

HÅvard Kallestad

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/6785444/publications.pdf>

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 | 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 |
| 2 | 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 |
| 3 | Digital cognitive behaviour therapy for insomnia (dCBT): Chronotype moderation on intervention outcomes. <i>Journal of Sleep Research</i> , 2022, 31, e13572. | 1.7 | 9 |
| 4 | 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 |
| 5 | Sleep and work functioning in nurses undertaking inpatient shifts in a blue-depleted light environment. <i>BMC Nursing</i> , 2022, 21, . | 0.9 | 1 |
| 6 | 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 |
| 7 | 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 |
| 8 | 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 |
| 9 | 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 |
| 10 | Distinguishing sleep from wake with a radar sensor: a contact-free real-time sleep monitor. <i>Sleep</i> , 2021, 44, . | 0.6 | 10 |
| 11 | 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 |
| 12 | 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 |
| 13 | 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 |
| 14 | 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 |
| 15 | Time to put a spotlight on out-patient chronotherapy for depression. <i>BJPsych Open</i> , 2021, 7, e219. | 0.3 | 1 |
| 16 | Chronobiologically informed inpatient milieu in psychiatric institutions. <i>Lancet Psychiatry</i> , 2020, 7, 1013-1014. | 3.7 | 3 |
| 17 | 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 |
| 18 | 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 |

| # | ARTICLE | IF | CITATIONS |
|----|---|-----|-----------|
| 19 | 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 |
| 20 | 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 |
| 21 | 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 |
| 22 | 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 |
| 23 | 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 |
| 24 | 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 |
| 25 | 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 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | 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 |
| 30 | 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 |
| 31 | Mood and motor activity in euthymic bipolar disorder with sleep disturbance. <i>Journal of Affective Disorders</i> , 2016, 202, 23-31. | 2.0 | 23 |
| 32 | 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 |
| 33 | The role of insomnia in the treatment of chronic fatigue. <i>Journal of Psychosomatic Research</i> , 2015, 78, 427-432. | 1.2 | 29 |
| 34 | 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 |
| 35 | Impact of sleep disturbance on patients in treatment for mental disorders. <i>BMC Psychiatry</i> , 2012, 12, 179. | 1.1 | 25 |
| 36 | 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 |

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 37 | 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 |
| 38 | 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 |