

# Sara J Tai

## List of Publications by Year in descending order

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Version: 2024-02-01

99  
papers

2,846  
citations

147786

31  
h-index

206102

48  
g-index

101  
all docs

101  
docs citations

101  
times ranked

2867  
citing authors

#	ARTICLE	IF	CITATIONS
1	Conversational Agents in the Treatment of Mental Health Problems: Mixed-Method Systematic Review. JMIR Mental Health, 2019, 6, e14166.	3.3	130
2	Early detection of bipolar disorder: a pilot familial high-risk study of parents with bipolar disorder and their adolescent children. Bipolar Disorders, 2006, 8, 362-372.	1.9	127
3	The Evolution of Cognitive Behavior Therapy for Schizophrenia: Current Practice and Recent Developments. Schizophrenia Bulletin, 2009, 35, 865-873.	4.3	119
4	A systematic review of the implementation of recommended psychological interventions for schizophrenia: Rates, barriers, and improvement strategies. Psychology and Psychotherapy: Theory, Research and Practice, 2016, 89, 324-350.	2.5	111
5	Stability of self-esteem in bipolar disorder: comparisons among remitted bipolar patients, remitted unipolar patients and healthy controls. Bipolar Disorders, 2007, 9, 490-495.	1.9	108
6	Effective and efficient: Using patient-led appointment scheduling in routine mental health practice in remote Australia.. Professional Psychology: Research and Practice, 2013, 44, 405-414.	1.0	95
7	Coping with depression and vulnerability to mania: A factor analytic study of the Nolen-Hoeksema (1991) Response Styles Questionnaire. British Journal of Clinical Psychology, 2005, 44, 99-112.	3.5	92
8	Response styles to depressed mood in bipolar affective disorder. Journal of Affective Disorders, 2007, 100, 249-252.	4.1	87
9	Predictors of Outcome in Brief Cognitive Behavior Therapy for Schizophrenia. Schizophrenia Bulletin, 2009, 35, 859-864.	4.3	85
10	Manage Your Life Online: A Web-Based Randomized Controlled Trial Evaluating the Effectiveness of a Problem-Solving Intervention in a Student Sample. Behavioural and Cognitive Psychotherapy, 2018, 46, 570-582.	1.2	83
11	Extreme appraisals of internal states and bipolar symptoms: The Hypomanic Attitudes and Positive Predictions Inventory.. Psychological Assessment, 2011, 23, 635-645.	1.5	72
12	Psychological Processes Mediate the Impact of Familial Risk, Social Circumstances and Life Events on Mental Health. PLoS ONE, 2013, 8, e76564.	2.5	61
13	Causal and mediating factors for anxiety, depression and well-being. British Journal of Psychiatry, 2015, 206, 456-460.	2.8	61
14	An experimental test of the role of control in spider fear. Journal of Anxiety Disorders, 2017, 49, 12-20.	3.2	58
15	Client Perceptions of Helpfulness in Therapy: a Novel Video-Rating Methodology for Examining Process Variables at Brief Intervals During a Single Session. Behavioural and Cognitive Psychotherapy, 2017, 45, 647-660.	1.2	58
16	The prospective role of defeat and entrapment in depression and anxiety: A 12-month longitudinal study. Psychiatry Research, 2014, 216, 52-59.	3.3	52
17	What is good communication for people living with dementia? A mixed-methods systematic review. International Psychogeriatrics, 2017, 29, 1785-1800.	1.0	52
18	A UK validation of a general measure of subjective well-being: the modified BBC subjective well-being scale (BBC-SWB). Health and Quality of Life Outcomes, 2013, 11, 150.	2.4	51

#	ARTICLE	IF	CITATIONS
19	A systematic review of service-user reasons for adherence and nonadherence to neuroleptic medication in psychosis. <i>Clinical Psychology Review</i> , 2017, 51, 75-95.	11.4	51
20	Sources of Distress in First-Episode Psychosis: A Systematic Review and Qualitative Metasynthesis. <i>Qualitative Health Research</i> , 2019, 29, 107-123.	2.1	50
21	The effects of psilocybin on cognitive and emotional functions in healthy participants: Results from a phase 1, randomised, placebo-controlled trial involving simultaneous psilocybin administration and preparation. <i>Journal of Psychopharmacology</i> , 2022, 36, 114-125.	4.0	47
22	The development of the Short Defeat and Entrapment Scale (SDES).. <i>Psychological Assessment</i> , 2015, 27, 1182-1194.	1.5	46
23	Empirically Grounded Clinical Interventions Clinical Implications of a Psychological Model of Mental Disorder. <i>Behavioural and Cognitive Psychotherapy</i> , 2007, 35, 1.	1.2	45
24	A biopsychosocial model based on negative feedback and control. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 94.	2.0	41
25	Development and Evaluation of a Therapist Training Program for Psilocybin Therapy for Treatment-Resistant Depression in Clinical Research. <i>Frontiers in Psychiatry</i> , 2021, 12, 586682.	2.6	38
26	Self-attacking and self-reassurance in persecutory delusions: A comparison of healthy, depressed and paranoid individuals. <i>Psychiatry Research</i> , 2013, 205, 127-136.	3.3	37
27	The Interpretation of, and Responses to, Changes in Internal States: An Integrative Cognitive Model of Mood Swings and Bipolar Disorders. <i>Behavioural and Cognitive Psychotherapy</i> , 2007, 35, .	1.2	35
28	Hypomanic Personality, Stability of Self-Esteem and Response Styles to Negative Mood. <i>Clinical Psychology and Psychotherapy</i> , 2011, 18, 397-410.	2.7	34
29	Think Effectively About Mood Swings (TEAMS): A case series of cognitive-behavioural therapy for bipolar disorders. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2012, 43, 770-779.	1.2	34
30	It's nice to think somebody's listening to me instead of saying "oh shut up". People with dementia reflect on what makes communication good and meaningful. <i>Journal of Psychiatric and Mental Health Nursing</i> , 2020, 27, 151-161.	2.1	34
31	Qualitative Exploration of Empowerment from the Perspective of Young People with Psychosis. <i>Clinical Psychology and Psychotherapy</i> , 2013, 20, 136-148.	2.7	33
32	A Transdiagnostic Approach to CBT using Method of Levels Therapy. , 0, , .		33
33	Parental communication style and family relationships in children of bipolar parents. <i>British Journal of Clinical Psychology</i> , 2008, 47, 355-359.	3.5	32
34	Science and Practice of Transdiagnostic CBT: A Perceptual Control Theory (PCT) Approach. <i>International Journal of Cognitive Therapy</i> , 2014, 7, 334-359.	2.2	32
35	Do current beliefs predict hypomanic symptoms beyond personality style? Factor analysis of the hypomanic attitudes and positive predictions inventory (HAPPI) and its association with hypomanic symptoms in a student population. <i>Journal of Clinical Psychology</i> , 2008, 64, 450-465.	1.9	30
36	Principal Components Analysis of the Hypomanic Attitudes and Positive Predictions Inventory and Associations with Measures of Personality, Cognitive Style and Analogue Symptoms in a Student Sample. <i>Behavioural and Cognitive Psychotherapy</i> , 2010, 38, 15-33.	1.2	30

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37	Personal Accounts of Discontinuing Neuroleptic Medication for Psychosis. <i>Qualitative Health Research</i> , 2017, 27, 559-572.	2.1	30
38	Does empowerment mediate the effects of psychological factors on mental health, well-being, and recovery in young people?. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2017, 90, 314-335.	2.5	30
39	What's therapeutic about the therapeutic relationship? A hypothesis for practice informed by Perceptual Control Theory. <i>The Cognitive Behaviour Therapist</i> , 2012, 5, 47-59.	1.0	28
40	The feasibility and effectiveness of Catch It, an innovative CBT smartphone app. <i>BJPsych Open</i> , 2016, 2, 204-209.	0.7	27
41	MindSurf: a pilot study to assess the usability and acceptability of a smartphone app designed to promote contentment, wellbeing, and goal achievement. <i>BMC Psychiatry</i> , 2016, 16, 442.	2.6	27
42	Is There a Core Process Across Depression and Anxiety?. <i>Cognitive Therapy and Research</i> , 2013, 37, 307-323.	1.9	26
43	A Randomized Controlled Trial Comparing Cognitive Behavior Therapy, Cognitive Adaptation Training, Their Combination and Treatment as Usual in Chronic Schizophrenia. <i>Schizophrenia Bulletin</i> , 2015, 41, 597-603.	4.3	22
44	Improving professional psychological practice through an increased repertoire of research methodologies: Illustrated by the development of MOL. <i>Professional Psychology: Research and Practice</i> , 2017, 48, 175-182.	1.0	21
45	Web based health surveys: Using a Two Step Heckman model to examine their potential for population health analysis. <i>Social Science and Medicine</i> , 2016, 163, 45-53.	3.8	20
46	â€œIt was me answering my own questionsâ€™: Experiences of method of levels therapy amongst people with first-episode psychosis. <i>International Journal of Mental Health Nursing</i> , 2019, 28, 721-734.	3.8	18
47	Using Perceptual Control Theory and the Method of Levels to work with people who experience psychosis. <i>The Cognitive Behaviour Therapist</i> , 2009, 2, 227-242.	1.0	17
48	Multimodal Cognitive Therapy: Combining Treatments That Bypass Cognitive Deficits and Deal With Reasoning and Appraisal Biases. <i>Schizophrenia Bulletin</i> , 2009, 35, 884-893.	4.3	16
49	â€œWhat people diagnosed with bipolar disorder experience as distressingâ€™: A meta-synthesis of qualitative research. <i>Journal of Affective Disorders</i> , 2019, 248, 108-130.	4.1	15
50	A novel cognitive behaviour therapy for bipolar disorders (Think Effectively About Mood Swings or Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50	1.6	14
51	Conflicted control systems: the neural architecture of trauma. <i>Lancet Psychiatry</i> , 2014, 1, 316-318.	7.4	14
52	An Introduction to Using the Method of Levels (MOL) Therapy to Work with People Experiencing Psychosis. <i>American Journal of Psychotherapy</i> , 2016, 70, 125-148.	1.2	14
53	Method of Levels: initial steps in assessing adherence and the development of a qualitative framework for mapping clients' control hierarchies. <i>The Cognitive Behaviour Therapist</i> , 2009, 2, 145-166.	1.0	13
54	Factor structure of the Hypomanic Attitudes and Positive Predictions Inventory and associations with analogue bipolar symptoms in a student sample. <i>Personality and Individual Differences</i> , 2011, 50, 349-354.	2.9	13

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55	Do Extreme Beliefs About Internal States Predict Mood Swings in an Analogue Sample?. Cognitive Therapy and Research, 2011, 35, 497-504.	1.9	13
56	The prospective role of defeat and entrapment in caregiver burden and depression amongst formal caregivers. Personality and Individual Differences, 2018, 120, 24-31.	2.9	13
57	Psychological models of mental disorder, human rights, and compulsory mental health care in the community. International Journal of Law and Psychiatry, 2008, 31, 479-486.	0.9	12
58	Using plain English and behaviourally specific language to increase the implementation of clinical guidelines for psychological treatments in schizophrenia. Journal of Mental Health, 2015, 24, 129-133.	1.9	12
59	Appraisals to affect: Testing the integrative cognitive model of bipolar disorder. British Journal of Clinical Psychology, 2016, 55, 225-235.	3.5	12
60	Thematic associations between personal goals and clinical and non-clinical voices (auditory verbal) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50	0.8	12
61	How did mental health become so biomedical? The progressive erosion of social determinants in historical psychiatric admission registers. History of Psychiatry, 2021, 32, 37-51.	0.3	12
62	Policy implications of a psychological model of mental disorder. Journal of Mental Health, 2008, 17, 93-103.	1.9	11
63	Method of levels therapy for first-episode psychosis: rationale, design and baseline data for the feasibility randomised controlled Next Level study. BJPsych Open, 2018, 4, 339-345.	0.7	11
64	Living the life you want following a diagnosis of bipolar disorder: A grounded theory approach. Clinical Psychology and Psychotherapy, 2019, 26, 362-377.	2.7	11
65	Individual experiences of psychologicalâ€based interventions for bipolar disorder: A systematic review and thematic synthesis. Psychology and Psychotherapy: Theory, Research and Practice, 2019, 92, 499-522.	2.5	11
66	A qualitative analysis of young people's experiences of receiving a novel, clientâ€led, psychological therapy in school. Counselling and Psychotherapy Research, 2019, 19, 409-418.	3.2	9
67	Agents of change: Understanding the therapeutic processes associated with the helpfulness of therapy for mental health problems with relational agent MYLO. Digital Health, 2020, 6, 205520762091158.	1.8	9
68	Self Appraisals of Internal States and Risk of Analogue Bipolar Symptoms in Student Samples: Evidence from Standardised Behavioural Observations and a Diary Study. Cognitive Therapy and Research, 2013, 37, 981-995.	1.9	8
69	Classification of Psychopathology and Unifying Theory the Ingredients of a Darwinian Paradigm Shift in Research Methodology. Psychopathology Review, 2015, a2, 129-153.	0.9	8
70	What is distressing about auditory verbal hallucinations? The contribution of goal interference and goal facilitation. Psychology and Psychotherapy: Theory, Research and Practice, 2017, 90, 720-734.	2.5	8
71	Cognitive behavioural therapy for thought disorder in psychosis. Psychosis, 2017, 9, 347-357.	0.8	8
72	Method of levels therapy for firstâ€episode psychosis: The feasibility randomized controlled Next Level trial. Journal of Clinical Psychology, 2019, 75, 1756-1769.	1.9	8

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73	Indirect measurement of dysfunctional attitudes in bipolar affective disorder. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2009, 82, 261-266.	2.5	7
74	Why I eat at night: A qualitative exploration of the development, maintenance and consequences of Night Eating Syndrome. <i>Appetite</i> , 2018, 125, 270-277.	3.7	7
75	The Psychological Pathway to Suicide Attempts: A Strategy of Control Without Awareness. <i>Frontiers in Psychology</i> , 2021, 12, 588683.	2.1	7
76	Bipolar Vulnerability and Extreme Appraisals Of Internal States: A Computerized Ratings Study. <i>Clinical Psychology and Psychotherapy</i> , 2011, 18, 387-396.	2.7	6
77	What are People's Experiences of a Novel Cognitive Behavioural Therapy for Bipolar Disorders? A Qualitative Investigation with Participants on the TEAMS Trial. <i>Clinical Psychology and Psychotherapy</i> , 2017, 24, 712-726.	2.7	6
78	A school-based feasibility study of method of levels: a novel form of client-led counselling. <i>Pastoral Care in Education</i> , 2019, 37, 331-346.	1.8	6
79	Brief report: A family risk study exploring bipolar spectrum problems and cognitive biases in adolescent children of bipolar parents. <i>Journal of Adolescence</i> , 2012, 35, 769-772.	2.4	5
80	Advances in Cognitive Behavior Therapy for Psychosis. <i>International Journal of Cognitive Therapy</i> , 2013, 6, 150-170.	2.2	5
81	A systematic scoping review and synthesis of dementia and communication theory. <i>Dementia</i> , 2019, 18, 2261-2281.	2.0	5
82	A school-based case series to examine the feasibility and acceptability of a PCT-informed psychological intervention that combines client-led counselling (Method of levels) and a parent-child activity (Shared goals). <i>British Journal of Guidance and Counselling</i> , 2021, 49, 587-602.	1.2	3
83	A process-focused case series of a school-based intervention aimed at giving young people choice and control over their attendance and their goals in therapy. <i>British Journal of Guidance and Counselling</i> , 2021, 49, 565-586.	1.2	3
84	Positive risk management: Staff perspectives in acute mental health inpatient settings. <i>Journal of Advanced Nursing</i> , 2021, 77, 1899-1910.	3.3	3
85	Experiences of acute mental health inpatient care in the UK: from admission to readmission. <i>Psychosis</i> , 2022, 14, 22-33.	0.8	3
86	The need for improved coding to document the social determinants of health. <i>Lancet Psychiatry</i> , 2021, 8, 653.	7.4	3
87	A Scoping Review and Narrative Synthesis Comparing the Constructs of Social Determinants of Health and Social Determinants of Mental Health: Matryoshka or Two Independent Constructs?. <i>Frontiers in Psychiatry</i> , 2022, 13, 848556.	2.6	3
88	Clinician perspectives on supporting adults with psychosis who wish to discontinue neuroleptic medication: qualitative analysis. <i>Psychosis</i> , 2018, 10, 239-250.	0.8	2
89	Feasibility and Patient Experiences of Method of Levels Therapy in an Acute Mental Health Inpatient Setting. <i>Issues in Mental Health Nursing</i> , 2020, 41, 506-514.	1.2	2
90	A systematic review of policy and clinical guidelines on positive risk management. <i>Journal of Mental Health</i> , 2023, 32, 329-340.	1.9	2

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91	The development of a parent-child activity based on the principles of perceptual control theory. The Cognitive Behaviour Therapist, 2020, 13, .	1.0	1
92	A qualitative investigation of stress related to studying architecture at degree level in the UK. Arts and Humanities in Higher Education, 2021, 20, 3-20.	1.4	1
93	Improving Access to Psychological Services in Remote Australia with a Patient-Led Clinic. , 2021, , 253-272.		1
94	Experiences of adolescents and their guardians with a school-based combined individual and dyadic intervention. British Journal of Guidance and Counselling, 0, , 1-16.	1.2	1
95	What is the relationship between post-traumatic stress disorder, extreme appraisals of internal state and symptoms in bipolar disorder?. Behavioural and Cognitive Psychotherapy, 2020, 48, 103-115.	1.2	0
96	But Wait, There's More! Control Affects Practice as Much as Research. , 2021, , 139-154.		0
97	Health Through the Lens of Control: A Different Look at Well-Being and Being Well. , 2021, , 69-83.		0
98	Minimal use of ICD social determinant or phenomenological codes in mental health care records. Journal of Mental Health, 2021, , 1-10.	1.9	0
99	Improving Access to Psychological Services in Remote Australia with a Patient-Led Clinic. , 2019, , 1-20.		0