

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

65 papers	9,049 citations	27 h-index	75 g-index
75 ext. papers	10,517 ext. citations	4.4 avg, IF	5.93 L-index

#	Paper	IF	Citations
65	How Does Mindfulness Meditation Work? Proposing Mechanisms of Action From a Conceptual and Neural Perspective. <i>Perspectives on Psychological Science</i> , <b>2011</b> , 6, 537-59	9.8	1558
64	Intrinsic functional connectivity as a tool for human connectomics: theory, properties, and optimization. <i>Journal of Neurophysiology</i> , <b>2010</b> , 103, 297-321	3.2	1375
63	Meditation experience is associated with increased cortical thickness. <i>NeuroReport</i> , <b>2005</b> , 16, 1893-7	1.7	1003
62	Mindfulness practice leads to increases in regional brain gray matter density. <i>Psychiatry Research - Neuroimaging</i> , <b>2011</b> , 191, 36-43	2.9	951
61	Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation. <i>Perspectives on Psychological Science</i> , <b>2018</b> , 13, 36-61	9.8	573
60	Functional brain mapping of the relaxation response and meditation. <i>NeuroReport</i> , <b>2000</b> , 11, 1581-1585	1.7	407
59	Contemplating Mindfulness at Work: An Integrative Review. <i>Journal of Management</i> , <b>2016</b> , 42, 114-142	8.8	397
58	Stress reduction correlates with structural changes in the amygdala. <i>Social Cognitive and Affective Neuroscience</i> , <b>2010</b> , 5, 11-7	4	395
57	SurA assists the folding of Escherichia coli outer membrane proteins. <i>Journal of Bacteriology</i> , <b>1996</b> , 178, 1770-3	3.5	266
56	The potential effects of meditation on age-related cognitive decline: a systematic review. <i>Annals of the New York Academy of Sciences</i> , <b>2014</b> , 1307, 89-103	6.5	223
55	Moving beyond Mindfulness: Defining Equanimity as an Outcome Measure in Meditation and Contemplative Research. <i>Mindfulness</i> , <b>2014</b> , 2014, 356	2.9	218
54	Neural mechanisms of symptom improvements in generalized anxiety disorder following mindfulness training. <i>NeuroImage: Clinical</i> , <b>2013</b> , 2, 448-58	5.3	176
53	Pain attenuation through mindfulness is associated with decreased cognitive control and increased sensory processing in the brain. <i>Cerebral Cortex</i> , <b>2012</b> , 22, 2692-702	5.1	176
52	Retinoic acid delays transcription of human retinal pigment neuroepithelium marker genes in ARPE-19 cells. <i>NeuroReport</i> , <b>2000</b> , 11, 1571-1579	1.7	167
51	Mindfulness starts with the body: somatosensory attention and top-down modulation of cortical alpha rhythms in mindfulness meditation. <i>Frontiers in Human Neuroscience</i> , <b>2013</b> , 7, 12	3.3	151
50	Effects of a yoga-based intervention for young adults on quality of life and perceived stress: The potential mediating roles of mindfulness and self-compassion. <i>Journal of Positive Psychology</i> , <b>2012</b> , 7, 165-175	3.2	84
49	Mindfulness-based cognitive therapy for nonremitted patients with bipolar disorder. <i>CNS Neuroscience and Therapeutics</i> , <b>2012</b> , 18, 133-41	6.8	82

48	Effects of mindfulness meditation training on anticipatory alpha modulation in primary somatosensory cortex. <i>Brain Research Bulletin</i> , <b>2011</b> , 85, 96-103	3.9	82
47	Effects of Mindfulness-Based Cognitive Therapy on Body Awareness in Patients with Chronic Pain and Comorbid Depression. <i>Frontiers in Psychology</i> , <b>2016</b> , 7, 967	3.4	67
46	Fluid intelligence and brain functional organization in aging yoga and meditation practitioners. <i>Frontiers in Aging Neuroscience</i> , <b>2014</b> , 6, 76	5.3	62
45	Mindfulness-based cognitive therapy for bipolar disorder: effects on cognitive functioning. <i>Journal of Psychiatric Practice</i> , <b>2011</b> , 17, 410-9	1.3	57
44	Change in Brainstem Gray Matter Concentration Following a Mindfulness-Based Intervention is Correlated with Improvement in Psychological Well-Being. <i>Frontiers in Human Neuroscience</i> , <b>2014</b> , 8, 33	3.3	48
43	Modulation of spontaneous breathing via limbic/paralimbic-bulbar circuitry: an event-related fMRI study. <i>NeuroImage</i> , <b>2009</b> , 47, 961-71	7.9	48
42	Role of the Escherichia coli SurA protein in stationary-phase survival. <i>Journal of Bacteriology</i> , <b>1998</b> , 180, 5704-11	3.5	44
41	Mindfulness and Behavior Change. <i>Harvard Review of Psychiatry</i> , <b>2020</b> , 28, 371-394	4.1	36
40	Greater widespread functional connectivity of the caudate in older adults who practice kripalu yoga and vipassana meditation than in controls. <i>Frontiers in Human Neuroscience</i> , <b>2015</b> , 9, 137	3.3	31
39	Common and Dissociable Neural Activity After Mindfulness-Based Stress Reduction and Relaxation Response Programs. <i>Psychosomatic Medicine</i> , <b>2018</b> , 80, 439-451	3.7	29
38	Greater Cortical Thickness in Elderly Female Yoga Practitioners-A Cross-Sectional Study. <i>Frontiers in Aging Neuroscience</i> , <b>2017</b> , 9, 201	5.3	26
37	Reiterated Concerns and Further Challenges for Mindfulness and Meditation Research: A Reply to Davidson and Dahl. <i>Perspectives on Psychological Science</i> , <b>2018</b> , 13, 66-69	9.8	25
36	Mindfulness and self-compassion in generalized anxiety disorder: examining predictors of disability. <i>Evidence-based Complementary and Alternative Medicine</i> , <b>2013</b> , 2013, 576258	2.3	25
35	Mindfulness-Based Stress Reduction, Fear Conditioning, and The Uncinate Fasciculus: A Pilot Study. <i>Frontiers in Behavioral Neuroscience</i> , <b>2016</b> , 10, 124	3.5	22
34	Reduced interference in working memory following mindfulness training is associated with increases in hippocampal volume. <i>Brain Imaging and Behavior</i> , <b>2019</b> , 13, 366-376	4.1	21
33	The Neurobiology of Mindfulness <b>2009</b> , 45-57		20
32	Measuring cognitive outcomes in mindfulness-based intervention research: a reflection on confounding factors and methodological limitations. <i>Current Opinion in Psychology</i> , <b>2019</b> , 28, 143-150	6.2	19
31	Strengthened Hippocampal Circuits Underlie Enhanced Retrieval of Extinguished Fear Memories Following Mindfulness Training. <i>Biological Psychiatry</i> , <b>2019</b> , 86, 693-702	7.9	16

30	A Randomized Controlled Pilot Study on Mindfulness-Based Cognitive Therapy for Unipolar Depression in Patients With Chronic Pain. <i>Journal of Clinical Psychiatry</i> , <b>2018</b> , 79,	4.6	16
29	How does yoga reduce stress? A clinical trial testing psychological mechanisms. <i>Stress and Health</i> , <b>2021</b> , 37, 116-126	3.7	15
28	Effects of a Mindfulness-Based Intervention on Self-Compassion and Psychological Health Among Young Adults With a History of Childhood Maltreatment. <i>Frontiers in Psychology</i> , <b>2019</b> , 10, 2373	3.4	14
27	Is less more? A randomized comparison of home practice time in a mind-body program. <i>Behaviour Research and Therapy</i> , <b>2018</b> , 111, 52-56	5.2	13
26	Nonattachment Predicts Empathy, Rejection Sensitivity, and Symptom Reduction After a Mindfulness-Based Intervention Among Young Adults with a History of Childhood Maltreatment. <i>Mindfulness</i> , <b>2020</b> , 11, 975-990	2.9	12
25	Mindfulness-based cognitive therapy for depressed individuals improves suppression of irrelevant mental-sets. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , <b>2017</b> , 267, 277-282	5.1	12
24	How does mindfulness training improve moral cognition: a theoretical and experimental framework for the study of embodied ethics. <i>Current Opinion in Psychology</i> , <b>2019</b> , 28, 268-272	6.2	11
23	Mindfulness-Based Cognitive Therapy Improves Cognitive Functioning and Flexibility Among Individuals with Elevated Depressive Symptoms. <i>Mindfulness</i> , <b>2018</b> , 9, 1457-1469	2.9	10
22	Point process time-frequency analysis of dynamic respiratory patterns during meditation practice. <i>Medical and Biological Engineering and Computing</i> , <b>2012</b> , 50, 261-75	3.1	9
21	The Effect of Mindfulness-based Programs on Cognitive Function in Adults: A Systematic Review and Meta-analysis. <i>Neuropsychology Review</i> , <b>2021</b> , 1	7.7	8
20	Compassionate Hearts Protect Against Wandering Minds: Self-compassion Moderates the Effect of Mind-Wandering on Depression. <i>Spirituality in Clinical Practice</i> , <b>2018</b> , 5, 155-169	2.2	6
19	Hippocampal circuits underlie improvements in self-reported anxiety following mindfulness training. <i>Brain and Behavior</i> , <b>2020</b> , 10, e01766	3.4	6
18	Point process time-frequency analysis of respiratory sinus arrhythmia under altered respiration dynamics. <i>Annual International Conference of the IEEE Engineering in Medicine and Biology Society IEEE Engineering in Medicine and Biology Society Annual International Conference</i> , <b>2010</b> , 2010, 1622-5	0.9	5
17	Emotion-related constructs engaged by mindfulness-based interventions: A systematic review and meta-analysis. <i>Mindfulness</i> , <b>2021</b> , 12, 1041-1062	2.9	5
16	From Self-Esteem to Selflessness: An Evidence (Gap) Map of Self-Related Processes as Mechanisms of Mindfulness-Based Interventions. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 730972	3.4	4
15	Brain network topology predicts participant adherence to mental training programs. <i>Network Neuroscience</i> , <b>2020</b> , 4, 528-555	5.6	3
14	Mindfulness Training Improves Cognition and Strengthens Intrinsic Connectivity Between the Hippocampus and Posteromedial Cortex in Healthy Older Adults. <i>Frontiers in Aging Neuroscience</i> , <b>2021</b> , 13, 702796	5.3	3
13	Effects of a mindfulness based behavioral intervention for young adults with childhood maltreatment history on hippocampal morphometry: a pilot MRI study with voxel-based morphometry. <i>Psychiatry Research - Neuroimaging</i> , <b>2020</b> , 301, 111087	2.9	2

12	Mindfulness-Based Cognitive Therapy <b>2019</b> , 167-177		2
11	A pilot study on amygdala volumetric changes among young adults with childhood maltreatment histories after a mindfulness intervention. <i>Behavioural Brain Research</i> , <b>2021</b> , 399, 113023	3.4	2
10	Yoga participation associated with changes in dietary patterns and stress: A pilot study in stressed adults with poor diet. <i>Complementary Therapies in Clinical Practice</i> , <b>2021</b> , 45, 101472	3.5	2
9	Distinct Insular Functional Connectivity Changes Related to Mood and Fatigue Improvements in Major Depressive Disorder Following Tai Chi Training: A Pilot Study. <i>Frontiers in Integrative Neuroscience</i> , <b>2020</b> , 14, 25	3.2	1
8	Internalized weight stigma and intuitive eating among stressed adults during a mindful yoga intervention: associations with changes in mindfulness and self-compassion. <i>Health Psychology and Behavioral Medicine</i> , <b>2021</b> , 9, 933-950	2.2	1
7	Intuitive eating buffers the link between internalized weight stigma and body mass index in stressed adults. <i>Appetite</i> , <b>2021</b> , 169, 105810	4.5	1
6	Attention and Default Mode Network Assessments of Meditation Experience during Active Cognition and Rest. <i>Brain Sciences</i> , <b>2021</b> , 11,	3.4	1
5	Brain Structure and Functional Connectivity Correlate with Psychosocial Development in Contemplative Practitioners and Controls. <i>Brain Sciences</i> , <b>2021</b> , 11,	3.4	1
4	Distinct networks of periaqueductal gray columns in pain and threat processing.. <i>NeuroImage</i> , <b>2022</b> , 250, 118936	7.9	0
3	Mindfulness-Based Cognitive Therapy for Bipolar Disorderby Thilo Deckersbach, Britta Hölzel, Lori Eisner, Sara W. Lazar, and Andrew A. Nierenberg. New York, Guilford Press, 2014, 340 pp., \$38.25 (hardcover).. <i>American Journal of Psychiatry</i> , <b>2015</b> , 172, 688-689	11.9	
2	Neural correlates of positive youth development <b>2011</b> , 77-87		
1	Prefrontal cortical activation during emotion regulation: Linking religious/spiritual practices with well-being <b>2011</b> , 17-31		