22
88	Patterns of objective physical functioning and perception of mood and fatigue in posttreatment breast cancer patients and healthy controls: an ambulatory psychophysiological investigation. <i>Psychosomatic Medicine</i> , <b>2008</b> , 70, 819-28	3.7	22
87	Effects of cognitive behavioral therapy for insomnia and armodafinil on quality of life in cancer survivors: a randomized placebo-controlled trial. <i>Journal of Cancer Survivorship</i> , <b>2017</b> , 11, 401-409	5.1	21
86	The quality of life trajectory of resected gastric cancer. <i>Journal of Surgical Oncology</i> , <b>2012</b> , 105, 337-41	2.8	20
85	Choosing Options for Insomnia in Cancer Effectively (CHOICE): Design of a patient centered comparative effectiveness trial of acupuncture and cognitive behavior therapy for insomnia. <i>Contemporary Clinical Trials</i> , <b>2016</b> , 47, 349-55	2.3	19
84	I-CAN SLEEP: rationale and design of a non-inferiority RCT of Mindfulness-based Stress Reduction and Cognitive Behavioral Therapy for the treatment of Insomnia in CANcer survivors. <i>Contemporary Clinical Trials</i> , <b>2011</b> , 32, 747-54	2.3	19
83	Does perceived control predict Complementary and Alternative Medicine (CAM) use among patients with lung cancer? A cross-sectional survey. <i>Supportive Care in Cancer</i> , <b>2014</b> , 22, 2465-72	3.9	17

82	Factors that shape preference for acupuncture or cognitive behavioral therapy for the treatment of insomnia in cancer patients. <i>Supportive Care in Cancer</i> , <b>2018</b> , 26, 2407-2415	3.9	16
81	Physical activity and telomere length in early stage breast cancer survivors. <i>Breast Cancer Research</i> , <b>2014</b> , 16, 413	8.3	16
80	Animal-Assisted Therapy and Counseling Support for Women With Breast Cancer: An Exploration of Patients' Perceptions. <i>Integrative Cancer Therapies</i> , <b>2015</b> , 14, 460-7	3	13
79	Prevalence and factors associated with fear of recurrence in a mixed sample of young adults with cancer. <i>Journal of Cancer Survivorship</i> , <b>2019</b> , 13, 842-851	5.1	12
78	Self-reported memory problems in adult-onset cancer survivors: effects of cardiovascular disease and insomnia. <i>Sleep Medicine</i> , <b>2015</b> , 16, 845-9	4.6	12
77	Factors Associated with Poor Sleep in Older Adults with Multiple Sclerosis. <i>International Journal of Behavioral Medicine</i> , <b>2017</b> , 24, 937-945	2.6	11
76	A nested case-controlled comparison of telomere length and psychological functioning in breast cancer survivors with and without insomnia symptoms. <i>Rejuvenation Research</i> , <b>2014</b> , 17, 453-7	2.6	11
75	Social Support, Insomnia, and Adherence to Cognitive Behavioral Therapy for Insomnia After Cancer Treatment. <i>Behavioral Sleep Medicine</i> , <b>2019</b> , 17, 70-80	4.2	11
74	Cancer-related search for meaning increases willingness to participate in mindfulness-based stress reduction. <i>Integrative Cancer Therapies</i> , <b>2015</b> , 14, 231-9	3	10
73	Integrative Approaches for Sleep Health in Cancer Survivors. <i>Cancer Journal (Sudbury, Mass)</i> , <b>2019</b> , 25, 337-342	2.2	10
72	Insomnia in breast cancer: Independent symptom or symptom cluster?. <i>Palliative and Supportive Care</i> , <b>2017</b> , 15, 369-375	2.5	9
71	"How do you live without a stomach?": a multiple case study examination of total gastrectomy for palliation or prophylaxis. <i>Palliative and Supportive Care</i> , <b>2011</b> , 9, 305-13	2.5	9
70	The LITE study: Rationale and protocol for a randomized controlled trial of light therapy for cancer-related fatigue in cancer survivors. <i>Contemporary Clinical Trials</i> , <b>2016</b> , 49, 166-73	2.3	8
69	Mindfulness-Based Interventions in Oncology <b>2009</b> , 383-404		8
68	Using Screening for Distress, the sixth vital sign, to advance patient care with assessment and targeted interventions. <i>Supportive Care in Cancer</i> , <b>2012</b> , 20, 2241-6	3.9	7
67	Mindful larks and lonely owls: The relationship between chronotype, mental health, sleep quality, and social support in young adults. <i>Journal of Sleep Research</i> , <b>2021</b> , e13442	5.8	7
66	What is the prevalence of fear of cancer recurrence in cancer survivors and patients? A systematic review and individual participant data meta-analysis.. <i>Psycho-Oncology</i> , <b>2022</b> ,	3.9	7
65	A cross-sectional survey of pain catastrophising and acupuncture use among breast cancer survivors. <i>Acupuncture in Medicine</i> , <b>2017</b> , 35, 38-43	1.9	6

64	Effects of acupuncture versus cognitive behavioral therapy on cognitive function in cancer survivors with insomnia: A secondary analysis of a randomized clinical trial. <i>Cancer</i> , <b>2020</b> , 126, 3042-3052	6.4	6
63	A qualitative examination of the factors related to the development and maintenance of insomnia in cancer survivors. <i>Palliative and Supportive Care</i> , <b>2019</b> , 17, 221-226	2.5	6
62	Positive and negative meanings are simultaneously ascribed to colorectal cancer: relationship to quality of life and psychosocial adjustment. <i>Palliative and Supportive Care</i> , <b>2014</b> , 12, 277-86	2.5	6
61	Evaluating the experience of rural individuals with prostate and breast cancer participating in research via telehealth. <i>Rural and Remote Health</i> , <b>2019</b> , 19, 5269	1.3	6
60	Treating insomnia in patients with comorbid psychiatric disorders: A focused review.. <i>Canadian Psychology</i> , <b>2018</b> , 59, 176-186	3.2	6
59	Insomnia among Cancer Caregivers: A Proposal for Tailored Cognitive Behavioral Therapy. <i>Journal of Psychotherapy Integration</i> , <b>2018</b> , 28, 275-291	6.9	6
58	Are sleep continuity disturbance and fatigue prodromal symptoms of cancer development?. <i>Medical Hypotheses</i> , <b>2018</b> , 120, 72-75	3.8	6
57	Insomnia symptoms and heart rate recovery among patients in cardiac rehabilitation. <i>Journal of Behavioral Medicine</i> , <b>2016</b> , 39, 642-51	3.6	5
56	Including the Patient Voice in Patient-Centered Outcomes Research in Integrative Oncology. <i>Journal of the National Cancer Institute Monographs</i> , <b>2017</b> , 2017,	4.8	4
55	Recruitment and retention of palliative cancer patients and their partners participating in a longitudinal evaluation of a psychosocial retreat program. <i>Palliative and Supportive Care</i> , <b>2009</b> , 7, 49-56	2.5	4
54	Multi-stakeholder perspectives on managing insomnia in cancer survivors: recommendations to reduce barriers and translate patient-centered research into practice. <i>Journal of Cancer Survivorship</i> , <b>2021</b> , 15, 951-960	5.1	4
53	Rationale and protocol for a randomized waitlist controlled trial of videoconference delivered cognitive behaviour therapy for insomnia (CBT-I) to improve perceived cognitive impairment (PCI) among cancer survivors. <i>Contemporary Clinical Trials</i> , <b>2021</b> , 103, 106322	2.3	3
52	Factors Associated with "Survivor Identity" in Men with Breast Cancer. <i>Current Oncology</i> , <b>2021</b> , 28, 1696-1805	3.8	3
51	Cancer Survivors' Beliefs About the Causes of Their Insomnia: Associations of Causal Attributions With Survivor Characteristics. <i>Behavioral Sleep Medicine</i> , <b>2020</b> , 18, 177-189	4.2	3
50	Quality of life among survivors of adolescent and young adult cancer in Canada: A Young Adults With Cancer in Their Prime (YACPRIME) study. <i>Cancer</i> , <b>2021</b> , 127, 1325-1333	6.4	3
49	A 2-year prospective analysis of insomnia as a mediator of the relationship between androgen deprivation therapy and perceived cognitive function in men with prostate cancer. <i>Cancer</i> , <b>2021</b> , 127, 4656-4664	6.4	3
48	Prevalence and factors associated with non-medical prescription stimulant use to promote wakefulness in young adults. <i>Journal of American College Health</i> , <b>2020</b> , 1-8	2.2	2
47	Patients' Perspectives on Integrating Acupuncture into the Radiation Oncology Setting. <i>European Journal of Integrative Medicine</i> , <b>2014</b> , 6, 532-537	1.7	2

46	Experiences of adolescent and young adult cancer survivors during the COVID-19 pandemic.. <i>Journal of Cancer Survivorship</i> , <b>2022</b> , 1	5.1	2
45	Effects of a light therapy intervention on diurnal salivary cortisol in fatigued cancer survivors: A secondary analysis of a randomized controlled trial. <i>Journal of Psychosomatic Research</i> , <b>2020</b> , 139, 110266	4.1	2
44	Body image concerns of young adult cancer survivors: A brief report. <i>Journal of Psychosocial Oncology</i> , <b>2021</b> , 39, 673-679	2.8	2
43	Effects of acupuncture versus cognitive behavioral therapy on brain-derived neurotrophic factor in cancer survivors with insomnia: an exploratory analysis. <i>Acupuncture in Medicine</i> , <b>2021</b> , 39, 637-645	1.9	2
42	0825 The Effect of Androgen Deprivation Therapy on Insomnia Symptoms, Fatigue, Mood, and Hot Flashes in Men with Non-Metastatic Prostate Cancer. <i>Sleep</i> , <b>2019</b> , 42, A331-A331	1.1	2
41	The INternet ThERapy for deprESSion Trial (INTEREST): protocol for a patient-preference, randomised controlled feasibility trial comparing iACT, iCBT and attention control among individuals with comorbid chronic pain and depression. <i>BMJ Open</i> , <b>2020</b> , 10, e033350	3	2
40	Prevalence and factors associated with high levels of distress in young adult cancer survivors compared to matched peers. <i>Supportive Care in Cancer</i> , <b>2021</b> , 29, 2653-2662	3.9	2
39	The Association between Insomnia and Orgasmic Difficulty for Prostate Cancer Patients - Implication to Sex Therapy. <i>Journal of Sex and Marital Therapy</i> , <b>2021</b> , 47, 174-185	2.7	2
38	The financial impact of cancer on Canadian young adults. <i>Journal of Cancer Survivorship</i> , <b>2021</b> , 1	5.1	2
37	A Cross-Sectional Survey Exploring the Impact of the COVID-19 Pandemic on the Cancer Care of Adolescents and Young Adults. <i>Current Oncology</i> , <b>2021</b> , 28, 3201-3213	2.8	2
36	Factors associated with cognitive impairment during the first year of treatment for nonmetastatic breast cancer. <i>Cancer Medicine</i> , <b>2021</b> , 10, 1191-1200	4.8	2
35	Mindfulness, Affect, and Sleep <b>2015</b> , 339-373		1
34	Acupuncture versus cognitive behavioral therapy for pain among cancer survivors with insomnia: an exploratory analysis of a randomized clinical trial. <i>Npj Breast Cancer</i> , <b>2021</b> , 7, 148	7.8	1
33	Loneliness among adolescents and young adults with cancer during the COVID-19 pandemic: a cross-sectional survey. <i>Supportive Care in Cancer</i> , <b>2021</b> , 1	3.9	1
32	Associations between device use before bed, mood disturbance, and insomnia symptoms in young adults. <i>Sleep Health</i> , <b>2020</b> , 6, 822-827	4	1
31	Light therapy for insomnia symptoms in fatigued cancer survivors: a secondary analysis of a randomized controlled trial. <i>Journal of Psychosocial Oncology Research and Practice</i> , <b>2020</b> , 2, e27	0.7	1
30	Association Between Pretreatment Sleep Disturbance and Radiation Therapy-Induced Pain in 573 Women With Breast Cancer. <i>Journal of Pain and Symptom Management</i> , <b>2021</b> , 61, 254-261	4.8	1
29	Genetic Predictors of Response to Acupuncture or Cognitive Behavioral Therapy for Insomnia in Cancer Survivors: An Exploratory Analysis. <i>Journal of Pain and Symptom Management</i> , <b>2021</b> , 62, e192-e199	4.8	1

28	Psychosocial Needs and Experiences of Transgender and Gender Diverse People with Cancer: A Scoping Review and Recommendations for Improved Research and Care. <i>LGBT Health</i> , <b>2021</b> ,	4.9	1
27	COVID-19-Related Information Sources, Behavioral Changes, and Adherence to Social Distancing Among Adolescents and Young Adults with Cancer. <i>Journal of Adolescent and Young Adult Oncology</i> , <b>2021</b> ,	2.2	1
26	Obsessive compulsive disorder prevalence may not increase with latitude: A re-analysis and extension of Coles et al.. <i>Journal of Obsessive-Compulsive and Related Disorders</i> , <b>2020</b> , 25, 100527	1.7	0
25	The relationship between sleep hygiene, mood, and insomnia symptoms in men with prostate cancer.. <i>Supportive Care in Cancer</i> , <b>2022</b> , 1	3.9	0
24	Prospective Rates, Longitudinal Associations, and Factors Associated With Comorbid Insomnia Symptoms and Perceived Cognitive Impairment.. <i>Frontiers in Neuroscience</i> , <b>2021</b> , 15, 817933	5.1	0
23	Gender differences in adherence to COVID-19 preventative measures and preferred sources of COVID-19 information among adolescents and young adults with cancer.. <i>Cancer Epidemiology</i> , <b>2022</b> , 77, 102098	2.8	0
22	Factors associated with permissive attitudes of university students towards prescription medication misuse. <i>Journal of Substance Use</i> , 1-9	0.8	0
21	Hyperarousal and Insomnia in Survivors of Cancer. <i>International Journal of Behavioral Medicine</i> , <b>2021</b> , 28, 683-691	2.6	0
20	Peer Support Needs and Preferences for Digital Peer Navigation among Adolescent and Young Adults with Cancer: A Canadian Cross-Sectional Survey.. <i>Current Oncology</i> , <b>2022</b> , 29, 1163-1175	2.8	0
19	Systematic review and meta-analysis of cognitive-behavioural therapy for insomnia on subjective and actigraphy-measured sleep and comorbid symptoms in cancer survivors.. <i>Sleep Medicine Reviews</i> , <b>2022</b> , 63, 101615	10.2	0
18	0414 Mood as a Mediator of Mindfulness and Insomnia Symptoms in Young Adults. <i>Sleep</i> , <b>2019</b> , 42, A167-A168		
17	0827 Prevalence And Factors Associated With Pre-treatment Insomnia Symptoms In Women With Early Stage Breast Cancer. <i>Sleep</i> , <b>2019</b> , 42, A332-A332	1.1	
16	0829 Exploring Insomnia as a Factor Contributing to Cognitive Difficulties in Newly Diagnosed Men with Prostate Cancer. <i>Sleep</i> , <b>2019</b> , 42, A332-A333	1.1	
15	0823 Understanding Insomnia In National Cohort Of Young Adult Cancer Survivors: Results From The Yacprime Study. <i>Sleep</i> , <b>2019</b> , 42, A330-A330	1.1	
14	0826 A Comparison of Pre-Treatment Sleep and Symptom Profiles in Age-Matched Breast and Prostate Cancer Patients. <i>Sleep</i> , <b>2019</b> , 42, A331-A332	1.1	
13	Search for Meaning Influences Willingness to Participate in Mindfulness-Based Stress Reduction. <i>Journal of Alternative and Complementary Medicine</i> , <b>2014</b> , 20, A68-A68	2.4	
12	In Reply. <i>Menopause</i> , <b>2017</b> , 24, 713-714	2.5	
11	In Reply. <i>Menopause</i> , <b>2017</b> , 24, 714-715	2.5	

10	Quality of life as an endpoint in Phase I oncology clinical trials of novel chemotherapy drugs. <i>Expert Review of Pharmacoeconomics and Outcomes Research</i> , <b>2005</b> , 5, 633-44	2.2
9	CBT-I during and after a cancer diagnosis <b>2022</b> , 235-264	
8	An experimental study revisiting the link between media attention and breast cancer concern: exploring the role of cognitive fusion. <i>Women and Health</i> , <b>2021</b> , 1-10	1.7
7	Feasibility and acceptability of cognitive behavioral therapy for insomnia (CBT-I) or acupuncture for insomnia and related distress among cancer caregivers. <i>Palliative and Supportive Care</i> , <b>2020</b> , 18, 644-647 <sup>2.5</sup>	
6	Clinical correlates of memory problems in middle-aged adult-onset cancer survivors in the United States: A national cross-sectional study.. <i>Journal of Clinical Oncology</i> , <b>2014</b> , 32, e20588-e20588	2.2
5	Characterizing self-reported memory problems in adult-onset cancer survivors in the United States: Importance of sleep duration and insomnia.. <i>Journal of Clinical Oncology</i> , <b>2014</b> , 32, 9588-9588	2.2
4	Complementary and alternative medicine (CAM) use in lung cancer: The impact of control.. <i>Journal of Clinical Oncology</i> , <b>2013</b> , 31, 9613-9613	2.2
3	Fertility Preservation in Young Adults: Prevalence, Correlates, and Relationship with Post-Traumatic Growth. <i>Journal of Adolescent and Young Adult Oncology</i> , <b>2021</b> , 10, 389-396	2.2
2	Fear of cancer recurrence in males diagnosed with breast cancer. <i>Supportive Care in Cancer</i> , <b>2021</b> , 29, 6183-6186	3.9
1	0828 Pre-Treatment Insomnia Symptoms and Perceived Cognitive Impairment in Newly Diagnosed Women with Early Stage Breast Cancer. <i>Sleep</i> , <b>2019</b> , 42, A332-A332	1.1