

# Shannon Sauer-Zavala

## List of Publications by Year in descending order

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Version: 2024-02-01

74  
papers

3,935  
citations

201674

27  
h-index

133252

59  
g-index

84  
all docs

84  
docs citations

84  
times ranked

3569  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Nature, Diagnosis, and Treatment of Neuroticism. <i>Clinical Psychological Science</i> , 2014, 2, 344-365.	4.0	589
2	The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Compared With Diagnosis-Specific Protocols for Anxiety Disorders. <i>JAMA Psychiatry</i> , 2017, 74, 875.	11.0	547
3	The Origins of Neuroticism. <i>Perspectives on Psychological Science</i> , 2014, 9, 481-496.	9.0	288
4	Current Definitions of "Transdiagnostic" in Treatment Development: A Search for Consensus. <i>Behavior Therapy</i> , 2017, 48, 128-138.	2.4	202
5	Anxiety Sensitivity and Interoceptive Exposure: A Transdiagnostic Construct and Change Strategy. <i>Behavior Therapy</i> , 2013, 44, 417-431.	2.4	186
6	The association between nonsuicidal self-injury and the emotional disorders: A meta-analytic review. <i>Clinical Psychology Review</i> , 2015, 37, 72-88.	11.4	177
7	Five-Factor Measure of Borderline Personality Traits. <i>Journal of Personality Assessment</i> , 2012, 94, 475-487.	2.1	129
8	The role of negative affectivity and negative reactivity to emotions in predicting outcomes in the unified protocol for the transdiagnostic treatment of emotional disorders. <i>Behaviour Research and Therapy</i> , 2012, 50, 551-557.	3.1	126
9	Addressing neuroticism in psychological treatment.. <i>Personality Disorders: Theory, Research, and Treatment</i> , 2017, 8, 191-198.	1.3	111
10	The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. <i>Behavior Modification</i> , 2015, 39, 295-321.	1.6	94
11	Compassion-Based Therapy for Trauma-Related Shame and Posttraumatic Stress: Initial Evaluation Using a Multiple Baseline Design. <i>Behavior Therapy</i> , 2017, 48, 207-221.	2.4	88
12	Comparing Mindfulness-Based Intervention Strategies: Differential Effects of Sitting Meditation, Body Scan, and Mindful Yoga. <i>Mindfulness</i> , 2013, 4, 383-388.	2.8	80
13	What is an emotional disorder? A transdiagnostic mechanistic definition with implications for assessment, treatment, and prevention. <i>Clinical Psychology: Science and Practice</i> , 2019, 26, e12278.	0.9	79
14	A systematic review of Unified Protocol applications with adult populations: Facilitating widespread dissemination via adaptability. <i>Clinical Psychology Review</i> , 2020, 78, 101852.	11.4	78
15	Transdiagnostic Treatment of Borderline Personality Disorder and Comorbid Disorders: A Clinical Replication Series. <i>Journal of Personality Disorders</i> , 2016, 30, 35-51.	1.4	67
16	Efficacy of the Unified Protocol for transdiagnostic treatment of comorbid psychopathology accompanying emotional disorders compared to treatments targeting single disorders. <i>Journal of Psychiatric Research</i> , 2018, 104, 211-216.	3.1	67
17	Ruminative and mindful self-focused attention in borderline personality disorder.. <i>Personality Disorders: Theory, Research, and Treatment</i> , 2012, 3, 433-441.	1.3	59
18	Does the unified protocol really change neuroticism? Results from a randomized trial. <i>Psychological Medicine</i> , 2021, 51, 2378-2387.	4.5	53

#	ARTICLE	IF	CITATIONS
19	Relationships among adaptive and maladaptive emotion regulation strategies and psychopathology during the treatment of comorbid anxiety and alcohol use disorders. <i>Behaviour Research and Therapy</i> , 2015, 73, 124-130.	3.1	46
20	A functional analysis of two transdiagnostic, emotion-focused interventions on nonsuicidal self-injury.. <i>Journal of Consulting and Clinical Psychology</i> , 2017, 85, 632-646.	2.0	43
21	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. , 2017, , .		41
22	Isolating the Unique Effects of the Unified Protocol Treatment Modules Using Single Case Experimental Design. <i>Behavior Modification</i> , 2017, 41, 286-307.	1.6	39
23	Mindfulness-Based Exposure Strategies as a Transdiagnostic Mechanism of Change: An Exploratory Alternating Treatment Design. <i>Behavior Therapy</i> , 2016, 47, 225-238.	2.4	38
24	The Emotion Regulation Questionnaire: Psychometric Properties and Relations with Affective Symptoms in a United States General Community Sample. <i>Journal of Affective Disorders</i> , 2021, 284, 27-30.	4.1	38
25	The case for borderline personality disorder as an emotional disorder: Implications for treatment.. <i>Clinical Psychology: Science and Practice</i> , 2014, 21, 118-138.	0.9	36
26	Multiple measures of rapid response as predictors of remission in cognitive behavior therapy for bulimia nervosa. <i>Behaviour Research and Therapy</i> , 2015, 64, 9-14.	3.1	36
27	Transdiagnostic Treatment Personalization: The Feasibility of Ordering Unified Protocol Modules According to Patient Strengths and Weaknesses. <i>Behavior Modification</i> , 2019, 43, 518-543.	1.6	35
28	Experiential Avoidance as a Mechanism of Change Across Cognitive-Behavioral Therapy in a Sample of Participants with Heterogeneous Anxiety Disorders. <i>Cognitive Therapy and Research</i> , 2020, 44, 275-286.	1.9	34
29	Development of a Single-Session, Transdiagnostic Preventive Intervention for Young Adults at Risk for Emotional Disorders. <i>Behavior Modification</i> , 2018, 42, 781-805.	1.6	33
30	Relationships Between Thought Suppression and Symptoms of Borderline Personality Disorder. <i>Journal of Personality Disorders</i> , 2009, 23, 48-61.	1.4	30
31	New directions in the management of chronic pain: Self-regulation theory as a model for integrative clinical psychology practice. <i>Clinical Psychology Review</i> , 2010, 30, 805-814.	11.4	29
32	Treating depressive disorders with the Unified Protocol: A preliminary randomized evaluation. <i>Journal of Affective Disorders</i> , 2020, 264, 438-445.	4.1	29
33	The Effect of Anger Rumination in the Relationship Between Borderline Personality Disorder Symptoms and Precursors. <i>Journal of Personality Disorders</i> , 2013, 27, 465-472.	1.4	26
34	Treating Suicidal Thoughts and Behaviors Within an Emotional Disorders Framework: Acceptability and Feasibility of the Unified Protocol in an Inpatient Setting. <i>Behavior Modification</i> , 2017, 41, 529-557.	1.6	23
35	Expectancies, Working Alliance, and Outcome in Transdiagnostic and Single Diagnosis Treatment for Anxiety Disorders: An Investigation of Mediation. <i>Cognitive Therapy and Research</i> , 2018, 42, 135-145.	1.9	20
36	Specifying the mechanisms and targets of emotion regulation: A translational framework from affective science to psychological treatment.. <i>Clinical Psychology: Science and Practice</i> , 2021, 28, 168-182.	0.9	20

#	ARTICLE	IF	CITATIONS
37	Unified Protocol for the Transdiagnostic Prevention of Emotional Disorders: Evaluation of a Brief, Online Course for College Freshmen. <i>Behavior Therapy</i> , 2021, 52, 64-76.	2.4	19
38	How minority stress becomes traumatic invalidation: An emotion-focused conceptualization of minority stress in sexual and gender minority people.. <i>Clinical Psychology: Science and Practice</i> , 2022, 29, 185-195.	0.9	19
39	Changes in positive affect in cognitive-behavioral treatment of anxiety disorders. <i>General Hospital Psychiatry</i> , 2019, 61, 111-115.	2.4	16
40	The Nature, Timing, and Symptom Trajectories of Dropout From Transdiagnostic and Single-Diagnosis Cognitive-Behavioral Therapy for Anxiety Disorders. <i>Behavior Therapy</i> , 2021, 52, 1364-1376.	2.4	15
41	Countering emotional behaviors in the treatment of borderline personality disorder.. <i>Personality Disorders: Theory, Research, and Treatment</i> , 2020, 11, 328-338.	1.3	14
42	Responding to Negative Internal Experience: Relationships Between Acceptance and Change-Based Approaches and Psychological Adjustment. <i>Journal of Psychopathology and Behavioral Assessment</i> , 2009, 31, 378-386.	1.2	13
43	CBT AND THE FUTURE OF PERSONALIZED TREATMENT: A PROPOSAL. <i>Depression and Anxiety</i> , 2014, 31, 909-911.	4.1	13
44	The Unique Contributions of Distinct Experiential Avoidance Domains to Severity and Functionality of Non-Suicidal Self-Injury. <i>Journal of Experimental Psychopathology</i> , 2015, 6, 40-57.	0.8	13
45	Experimental Manipulations to Test Theory-Driven Mechanisms of Cognitive Behavior Therapy. <i>Frontiers in Psychiatry</i> , 2020, 11, 603009.	2.6	13
46	Dimensions of skill use in the unified protocol: Exploring unique effects on anxiety and depression.. <i>Journal of Consulting and Clinical Psychology</i> , 2022, 90, 246-257.	2.0	12
47	Cardiovascular Health in Anxiety or Mood Problems Study (CHAMPS): study protocol for a randomized controlled trial. <i>Trials</i> , 2016, 17, 18.	1.6	11
48	Implementing an evidence-based psychological intervention for suicidal thoughts and behaviors on an inpatient unit: Process, challenges, and initial findings. <i>General Hospital Psychiatry</i> , 2020, 63, 76-82.	2.4	11
49	Integrating and differentiating personality and psychopathology in cognitive behavioral therapy. <i>Journal of Personality</i> , 2022, 90, 89-102.	3.2	11
50	Assessing Emotion Regulation Ability for Negative and Positive Emotions: Psychometrics of the Perth Emotion Regulation Competency Inventory in United States Adults. <i>Journal of Affective Disorders</i> , 2021, 294, 558-567.	4.1	10
51	Evaluating transdiagnostic, evidence-based mental health care in a safety-net setting serving homeless individuals.. <i>Psychotherapy</i> , 2019, 56, 100-114.	1.2	10
52	A SMART approach to personalized care: preliminary data on how to select and sequence skills in transdiagnostic CBT. <i>Cognitive Behaviour Therapy</i> , 2022, 51, 435-455.	3.5	10
53	Understanding the Relationship Between Religiousness, Spirituality, and Underage Drinking: The Role of Positive Alcohol Expectancies. <i>Journal of Religion and Health</i> , 2014, 53, 68-78.	1.7	9
54	Isolating the effect of opposite action in borderline personality disorder: A laboratory-based alternating treatment design. <i>Behaviour Research and Therapy</i> , 2019, 117, 79-86.	3.1	9

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55	Conceptual development and case data for a modular, personality-based treatment for borderline personality disorder.. Personality Disorders: Theory, Research, and Treatment, 2023, 14, 369-380.	1.3	8
56	Barriers and Facilitators to Implementing a Short-Term Transdiagnostic Mental Health Treatment for Homeless Persons. Journal of Nervous and Mental Disease, 2019, 207, 585-594.	1.0	7
57	Quality of Life in Heterogeneous Anxiety Disorders: Changes Across Cognitive-Behavioral Treatments. Behavior Modification, 2020, 44, 343-364.	1.6	7
58	A Day in the Life of Borderline Personality Disorder: A Preliminary Analysis of Within-Day Emotion Generation and Regulation. Journal of Psychopathology and Behavioral Assessment, 2020, 42, 702-713.	1.2	7
59	A Preliminary Evaluation of the Unified Protocol among Trauma-Exposed Adults with and without PTSD. International Journal of Environmental Research and Public Health, 2021, 18, 11729.	2.6	7
60	Isolating the Effects of Mindfulness Training Across Anxiety Disorder Diagnoses in the Unified Protocol. Behavior Therapy, 2020, 51, 972-983.	2.4	6
61	Skill Acquisition During Transdiagnostic Treatment With the Unified Protocol. Behavior Therapy, 2021, 52, 1325-1338.	2.4	6
62	Nomothetic and idiographic patterns of responses to emotions in borderline personality disorder.. Personality Disorders: Theory, Research, and Treatment, 2021, 12, 354-364.	1.3	6
63	Exploring the Effects of the Mindfulness and Countering Emotional Behaviors Modules From the Unified Protocol on Dysregulated Anger in the Context of Emotional Disorders. Behavior Therapy, 2020, 51, 933-945.	2.4	5
64	Mindful Emotion Awareness Facilitates Engagement with Exposure Therapy: An Idiographic Exploration Using Single Case Experimental Design. Behavior Modification, 2022, 46, 36-62.	1.6	5
65	Measurement to Improve Treatment Delivery: A Commentary on the HiTOP Measure Development Project. Assessment, 2022, 29, 93-98.	3.1	4
66	Transdiagnostic Cognitive-Behavioral Therapy for Depression and Anxiety Disorders in Cardiovascular Disease Patients: Results From the CHAMPS Pilot-Feasibility Trial. Frontiers in Psychiatry, 2022, 13, 741039.	2.6	4
67	A Preliminary Examination of the Effects of Transdiagnostic Versus Single Diagnosis Protocols on Anger During the Treatment of Anxiety Disorders. Journal of Nervous and Mental Disease, 2018, 206, 549-554.	1.0	3
68	Associations between improvements in aversive reactions to negative emotions and increased quality of life in the unified protocol. Journal of Behavioral and Cognitive Therapy, 2022, 32, 25-32.	1.4	3
69	Measuring Emotion Regulation Skill Use During Treatment: A Promising Methodological Approach. Assessment, 2023, 30, 592-605.	3.1	3
70	Elucidating the relationships between shame, anger, and self-destructive behaviors: The role of aversive responses to emotions. Journal of Contextual Behavioral Science, 2019, 12, 7-12.	2.6	2
71	When perfect is never good enough: The predictive role of discrepancy on anxiety, time spent on academic tasks, and psychological well-being in university students. Personality and Individual Differences, 2021, 168, 110305.	2.9	2
72	A Preliminary Investigation of Provider Attitudes Toward a Transdiagnostic Treatment: Outcomes from Training Workshops with the Unified Protocol. Administration and Policy in Mental Health and Mental Health Services Research, 2021, 48, 668-682.	2.1	1

#	ARTICLE	IF	CITATIONS
73	The Nature, Diagnosis, and Treatment of Neuroticism: Back to the Future. , 0, .		1
74	Future Directions in Developing and Evaluating Psychological Interventions. , 2020, , 279-286.		0