

Jason C Ong

List of Publications by Year in Descending Order

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Version: 2024-04-28

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

74
papers

2,836
citations

25
h-index

52
g-index

79
ext. papers

3,595
ext. citations

3.4
avg, IF

5.46
L-index

#	Paper	IF	Citations
74	CBT-I for patients with hypersomnia disorders 2022 , 115-133		
73	Optimizing a Behavioral Sleep Intervention for Gynecologic Cancer Survivors: Study Design and Protocol.. <i>Frontiers in Neuroscience</i> , 2022 , 16, 818718	5.1	
72	A Micro-Longitudinal Study of Naps, Sleep Disturbance, and Headache Severity in Women with Chronic Migraine.. <i>Behavioral Sleep Medicine</i> , 2022 , 1-12	4.2	1
71	Mindfulness and Behaviour Therapy for Insomnia: An Assessment of Treatment Effect in a Sleep Disorders Clinic Population with Insomnia. <i>Behaviour Change</i> , 2021 , 38, 25-39	1.1	1
70	Effects of Web-Based Group Mindfulness Training on Stress and Sleep Quality in Singapore During the COVID-19 Pandemic: Retrospective Equivalence Analysis. <i>JMIR Mental Health</i> , 2021 , 8, e21757	6	6
69	Associations between sleep disturbances, diabetes and mortality in the UK Biobank cohort: A prospective population-based study. <i>Journal of Sleep Research</i> , 2021 , 30, e13392	5.8	1
68	How Does Narcolepsy Impact Health-Related Quality of Life? A Mixed-Methods Study. <i>Behavioral Sleep Medicine</i> , 2021 , 19, 145-158	4.2	4
67	Feasibility and Preliminary Efficacy of a Bright Light Intervention in Ovarian and Endometrial Cancer Survivors. <i>International Journal of Behavioral Medicine</i> , 2021 , 28, 83-95	2.6	4
66	Sleep Apnea and Insomnia: Emerging Evidence for Effective Clinical Management. <i>Chest</i> , 2021 , 159, 2020-2028	10	3
65	Autonomic dysregulation and sleep homeostasis in insomnia. <i>Sleep</i> , 2021 , 44,	1.1	7
64	Adjunctive and alternative treatment of insomnia 2021 ,		
63	Mindfulness-based therapy for insomnia for older adults with sleep difficulties: a randomized clinical trial. <i>Psychological Medicine</i> , 2021 , 1-11	6.9	3
62	Mindfulness and nocturnal rumination are independently associated with symptoms of insomnia and depression during pregnancy. <i>Sleep Health</i> , 2020 , 6, 185-191	4	6
61	A randomized controlled trial of CBT-I and PAP for obstructive sleep apnea and comorbid insomnia: main outcomes from the MATRICS study. <i>Sleep</i> , 2020 , 43,	1.1	18
60	Digital Cognitive Behavioral Therapy for Insomnia in Women With Chronic Migraines. <i>Headache</i> , 2020 , 60, 902-915	4.2	11
59	Insomnia: Evaluation and Therapeutic Modalities. <i>Current Clinical Neurology</i> , 2020 , 141-157	0.1	
58	Optimizing Behavioral Sleep Strategies. <i>CONTINUUM Lifelong Learning in Neurology</i> , 2020 , 26, 1075-1083		

57	Developing a cognitive behavioral therapy for hypersomnia using telehealth: a feasibility study. <i>Journal of Clinical Sleep Medicine</i> , 2020 , 16, 2047-2062	3.1	7
56	Disease symptomatology and response to treatment in people with idiopathic hypersomnia: initial data from the Hypersomnia Foundation registry. <i>Sleep Medicine</i> , 2020 , 75, 343-349	4.6	6
55	Promoting Mindfulness in African American Communities. <i>Mindfulness</i> , 2020 , 11, 2274-2282	2.9	7
54	What do we really know about mindfulness and sleep health?. <i>Current Opinion in Psychology</i> , 2020 , 34, 18-22	6.2	12
53	Depression and suicidal ideation in pregnancy: exploring relationships with insomnia, short sleep, and nocturnal rumination. <i>Sleep Medicine</i> , 2020 , 65, 62-73	4.6	22
52	0624 Addressing the Psychosocial Aspects of Narcolepsy: A Mixed-Methods Study. <i>Sleep</i> , 2019 , 42, A248-A249		
51	Increased high-frequency NREM EEG power associated with mindfulness-based interventions for chronic insomnia: Preliminary findings from spectral analysis. <i>Journal of Psychosomatic Research</i> , 2019 , 120, 12-19	4.1	12
50	Delivering Cognitive Behavioral Therapy for Insomnia in the Real World: Considerations and Controversies. <i>Sleep Medicine Clinics</i> , 2019 , 14, 275-281	3.6	11
49	Waking rest: a game changer or a name changer?. <i>Sleep</i> , 2019 , 42,	1.1	1
48	0379 A Randomized Controlled Trial Of CBT-I and CPAP For Comorbid Insomnia and OSA: Initial Findings from the MATRICS Study. <i>Sleep</i> , 2019 , 42, A154-A154	1.1	4
47	Bereavement, Self-Reported Sleep Disturbances, and Inflammation: Results From Project HEART. <i>Psychosomatic Medicine</i> , 2019 , 81, 67-73	3.7	8
46	Effect of Digital Cognitive Behavioral Therapy for Insomnia on Health, Psychological Well-being, and Sleep-Related Quality of Life: A Randomized Clinical Trial. <i>JAMA Psychiatry</i> , 2019 , 76, 21-30	14.5	142
45	Can Circadian Dysregulation Exacerbate Migraines?. <i>Headache</i> , 2018 , 58, 1040-1051	4.2	19
44	A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia: Effects on Daytime Symptoms and Cognitive-Emotional Arousal. <i>Mindfulness</i> , 2018 , 9, 1702-1712	2.9	17
43	A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. <i>Behavioral Sleep Medicine</i> , 2018 , 16, 523-526	4.2	3
42	Development of a lifestyle intervention for the metabolic syndrome: Discovery through proof-of-concept. <i>Health Psychology</i> , 2018 , 37, 929-939	5	5
41	Management of Obstructive Sleep Apnea and Comorbid Insomnia: A Mixed-Methods Evaluation. <i>Behavioral Sleep Medicine</i> , 2017 , 15, 180-197	4.2	19
40	Behavioral Sleep Medicine Services for Hypersomnia Disorders: A Survey Study. <i>Behavioral Sleep Medicine</i> , 2017 , 15, 158-171	4.2	20

39	The mediating role of sleep-related metacognitive processes in trait and pre-sleep state hyperarousal in insomnia disorder. <i>Journal of Psychosomatic Research</i> , 2017 , 99, 59-65	4.1	14
38	Using Mindfulness for the Treatment of Insomnia. <i>Current Sleep Medicine Reports</i> , 2017 , 3, 57-65	1.2	23
37	Risk of obstructive sleep apnea in African American patients with chronic rhinosinusitis. <i>Annals of Allergy, Asthma and Immunology</i> , 2017 , 118, 685-688.e1	3.2	20
36	Characterization of Patients Who Present With Insomnia: Is There Room for a Symptom Cluster-Based Approach?. <i>Journal of Clinical Sleep Medicine</i> , 2017 , 13, 911-921	3.1	11
35	Morning Versus Evening Bright Light Treatment at Home to Improve Function and Pain Sensitivity for Women with Fibromyalgia: A Pilot Study. <i>Pain Medicine</i> , 2017 , 18, 116-123	2.8	13
34	Mindfulness-based therapy for insomnia. 2017 ,		6
33	Examining the Variability of Sleep Patterns during Treatment for Chronic Insomnia: Application of a Location-Scale Mixed Model. <i>Journal of Clinical Sleep Medicine</i> , 2016 , 12, 797-804	3.1	6
32	Digital Cognitive Behavioural Therapy for Insomnia versus sleep hygiene education: the impact of improved sleep on functional health, quality of life and psychological well-being. Study protocol for a randomised controlled trial. <i>Trials</i> , 2016 , 17, 257	2.8	27
31	Evaluating the treatment of obstructive sleep apnea comorbid with insomnia disorder using an incomplete factorial design. <i>Contemporary Clinical Trials</i> , 2016 , 47, 146-52	2.3	20
30	Cognitive Behavioral Therapy for Insomnia Comorbid With Psychiatric and Medical Conditions: A Meta-analysis. <i>JAMA Internal Medicine</i> , 2015 , 175, 1461-72	11.5	276
29	Third-Wave Therapies for Insomnia. <i>Current Sleep Medicine Reports</i> , 2015 , 1, 166-176	1.2	9
28	Quality measures for the care of patients with insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2015 , 11, 311-34	3.4	32
27	Chronotype and Improved Sleep Efficiency Independently Predict Depressive Symptom Reduction after Group Cognitive Behavioral Therapy for Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2015 , 11, 1021-7	3.1	39
26	Attribution, cognition and psychopathology in persistent insomnia disorder: outcome and mediation analysis from a randomized placebo-controlled trial of online cognitive behavioural therapy. <i>Sleep Medicine</i> , 2014 , 15, 913-7	4.6	63
25	A randomized controlled trial of mindfulness meditation for chronic insomnia. <i>Sleep</i> , 2014 , 37, 1553-63	1.1	169
24	Worried sleep: 24-h monitoring in high and low worriers. <i>Biological Psychology</i> , 2013 , 94, 61-70	3.2	34
23	Insomnia and Obstructive Sleep Apnea. <i>Sleep Medicine Clinics</i> , 2013 , 8, 389-398	3.6	38
22	Gender and cognitive-emotional factors as predictors of pre-sleep arousal and trait hyperarousal in insomnia. <i>Journal of Psychosomatic Research</i> , 2013 , 74, 283-9	4.1	28

21	The more the merrier? Working towards multidisciplinary management of obstructive sleep apnea and comorbid insomnia. <i>Journal of Clinical Psychology</i> , 2013 , 69, 1066-77	2.8	30
20	Improving sleep with mindfulness and acceptance: a metacognitive model of insomnia. <i>Behaviour Research and Therapy</i> , 2012 , 50, 651-60	5.2	169
19	Chronic headaches and insomnia: working toward a biobehavioral model. <i>Cephalalgia</i> , 2012 , 32, 1059-706.1		34
18	A randomized, placebo-controlled trial of online cognitive behavioral therapy for chronic insomnia disorder delivered via an automated media-rich web application. <i>Sleep</i> , 2012 , 35, 769-81	1.1	307
17	A two-dimensional approach to assessing affective states in good and poor sleepers. <i>Journal of Sleep Research</i> , 2011 , 20, 606-10	5.8	28
16	CBT for insomnia in patients with high and low depressive symptom severity: adherence and clinical outcomes. <i>Journal of Clinical Sleep Medicine</i> , 2011 , 7, 645-52	3.1	167
15	Maternal subjective sleep quality and nighttime infant care. <i>Journal of Reproductive and Infant Psychology</i> , 2010 , 28, 384-391	2.9	19
14	A mindfulness-based approach to the treatment of insomnia. <i>Journal of Clinical Psychology</i> , 2010 , 66, 1175-84	2.8	61
13	Mindfulness meditation and cognitive behavioral therapy for insomnia: a naturalistic 12-month follow-up. <i>Explore: the Journal of Science and Healing</i> , 2009 , 5, 30-6	1.4	96
12	Mindfulness and rumination: does mindfulness training lead to reductions in the ruminative thinking associated with depression?. <i>Explore: the Journal of Science and Healing</i> , 2009 , 5, 265-71	1.4	126
11	Frequency and predictors of obstructive sleep apnea among individuals with major depressive disorder and insomnia. <i>Journal of Psychosomatic Research</i> , 2009 , 67, 135-41	4.1	67
10	Pain coping strategies for tension-type headache: possible implications for insomnia?. <i>Journal of Clinical Sleep Medicine</i> , 2009 , 5, 52-6	3.1	11
9	Pain Coping Strategies for Tension-Type Headache: Possible Implications for Insomnia?. <i>Journal of Clinical Sleep Medicine</i> , 2009 , 05, 52-56	3.1	24
8	The Relation of Trouble Sleeping, Depressed Mood, Pain, and Fatigue in Patients with Cancer. <i>Journal of Clinical Sleep Medicine</i> , 2009 , 05, 132-136	3.1	78
7	Combining mindfulness meditation with cognitive-behavior therapy for insomnia: a treatment-development study. <i>Behavior Therapy</i> , 2008 , 39, 171-82	4.8	180
6	Who is at risk for dropout from group cognitive-behavior therapy for insomnia?. <i>Journal of Psychosomatic Research</i> , 2008 , 64, 419-25	4.1	101
5	Characteristics of Insomniacs with Self-Reported Morning and Evening Chronotypes. <i>Journal of Clinical Sleep Medicine</i> , 2007 , 03, 289-294	3.1	80
4	Characteristics of insomniacs with self-reported morning and evening chronotypes. <i>Journal of Clinical Sleep Medicine</i> , 2007 , 3, 289-94	3.1	32

3	A brief neuropsychological protocol for assessing patients with Parkinson's disease. <i>NeuroRehabilitation</i> , 2005 , 20, 191-203	2	5
2	Being kind to self is being kind to sleep? A structural equation modelling approach evaluating the direct and indirect associations of self-compassion with sleep quality, emotional distress and mental well-being. <i>Current Psychology</i> , 1	1.4	1
1	Effects of Web-Based Group Mindfulness Training on Stress and Sleep Quality in Singapore During the COVID-19 Pandemic: Retrospective Equivalence Analysis (Preprint)		2