

Paul M Lehrer

List of Publications by Year in descending order

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134
papers

7,499
citations

53660

45
h-index

58464

82
g-index

150
all docs

150
docs citations

150
times ranked

3822
citing authors

#	ARTICLE	IF	CITATIONS
1	Heart rate variability biofeedback: how and why does it work?. <i>Frontiers in Psychology</i> , 2014, 5, 756.	1.1	468
2	Resonant frequency biofeedback training to increase cardiac variability: rationale and manual for training. <i>Applied Psychophysiology Biofeedback</i> , 2000, 25, 177-191.	1.0	428
3	Preliminary Results of an Open Label Study of Heart Rate Variability Biofeedback for the Treatment of Major Depression. <i>Applied Psychophysiology Biofeedback</i> , 2007, 32, 19-30.	1.0	362
4	Heart Rate Variability Biofeedback Increases Baroreflex Gain and Peak Expiratory Flow. <i>Psychosomatic Medicine</i> , 2003, 65, 796-805.	1.3	361
5	Characteristics of Resonance in Heart Rate Variability Stimulated by Biofeedback. <i>Applied Psychophysiology Biofeedback</i> , 2006, 31, 129-142.	1.0	305
6	A Pilot Study of the Efficacy of Heart Rate Variability (HRV) Biofeedback in Patients with Fibromyalgia. <i>Applied Psychophysiology Biofeedback</i> , 2007, 32, 1-10.	1.0	222
7	The effects of specific respiratory rates on heart rate and heart rate variability. <i>Applied Psychophysiology Biofeedback</i> , 2003, 28, 13-23.	1.0	220
8	Biofeedback Treatment for Asthma. <i>Chest</i> , 2004, 126, 352-361.	0.4	220
9	Asthma and Emotion: A Review. <i>Journal of Asthma</i> , 1993, 30, 5-21.	0.9	213
10	Heart rate variability biofeedback as a method for assessing baroreflex function: a preliminary study of resonance in the cardiovascular system. <i>Applied Psychophysiology Biofeedback</i> , 2002, 27, 1-27.	1.0	209
11	Heart Rate Variability Biofeedback Improves Emotional and Physical Health and Performance: A Systematic Review and Meta Analysis. <i>Applied Psychophysiology Biofeedback</i> , 2020, 45, 109-129.	1.0	199
12	Psychological aspects of asthma.. <i>Journal of Consulting and Clinical Psychology</i> , 2002, 70, 691-711.	1.6	181
13	Psychosocial Treatments for Multiple Unexplained Physical Symptoms: A Review of the Literature. <i>Psychosomatic Medicine</i> , 2002, 64, 939-950.	1.3	136
14	Protocol for Heart Rate Variability Biofeedback Training. <i>Biofeedback</i> , 2013, 41, 98-109.	0.3	134
15	Zazen and Cardiac Variability. <i>Psychosomatic Medicine</i> , 1999, 61, 812-821.	1.3	129
16	Anxiety sensitivity and panic attacks in an asthmatic population. <i>Behaviour Research and Therapy</i> , 1994, 32, 411-418.	1.6	123
17	Emotionally triggered asthma: a review of research literature and some hypotheses for self-regulation therapies. <i>Applied Psychophysiology Biofeedback</i> , 1998, 23, 13-41.	1.0	120
18	Heart Rate Variability Biofeedback. <i>Chest</i> , 2006, 129, 278-284.	0.4	105

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19	Template for developing guidelines for the evaluation of the clinical efficacy of psychophysiological interventions. <i>Applied Psychophysiology Biofeedback</i> , 2002, 27, 273-281.	1.0	95
20	Psychiatric Disorders and Asthma Outcomes Among High-Risk Inner-City Patients. <i>Psychosomatic Medicine</i> , 2005, 67, 989-996.	1.3	80
21	Heart rate variability response to alcohol, placebo, and emotional picture cue challenges: Effects of 0.1â€”Hz stimulation. <i>Psychophysiology</i> , 2008, 45, 847-858.	1.2	79
22	Meditation training as a treatment for insomnia. <i>Behavior Therapy</i> , 1976, 7, 359-365.	1.3	78
23	Relaxation and music therapies for asthma among patients prestabilized on asthma medication. <i>Journal of Behavioral Medicine</i> , 1994, 17, 1-24.	1.1	78
24	How Does Heart Rate Variability Biofeedback Work? Resonance, the Baroreflex, and Other Mechanisms. <i>Biofeedback</i> , 2013, 41, 26-31.	0.3	75
25	Psychological aspects of asthma. <i>Journal of Consulting and Clinical Psychology</i> , 2002, 70, 691-711.	1.6	75
26	Dynamic Processes in Regulation and Some Implications for Biofeedback and Biobehavioral Interventions. <i>Applied Psychophysiology Biofeedback</i> , 2013, 38, 143-155.	1.0	72
27	Respiratory sinus arrhythmia versus neck/trapezius EMG and incentive inspirometry biofeedback for asthma: a pilot study. <i>Applied Psychophysiology Biofeedback</i> , 1997, 22, 95-109.	1.0	71
28	Respiratory sinus arrhythmia biofeedback therapy for asthma: a report of 20 unmedicated pediatric cases using the Smetankin method. <i>Applied Psychophysiology Biofeedback</i> , 2000, 25, 193-200.	1.0	71
29	Panic symptoms in asthma and panic disorder: A preliminary test of the dyspnea-fear theory. <i>Behaviour Research and Therapy</i> , 1992, 30, 251-261.	1.6	66
30	Stress management techniques: Are they all equivalent, or do they have specific effects?. <i>Biofeedback and Self-regulation</i> , 1994, 19, 353-401.	0.3	66
31	Respiratory variability and sighing: A psychophysiological reset model. <i>Biological Psychology</i> , 2013, 93, 24-32.	1.1	64
32	Psychological treatment of comorbid asthma and panic disorder: A pilot study. <i>Journal of Anxiety Disorders</i> , 2008, 22, 671-683.	1.5	63
33	How to relax and how not to relax: A re-evaluation of the work of Edmund Jacobsonâ€™s. <i>Behaviour Research and Therapy</i> , 1982, 20, 417-428.	1.6	61
34	Psychophysiological and cognitive responses to stressful stimuli in subjects practicing progressive relaxation and clinically standardized meditation. <i>Behaviour Research and Therapy</i> , 1980, 18, 293-303.	1.6	60
35	Psychophysiological effects of progressive relaxation in anxiety neurotic patients and of progressive relaxation and alpha feedback in nonpatients.. <i>Journal of Consulting and Clinical Psychology</i> , 1978, 46, 389-404.	1.6	59
36	Progressive relaxation and meditation. <i>Behaviour Research and Therapy</i> , 1983, 21, 651-662.	1.6	59

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37	Voluntarily Produced Increases in Heart Rate Variability Modulate Autonomic Effects of Endotoxin Induced Systemic Inflammation: An Exploratory Study. <i>Applied Psychophysiology Biofeedback</i> , 2010, 35, 303-315.	1.0	57
38	Behavioral Task-Induced Bronchodilation in Asthma During Active and Passive Tasks. <i>Psychosomatic Medicine</i> , 1996, 58, 413-422.	1.3	56
39	A Review of the Approaches to the Management of Tension and Stage Fright in Music Performance. <i>Journal of Research in Music Education</i> , 1987, 35, 143.	1.0	55
40	Cardiac data increase association between self-report and both expert ratings of task load and task performance in flight simulator tasks: An exploratory study. <i>International Journal of Psychophysiology</i> , 2010, 76, 80-87.	0.5	55
41	Effect of psychological stress on airway impedance in individuals with asthma and panic disorder.. <i>Journal of Abnormal Psychology</i> , 1996, 105, 137-141.	2.0	53
42	Predictors of panic-fear in asthma.. <i>Health Psychology</i> , 1995, 14, 421-426.	1.3	52
43	Psychological approaches to the treatment of asthma.. <i>Journal of Consulting and Clinical Psychology</i> , 1992, 60, 639-643.	1.6	51
44	Influence of Acute Epinephrine Infusion on Endotoxin-Induced Parameters of Heart Rate Variability. <i>Annals of Surgery</i> , 2009, 249, 750-756.	2.1	51
45	Low-dose steroid alters <i>in vivo</i> endotoxin-induced systemic inflammation but does not influence autonomic dysfunction. <i>Journal of Endotoxin Research</i> , 2007, 13, 358-368.	2.5	49
46	The predictive value of the Toronto Alexithymia Scale among patients with asthma. <i>Journal of Psychosomatic Research</i> , 2002, 53, 1049-1052.	1.2	48
47	Heart rate variability biofeedback: Theoretical basis, delivery, and its potential for the treatment of substance use disorders. <i>Addiction Research and Theory</i> , 2015, 23, 266-272.	1.2	47
48	Heart rate variability biofeedback and other psychophysiological procedures as important elements in psychotherapy. <i>International Journal of Psychophysiology</i> , 2018, 131, 89-95.	0.5	46
49	Heartbeat Synchronizes With Respiratory Rhythm Only Under Specific Circumstances. <i>Chest</i> , 2004, 126, 1386-1387.	0.4	43
50	Relaxation decreases large-airway but not small-airway asthma. <i>Journal of Psychosomatic Research</i> , 1986, 30, 13-25.	1.2	42
51	The effects of workload on respiratory variables in simulated flight: A preliminary study. <i>Biological Psychology</i> , 2010, 84, 157-160.	1.1	42
52	Heartbeat Synchronizes With Respiratory Rhythm Only Under Specific Circumstances. <i>Chest</i> , 2004, 126, 1385-1386.	0.4	41
53	Thermal Biofeedback for Primary Raynaud's Phenomenon: A Review of the Literature. <i>Applied Psychophysiology Biofeedback</i> , 2006, 31, 203-216.	1.0	40
54	Psychological treatment of comorbid asthma and panic disorder in Latino adults: Results from a randomized controlled trial. <i>Behaviour Research and Therapy</i> , 2016, 87, 142-154.	1.6	40

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55	The effects of suggestion on airways of asthmatic subjects breathing room air as a suggested bronchoconstrictor and bronchodilator. <i>Journal of Psychosomatic Research</i> , 1992, 36, 769-776.	1.2	39
56	Psychophysiological Treatment for Patients With Medically Unexplained Symptoms: A Randomized Controlled Trial. <i>Psychosomatics</i> , 2011, 52, 218-229.	2.5	39
57	Health Care Use and Quality of Life Among Patients with Asthma and Panic Disorder. <i>Journal of Asthma</i> , 2005, 42, 179-184.	0.9	38
58	Virtual Reality-Assisted Heart Rate Variability Biofeedback as a Strategy to Improve Golf Performance: A Case Study. <i>Biofeedback</i> , 2011, 39, 15-20.	0.3	38
59	Psychophysiological effects of autogenic training and progressive relaxation. <i>Biofeedback and Self-regulation</i> , 1980, 5, 249-255.	0.3	37
60	Respiratory variability preceding and following sighs: A resetter hypothesis. <i>Biological Psychology</i> , 2010, 84, 82-87.	1.1	37
61	Heart Rate Variability Biofeedback Improves Cardiorespiratory Resting Function During Sleep. <i>Applied Psychophysiology Biofeedback</i> , 2013, 38, 265-271.	1.0	37
62	Effects of rhythmical muscle tension at 0.1Hz on cardiovascular resonance and the baroreflex. <i>Biological Psychology</i> , 2009, 81, 24-30.	1.1	35
63	Cognitive coping skills training and relaxation training as treatments for tension headaches. <i>Behavior Therapy</i> , 1990, 21, 89-98.	1.3	32
64	Neurophysiological Approach by Self-Control of Your Stress-Related Autonomic Nervous System with Depression, Stress and Anxiety Patients. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3329.	1.2	32
65	Relationship between changes in EMG and respiratory sinus arrhythmia in a study of relaxation therapy for asthma. <i>Applied Psychophysiology Biofeedback</i> , 1997, 22, 183-191.	1.0	30
66	Mind-body treatments of irritable bowel syndrome symptoms: An updated meta-analysis. <i>Behaviour Research and Therapy</i> , 2020, 128, 103462.	1.6	30
67	Varieties of relaxation methods and their unique effects. <i>International Journal of Stress Management</i> , 1996, 3, 1-15.	0.9	29
68	Effects of progressive relaxation and meditation on cognitive and somatic manifestations of daily stress. <i>Behaviour Research and Therapy</i> , 1982, 20, 461-467.	1.6	27
69	Feasibility and Efficacy of the Addition of Heart Rate Variability Biofeedback to a Remote Digital Health Intervention for Depression. <i>Applied Psychophysiology Biofeedback</i> , 2020, 45, 75-86.	1.0	27
70	Stress reactivity and perception of pain among tension headache sufferers. <i>Behaviour Research and Therapy</i> , 1991, 29, 61-69.	1.6	26
71	The role of panic-fear in comorbid asthma and panic disorder. <i>Journal of Anxiety Disorders</i> , 2009, 23, 178-184.	1.5	26
72	Physiological effects of relaxation in a double-blind analog of desensitization. <i>Behavior Therapy</i> , 1972, 3, 193-208.	1.3	25

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73	Defensiveness and perception of external inspiratory resistive loads in asthma. <i>Journal of Behavioral Medicine</i> , 1997, 20, 461-472.	1.1	25
74	The Asthma Symptom Profile: A psychophysically based scale for assessment of asthma symptoms. <i>Journal of Psychosomatic Research</i> , 1993, 37, 515-521.	1.2	24
75	Defensiveness and Individual Response Stereotypy in Asthma. <i>Psychosomatic Medicine</i> , 2002, 64, 294-301.	1.3	24
76	Health Care Use and Quality of Life Among Patients with Asthma and Panic Disorder. <i>Journal of Asthma</i> , 2005, 42, 179-184.	0.9	24
77	The Effect of Repeated Tense-Release Sequences on EMG and Self-Report of Muscle Tension: An Evaluation of Jacobsonian and Post-Jacobsonian Assumptions About Progressive Relaxation. <i>Psychophysiology</i> , 1988, 25, 562-569.	1.2	23
78	Gender Differences in the Relationship Between Hostility and the Type A Behavior Pattern. <i>Journal of Personality Assessment</i> , 1987, 51, 355-366.	1.3	22
79	Gender differences in acute alcohol effects on self-regulation of arousal in response to emotional and alcohol-related picture cues.. <i>Psychology of Addictive Behaviors</i> , 2009, 23, 196-204.	1.4	22
80	The Effect of Heart Rate Variability Biofeedback Training on Mental Health of Pregnant and Non-Pregnant Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1051.	1.2	22
81	Cardiac rhythm effects of .125-Hz paced breathing through a resistive load: Implications for paced breathing therapy and the polyvagal theory. <i>Biofeedback and Self-regulation</i> , 1996, 21, 131-147.	0.3	21
82	Cognitive behavior therapy for somatization disorder: a preliminary investigation. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2001, 32, 53-62.	0.6	21
83	Applied psychophysiology: beyond the boundaries of biofeedback (mending a wall, a brief history of) Tj ETQq1 1 0.784314 rgBT /Over <i>Psychophysiology Biofeedback</i> , 2003, 28, 291-304.	1.0	21
84	Biofeedback Applications in the Treatment of Cardiovascular Diseases. <i>Cardiology in Review</i> , 2004, 12, 177-181.	0.6	21
85	Responses to Controlled Diesel Vapor Exposure Among Chemically Sensitive Gulf War Veterans. <i>Psychosomatic Medicine</i> , 2004, 66, 588-598.	1.3	21
86	Heart Rate Variability Biofeedback Does Not Substitute for Asthma Steroid Controller Medication. <i>Applied Psychophysiology Biofeedback</i> , 2018, 43, 57-73.	1.0	18
87	Heart Rate and Breathing Are Not Always in Phase During Resonance Frequency Breathing. <i>Applied Psychophysiology Biofeedback</i> , 2020, 45, 145-152.	1.0	18
88	An empirical evaluation of recovery transformation at a large community psychiatric rehabilitation organization.. <i>Psychological Services</i> , 2013, 10, 428-441.	0.9	18
89	What happens when deviant behavior begins to change? The relevance of a social systems approach for behavioral programs with adolescents. <i>Journal of Community Psychology</i> , 1974, 2, 370-375.	1.0	16
90	Respiratory therapy for the treatment of anxiety: Meta-analytic review and regression. <i>Clinical Psychology Review</i> , 2021, 84, 101980.	6.0	16

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91	Effects of Aerosol Ipratropium Bromide on Cardiac Vagal Tone. <i>Chest</i> , 1994, 105, 1701-1704.	0.4	15
92	Physiological Response Patterns to Cognitive Testing in Adults With Closed Head Injuries. <i>Psychophysiology</i> , 1989, 26, 668-675.	1.2	14
93	Rest, Reactivity, and Recovery: A Psychophysiological Assessment of Borderline Personality Disorder. <i>Frontiers in Psychiatry</i> , 2018, 9, 505.	1.3	14
94	Effects of Alcohol on Cardiac Reactivity In Alcoholics and Nonalcoholics. <i>Quarterly Journal of Studies on Alcohol</i> , 1974, 35, 1044-1052.	0.3	14
95	Physiological, Cognitive, and Nonverbal Responses to Repeated Exposure to Crowding ¹ . <i>Journal of Applied Social Psychology</i> , 1981, 11, 1-13.	1.3	13
96	Emotion regulation after acquired brain injury: a study of heart rate variability, attentional control, and psychophysiology. <i>Brain Injury</i> , 2019, 33, 1012-1020.	0.6	13
97	My Life in HRV Biofeedback Research. <i>Applied Psychophysiology Biofeedback</i> , 2022, 47, 289-298.	1.0	13
98	The effect of facial and trapezius muscle tension on respiratory impedance in asthma. <i>Applied Psychophysiology Biofeedback</i> , 1997, 22, 43-54.	1.0	12
99	Headache versus Nonheadache State: A Study of Electrophysiological and Affective Changes during Muscle Contraction Headaches. <i>Behavioral Medicine</i> , 1990, 16, 23-30.	1.0	11
100	The use of a credit card in a token economy ¹ . <i>Journal of Applied Behavior Analysis</i> , 1970, 3, 289-291.	2.2	8
101	Operant Conditioning in a Comprehensive Treatment Program for Adolescents. <i>Archives of General Psychiatry</i> , 1971, 25, 515.	13.8	8
102	History of Heart Rate Variability Biofeedback Research: A Personal and Scientific Voyage. <i>Biofeedback</i> , 2013, 41, 88-97.	0.3	8
103	Effects of Progressive Relaxation and Autogenic Training on Anxiety and Physiological Measures, with some Data on Hypnotizability. , 1980, , 171-184.		8
104	Progressive Relaxation Then and Now. , 1986, , 183-216.		7
105	Ethnic differences in asthmaâ€“panic disorder comorbidity. <i>Journal of Allergy and Clinical Immunology</i> , 2010, 125, 760-762.	1.5	7
106	A Method for More Accurate Determination of Resonance Frequency of the Cardiovascular System, and Evaluation of a Program to Perform It. <i>Applied Psychophysiology Biofeedback</i> , 2022, 47, 17-26.	1.0	7
107	Specificity in response to treatment: A study of interpersonal anxiety. <i>Behaviour Research and Therapy</i> , 1987, 25, 129-136.	1.6	6
108	Effect of Meditation Training on Aspects of Coronary-Prone Behavior. <i>Perceptual and Motor Skills</i> , 1984, 58, 515-518.	0.6	5

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109	A Children's Self-Management System for Reducing Homework-Related Problems: Parent Efficacy Ratings. <i>Child and Family Behavior Therapy</i> , 1997, 19, 1-22.	0.5	5
110	In-Flight Hyperventilation Among Airline Pilots. <i>Aviation, Space, and Environmental Medicine</i> , 2009, 80, 495-496.	0.6	5
111	Getting to the Heart of Low Sensitivity to Alcohol: Context Moderates Low Cardiovascular Response to Alcohol in Persons With a Family History of Alcohol Use Disorder. <i>Alcoholism: Clinical and Experimental Research</i> , 2020, 44, 589-599.	1.4	4
112	Meditation and Aerobic Exercise Enhance Mental Health Outcomes and Pattern Separation Learning Without Changing Heart Rate Variability in Women with HIV. <i>Applied Psychophysiology Biofeedback</i> , 2022, 47, 27-42.	1.0	4
113	The effects of behavior modification vs lithium therapy on frontal lobe syndrome. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 1986, 17, 111-115.	0.6	3
114	Psychophysiological Hypotheses Regarding Multiple Chemical Sensitivity Syndrome. <i>Environmental Health Perspectives</i> , 1997, 105, 479.	2.8	3
115	Negative Mood and Alcohol Problems are Related to Respiratory Dynamics in Young Adults. <i>Applied Psychophysiology Biofeedback</i> , 2013, 38, 273-283.	1.0	3
116	Further Exploration of Treatment Response in Latinos with Comorbid Asthma and Panic Disorder: A Brief Report of HRV and ETCO ₂ as Potential Mediators of Treatment Response. <i>Applied Psychophysiology Biofeedback</i> , 2020, 45, 67-74.	1.0	3
117	Relationships among pulmonary function, anxiety and depression in mild asthma: An exploratory study. <i>Biological Psychology</i> , 2022, 168, 108244.	1.1	3
118	Effects of a randomised trial of 5-week heart rate variability biofeedback intervention on mind wandering and associated brain function. <i>Cognitive, Affective and Behavioral Neuroscience</i> , 2022, 22, 1349-1357.	1.0	3
119	Editorâ€™s Note: What the Journal Publishes: The Journalâ€™s Mission. <i>Applied Psychophysiology Biofeedback</i> , 2020, 45, 229-230.	1.0	2
120	Respiratory System Involvement in Western Relaxation and Self-Regulation. , 1994, , 191-203.		2
121	Psychophysics of muscle tension in psychiatric inpatients. <i>Biofeedback and Self-regulation</i> , 1991, 16, 131-141.	0.3	1
122	Reply to Ley's "œdyspneic-fear theory explains hyperventilatory panic attacks"• <i>Behaviour Research and Therapy</i> , 1994, 32, 113-114.	1.6	1
123	Influence of gender on endotoxin-induced parameters of heart rate variability and innate immune response. <i>Journal of the American College of Surgeons</i> , 2008, 207, S39-S40.	0.2	1
124	Stress and Generalized Anxiety. , 1985, , 89-107.		1
125	Heart rate variability biofeedback: Current and potential applications.. , 2018, , 123-141.		1
126	Resolving contradictory findings on sex and social class differences in children's responses to reinforcement. <i>Journal of Experimental Child Psychology</i> , 1975, 20, 487-495.	0.7	0

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127	Response to Coursey's comments on "psychophysics of muscle tension in psychiatric inpatients?". <i>Biofeedback and Self-regulation</i> , 1991, 16, 145-146.	0.3	0
128	Book Review and Essay: Chaos, Catastrophe, Oscillation, and Self-Regulation. <i>Applied Psychophysiology Biofeedback</i> , 1997, 22, 215-223.	1.0	0
129	Biofeedback Therapy for Asthma. , 2012, , 179-205.		0
130	FERB Needs Your Support: Awards Three Times the Scholarships. <i>Biofeedback</i> , 2013, 41, 153-154.	0.3	0
131	Response to: Resonance Frequency Assessment: The Impact and Implications of Inaccurate Assessment in the Clinical Use of Heart Rate Variability Biofeedback. <i>Biofeedback</i> , 2021, 49, 42-44.	0.3	0
132	Foundation for Education and Research in Biofeedback (FERB): Accomplishments and Appeal. <i>Biofeedback</i> , 2015, 43, 151-152.	0.3	0
133	Biofeedback Boosters, Beware!. <i>PsycCritiques</i> , 1983, 28, 824-826.	0.0	0
134	Evgeny Vaschillo (April 11, 1945–November 21, 2020). <i>Applied Psychophysiology Biofeedback</i> , 0, , .	1.0	0