

Tobias Esch

List of Publications by Year in descending order

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Version: 2024-02-01

93
papers

2,292
citations

236833

25
h-index

254106

43
g-index

117
all docs

117
docs citations

117
times ranked

2510
citing authors

#	ARTICLE	IF	CITATIONS
1	Rapid stress reduction and anxiolysis among distressed women as a consequence of a three-month intensive yoga program. <i>Medical Science Monitor</i> , 2005, 11, CR555-561.	0.5	137
2	The role of stress in neurodegenerative diseases and mental disorders. <i>Neuroendocrinology Letters</i> , 2002, 23, 199-208.	0.2	130
3	Engaging patients through open notes: an evaluation using mixed methods. <i>BMJ Open</i> , 2016, 6, e010034.	0.8	114
4	The neurobiology of pleasure, reward processes, addiction and their health implications. <i>Neuroendocrinology Letters</i> , 2004, 25, 235-51.	0.2	109
5	Evaluation of a Seven-Week Web-Based Happiness Training to Improve Psychological Well-Being, Reduce Stress, and Enhance Mindfulness and Flourishing: A Randomized Controlled Occupational Health Study. <i>Evidence-based Complementary and Alternative Medicine</i> , 2013, 2013, 1-14.	0.5	84
6	The therapeutic use of the relaxation response in stress-related diseases. <i>Medical Science Monitor</i> , 2003, 9, RA23-34.	0.5	73
7	The Neurobiology of Love. <i>Neuroendocrinology Letters</i> , 2005, 26, 175-92.	0.2	70
8	Love promotes health. <i>Neuroendocrinology Letters</i> , 2005, 26, 264-7.	0.2	69
9	Stress in cardiovascular diseases. <i>Medical Science Monitor</i> , 2002, 8, RA93-RA101.	0.5	58
10	The neurobiology of stress management. <i>Neuroendocrinology Letters</i> , 2010, 31, 19-39.	0.2	54
11	Effects of Mindfulness-Based Stress Reduction on Quality of Life in Nursing Home Residents: A Feasibility Study. <i>Research in Complementary Medicine</i> , 2008, 15, 74-81.	2.2	51
12	Comparison of Health Care Experience and Access Between Young and Older Adults in 11 High-Income Countries. <i>Journal of Adolescent Health</i> , 2015, 57, 413-420.	1.2	50
13	Proinflammation: a common denominator or initiator of different pathophysiological disease processes. <i>Medical Science Monitor</i> , 2002, 8, HY1-9.	0.5	45
14	Stress-related diseases -- a potential role for nitric oxide. <i>Medical Science Monitor</i> , 2002, 8, RA103-18.	0.5	45
15	Endogenous reward mechanisms and their importance in stress reduction, exercise and the brain. <i>Archives of Medical Science</i> , 2010, 3, 447-455.	0.4	44
16	Mind/body techniques for physiological and psychological stress reduction: stress management via Tai Chi training - a pilot study. <i>Medical Science Monitor</i> , 2007, 13, CR488-497.	0.5	40
17	Motivation and reward mechanisms in health behavior change processes. <i>Brain Research</i> , 2021, 1757, 147309.	1.1	39
18	The Relevance of Complementary and Integrative Medicine in the COVID-19 Pandemic: A Qualitative Review of the Literature. <i>Frontiers in Medicine</i> , 2020, 7, 587749.	1.2	36

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19	Effect of leeches therapy (<i>Hirudo medicinalis</i>) in painful osteoarthritis of the knee: a pilot study. <i>Annals of the Rheumatic Diseases</i> , 2001, 60, 986-986.	0.5	32
20	Endocannabinoids as autoregulatory signaling molecules: coupling to nitric oxide and a possible association with the relaxation response. <i>Medical Science Monitor</i> , 2003, 9, RA63-75.	0.5	30
21	Burnout, satisfaction and happiness among German general practitioners (GPs): A cross-sectional survey on health resources and stressors. <i>PLoS ONE</i> , 2021, 16, e0253447.	1.1	28
22	Commonalities in the central nervous system's involvement with complementary medical therapies: limbic morphinergic processes. <i>Medical Science Monitor</i> , 2004, 10, MS6-17.	0.5	28
23	Tyrosine and tyramine increase endogenous ganglionic morphine and dopamine levels in vitro and in vivo: cyp2d6 and tyrosine hydroxylase modulation demonstrates a dopamine coupling. <i>Medical Science Monitor</i> , 2005, 11, BR397-404.	0.5	27
24	Endogenous morphine/nitric oxide-coupled regulation of cellular physiology and gene expression: Implications for cancer biology. <i>Seminars in Cancer Biology</i> , 2008, 18, 199-210.	4.3	26
25	Endogenous morphine signaling via nitric oxide regulates the expression of CYP2D6 and COMT: autocrine/paracrine feedback inhibition. <i>Addiction Biology</i> , 2008, 13, 118-123.	1.4	25
26	Integrative medical therapy: examination of meditation's therapeutic and global medicinal outcomes via nitric oxide (review). <i>International Journal of Molecular Medicine</i> , 2005, 16, 621-30.	1.8	25
27	The neurobiological link between compassion and love. <i>Medical Science Monitor</i> , 2011, 17, RA65-RA75.	0.5	24
28	Presence of morphine in rat amygdala: evidence for the mu3 opiate receptor subtype via nitric oxide release in limbic structures. <i>Medical Science Monitor</i> , 2004, 10, BR433-9.	0.5	24
29	Relaxation: molecular and physiological significance. <i>Medical Science Monitor</i> , 2006, 12, HY21-31.	0.5	23
30	Changes and Interactions of Flourishing, Mindfulness, Sense of Coherence, and Quality of Life in Patients of a Mind-Body Medicine Outpatient Clinic. <i>Research in Complementary Medicine</i> , 2014, 21, 154-162.	2.2	22
31	Global NPP and straw bioenergy trends for 2000–2014. <i>Biomass and Bioenergy</i> , 2016, 90, 230-236.	2.9	22
32	The Neurobiology of Meditation and Mindfulness. <i>Studies in Neuroscience, Consciousness and Spirituality</i> , 2014, , 153-173.	0.2	22
33	Nicotine, alcohol and cocaine coupling to reward processes via endogenous morphine signaling: the dopamine-morphine hypothesis. <i>Medical Science Monitor</i> , 2007, 13, RA91-102.	0.5	21
34	Stress Management and Mind-Body Medicine: A Randomized Controlled Longitudinal Evaluation of Students' Health and Effects of a Behavioral Group Intervention at a Middle-Size German University (SM-MESH). <i>Research in Complementary Medicine</i> , 2013, 20, 129-137.	2.2	20
35	Neurobiological Aspects of Mindfulness in Pain Autoregulation: Unexpected Results from a Randomized-Controlled Trial and Possible Implications for Meditation Research. <i>Frontiers in Human Neuroscience</i> , 2016, 10, 674.	1.0	20
36	Role of amygdala in mediating sexual and emotional behavior via coupled nitric oxide release. <i>Acta Pharmacologica Sinica</i> , 2005, 26, 389-395.	2.8	19

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37	Chromosomal Processes in Mind-Body Medicine: Chronic Stress, Cell Aging, and Telomere Length. <i>Medical Science Monitor Basic Research</i> , 2018, 24, 134-140.	2.6	18
38	Pain, immunity, opiate and opioid compounds and health. <i>Medical Science Monitor</i> , 2005, 11, MS47-53.	0.5	18
39	Anticipatory stress response: a significant commonality in stress, relaxation, pleasure and love responses. <i>Medical Science Monitor</i> , 2008, 14, RA17-21.	0.5	16
40	Biomedical Perspectives of Acute and Chronic Neurological and Neuropsychiatric Sequelae of COVID-19. <i>Current Neuropharmacology</i> , 2022, 20, 1229-1240.	1.4	16
41	Mind-Body-Medizin: Stress, Stressmanagement und Gesundheitsfrderung. <i>KIM - Komplementare Und Integrative Medizin, Arztezeitschrift Fr Naturheilverfahren</i> , 2008, 49, 35-39.	0.0	15
42	Emerging Roles of Blood-Borne Intact and Respiring Mitochondria as Bidirectional Mediators of Pro- and Anti-Inflammatory Processes. <i>Medical Science Monitor</i> , 2020, 26, e924337.	0.5	15
43	Potential Immunoregulatory and Antiviral/SARS-CoV-2 Activities of Nitric Oxide. <i>Medical Science Monitor</i> , 2020, 26, e925679.	0.5	15
44	Revisiting tolerance from the endogenous morphine perspective. <i>Medical Science Monitor</i> , 2009, 15, RA189-98.	0.5	14
45	Parkinson's disease, L-DOPA, and endogenous morphine: A revisit. <i>Medical Science Monitor</i> , 2012, 18, RA133-RA137.	0.5	12
46	Detection of nitric oxide in exhaled human breath: exercise and resting determinations. <i>Medical Science Monitor</i> , 2007, 13, MT1-5.	0.5	12
47	A Bio-Psycho-Socio-Molecular Approach to Pain and Stress Management. <i>Complementary Medicine Research</i> , 2007, 14, 224-234.	0.5	11
48	Perception of stress and quality of life in overweight and obese people-implications for preventive consultancies in primary care. <i>Medical Science Monitor</i> , 2009, 15, PH1-6.	0.5	11
49	Xenobiotic perturbation of endogenous morphine signaling: paradoxical opiate hyperalgesia. <i>Medical Science Monitor</i> , 2009, 15, RA107-10.	0.5	11
50	Meditation Intervention Reviews. <i>JAMA Internal Medicine</i> , 2014, 174, 1193.	2.6	10
51	Emerging regulatory roles of opioid peptides, endogenous morphine, and opioid receptor subtypes in immunomodulatory processes: Metabolic, behavioral, and evolutionary perspectives. <i>Immunology Letters</i> , 2020, 227, 28-33.	1.1	10
52	Morphine 6beta glucuronide: fortuitous morphine metabolite or preferred peripheral regulatory opiate?. <i>Medical Science Monitor</i> , 2005, 11, MS43-46.	0.5	10
53	Neurobiological implications of eating healthy. <i>Neuroendocrinology Letters</i> , 2006, 27, 21-33.	0.2	10
54	Functional Mechanisms of Health Behavior Change Techniques: A Conceptual Review. <i>Frontiers in Psychology</i> , 2022, 13, 725644.	1.1	10

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55	Low dose morphine adjuvant therapy for enhanced efficacy of antipsychotic drug action: Potential involvement of endogenous morphine in the pathophysiology of schizophrenia. <i>Medical Science Monitor</i> , 2012, 18, HY23-HY26.	0.5	9
56	Augmentation of Whole-Body Metabolic Status by Mind-Body Training: Synchronous Integration of Tissue- and Organ-Specific Mitochondrial Function. <i>Medical Science Monitor Basic Research</i> , 2019, 25, 8-14.	2.6	9
57	Locus of control, self-efficacy and attribution tendencies in obese patients - implications for primary care consultations. <i>Medical Science Monitor</i> , 2010, 16, CR330-5.	0.5	9
58	Dysregulation of Nitric Oxide Signaling in Microglia: Multiple Points of Functional Convergence in the Complex Pathophysiology of Alzheimer Disease. <i>Medical Science Monitor</i> , 2020, 26, e927739.	0.5	8
59	Bio-Psycho-Socio-Spirito-Cultural Factors of Burnout: A Systematic Narrative Review of the Literature. <i>Frontiers in Psychology</i> , 2021, 12, 722862.	1.1	8
60	Pain and relaxation (review). <i>International Journal of Molecular Medicine</i> , 2006, 18, 465-70.	1.8	8
61	Proinflammation and preconditioning protection are part of a common nitric oxide mediated process. <i>Medical Science Monitor</i> , 2010, 16, RA125-30.	0.5	8
62	The ABC Model of Happiness – Neurobiological Aspects of Motivation and Positive Mood, and Their Dynamic Changes through Practice, the Course of Life. <i>Biology</i> , 2022, 11, 843.	1.3	8
63	Mindfulness Meditation and Fantasy Relaxation in a Group Setting Leads to a Diminished Sense of Self and an Increased Present Orientation. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2019, 9, 87.	1.0	7
64	Neue Definitionen der Integrativen Medizin: Alter Wein in neuen Schläuchen?. <i>Complementary Medicine Research</i> , 2020, 27, 67-69.	0.5	7
65	Sustainable Reduction of Sleepiness through Salutogenic Self-Care Procedure in Lunch Breaks: A Pilot Study. <i>Evidence-based Complementary and Alternative Medicine</i> , 2013, 2013, 1-10.	0.5	6
66	Behaviorally-Mediated Entrainment of Whole-Body Metabolic Processes: Conservation and Evolutionary Development of Mitochondrial Respiratory Complexes. <i>Medical Science Monitor</i> , 2019, 25, 9306-9309.	0.5	6
67	An Empirical Investigation of the Relationship Between Spirituality, Work Culture, and Burnout: The Need for an Extended Health and Disease Model. <i>Frontiers in Psychology</i> , 2021, 12, 723884.	1.1	5
68	What Matters Most in Life? A German Cohort Study on the Sources of Meaning and Their Neurobiological Foundations in Four Age Groups. <i>Frontiers in Psychology</i> , 2021, 12, 777751.	1.1	5
69	Love and stress. <i>Neuroendocrinology Letters</i> , 2005, 26, 173-4.	0.2	5
70	Converging cellular processes for substances of abuse: endogenous morphine. <i>Neuroendocrinology Letters</i> , 2008, 29, 63-6.	0.2	5
71	The U-Curve of Happiness Revisited: Correlations and Differences in Life Satisfaction Over the Span of Life – An Empirical Evaluation Based on Data From 1,597 Individuals Aged 12 – 94 in Germany. <i>Frontiers in Psychology</i> , 2022, 13, 837638.	1.1	5
72	Sport physiology, dopamine and nitric oxide – Some speculations and hypothesis generation. <i>Medical Hypotheses</i> , 2015, 85, 905-909.	0.8	4

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73	Bodily Experience in Depression: Using Focusing as a New Interview Technique. <i>Psychopathology</i> , 2021, 54, 1-9.	1.1	4
74	Meditation in Complementary and Integrative Medicine: Taxonomy of Effects and Methods. <i>Complementary Medicine Research</i> , 2021, 28, 1-4.	0.5	4
75	The BERN Framework of Mind-Body Medicine: Integrating Self-Care, Health Promotion, Resilience, and Applied Neuroscience. <i>Frontiers in Integrative Neuroscience</i> , 0, 16, .	1.0	4
76	Self-Care, Stress Management, and Primary Care: From Salutogenesis and Health Promotion to Mind-Body Medicine. <i>Evidence-based Complementary and Alternative Medicine</i> , 2013, 2013, 1-2.	0.5	3
77	Pain and relaxation (Review). <i>International Journal of Molecular Medicine</i> , 0, , .	1.8	3
78	Changes in chronically ill patientsâ€™ self-management skills and resources following 14 days of inpatient treatment in a Department for Integrative Medicine: An observational pilot study. <i>European Journal of Integrative Medicine</i> , 2013, 5, 165-170.	0.8	2
79	Bedeutung und Rolle von Gesundheitsberufen in der PrÃ¤vention und GesundheitsfÃ¶rderung. <i>The Springer Reference Pflgerapie, Gesundheit</i> , 2021, , 159-170.	0.2	2
80	Neurobiologische Aspekte von Glaube und SpiritualitÃ¤t: Gesundheit, Stress und Belohnung. , 2011, , 23-36.		2
81	Bedeutung und Rolle von Gesundheitsberufen in der PrÃ¤vention und GesundheitsfÃ¶rderung. <i>The Springer Reference Pflgerapie, Gesundheit</i> , 2019, , 1-12.	0.2	2
82	Journal club. <i>Nature</i> , 2010, 464, 469-469.	13.7	1
83	(Neuro)biologische Aspekte der Regeneration: Entspannung als Instrument der Stressregulation. <i>Zeitschrift fÃ¼r Arbeitswissenschaft</i> , 2011, 65, 125-135.	0.7	1
84	Stress und Gesundheit. <i>The Studium Pflgerapie, Gesundheit</i> , 2018, , 1-13.	0.1	1
85	Stress und Gesundheit. <i>The Springer Reference Pflgerapie, Gesundheit</i> , 2019, , 347-359.	0.2	1
86	Effects of a Yoga-Based Stress Intervention Program on the Blood Pressure of Young Police Officers: A Randomized Controlled Trial. , 2022, 28, 234-240.		1
87	Pain, stress and relaxation: Involvement of basic biological principles and healthy autoregulation. <i>European Journal of Integrative Medicine</i> , 2009, 1, 237-238.	0.8	0
88	Prescribing love for the heart? Stress reduction and medical effects of altruism, compassion and love. <i>European Journal of Integrative Medicine</i> , 2009, 1, 184-185.	0.8	0
89	Changes in self-management skills during inpatient treatment in an internal-naturopathic clinic: A pilot study. <i>European Journal of Integrative Medicine</i> , 2009, 1, 194.	0.8	0
90	Die Neurobiologie des GlÃ¼cks. Von Tobias Esch.. <i>Pharmazie in Unserer Zeit</i> , 2012, 41, 167-168.	0.0	0

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91	Die neuronale Basis von Meditation und Achtsamkeit im Bildungskontext. , 2021, , 61-75.		0
92	Vom Verhalten zu den Molekülen: Ein biopsychosoziomolekularer Zugang zu Stress- und Schmerzlinderung. , 2008, , 209-242.		0
93	Neuromolecular Analogies. Deutsches Ärzteblatt International, 2013, 110, 732-3.	0.6	0