

# Ruth Quillian Wolever

## List of Publications by Year in descending order

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Version: 2024-02-01

66  
papers

3,745  
citations

218677

26  
h-index

149698

56  
g-index

67  
all docs

67  
docs citations

67  
times ranked

4254  
citing authors

#	ARTICLE	IF	CITATIONS
1	Cognitive Behavioral Therapy for Treatment of Chronic Primary Insomnia. JAMA - Journal of the American Medical Association, 2001, 285, 1856.	7.4	523
2	Mindfulness-Based Eating Awareness Training for Treating Binge Eating Disorder: The Conceptual Foundation. Eating Disorders, 2010, 19, 49-61.	3.0	419
3	Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial.. Journal of Occupational Health Psychology, 2012, 17, 246-258.	3.3	386
4	Mindfulness-Based Eating Awareness Training (MB-EAT) for Binge Eating: A Randomized Clinical Trial. Mindfulness, 2014, 5, 282-297.	2.8	345
5	A Systematic Review of the Literature on Health and Wellness Coaching: Defining a Key Behavioral Intervention in Healthcare. Global Advances in Health and Medicine, 2013, 2, 38-57.	1.6	278
6	Integrative Health Coaching for Patients With Type 2 Diabetes. The Diabetes Educator, 2010, 36, 629-639.	2.5	262
7	Patient engagement as a risk factor in personalized health care: a systematic review of the literature on chronic disease. Genome Medicine, 2014, 6, 16.	8.2	134
8	Changes in spirituality partly explain health-related quality of life outcomes after Mindfulness-Based Stress Reduction. Journal of Behavioral Medicine, 2011, 34, 508-518.	2.1	123
9	A multidimensional integrative medicine intervention to improve cardiovascular risk. Journal of General Internal Medicine, 2006, 21, 728-734.	2.6	119
10	Derivation and Validation of the ASK-12 Adherence Barrier Survey. Annals of Pharmacotherapy, 2009, 43, 1621-1630.	1.9	96
11	Decreased Symptoms of Depression After Mindfulness-Based Stress Reduction: Potential Moderating Effects of Religiosity, Spirituality, Trait Mindfulness, Sex, and Age. Journal of Alternative and Complementary Medicine, 2015, 21, 166-174.	2.1	76
12	Integrative Health Coaching and Motivational Interviewing: Synergistic Approaches to Behavior Change in Healthcare. Global Advances in Health and Medicine, 2013, 2, 28-35.	1.6	60
13	Integrative Health Coach Training: A Model for Shifting the Paradigm toward Patient-centricity and Meeting New National Prevention Goals. Global Advances in Health and Medicine, 2013, 2, 66-74.	1.6	53
14	What Is Health Coaching Anyway?: Standards Needed to Enable Rigorous Research. Archives of Internal Medicine, 2011, 171, 2017.	3.8	51
15	Health Coaching and Genomics—Potential Avenues to Elicit Behavior Change in those at Risk for Chronic Disease: Protocol for Personalized Medicine Effectiveness Study in Air Force Primary Care. Global Advances in Health and Medicine, 2013, 2, 26-38.	1.6	49
16	Further testing of the reliability and validity of the ASK-20 adherence barrier questionnaire in a medical center outpatient population. Current Medical Research and Opinion, 2008, 24, 3197-3206.	1.9	45
17	The Process of Patient Empowerment in Integrative Health Coaching: How does it Happen?. Global Advances in Health and Medicine, 2013, 2, 48-57.	1.6	45
18	Integrative Health Coaching: An Organizational Case Study. Explore: the Journal of Science and Healing, 2011, 7, 30-36.	1.0	44

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19	Mindfulness Based Approaches to Obesity and Weight Loss Maintenance. Journal of Mental Health Counseling, 2012, 34, 269-282.	0.9	42
20	Advancing a new evidence-based professional in health care: job task analysis for health and wellness coaches. BMC Health Services Research, 2016, 16, 205.	2.2	39
21	The Role of Mindfulness in Healthcare Reform: A Policy Paper. Explore: the Journal of Science and Healing, 2009, 5, 313-323.	1.0	38
22	Mindfulness-Based Approaches to Eating Disorders. , 2009, , 259-287.		38
23	Integrative health coaching: a behavior skills approach that improves HbA1c and pharmacy claims-derived medication adherence. BMJ Open Diabetes Research and Care, 2016, 4, e000201.	2.8	38
24	Expressive writing to improve resilience to trauma: A clinical feasibility trial. Complementary Therapies in Clinical Practice, 2019, 34, 240-246.	1.7	35
25	Perceived Stress in Patients with Common Gastrointestinal Disorders: Associations with Quality of Life, Symptoms and Disease Management. Explore: the Journal of Science and Healing, 2017, 13, 124-128.	1.0	34
26	The BraveNet prospective observational study on integrative medicine treatment approaches for pain. BMC Complementary and Alternative Medicine, 2013, 13, 146.	3.7	32
27	National Training and Education Standards for Health and Wellness Coaching: The Path to National Certification. Global Advances in Health and Medicine, 2015, 4, 46-56.	1.6	31
28	Mindfulness Meditation Targets Transdiagnostic Symptoms Implicated in Stress-Related Disorders: Understanding Relationships between Changes in Mindfulness, Sleep Quality, and Physical Symptoms. Evidence-based Complementary and Alternative Medicine, 2018, 2018, 1-10.	1.2	30
29	Group Health Coaching: Strengths, Challenges, and Next Steps. Global Advances in Health and Medicine, 2013, 2, 95-102.	1.6	24
30	Patients Receiving Integrative Medicine Effectiveness Registry (PRIMIÉR) of the BraveNet practice-based research network: study protocol. BMC Complementary and Alternative Medicine, 2015, 16, 53.	3.7	19
31	Patients Seek Integrative Medicine for Preventive Approach to Optimize Health. Explore: the Journal of Science and Healing, 2012, 8, 348-352.	1.0	18
32	Psychosocial Benefits of Cardiac Rehabilitation Among Women Compared With Men. Journal of Cardiopulmonary Rehabilitation and Prevention, 2014, 34, 21-28.	2.1	18
33	Integrative Medicine Strategies for Changing Health Behaviors. Primary Care - Clinics in Office Practice, 2017, 44, 229-245.	1.6	18
34	The ONEá€MIND Study: Rationale and protocol for assessing the effects of ONlinE MINDfulnessá€based cancer recovery for the prevention of fatigue and other common side effects during chemotherapy. European Journal of Cancer Care, 2019, 28, e13074.	1.5	18
35	Modifiable disease risk, readiness to change, and psychosocial functioning improve with integrative medicine immersion model. Alternative Therapies in Health and Medicine, 2011, 17, 38-47.	0.0	17
36	Mindfulness in Corporate America: Is the Trojan Horse Ethical?. Journal of Alternative and Complementary Medicine, 2018, 24, 403-406.	2.1	13

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37	Patterns of immune, neuroendocrine, and cardiovascular stress responses in asymptomatic hiv seropositive and seronegative men. <i>International Journal of Behavioral Medicine</i> , 1996, 3, 135-162.	1.7	11
38	Collaboration and Synergy in the Field of Health and Wellness Coaching: Naïve or Necessary?. <i>Global Advances in Health and Medicine</i> , 2013, 2, 8-9.	1.6	11
39	Integrative Medicine Patients Have High Stress, Pain, and Psychological Symptoms. <i>Explore: the Journal of Science and Healing</i> , 2015, 11, 296-303.	1.0	11
40	Characteristics of Cancer Patients Presenting to an Integrative Medicine Practice-Based Research Network. <i>Integrative Cancer Therapies</i> , 2014, 13, 405-410.	2.0	10
41	Trusting homeostatic cues versus accepting hedonic cues: A randomized controlled trial comparing two distinct mindfulness-based intervention components. <i>Journal of Contextual Behavioral Science</i> , 2017, 6, 409-417.	2.6	10
42	Do gender, anxiety, or sleep quality predict mindfulness-based stress reduction outcomes?. <i>Journal of Health Psychology</i> , 2021, 26, 2656-2662.	2.3	10
43	Integrative Medicine for the Treatment of Persistent Pain. <i>Primary Care - Clinics in Office Practice</i> , 2017, 44, 247-264.	1.6	9
44	A Replicable and Sustainable Whole Person Care Model for Chronic Pain. <i>Journal of Alternative and Complementary Medicine</i> , 2019, 25, S86-S94.	2.1	8
45	Development of an observational tool to assess health coaching fidelity. <i>Patient Education and Counseling</i> , 2021, 104, 642-648.	2.2	7
46	Complementary Therapies for Significant Dysfunction from Tinnitus: Treatment Review and Potential for Integrative Medicine. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-8.	1.2	6
47	Integrative health care services utilization as a function of body mass index: A BraveNet practice-based research network study. <i>Advances in Integrative Medicine</i> , 2017, 4, 14-21.	0.9	6
48	Transformative change to "a new me": a qualitative study of clients' lived experience with integrative health coaching. <i>Coaching</i> , 2017, 10, 18-36.	1.0	5
49	A Systematic Review of the Literature on Health and Wellness Coaching: Defining a Key Behavioral intervention in Healthcare. <i>Global Advances in Health and Medicine</i> , 0, , 130712120243000.	1.6	5
50	Mindfulness-Based Eating Awareness Training. , 2014, , 119-139.		4
51	Guidelines for Creating, Implementing, and Evaluating Mind-Body Programs in a Military Healthcare Setting. <i>Explore: the Journal of Science and Healing</i> , 2016, 12, 18-33.	1.0	4
52	Engaging Patients in their Health Care: Lessons From a Qualitative Study on the Processes Health Coaches Use to Support an Active Learning Paradigm. <i>Global Advances in Health and Medicine</i> , 2020, 9, 216495612090466.	1.6	4
53	Introducing the eMCC: A Validated Taxonomy to Advance Targeted Application of Mindfulness Skills. <i>Mindfulness</i> , 2020, 11, 698-708.	2.8	3
54	Resting parasympathetic status and cardiovascular response to orthostatic and behavioral challenges in type I insulin-dependent diabetes mellitus. <i>International Journal of Behavioral Medicine</i> , 1994, 1, 137-162.	1.7	2

#	ARTICLE	IF	CITATIONS
55	Effects of Mindfulness-Based Stress Reduction Across the Adult Lifespan. American Journal of Geriatric Psychiatry, 2015, 23, S168.	1.2	2
56	The Relative Contributions of Live and Recorded Online Mindfulness Training Programs to Lower Stress in the Workplace: Longitudinal Observational Study. Journal of Medical Internet Research, 2022, 24, e31935.	4.3	2
57	An exploration of personal benefits reported by students of a health and wellness coach training programme. Coaching, 0, , 1-17.	1.0	1
58	Psychometric Properties of the Intervention Frequency and Cost Survey (IFACS). International Journal of Complementary & Alternative Medicine, 2017, 5, .	0.1	1
59	Amount and intensity effects of exercise training alone versus a combined diet and exercise lifestyle intervention on health-related quality of life in the STRRIDE-PD randomized trial. BMJ Open Diabetes Research and Care, 2022, 10, e002584.	2.8	1
60	Health coaching and genetic risk testing in primary care: Randomized controlled trial.. Health Psychology, 2022, 41, 719-732.	1.6	1
61	Effects of Health and Wellness Coaching With an Adult Cancer Caregiver. , 2022, 26, 118-125.		1
62	The Duke Employee Weight Loss Program: Report of a Duke Diet and Fitness Center Pilot Study. International Journal of Occupational Safety and Health, 2016, 4, 44-50.	0.5	0
63	Integrative medicine for significant dysfunction from tinnitus: Treatment rationale and protocol for a randomized clinical pilot trial. Advances in Integrative Medicine, 2020, 7, 39-46.	0.9	0
64	Managing Stress to Manage Heart Disease. , 2007, , 53-66.		0
65	Massage Therapy: Intervention Frequency and Cost Survey (IFACS) Data with Policy Implications for Nonpharmacologic Treatment of Chronic Pain. International Journal of Complementary & Alternative Medicine, 2017, 8, .	0.1	0
66	A Network Analysis of the Association Between Depressive Symptoms and Patient Activation Among Those With Elevated Cardiovascular Risk. Global Advances in Health and Medicine, 2022, 11, 2164957X2210862.	1.6	0