

Shirley Xin Li

List of Publications by Year in descending order

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86
papers

3,253
citations

126907

33
h-index

161849

54
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87
all docs

87
docs citations

87
times ranked

3695
citing authors

#	ARTICLE	IF	CITATIONS
1	Predictors of dropout in university students participating in an 8-week e-mail-based cognitive-behavioral therapy for insomnia intervention. <i>Sleep and Breathing</i> , 2023, 27, 345-353.	1.7	2
2	Change in circadian preference predicts sustained treatment outcomes in patients with unipolar depression and evening preference. <i>Journal of Clinical Sleep Medicine</i> , 2022, 18, 523-531.	2.6	8
3	Neural response to rewards in youths with insomnia. <i>Sleep</i> , 2022, 45, .	1.1	1
4	Validation of the Chinese version of the Munich Chronotype Questionnaire (MCTQ ^{HK}) in Hong Kong Chinese youths. <i>Chronobiology International</i> , 2022, 39, 678-689.	2.0	8
5	Efficacy of Email-delivered Versus Face-to-face Group Cognitive Behavioral Therapy for Insomnia in Youths: A Randomized Controlled Trial. <i>Journal of Adolescent Health</i> , 2022, 70, 763-773.	2.5	11
6	Sleep Complaints Among School Children. <i>Sleep Medicine Clinics</i> , 2022, 17, 53-65.	2.6	3
7	Can an E-Mail-Delivered CBT for Insomnia Validated in the West Be Effective in the East? A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 186.	2.6	9
8	Evolution of Prodromal REM Sleep Behavior Disorder to Neurodegeneration. <i>Neurology</i> , 2022, 99, .	1.1	9
9	0657 Evening chronotype moderates the relationship between maternal and offspring's depressive symptoms in a clinical population of adolescents. <i>Sleep</i> , 2022, 45, A289-A289.	1.1	0
10	The associations of insomnia symptoms with daytime behavior and cognitive functioning in children with attention-deficit/hyperactivity disorder. <i>Journal of Clinical Sleep Medicine</i> , 2022, 18, 2029-2039.	2.6	2
11	Personality profile and its association with conversion to neurodegenerative disorders in idiopathic REM sleep behavior disorder. <i>Npj Parkinson's Disease</i> , 2022, 8, .	5.3	1
12	Urban-rural disparities in mental health problems related to COVID-19 in China. <i>General Hospital Psychiatry</i> , 2021, 69, 119-120.	2.4	41
13	Sleep differentially impacts involuntary intrusions and voluntary recognitions of lab analogue traumatic memories. <i>Journal of Sleep Research</i> , 2021, 30, e13208.	3.2	12
14	Non-pharmacological Approaches for Management of Insomnia. <i>Neurotherapeutics</i> , 2021, 18, 32-43.	4.4	18
15	Associations of sleep phenotypes with severe intentional self-harm: a prospective analysis of the UK Biobank cohort. <i>Sleep</i> , 2021, 44, .	1.1	1
16	A Prevention Program for Insomnia in At-risk Adolescents: A Randomized Controlled Study. <i>Pediatrics</i> , 2021, 147, .	2.1	18
17	Altered brain activity related to inhibitory processing in youth with insomnia. <i>Journal of Sleep Research</i> , 2021, 30, e13398.	3.2	8
18	Are adolescents sleeping less and worse than before?. <i>The Lancet Regional Health - Western Pacific</i> , 2021, 11, 100167.	2.9	3

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19	The relationship between insomnia symptoms and frailty in community-dwelling older persons: a path analysis. <i>Sleep Medicine</i> , 2021, 84, 237-243.	1.6	11
20	Effectiveness of Using Mobile Technology to Improve Cognitive and Social Skills Among Individuals With Autism Spectrum Disorder: Systematic Literature Review. <i>JMIR Mental Health</i> , 2021, 8, e20892.	3.3	9
21	Associations of circadian factors with insomnia symptoms and emotional and behavioral problems among school-age children. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 2107-2114.	2.6	2
22	The trajectories and associations of eveningness and insomnia with daytime sleepiness, depression and suicidal ideation in adolescents: A 3-year longitudinal study. <i>Journal of Affective Disorders</i> , 2021, 294, 533-542.	4.1	30
23	Management of narcolepsy during COVID-19: a challenge or an opportunity?. <i>Sleep</i> , 2021, 44, .	1.1	6
24	COVID-19 Vaccine Could Trigger the Relapse of Secondary Hypersomnia. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 2267-2271.	2.7	11
25	Restâ€Activity Pattern Alterations in Idiopathic REM Sleep Behavior Disorder. <i>Annals of Neurology</i> , 2020, 88, 817-829.	5.3	19
26	Residual Injurious Symptoms and Its Association With Neurodegenerative Outcomes in Idiopathic Rapid Eye Movement Sleep Behavior Disorder: A Retrospective, Longitudinal Followâ€up Study. <i>Movement Disorders</i> , 2020, 35, 2077-2085.	3.9	5
27	Effects of insomnia symptoms and objective short sleep duration on memory performance in youths. <i>Journal of Sleep Research</i> , 2020, 29, e13049.	3.2	9
28	The associations of insomnia symptoms and chronotype with daytime sleepiness, mood symptoms and suicide risk in adolescents. <i>Sleep Medicine</i> , 2020, 74, 124-131.	1.6	60
29	Sleep disturbance is associated with an increased risk of menstrual problems in female Chinese university students. <i>Sleep and Breathing</i> , 2020, 24, 1719-1727.	1.7	21
30	Electromyography activity level in rapid eye movement sleep predicts neurodegenerative diseases in idiopathic rapid eye movement sleep behavior disorder: a 5-year longitudinal study. <i>Sleep Medicine</i> , 2019, 56, 128-134.	1.6	27
31	0750 Effects of a Brief Parent-based Sleep Intervention on Sleep and Clinical Symptoms in Children with Attention Deficit Hyperactivity Disorder, and Parental Sleep and Mental Health. <i>Sleep</i> , 2019, 42, A301-A301.	1.1	3
32	Associations of weekday-to-weekend sleep differences with academic performance and health-related outcomes in school-age children and youths. <i>Sleep Medicine Reviews</i> , 2019, 46, 27-53.	8.5	71
33	A caseâ€controlâ€family study of idiopathic rapid eye movement sleep behavior disorder. <i>Annals of Neurology</i> , 2019, 85, 582-592.	5.3	20
34	Ten-Year Secular Trends in Sleep/Wake Patterns in Shanghai and Hong Kong School-Aged Children: A Tale of Two Cities. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 1495-1502.	2.6	59
35	Effects of e-aid cognitive behavioural therapy for insomnia (eCBTI) to prevent the transition from episodic insomnia to persistent insomnia: study protocol for a randomised controlled trial. <i>BMJ Open</i> , 2019, 9, e033457.	1.9	11
36	Excessive daytime sleepiness among children and adolescents: prevalence, correlates, and pubertal effects. <i>Sleep Medicine</i> , 2019, 53, 1-8.	1.6	72

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37	RBD, Antidepressant Medications, and Psychiatric Disorders. , 2019, , 123-134.		2
38	Instruments for Screening, Diagnosis and Assessment of RBD Severity and Monitoring Treatment Outcome. , 2019, , 255-269.		1
39	Parental history of depression and higher basal salivary cortisol in unaffected child and adolescent offspring. Journal of Affective Disorders, 2018, 234, 207-213.	4.1	5
40	Eveningness chronotype, insomnia symptoms, and emotional and behavioural problems in adolescents. Sleep Medicine, 2018, 47, 93-99.	1.6	106
41	Association of Sleep and Circadian Activity Rhythm with Emotional Face Processing among 12-month-old Infants. Scientific Reports, 2018, 8, 3200.	3.3	10
42	A Community-Based Study of Sleep and Cognitive Development in Infants and Toddlers. Journal of Clinical Sleep Medicine, 2018, 14, 977-984.	2.6	29
43	Excessive Daytime Sleepiness Predicts Neurodegeneration in Idiopathic REM Sleep Behavior Disorder. Sleep, 2017, 40, .	1.1	40
44	Impact of a modest delay in school start time in Hong Kong school adolescents. Sleep Medicine, 2017, 30, 164-170.	1.6	46
45	Epidemiology of REM sleep behavior disorder: both study design and measurement tool count. Sleep Medicine, 2017, 40, 122-123.	1.6	6
46	Association of Eveningness With Nonremission in Major Depressive Disorder: Reply to Knapen et al.. Sleep, 2017, 40, .	1.1	0
47	REM sleep behavior disorder and obstructive sleep apnea: does one "make the other less or more"? Sleep Medicine, 2017, 37, 216-217.	1.6	13
48	Any Prediction of Neurodegeneration by Excessive Daytime Sleepiness in Idiopathic RBD?. Sleep, 2017, 40, .	1.1	3
49	Emergence of Sex Differences in Insomnia Symptoms in Adolescents: A Large-Scale School-Based Study. Sleep, 2016, 39, 1563-1570.	1.1	134
50	Mortality and Its Risk Factors in Patients with Rapid Eye Movement Sleep Behavior Disorder. Sleep, 2016, 39, 1543-1550.	1.1	20
51	Caring burden of REM sleep behavior disorder " spouses' health and marital relationship. Sleep Medicine, 2016, 24, 40-43.	1.6	19
52	Sleep Disturbances and Suicide Risk in an 8-Year Longitudinal Study of Schizophrenia-Spectrum Disorders. Sleep, 2016, 39, 1275-1282.	1.1	81
53	Family conflict and lower morning cortisol in adolescents and adults: modulation of puberty. Scientific Reports, 2016, 6, 22531.	3.3	9
54	Sleep education in Hong Kong. Sleep and Biological Rhythms, 2016, 14, 21-25.	1.0	9

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55	Help-seeking behaviors for insomnia in Hong Kong Chinese: a community-based study. <i>Sleep Medicine</i> , 2016, 21, 106-113.	1.6	42
56	A prospective, naturalistic follow-up study of treatment outcomes with clonazepam in rapid eye movement sleep behavior disorder. <i>Sleep Medicine</i> , 2016, 21, 114-120.	1.6	84
57	Altered Sleep Stage Transitions of REM Sleep: A Novel and Stable Biomarker of Narcolepsy. <i>Journal of Clinical Sleep Medicine</i> , 2015, 11, 885-894.	2.6	25
58	A School-Based Sleep Education Program for Adolescents: A Cluster Randomized Trial. <i>Pediatrics</i> , 2015, 135, e635-e643.	2.1	96
59	Reduced striatal dopamine transmission in REM sleep behavior disorder comorbid with depression. <i>Neurology</i> , 2015, 84, 516-522.	1.1	48
60	A Community-Based Study on the Association Between Insomnia and Hypothalamic-Pituitary-Adrenal Axis: Sex and Pubertal Influences. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014, 99, 2277-2287.	3.6	56
61	Restless legs symptoms in adolescents: Epidemiology, heritability, and pubertal effects. <i>Journal of Psychosomatic Research</i> , 2014, 76, 158-164.	2.6	28
62	Eveningness and Insomnia: Independent Risk Factors of Nonremission in Major Depressive Disorder. <i>Sleep</i> , 2014, 37, 911-917.	1.1	159
63	Development of scales for assessment of rapid eye movement sleep behavior disorder (RBD). <i>Sleep Medicine</i> , 2013, 14, 734-738.	1.6	22
64	Does rapid eye movement sleep behavior disorder exist in psychiatric populations? A clinical and polysomnographic case-control study. <i>Sleep Medicine</i> , 2013, 14, 788-794.	1.6	36
65	Looking Beyond the Sleep Complaints. <i>Journal of Clinical Psychiatry</i> , 2013, 74, 192.	2.2	1
66	Prospective outcome of rapid eye movement sleep behaviour disorder: psychiatric disorders as a potential early marker of Parkinson's disease: Figure 1. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2012, 83, 470-472.	1.9	88
67	Residual Sleep Disturbances in Patients Remitted From Major Depressive Disorder: A 4-Year Naturalistic Follow-up Study. <i>Sleep</i> , 2012, 35, 1153-1161.	1.1	72
68	Young-onset REM sleep behavior disorder: Beyond the antidepressant effect. <i>Sleep Medicine</i> , 2012, 13, 211.	1.6	8
69	Long-term outcomes and predictors of chronic insomnia: A prospective study in Hong Kong Chinese adults. <i>Sleep Medicine</i> , 2012, 13, 455-462.	1.6	76
70	The longitudinal course and impact of non-restorative sleep: A five-year community-based follow-up study. <i>Sleep Medicine</i> , 2012, 13, 570-576.	1.6	52
71	Familial aggregation and heritability of insomnia in a community-based study. <i>Sleep Medicine</i> , 2012, 13, 985-990.	1.6	60
72	Insomnia, sleep quality, pain, and somatic symptoms: Sex differences and shared genetic components. <i>Pain</i> , 2012, 153, 666-673.	4.2	87

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73	PREVALENCE, COURSE AND LONG-TERM IMPACT OF NON-RESTORATIVE SLEEP: A FIVE-YEAR COMMUNITY-BASED FOLLOW-UP STUDY. <i>Sleep Medicine</i> , 2011, 12, S7-S8.	1.6	0
74	Relationship of Sleep Quantity and Quality with 24-Hour Urinary Catecholamines and Salivary Awakening Cortisol in Healthy Middle-Aged Adults. <i>Sleep</i> , 2011, 34, 225-233.	1.1	111
75	Frequent Nightmares in Children: Familial Aggregation and Associations with Parent-Reported Behavioral and Mood Problems. <i>Sleep</i> , 2011, 34, 487-493.	1.1	57
76	Longitudinal Course and Outcome of Chronic Insomnia in Hong Kong Chinese Children: A 5-Year Follow-Up Study of a Community-Based Cohort. <i>Sleep</i> , 2011, 34, 1395-1402.	1.1	74
77	Amelioration of Obstructive Sleep Apnea in REM Sleep Behavior Disorder: Implications for the Neuromuscular Control of OSA. <i>Sleep</i> , 2011, 34, 909-915.	1.1	53
78	Prevalence and Correlates of Frequent Nightmares: A Community-Based 2-Phase Study. <i>Sleep</i> , 2010, 33, 774-780.	1.1	135
79	Validation of a new REM sleep behavior disorder questionnaire (RBDQ-HK). <i>Sleep Medicine</i> , 2010, 11, 43-48.	1.6	214
80	Sleep-Related Eating Disorder and Zolpidem. <i>Journal of Clinical Psychiatry</i> , 2010, 71, 653-656.	2.2	25
81	Nocturnal Sleep Disturbances as a Predictor of Suicide Attempts Among Psychiatric Outpatients. <i>Journal of Clinical Psychiatry</i> , 2010, 71, 1440-1446.	2.2	107
82	REM Sleep Behavior Disorder in Psychiatric Populations. <i>Journal of Clinical Psychiatry</i> , 2010, 71, 1101-1103.	2.2	44
83	The Effect of Weekend and Holiday Sleep Compensation on Childhood Overweight and Obesity. <i>Pediatrics</i> , 2009, 124, e994-e1000.	2.1	130
84	Sleepwalking in Psychiatric Patients: Comparison of Childhood and Adult Onset. <i>Australian and New Zealand Journal of Psychiatry</i> , 2009, 43, 426-430.	2.3	35
85	REM sleep behaviour disorder in Hong Kong Chinese: clinical outcome and gender comparison. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2008, 79, 1415-1416.	1.9	90
86	The Associations of Electronic Media Use With Sleep and Circadian Problems, Social, Emotional and Behavioral Difficulties in Adolescents. <i>Frontiers in Psychiatry</i> , 0, 13, .	2.6	4