

HÅvard Kallestad

List of Publications by Year in descending order

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Version: 2024-02-01

38
papers

771
citations

516215

16
h-index

580395

25
g-index

42
all docs

42
docs citations

42
times ranked

1091
citing authors

#	ARTICLE	IF	CITATIONS
1	The chronotherapeutic treatment of bipolar disorders: A systematic review and practice recommendations from the ISBD task force on chronotherapy and chronobiology. <i>Bipolar Disorders</i> , 2019, 21, 741-773.	1.1	113
2	Sleep disturbances and first onset of major mental disorders in adolescence and early adulthood: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2021, 57, 101429.	3.8	64
3	Effects of digital cognitive behavioural therapy for insomnia on insomnia severity: a large-scale randomised controlled trial. <i>The Lancet Digital Health</i> , 2020, 2, e397-e406.	5.9	63
4	The relationship between insight gained during therapy and long-term outcome in short-term dynamic psychotherapy and cognitive therapy for cluster C personality disorders. <i>Psychotherapy Research</i> , 2010, 20, 526-534.	1.1	48
5	The evening light environment in hospitals can be designed to produce less disruptive effects on the circadian system and improve sleep. <i>Sleep</i> , 2021, 44, .	0.6	37
6	Processes in acceptance and commitment therapy and the rehabilitation of chronic fatigue. <i>Scandinavian Journal of Psychology</i> , 2017, 58, 211-220.	0.8	30
7	The role of insomnia in the treatment of chronic fatigue. <i>Journal of Psychosomatic Research</i> , 2015, 78, 427-432.	1.2	29
8	Impact of sleep disturbance on patients in treatment for mental disorders. <i>BMC Psychiatry</i> , 2012, 12, 179.	1.1	25
9	Mood and motor activity in euthymic bipolar disorder with sleep disturbance. <i>Journal of Affective Disorders</i> , 2016, 202, 23-31.	2.0	23
10	Sleep at night and association to aggressive behaviour; Patients in a Psychiatric Intensive Care Unit. <i>Psychiatry Research</i> , 2018, 263, 275-279.	1.7	23
11	Mid-pregnancy insomnia is associated with concurrent and postpartum maternal anxiety and obsessive-compulsive symptoms: A prospective cohort study. <i>Journal of Affective Disorders</i> , 2020, 266, 319-326.	2.0	23
12	Long-Term Effects of an Unguided Online Cognitive Behavioral Therapy for Chronic Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 101-110.	1.4	22
13	Mid-Pregnancy Insomnia and its Association with Perinatal Depressive Symptoms: A Prospective Cohort Study. <i>Behavioral Sleep Medicine</i> , 2021, 19, 285-302.	1.1	22
14	Validation of insomnia questionnaires in the general population: The Nord-Trøndelag Health Study (HUNT). <i>Journal of Sleep Research</i> , 2021, 30, e13222.	1.7	20
15	Mode of delivery of Cognitive Behavioral Therapy for Insomnia: a randomized controlled non-inferiority trial of digital and face-to-face therapy. <i>Sleep</i> , 2021, 44, .	0.6	19
16	Differences between patients' and clinicians' report of sleep disturbance: a field study in mental health care in Norway. <i>BMC Psychiatry</i> , 2011, 11, 186.	1.1	18
17	Cognitive behavioral therapy for insomnia in euthymic bipolar disorder: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 24.	0.7	18
18	Sleep patterns as a predictor for length of stay in a psychiatric intensive care unit. <i>Psychiatry Research</i> , 2016, 237, 252-256.	1.7	17

#	ARTICLE	IF	CITATIONS
19	Overcoming insomnia: protocol for a large-scale randomised controlled trial of online cognitive behaviour therapy for insomnia compared with online patient education about sleep. <i>BMJ Open</i> , 2018, 8, e025152.	0.8	16
20	Can consumer grade activity devices replace research grade actiwatches in youth mental health settings?. <i>Sleep and Biological Rhythms</i> , 2019, 17, 223-232.	0.5	16
21	The long-term outcomes of an effectiveness trial of group versus individual psychoeducation for bipolar disorders. <i>Journal of Affective Disorders</i> , 2016, 202, 32-38.	2.0	15
22	Sleep structure and awakening threshold in delayed sleep-wake phase disorder patients compared to healthy sleepers. <i>Sleep Medicine</i> , 2018, 46, 61-68.	0.8	14
23	Psychometric Properties and the Predictive Validity of the Insomnia Daytime Worry Scale: A Pilot Study. <i>Cognitive Behaviour Therapy</i> , 2010, 39, 150-157.	1.9	13
24	The Relationship Between Improvement in Insomnia Severity and Long-Term Outcomes in the Treatment of Chronic Fatigue. <i>Frontiers in Psychology</i> , 2018, 9, 1764.	1.1	10
25	Distinguishing sleep from wake with a radar sensor: a contact-free real-time sleep monitor. <i>Sleep</i> , 2021, 44, .	0.6	10
26	Digital cognitive behaviour therapy for insomnia (dCBT): Chronotype moderation on intervention outcomes. <i>Journal of Sleep Research</i> , 2022, 31, e13572.	1.7	9
27	Cognitive performance in DSWPD patients upon awakening from habitual sleep compared with forced conventional sleep. <i>Journal of Sleep Research</i> , 2019, 28, e12730.	1.7	8
28	Short and long-term effects of unguided internet-based cognitive behavioral therapy for chronic insomnia in morning and evening persons: a post-hoc analysis. <i>Chronobiology International</i> , 2019, 36, 1384-1398.	0.9	6
29	Let there be blue-depleted light: in-patient dark therapy, circadian rhythms and length of stay. <i>BJ Psych Advances</i> , 2021, 27, 73-84.	0.5	6
30	Intraindividual variability in sleep among people with insomnia and its relationship with sleep, health and lifestyle factors: an exploratory study. <i>Sleep Medicine</i> , 2022, 89, 132-140.	0.8	6
31	The effect of sleep-wake intraindividual variability in digital cognitive behavioral therapy for insomnia: a mediation analysis of a large-scale RCT. <i>Sleep</i> , 2021, 44, .	0.6	5
32	Digital cognitive-behavioural therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway: protocol for a multicentre randomised controlled trial. <i>BMJ Open</i> , 2021, 11, e050661.	0.8	5
33	Using network intervention analysis to explore associations between participant expectations of and difficulties with cognitive behavioural therapy for insomnia and clinical outcome: A proof of principle study. <i>Journal of Psychiatric Research</i> , 2022, 148, 73-83.	1.5	5
34	A pragmatic effectiveness randomized controlled trial of the duration of psychiatric hospitalization in a trans-diagnostic sample of patients with acute mental illness admitted to a ward with either blue-depleted evening lighting or normal lighting conditions. <i>Trials</i> , 2019, 20, 472.	0.7	4
35	The effects of digital CBT-I on work productivity and activity levels and the mediational role of insomnia symptoms: Data from a randomized controlled trial with 6-month follow-up. <i>Behaviour Research and Therapy</i> , 2022, 153, 104083.	1.6	4
36	Chronobiologically informed inpatient milieu in psychiatric institutions. <i>Lancet Psychiatry</i> , the, 2020, 7, 1013-1014.	3.7	3

#	ARTICLE	IF	CITATIONS
37	Time to put a spotlight on out-patient chronotherapy for depression. BJPsych Open, 2021, 7, e219.	0.3	1
38	Sleep and work functioning in nurses undertaking inpatient shifts in a blue-depleted light environment. BMC Nursing, 2022, 21, .	0.9	1