

# Philip R Gehrman

## List of Publications by Year in descending order

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Version: 2024-02-01

85  
papers

4,570  
citations

159358

30  
h-index

110170

64  
g-index

87  
all docs

87  
docs citations

87  
times ranked

6276  
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparative effectiveness of cognitive behavioral therapy for insomnia: a systematic review. <i>BMC Family Practice</i> , 2012, 13, 40.	2.9	426
2	Genome-wide association analyses of chronotype in 697,828 individuals provides insights into circadian rhythms. <i>Nature Communications</i> , 2019, 10, 343.	5.8	417
3	Genome-Wide Association Analyses in 128,266 Individuals Identifies New Morningness and Sleep Duration Loci. <i>PLoS Genetics</i> , 2016, 12, e1006125.	1.5	308
4	A meta-analysis of group cognitive behavioral therapy for insomnia. <i>Sleep Medicine Reviews</i> , 2015, 19, 6-16.	3.8	267
5	Predeployment Sleep Duration and Insomnia Symptoms as Risk Factors for New-Onset Mental Health Disorders Following Military Deployment. <i>Sleep</i> , 2013, 36, 1009-1018.	0.6	265
6	A systematic review and meta-analysis of randomized controlled trials of cognitive behavior therapy for insomnia (CBT-I) in cancer survivors. <i>Sleep Medicine Reviews</i> , 2016, 27, 20-28.	3.8	250
7	Sleep Patterns Before, During, and After Deployment to Iraq and Afghanistan. <i>Sleep</i> , 2010, 33, 1615-1622.	0.6	231
8	Sleeping well with cancer: a systematic review of cognitive behavioral therapy for insomnia in cancer patients. <i>Neuropsychiatric Disease and Treatment</i> , 2014, 10, 1113.	1.0	161
9	Neurobehavioral Performance Impairment in Insomnia: Relationships with Self-Reported Sleep and Daytime Functioning. <i>Sleep</i> , 2014, 37, 107-116.	0.6	105
10	A genome-wide association study of sleep habits and insomnia. <i>American Journal of Medical Genetics Part B: Neuropsychiatric Genetics</i> , 2013, 162, 439-451.	1.1	104
11	Prevalence and risk factors for insomnia among breast cancer patients on aromatase inhibitors. <i>Supportive Care in Cancer</i> , 2013, 21, 43-51.	1.0	95
12	Meta-Analysis of the Antidepressant Effects of Acute Sleep Deprivation. <i>Journal of Clinical Psychiatry</i> , 2017, 78, e1020-e1034.	1.1	95
13	Heritability of Insomnia Symptoms in Youth and Their Relationship to Depression and Anxiety. <i>Sleep</i> , 2011, 34, 1641-1646.	0.6	94
14	Insomnia and Cognitive Performance. <i>Sleep Medicine Clinics</i> , 2020, 15, 71-76.	1.2	94
15	Imagery rehearsal for posttraumatic nightmares: A randomized controlled trial. <i>Journal of Traumatic Stress</i> , 2010, 23, 553-563.	1.0	90
16	Developing Biomarker Arrays Predicting Sleep and Circadian-Coupled Risks to Health. <i>Sleep</i> , 2016, 39, 727-736.	0.6	87
17	Nocturnal Wakefulness as a Previously Unrecognized Risk Factor for Suicide. <i>Journal of Clinical Psychiatry</i> , 2016, 77, e726-e733.	1.1	71
18	A Review of the Relationship Between Emotional Learning and Memory, Sleep, and PTSD. <i>Current Psychiatry Reports</i> , 2019, 21, 2.	2.1	70

#	ARTICLE	IF	CITATIONS
19	Circadian Phase and Phase Angle Disorders in Primary Insomnia. <i>Sleep</i> , 2017, 40, .	0.6	64
20	Sleep and Dreaming in Posttraumatic Stress Disorder. <i>Current Psychiatry Reports</i> , 2017, 19, 71.	2.1	55
21	Genetic Pathways to Insomnia. <i>Brain Sciences</i> , 2016, 6, 64.	1.1	54
22	Sleep classification from wrist-worn accelerometer data using random forests. <i>Scientific Reports</i> , 2021, 11, 24.	1.6	51
23	The Heritability of Insomnia Progression during Childhood/Adolescence: Results from a Longitudinal Twin Study. <i>Sleep</i> , 2015, 38, 109-118.	0.6	48
24	Pleiotropic genetic effects influencing sleep and neurological disorders. <i>Lancet Neurology</i> , The, 2017, 16, 158-170.	4.9	46
25	Sleep in PTSD: treatment approaches and outcomes. <i>Current Opinion in Psychology</i> , 2020, 34, 12-17.	2.5	44
26	Effectiveness of Ramelteon for Insomnia Symptoms in Older Adults with Obstructive Sleep Apnea: A Randomized Placebo-Controlled Pilot Study. <i>Journal of Clinical Sleep Medicine</i> , 2010, 06, 572-580.	1.4	43
27	Sleep, circadian rhythms, and schizophrenia. <i>Current Opinion in Psychiatry</i> , 2018, 31, 176-182.	3.1	41
28	Heritability of sleep duration and quality: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2021, 59, 101448.	3.8	41
29	Feasibility of Group Cognitive-Behavioral Treatment of Insomnia Delivered by Clinical Video Telehealth. <i>Telemedicine Journal and E-Health</i> , 2016, 22, 1041-1046.	1.6	39
30	Sphingosine-1-phosphate receptor 3 in the medial prefrontal cortex promotes stress resilience by reducing inflammatory processes. <i>Nature Communications</i> , 2019, 10, 3146.	5.8	36
31	A Critical Review of the Evidence Base of Imagery Rehearsal for Posttraumatic Nightmares: Pointing the Way for Future Research. <i>Journal of Traumatic Stress</i> , 2013, 26, 570-579.	1.0	32
32	Molecular genetic overlap between posttraumatic stress disorder and sleep phenotypes. <i>Sleep</i> , 2020, 43, .	0.6	32
33	Influence of Sleep Disturbance on Global Functioning After Posttraumatic Stress Disorder Treatment. <i>Journal of Traumatic Stress</i> , 2016, 29, 515-521.	1.0	31
34	Randomized Controlled Trial of Imagery Rehearsal for Posttraumatic Nightmares in Combat Veterans. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 757-767.	1.4	31
35	Post-Traumatic Stress Disorder Nightmares and Sleep Disturbance in Iraq War Veterans: A Feasible and Promising Treatment Combination. <i>Journal of Aggression, Maltreatment and Trauma</i> , 2009, 18, 516-531.	0.9	30
36	Cognitive Behavioral Treatment for Insomnia in Veterans with Long-Standing Posttraumatic Stress Disorder: A Pilot Study. <i>Journal of Aggression, Maltreatment and Trauma</i> , 2011, 20, 904-916.	0.9	29

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37	Genetics of Sleep Disorders. <i>Psychiatric Clinics of North America</i> , 2015, 38, 667-681.	0.7	29
38	Prevalence, predictors and correlates of insomnia in <scp>US</scp> army soldiers. <i>Journal of Sleep Research</i> , 2018, 27, e12612.	1.7	29
39	Development and Clinical Evaluation of an mHealth Application for Stress Management. <i>Frontiers in Psychiatry</i> , 2016, 7, 130.	1.3	28
40	Effects of armodafinil and cognitive behavior therapy for insomnia on sleep continuity and daytime sleepiness in cancer survivors. <i>Sleep Medicine</i> , 2016, 20, 18-24.	0.8	28
41	Genetic variants in RBF3X are associated with sleep latency. <i>European Journal of Human Genetics</i> , 2016, 24, 1488-1495.	1.4	27
42	Insomnia in breast cancer: Independent symptom or symptom cluster?. <i>Palliative and Supportive Care</i> , 2017, 15, 369-375.	0.6	24
43	Differences in anxiety levels among symptoms of insomnia. The HUNT study. <i>Sleep Health</i> , 2019, 5, 370-375.	1.3	24
44	CHoosing Options for Insomnia in Cancer Effectively (CHOICE): Design of a patient centered comparative effectiveness trial of acupuncture and cognitive behavior therapy for insomnia. <i>Contemporary Clinical Trials</i> , 2016, 47, 349-355.	0.8	23
45	Treatment of nightmares in the context of posttraumatic stress disorder. <i>Journal of Clinical Psychology</i> , 2010, 66, 1185-1194.	1.0	22
46	Genetics of Insomnia. <i>Sleep Medicine Clinics</i> , 2011, 6, 191-202.	1.2	21
47	The Role of Genes in the Insomnia Phenotype. <i>Sleep Medicine Clinics</i> , 2013, 8, 323-331.	1.2	21
48	Factors that shape preference for acupuncture or cognitive behavioral therapy for the treatment of insomnia in cancer patients. <i>Supportive Care in Cancer</i> , 2018, 26, 2407-2415.	1.0	21
49	A Retrospective Study of Predictors of Return to Duty versus Medical Retirement in an Active Duty Military Population with Blast-Related Mild Traumatic Brain Injury. <i>Journal of Neurotrauma</i> , 2018, 35, 991-1002.	1.7	20
50	Spindles are highly heritable as identified by different spindle detectors. <i>Sleep</i> , 2021, 44, .	0.6	20
51	Genetic Correlation Analysis Suggests Association between Increased Self-Reported Sleep Duration in Adults and Schizophrenia and Type 2 Diabetes. <i>Sleep</i> , 2016, 39, 1853-1857.	0.6	19
52	Circadian actigraphic restâ€“activity rhythms following surgery for endometrial cancer: A prospective, longitudinal study. <i>Gynecologic Oncology</i> , 2015, 137, 448-455.	0.6	16
53	The influence of deployment stress and life stress on Post-Traumatic Stress Disorder (PTSD) diagnosis among military personnel. <i>Journal of Psychiatric Research</i> , 2018, 103, 26-32.	1.5	16
54	Psychiatric disorders moderate the relationship between insomnia and cognitive problems in military soldiers. <i>Journal of Affective Disorders</i> , 2017, 221, 25-30.	2.0	15

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55	An Integrated Model of Slow-Wave Activity and Neuroplasticity Impairments in Major Depressive Disorder. <i>Current Psychiatry Reports</i> , 2019, 21, 30.	2.1	14
56	Insomnia Symptoms and Suicide-Related Ideation in U.S. Army Service Members. <i>Behavioral Sleep Medicine</i> , 2020, 18, 820-836.	1.1	13
57	Twin-based heritability of actimetry traits. <i>Genes, Brain and Behavior</i> , 2019, 18, e12569.	1.1	12
58	Precision Medicine for Insomnia. <i>Sleep Medicine Clinics</i> , 2019, 14, 291-299.	1.2	12
59	Exploring the Role of Caffeine Use in Adult-ADHD Symptom Severity of US Army Soldiers. <i>Journal of Clinical Medicine</i> , 2020, 9, 3788.	1.0	12
60	The heritability of insomnia: A meta-analysis of twin studies. <i>Genes, Brain and Behavior</i> , 2021, 20, e12717.	1.1	12
61	Genetic polymorphisms associated with sleep-related phenotypes; relationships with individual nocturnal symptoms of insomnia in the HUNT study. <i>BMC Medical Genetics</i> , 2019, 20, 179.	2.1	10
62	REM Sleep: What Is It Good For?. <i>Current Biology</i> , 2019, 29, R806-R807.	1.8	9
63	Variations in circadian genes and individual nocturnal symptoms of insomnia. The HUNT study. <i>Chronobiology International</i> , 2019, 36, 681-688.	0.9	9
64	A qualitative examination of the factors related to the development and maintenance of insomnia in cancer survivors. <i>Palliative and Supportive Care</i> , 2019, 17, 221-226.	0.6	8
65	Randomized trial of telehealth delivery of cognitive-behavioral treatment for insomnia vs. in-person treatment in veterans with PTSD. <i>Journal of Affective Disorders Reports</i> , 2020, 1, 100018.	0.9	8
66	Candidate gene analysis in the São Paulo Epidemiologic Sleep Study (EPISONO) shows an association of variant in PDE4D and sleepiness. <i>Sleep Medicine</i> , 2018, 47, 106-112.	0.8	7
67	Treatment of Sleep Comorbidities in Posttraumatic Stress Disorder. <i>Current Treatment Options in Psychiatry</i> , 2020, 7, 301-316.	0.7	7
68	Group cognitive-behavioral therapy for insomnia delivered to veterans with posttraumatic stress disorder receiving residential treatment is associated with improvements in sleep independent of changes in posttraumatic stress disorder.. <i>Traumatology</i> , 2018, 24, 293-300.	1.6	6
69	Whole blood transcriptome analysis using RNA sequencing in individuals with insomnia disorder and good sleepers: a pilot study. <i>Sleep Medicine</i> , 2021, 80, 1-8.	0.8	5
70	Genetic Predictors of Response to Acupuncture or Cognitive Behavioral Therapy for Insomnia in Cancer Survivors: An Exploratory Analysis. <i>Journal of Pain and Symptom Management</i> , 2021, 62, e192-e199.	0.6	5
71	Trauma type as a risk factor for insomnia in a military population. <i>Journal of Affective Disorders</i> , 2022, 308, 65-70.	2.0	5
72	Hyperarousal and Insomnia in Survivors of Cancer. <i>International Journal of Behavioral Medicine</i> , 2021, 28, 683-691.	0.8	4

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73	Daily steps and depressive symptoms: A longitudinal evaluation of patients with major depressive disorder in the precision medicine in mental health care study. <i>Journal of Affective Disorders</i> , 2022, 300, 334-340.	2.0	4
74	Cancer Survivorsâ€™ Beliefs About the Causes of Their Insomnia: Associations of Causal Attributions With Survivor Characteristics. <i>Behavioral Sleep Medicine</i> , 2020, 18, 177-189.	1.1	3
75	Patient and provider experiences with CBT-I administered in-person or via telemedicine: A randomized non-inferiority trial. <i>Cogent Psychology</i> , 2022, 9, .	0.6	3
76	1004 How Variable Is Sleep?. <i>Sleep</i> , 2019, 42, A404-A404.	0.6	1
77	0340 Traumatic Stressors Associated with Elevated Insomnia Risk among Deployed Soldiers. <i>Sleep</i> , 2019, 42, A139-A139.	0.6	0
78	Genetic Research on Sleep, Sleep Disturbances and Associated Difficulties. , 2016, , 185-204.		0
79	Drs Boland and Gehrman Reply. <i>Journal of Clinical Psychiatry</i> , 2018, 79, 17lr12018a.	1.1	0
80	Insomnia Symptoms With Subjective Short Sleep Duration in a Random Sample From the United Kingdom. primary care companion for CNS disorders, <i>The</i> , 2020, 22, .	0.2	0
81	0029 Developing a pipeline for translating genome-wide association signals to behavioral correlates of sleep dysfunction. <i>Sleep</i> , 2022, 45, A13-A13.	0.6	0
82	0426 Shallower sleep depth in the laboratory is not related to insomnia severity. <i>Sleep</i> , 2022, 45, A189-A190.	0.6	0
83	0434 The Relationship between Spirituality and Insomnia in Military Soldiers. <i>Sleep</i> , 2022, 45, A193-A193.	0.6	0
84	0263 Slow-wave Disruption Improves Irritability in Males with Major Depression: Potential Implications for Understanding the Impact of Sex Differences on Sleep and Neuroplasticity. <i>Sleep</i> , 2022, 45, A118-A119.	0.6	0
85	0691 Examining the Associations between Insomnia and Adult-ADHD Diagnosis in Army Soldiers. <i>Sleep</i> , 2022, 45, A302-A303.	0.6	0