

# Michael D Mrazek

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/7885067/publications.pdf>

Version: 2024-02-01

32  
papers

2,920  
citations

331538

21  
h-index

434063

31  
g-index

33  
all docs

33  
docs citations

33  
times ranked

2578  
citing authors

#	ARTICLE	IF	CITATIONS
1	Taking charge: Characterizing the rapid development of self-regulation through intensive training. <i>Journal of Health Psychology</i> , 2021, 26, 2304-2319.	1.3	2
2	Teenagersâ€™ Smartphone Use during Homework: An Analysis of Beliefs and Behaviors around Digital Multitasking. <i>Education Sciences</i> , 2021, 11, 713.	1.4	5
3	Mindfulness training preserves sustained attention and resting state anticorrelation between default-mode network and dorsolateral prefrontal cortex: A randomized controlled trial. <i>Human Brain Mapping</i> , 2020, 41, 5356-5369.	1.9	43
4	The Feasibility of Attention Training for Reducing Mind-Wandering and Digital Multitasking in High Schools. <i>Education Sciences</i> , 2020, 10, 201.	1.4	2
5	Familiarity, Attitudes, and Self-Regulatory Challenges Related to Mindfulness. <i>Mindfulness</i> , 2020, 11, 1218-1225.	1.6	4
6	Mindfulness-Based Attention Training: Feasibility and Preliminary Outcomes of a Digital Course for High School Students. <i>Education Sciences</i> , 2019, 9, 230.	1.4	7
7	Greater Mindfulness is Associated With Better Academic Achievement in Middle School. <i>Mind, Brain, and Education</i> , 2019, 13, 157-166.	0.9	41
8	The future of mindfulness training is digital, and the future is now. <i>Current Opinion in Psychology</i> , 2019, 28, 81-86.	2.5	95
9	Mindfulness training reduces stress and amygdala reactivity to fearful faces in middle-school children.. <i>Behavioral Neuroscience</i> , 2019, 133, 569-585.	0.6	55
10	Expanding minds: Growth mindsets of self-regulation and the influences on effort and perseverance. <i>Journal of Experimental Social Psychology</i> , 2018, 79, 164-180.	1.3	56
11	An Integrated Assessment of Changes in Brain Structure and Function of the Insula Resulting from an Intensive Mindfulness-Based Intervention. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2017, 1, 327-336.	0.8	10
12	States of Mind: Characterizing the Neural Bases of Focus and Mind-wandering through Dynamic Functional Connectivity. <i>Journal of Cognitive Neuroscience</i> , 2017, 29, 495-506.	1.1	68
13	Tracking Distraction. <i>Journal of Attention Disorders</i> , 2017, 21, 475-486.	1.5	82
14	Pushing the Limits: Cognitive, Affective, and Neural Plasticity Revealed by an Intensive Multifaceted Intervention. <i>Frontiers in Human Neuroscience</i> , 2016, 10, 117.	1.0	15
15	Signal or noise: brain network interactions underlying the experience and training of mindfulness. <i>Annals of the New York Academy of Sciences</i> , 2016, 1369, 240-256.	1.8	39
16	Stimulating minds to wander. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2015, 112, 3182-3183.	3.3	3
17	Domain-specific enhancement of metacognitive ability following meditation training.. <i>Journal of Experimental Psychology: General</i> , 2014, 143, 1972-1979.	1.5	100
18	Insights from Quiet Minds: The Converging Fields of Mindfulness and Mind-Wandering. <i>Studies in Neuroscience, Consciousness and Spirituality</i> , 2014, , 227-241.	0.2	9

#	ARTICLE	IF	CITATIONS
19	The Middle Way. Psychology of Learning and Motivation - Advances in Research and Theory, 2014, 60, 1-33.	0.5	83
20	Mindfulness Training Improves Working Memory Capacity and GRE Performance While Reducing Mind Wandering. Psychological Science, 2013, 24, 776-781.	1.8	671
21	Window to the Wandering Mind: Pupillometry of Spontaneous Thought While Reading. Quarterly Journal of Experimental Psychology, 2013, 66, 2289-2294.	0.6	127
22	Unnoticed intrusions: Dissociations of meta-consciousness in thought suppression. Consciousness and Cognition, 2013, 22, 1003-1012.	0.8	42
23	Young and restless: validation of the Mind-Wandering Questionnaire (MWQ) reveals disruptive impact of mind-wandering for youth. Frontiers in Psychology, 2013, 4, 560.	1.1	226
24	The silver lining of a mind in the clouds: interesting musings are associated with positive mood while mind-wandering. Frontiers in Psychology, 2013, 4, 583.	1.1	90
25	The role of mind-wandering in measurements of general aptitude.. Journal of Experimental Psychology: General, 2012, 141, 788-798.	1.5	197
26	Modernizing Science: Comments on Nosek and Bar-Anan (2012). Psychological Inquiry, 2012, 23, 281-284.	0.4	2
27	Mindfulness and mind-wandering: Finding convergence through opposing constructs.. Emotion, 2012, 12, 442-448.	1.5	430
28	Insulation for Daydreams: A Role for Tonic Norepinephrine in the Facilitation of Internally Guided Thought. PLoS ONE, 2012, 7, e33706.	1.1	62
29	Threatened to distraction: Mind-wandering as a consequence of stereotype threat. Journal of Experimental Social Psychology, 2011, 47, 1243-1248.	1.3	73
30	Pupillometric Evidence for the Decoupling of Attention from Perceptual Input during Offline Thought. PLoS ONE, 2011, 6, e18298.	1.1	214
31	Medicine for the wandering mind: mind wandering in medical practice. Medical Education, 2011, 45, 1072-1080.	1.1	49
32	Assessing Attitudes about Genetic Testing as a Component of Continuing Medical Education. Academic Psychiatry, 2007, 31, 447-451.	0.4	14