

How Does Mindfulness Meditation Work? Proposing Mechanistic Conceptual and Neural Perspective

Perspectives on Psychological Science

6, 537-559

DOI: [10.1177/1745691611419671](https://doi.org/10.1177/1745691611419671)

Citation Report

#	ARTICLE	IF	CITATIONS
1	Self-awareness, self-regulation, and self-transcendence (S-ART): a framework for understanding the neurobiological mechanisms of mindfulness. <i>Frontiers in Human Neuroscience</i> , 2012, 6, 296.	1.0	761
2	Regulation of negative affect in schizophrenia: The effectiveness of acceptance versus reappraisal and suppression. <i>Journal of Clinical and Experimental Neuropsychology</i> , 2012, 34, 497-508.	0.8	36
3	Pain Attenuation through Mindfulness is Associated with Decreased Cognitive Control and Increased Sensory Processing in the Brain. <i>Cerebral Cortex</i> , 2012, 22, 2692-2702.	1.6	217
4	Prolonged Exposure, Mindfulness, and Emotion Regulation for the Treatment of PTSD. <i>Clinical Case Studies</i> , 2012, 11, 184-200.	0.5	24
5	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> , 2012, 7, 165-175.	2.6	110
6	The Concept of Salience Network Dysfunction in Schizophrenia: From Neuroimaging Observations to Therapeutic Opportunities. <i>Current Topics in Medicinal Chemistry</i> , 2012, 12, 2324-2338.	1.0	71
7	18: ORGANIZATIONAL STRATEGIES FOR FOSTERING FACULTY RACIAL INCLUSION. <i>To Improve the Academy</i> , 2012, 31, 277-291.	0.3	0
8	Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary, non-meditative state. <i>Frontiers in Human Neuroscience</i> , 2012, 6, 292.	1.0	283
9	Randomized Controlled Trial of Mindfulness-Based Stress Reduction Versus Aerobic Exercise: Effects on the Self-Referential Brain Network in Social Anxiety Disorder. <i>Frontiers in Human Neuroscience</i> , 2012, 6, 295.	1.0	95
10	Using the Daydreaming Frequency Scale to Investigate the Relationships between Mind-Wandering, Psychological Well-Being, and Present-Moment Awareness. <i>Frontiers in Psychology</i> , 2012, 3, 363.	1.1	102
11	Mechanisms of white matter changes induced by meditation. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2012, 109, 10570-10574.	3.3	289
12	Neural correlates of establishing, maintaining, and switching brain states. <i>Trends in Cognitive Sciences</i> , 2012, 16, 330-337.	4.0	196
13	Mindful maths: Reducing the impact of stereotype threat through a mindfulness exercise. <i>Consciousness and Cognition</i> , 2012, 21, 471-475.	0.8	59
14	Cognitive-Affective Neural Plasticity following Active-Controlled Mindfulness Intervention. <i>Journal of Neuroscience</i> , 2012, 32, 15601-15610.	1.7	298
15	Mindfulness-Based Stress Reduction training reduces loneliness and pro-inflammatory gene expression in older adults: A small randomized controlled trial. <i>Brain, Behavior, and Immunity</i> , 2012, 26, 1095-1101.	2.0	417
16	Mindfulness meditation counteracts self-control depletion. <i>Consciousness and Cognition</i> , 2012, 21, 1016-1022.	0.8	210
17	Dealing with feeling: A meta-analysis of the effectiveness of strategies derived from the process model of emotion regulation. <i>Psychological Bulletin</i> , 2012, 138, 775-808.	5.5	1,353
18	Intensive training induces longitudinal changes in meditation state-related EEG oscillatory activity. <i>Frontiers in Human Neuroscience</i> , 2012, 6, 256.	1.0	78

#	ARTICLE	IF	CITATIONS
19	The Effects of Mindfulness-Based Cognitive Therapy on Affective Memory Recall Dynamics in Depression: A Mechanistic Model of Rumination. <i>Frontiers in Human Neuroscience</i> , 2012, 6, 257.	1.0	68
20	Neurocognitive correlates of the effects of yoga meditation practice on emotion and cognition: a pilot study. <i>Frontiers in Integrative Neuroscience</i> , 2012, 6, 48.	1.0	93
21	The Potential Benefits of Mindfulness Training in Early Childhood: A Developmental Social Cognitive Neuroscience Perspective. <i>Child Development Perspectives</i> , 2012, 6, 154-160.	2.1	281
22	Improving Executive Function and Its Neurobiological Mechanisms Through a Mindfulness-Based Intervention: Advances Within the Field of Developmental Neuroscience. <i>Child Development Perspectives</i> , 2012, 6, 361-366.	2.1	147
23	P05.61. The multidimensional assessment of interoceptive awareness (MAIA). <i>BMC Complementary and Alternative Medicine</i> , 2012, 12, .	3.7	5
24	The Difficulty of Defining Mindfulness: Current Thought and Critical Issues. <i>Mindfulness</i> , 2013, 4, 255-268.	1.6	212
25	Sustaining visual attention in the face of distraction: a novel gradual-onset continuous performance task. <i>Attention, Perception, and Psychophysics</i> , 2013, 75, 426-439.	0.7	124
26	Mindfulness: a systematic review of instruments to measure an emergent patient-reported outcome (PRO). <i>Quality of Life Research</i> , 2013, 22, 2639-2659.	1.5	258
27	MINDFULNESS AND EMOTION REGULATION IN DEPRESSION AND ANXIETY: COMMON AND DISTINCT MECHANISMS OF ACTION. <i>Depression and Anxiety</i> , 2013, 30, 654-661.	2.0	241
28	A Developmental Systems Approach to Executive Function. <i>Advances in Child Development and Behavior</i> , 2013, 45, 39-66.	0.7	25
29	Attentional bias for prescription opioid cues among opioid dependent chronic pain patients. <i>Journal of Behavioral Medicine</i> , 2013, 36, 611-620.	1.1	53
30	Neuroimaging of Consciousness. , 2013, , .		6
31	A focused attention intervention for coping with ostracism. <i>Consciousness and Cognition</i> , 2013, 22, 1262-1270.	0.8	52
32	Mindfulness: Top-down or bottom-up emotion regulation strategy?. <i>Clinical Psychology Review</i> , 2013, 33, 82-96.	6.0	328
33	Tools of the trade: theory and method in mindfulness neuroscience. <i>Social Cognitive and Affective Neuroscience</i> , 2013, 8, 118-120.	1.5	63
34	Preliminary evidence about the effects of meditation on interoceptive sensitivity and social cognition. <i>Behavioral and Brain Functions</i> , 2013, 9, 47.	1.4	75
35	Retraining the addicted brain: A review of hypothesized neurobiological mechanisms of mindfulness-based relapse prevention.. <i>Psychology of Addictive Behaviors</i> , 2013, 27, 351-365.	1.4	150
36	Brief meditation training induces smoking reduction. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2013, 110, 13971-13975.	3.3	154

#	ARTICLE	IF	CITATIONS
37	Executive Functions. <i>Annual Review of Psychology</i> , 2013, 64, 135-168.	9.9	7,750
38	Mindfulness-Based Interventions in Counseling. <i>Journal of Counseling and Development</i> , 2013, 91, 96-104.	1.3	50
39	A Pilot Study and Randomized Controlled Trial of the Mindful Self-Compassion Program. <i>Journal of Clinical Psychology</i> , 2013, 69, 28-44.	1.0	1,311
40	The downward spiral of chronic pain, prescription opioid misuse, and addiction: Cognitive, affective, and neuropsychopharmacologic pathways. <i>Neuroscience and Biobehavioral Reviews</i> , 2013, 37, 2597-2607.	2.9	214
41	The effect of focused attention and open monitoring meditation on attention network function in healthy volunteers. <i>Psychiatry Research</i> , 2013, 210, 1226-1231.	1.7	105
42	Psychological and neural mechanisms of trait mindfulness in reducing depression vulnerability. <i>Social Cognitive and Affective Neuroscience</i> , 2013, 8, 56-64.	1.5	136
43	Sex-specific effects of mindfulness on romantic partners' cortisol responses to conflict and relations with psychological adjustment. <i>Psychoneuroendocrinology</i> , 2013, 38, 2905-2913.	1.3	35
44	Psychometric properties of the Spanish version of the mindful attention awareness scale (MAAS) in patients with fibromyalgia. <i>Health and Quality of Life Outcomes</i> , 2013, 11, 6.	1.0	26
45	Meditation and Health: The Search for Mechanisms of Action. <i>Social and Personality Psychology Compass</i> , 2013, 7, 27-39.	2.0	23
46	Mapping Mindfulness Facets Onto Dimensions of Anxiety and Depression. <i>Behavior Therapy</i> , 2013, 44, 373-384.	1.3	120
47	Effect of Mindfulness-based Interventions in Cancer Care. <i>Evidence-based Anticancer Complementary and Alternative Medicine</i> , 2013, , 175-192.	0.1	0
48	Mindfulness starts with the body: somatosensory attention and top-down modulation of cortical alpha rhythms in mindfulness meditation. <i>Frontiers in Human Neuroscience</i> , 2013, 7, 12.	1.0	202
49	Mahāyāna Buddhism/Vajrayāna Buddhism. , 2013, , 1203-1204.		0
50	Craving to quit: Psychological models and neurobiological mechanisms of mindfulness training as treatment for addictions.. <i>Psychology of Addictive Behaviors</i> , 2013, 27, 366-379.	1.4	222
51	Cognitive Functioning in Patients Remitted from Recurrent Depression: Comparison with Acutely Depressed Patients and Controls and Follow-up of a Mindfulness-Based Cognitive Therapy Trial. <i>Cognitive Therapy and Research</i> , 2013, 37, 1004-1014.	1.2	32
52	Special issue on mindfulness neuroscience. <i>Social Cognitive and Affective Neuroscience</i> , 2013, 8, 1-3.	1.5	32
53	Effects of Participation in a Mindfulness Program for Veterans With Posttraumatic Stress Disorder: A Randomized Controlled Pilot Study. <i>Journal of Clinical Psychology</i> , 2013, 69, 14-27.	1.0	135
54	Principals Responding to Constant Pressure. <i>NASSP Bulletin</i> , 2013, 97, 335-349.	0.4	22

#	ARTICLE	IF	CITATIONS
55	State Mindfulness Scale (SMS): Development and initial validation.. Psychological Assessment, 2013, 25, 1286-1299.	1.2	292
56	Meditation als angewandte Neurowissenschaft. Paragrana, 2013, 22, 103-114.	0.2	0
57	An interoceptive neuroanatomical perspective on feelings, energy, and effort. Behavioral and Brain Sciences, 2013, 36, 685-686.	0.4	39
58	An opportunity cost model of subjective effort and task performance. Behavioral and Brain Sciences, 2013, 36, 661-679.	0.4	855
59	The costs of giving up: Action versus inaction asymmetries in regret. Behavioral and Brain Sciences, 2013, 36, 702-702.	0.4	2
60	The intrinsic cost of cognitive control. Behavioral and Brain Sciences, 2013, 36, 697-698.	0.4	53
61	Local resource depletion hypothesis as a mechanism for action selection in the brain. Behavioral and Brain Sciences, 2013, 36, 682-683.	0.4	9
62	Overcoming the Barriers to Self-Knowledge. Perspectives on Psychological Science, 2013, 8, 173-186.	5.2	188
63	Willpower is not synonymous with "executive function". Behavioral and Brain Sciences, 2013, 36, 700-701.	0.4	5
64	Mindful sex. Canadian Journal of Human Sexuality, 2013, 22, 63-68.	0.6	39
65	Mindfulness-Oriented Recovery Enhancement Reduces Pain Attentional Bias in Chronic Pain Patients. Psychotherapy and Psychosomatics, 2013, 82, 311-318.	4.0	102
66	Cost-benefit models as the next, best option for understanding subjective effort. Behavioral and Brain Sciences, 2013, 36, 707-726.	0.4	35
67	The Role of Therapeutic Alliance in Mindfulness Interventions: Therapeutic alliance in Mindfulness Training for Smokers. Journal of Clinical Psychology, 2013, 69, 936-950.	1.0	33
68	Investigating the Five Facet Mindfulness Questionnaire (FFMQ): Construction of a Short Form and Evidence of a Two-Factor Higher Order Structure of Mindfulness. Journal of Clinical Psychology, 2013, 69, 951-965.	1.0	127
69	Meditation Increases Compassionate Responses to Suffering. Psychological Science, 2013, 24, 2125-2127.	1.8	348
70	Emotional benefits of mindfulness-based stress reduction in older adults: the moderating roles of age and depressive symptom severity. Aging and Mental Health, 2013, 17, 823-829.	1.5	50
72	Mechanisms in psychosocial interventions for adults living with cancer: Opportunity for integration of theory, research, and practice.. Journal of Consulting and Clinical Psychology, 2013, 81, 318-335.	1.6	101
73	The contributions of cognitive neuroscience and neuroimaging to understanding mechanisms of behavior change in addiction.. Psychology of Addictive Behaviors, 2013, 27, 336-350.	1.4	53

#	ARTICLE	IF	CITATIONS
74	Mindfulness training and the cultivation of secure, satisfying couple relationships.. Couple and Family Psychology: Research and Practice, 2013, 2, 73-94.	0.9	74
75	Mindfulness: A Long-Term Solution for Mindless Eating by College Students. Journal of Public Policy and Marketing, 2013, 32, 173-184.	2.2	51
76	Why are dreams interesting for philosophers? The example of minimal phenomenal selfhood, plus an agenda for future research1. Frontiers in Psychology, 2013, 4, 746.	1.1	51
77	Changes in Mindfulness following Repetitive Transcranial Magnetic Stimulation for Mood Disorders. Canadian Journal of Psychiatry, 2013, 58, 687-691.	0.9	9
78	Self-reported interoceptive awareness in primary care patients with past or current low back pain. Journal of Pain Research, 2013, 6, 403.	0.8	85
79	Dispositional Mindfulness Co-Varies with Smaller Amygdala and Caudate Volumes in Community Adults. PLoS ONE, 2013, 8, e64574.	1.1	80
80	Mindfulness-Based Therapies in the Treatment of Somatization Disorders: A Systematic Review and Meta-Analysis. PLoS ONE, 2013, 8, e71834.	1.1	173
81	Brain Changes in Long-Term Zen Meditators Using Proton Magnetic Resonance Spectroscopy and Diffusion Tensor Imaging: A Controlled Study. PLoS ONE, 2013, 8, e58476.	1.1	40
82	Issues and Perspectives in Meditation Research: In Search for a Definition. Frontiers in Psychology, 2012, 3, 613.	1.1	45
83	The myth of cognitive agency: subpersonal thinking as a cyclically recurring loss of mental autonomy. Frontiers in Psychology, 2013, 4, 931.	1.1	66
84	Ventral-subgenual anterior cingulate cortex and self-transcendence. Frontiers in Psychology, 2013, 4, 1000.	1.1	11
85	Relationships among cognition, emotion, and motivation: implications for intervention and neuroplasticity in psychopathology. Frontiers in Human Neuroscience, 2013, 7, 261.	1.0	144
86	On the Role of the Ventromedial Prefrontal Cortex in Self-Processing: The Valuation Hypothesis. Frontiers in Human Neuroscience, 2013, 7, 372.	1.0	181
87	Executive control and felt concentrative engagement following intensive meditation training. Frontiers in Human Neuroscience, 2013, 7, 566.	1.0	63
88	Mindfulness-induced selflessness: a MEG neurophenomenological study. Frontiers in Human Neuroscience, 2013, 7, 582.	1.0	114
89	Neural mechanisms of attentional control in mindfulness meditation. Frontiers in Neuroscience, 2013, 7, 8.	1.4	357
90	The Relationship between Mindfulness and the Mental Self-Boundary: Validation of the Boundary Protection Scale-14 (BPS-14) and Its Correlation with the Freiburg Mindfulness Inventory (FMI). Journal of Educational and Developmental Psychology, 2013, 4, .	0.0	3
91	Daoist Principles in the Martial Arts: Their Relevance for Illness Prevention. Journal of Daoist Studies, 2013, 6, 161-175.	0.1	3

#	ARTICLE	IF	CITATIONS
92	The Serenity of the Meditating Mind: A Cross-Cultural Psychometric Study on a Two-Factor Higher Order Structure of Mindfulness, Its Effects, and Mechanisms Related to Mental Health among Experienced Meditators. PLoS ONE, 2014, 9, e110192.	1.1	68
93	Trait Mindfulness as a Limiting Factor for Residual Depressive Symptoms: An Explorative Study Using Quantile Regression. PLoS ONE, 2014, 9, e100022.	1.1	13
94	Mindfulness and the aging brain: a proposed paradigm shift. Frontiers in Aging Neuroscience, 2014, 6, 120.	1.7	32
95	Movement-based embodied contemplative practices: definitions and paradigms. Frontiers in Human Neuroscience, 2014, 8, 205.	1.0	74
96	Potential self-regulatory mechanisms of yoga for psychological health. Frontiers in Human Neuroscience, 2014, 8, 770.	1.0	264
97	Meditation and Spirituality-Based Approaches for Addiction. , 2014, , 343-360.		0
98	Brain Gray Matter Changes Associated with Mindfulness Meditation in Older Adults: An Exploratory Pilot Study using Voxelbased Morphometry. Neuro - Open Journal, 2014, 1, 23-26.	0.1	24
102	Mindfulness-Based Cognitive Therapy With Older Adults: An Exploratory Study. Journal of Gerontological Social Work, 2014, 57, 498-520.	0.6	73
103	<i>Meditative replay</i> of troubling life events and transformation in practitioners of yoga and meditation: a pilot study. Asia Pacific Journal of Counselling and Psychotherapy, 2014, 5, 172-178.	0.3	2
104	Mindfulness-Based Positive Behavior Support (MBPBS) for Mothers of Adolescents with Autism Spectrum Disorder: Effects on Adolescentsâ€™ Behavior and Parental Stress. Mindfulness, 2014, 5, 646-657.	1.6	118
105	How Does Mindfulness Training Affect Health? A Mindfulness Stress Buffering Account. Current Directions in Psychological Science, 2014, 23, 401-407.	2.8	327
106	The Role and Sources of Individual Differences in Critical-Analytic Thinking: a Capsule Overview. Educational Psychology Review, 2014, 26, 495-518.	5.1	15
107	The experience of group mindfulness-based interventions for individuals with mental health difficulties: A meta-synthesis. Psychotherapy Research, 2014, 24, 214-228.	1.1	52
108	Mindfulness-Based Cognitive Therapy for Children. , 2014, , 161-188.		14
109	Mindfulness and emotion regulationâ€™ an fMRI study. Social Cognitive and Affective Neuroscience, 2014, 9, 776-785.	1.5	238
110	Potential Therapeutic Effects of Meditation for Treating Affective Dysregulation. Evidence-based Complementary and Alternative Medicine, 2014, 2014, 1-7.	0.5	9
111	Effects and Underlying Processes of a Mindfulness-Based Intervention With Young Elite Figure Skaters: Two Case Studies. Sport Psychologist, 2014, 28, 302-315.	0.4	13
112	The secret ingredient in mindfulness interventions? A case for practice quality over quantity.. Journal of Counseling Psychology, 2014, 61, 491-497.	1.4	57

#	ARTICLE	IF	CITATIONS
113	Mindfulness Training Targets Neurocognitive Mechanisms of Addiction at the Attention-Appraisal-Emotion Interface. <i>Frontiers in Psychiatry</i> , 2014, 4, 173.	1.3	173
114	Treatment of problem gambling: development, status, and future. <i>Drugs and Alcohol Today</i> , 2014, 14, 42-50.	0.3	6
115	The Emergence of Mindfulness-Based Interventions in Educational Settings. <i>Advances in Motivation and Achievement: A Research Annual</i> , 2014, , 379-419.	0.3	27
118	Rectifying Misconceptions: A Comprehensive Response to "Some Concerns About the Psychological Implications of Mindfulness: A Critical Analysis". <i>Journal of Rational - Emotive and Cognitive - Behavior Therapy</i> , 2014, 32, 325-344.	1.0	10
119	The Mindfulness-enhanced Strengthening Families Program: Integrating brief mindfulness activities and parent training within an evidence-based prevention program. <i>New Directions for Youth Development</i> , 2014, 2014, 45-58.	0.6	35
120	Meditative analgesia: the current state of the field. <i>Annals of the New York Academy of Sciences</i> , 2014, 1307, 55-63.	1.8	50
122	Effects of Dialectical Behaviour Therapy-Mindfulness Training on Emotional Reactivity in Borderline Personality Disorder: Preliminary Results. <i>Clinical Psychology and Psychotherapy</i> , 2014, 21, 363-370.	1.4	39
123	Mindfulness and compassion training in adolescence: A developmental contemplative science perspective. <i>New Directions for Youth Development</i> , 2014, 2014, 9-30.	0.6	67
124	Use of Mindful Reappraisal Coping Among Meditation Practitioners. <i>Journal of Clinical Psychology</i> , 2014, 70, 294-301.	1.0	24
125	AI safety engineering through introduction of self-reference into felicitic calculus via artificial pain and pleasure. , 2014, , .		6
126	Claudio Naranjo's Contribution to Meditation in the Light of Neuropsychology. <i>World Futures</i> , 2014, 70, 386-400.	0.8	1
127	Yoga as an Adjunctive Treatment for Posttraumatic Stress Disorder. <i>Journal of Clinical Psychiatry</i> , 2014, 75, e559-e565.	1.1	247
128	Effect of individually tailored biopsychosocial workplace interventions on chronic musculoskeletal pain, stress and work ability among laboratory technicians: randomized controlled trial protocol. <i>BMC Musculoskeletal Disorders</i> , 2014, 15, 444.	0.8	17
129	Metacognitive Facilitation of Spontaneous Thought Processes: When Metacognition Helps the Wandering Mind Find Its Way. , 2014, , 293-319.		32
130	Eating Disorders, Addictions and Substance Use Disorders. , 2014, , .		9
131	Meditation "Neuroscientific Approaches and Philosophical Implications. <i>Studies in Neuroscience, Consciousness and Spirituality</i> , 2014, , .	0.2	21
132	Mindfulness may both moderate and mediate the effect of physical fitness on cardiovascular responses to stress: a speculative hypothesis. <i>Frontiers in Physiology</i> , 2014, 5, 105.	1.3	29
133	A Transdiagnostic Perspective on Cognitive, Affective, and Neurobiological Processes Underlying Human Suffering. <i>Research on Social Work Practice</i> , 2014, 24, 142-151.	1.1	23

#	ARTICLE	IF	CITATIONS
134	Attention Feedback Awareness and Control Training (A-FACT): Experimental test of a novel intervention paradigm targeting attentional bias. <i>Behaviour Research and Therapy</i> , 2014, 55, 18-26.	1.6	53
135	A meta-analytic review of the effects of mindfulness meditation on telomerase activity. <i>Psychoneuroendocrinology</i> , 2014, 42, 45-48.	1.3	133
136	Alexithymia is linked to neurocognitive, psychological, neuroendocrine, and immune dysfunction in persons living with HIV. <i>Brain, Behavior, and Immunity</i> , 2014, 36, 165-175.	2.0	33
137	Monitoring Emotion Through Body Sensation: A Review of Awareness in Goenka's Vipassana. <i>Journal of Religion and Health</i> , 2014, 53, 1693-1705.	0.8	8
138	How Does Mindfulness Reduce Anxiety, Depression, and Stress? An Exploratory Examination of Change Processes in Wait-List Controlled Mindfulness Meditation Training. <i>Mindfulness</i> , 2014, 5, 574-588.	1.6	39
139	A Literature Review Exploring the Potential of Mindfulness as a Tool to Develop Skills and Qualities for Effective Consultation. <i>Mindfulness</i> , 2014, 5, 669-681.	1.6	12
140	Habitual Worrying and Benefits of Mindfulness. <i>Mindfulness</i> , 2014, 5, 566-573.	1.6	50
141	Is Mindfulness Meditation Associated with "Feeling Less"? <i>Mindfulness</i> , 2014, 5, 471-476.	1.6	17
142	Using Cognitive Interviews to Assess the Cultural Validity of State and Trait Measures of Mindfulness among Zen Buddhists. <i>Mindfulness</i> , 2014, 5, 145-160.	1.6	33
143	Changes in Well-Being: Complementing a Psychosocial Approach with Neurobiological Insights. <i>Social Indicators Research</i> , 2014, 117, 437-457.	1.4	16
144	Studying the default mode and its mindfulness-induced changes using EEG functional connectivity. <i>Social Cognitive and Affective Neuroscience</i> , 2014, 9, 1616-1624.	1.5	67
145	Short-term meditation induces changes in brain resting EEG theta networks. <i>Brain and Cognition</i> , 2014, 87, 1-6.	0.8	68
146	Is meditation associated with altered brain structure? A systematic review and meta-analysis of morphometric neuroimaging in meditation practitioners. <i>Neuroscience and Biobehavioral Reviews</i> , 2014, 43, 48-73.	2.9	569
147	How mindfulness changed my sleep: focus groups with chronic insomnia patients. <i>BMC Complementary and Alternative Medicine</i> , 2014, 14, 50.	3.7	53
148	Mindfulness based interventions in multiple sclerosis - a systematic review. <i>BMC Neurology</i> , 2014, 14, 15.	0.8	148
149	Conscious Enterprise Emergence: Shared Value Creation Through Expanded Conscious Awareness. <i>Journal of Business Ethics</i> , 2014, 121, 341-351.	3.7	62
150	Relationship between dispositional mindfulness and substance use: Findings from a clinical sample. <i>Addictive Behaviors</i> , 2014, 39, 532-537.	1.7	68
151	The brain structure correlates of individual differences in trait mindfulness: A voxel-based morphometry study. <i>Neuroscience</i> , 2014, 272, 21-28.	1.1	44

#	ARTICLE	IF	CITATIONS
152	Control over experience? Magnitude of the attentional blink depends on meditative state. <i>Consciousness and Cognition</i> , 2014, 23, 32-39.	0.8	33
153	Mapping modalities of self-awareness in mindfulness practice: a potential mechanism for clarifying habits of mind. <i>Annals of the New York Academy of Sciences</i> , 2014, 1307, 28-42.	1.8	49
154	Meditation improves self-regulation over the life span. <i>Annals of the New York Academy of Sciences</i> , 2014, 1307, 104-111.	1.8	72
156	The attention training technique, self-focused attention, and anxiety: A laboratory-based component study. <i>Behaviour Research and Therapy</i> , 2014, 61, 150-155.	1.6	34
157	Mechanisms of Change in Adolescent Substance Use Treatment: How Does Treatment Work?. <i>Substance Abuse</i> , 2014, 35, 344-351.	1.1	46
158	Are Mindfulness-Based Interventions Effective for Substance Use Disorders? A Systematic Review of the Evidence. <i>Substance Use and Misuse</i> , 2014, 49, 492-512.	0.7	262
159	Stress and Anxiety. <i>Psychiatric Clinics of North America</i> , 2014, 37, 489-518.	0.7	29
160	Disrupting the Downward Spiral of Chronic Pain and Opioid Addiction With Mindfulness-Oriented Recovery Enhancement: A Review of Clinical Outcomes and Neurocognitive Targets. <i>Journal of Pain and Palliative Care Pharmacotherapy</i> , 2014, 28, 122-129.	0.5	15
161	Examining workplace mindfulness and its relations to job performance and turnover intention. <i>Human Relations</i> , 2014, 67, 105-128.	3.8	341
162	Sustratos psiconeurobiológicos de la meditación y la conciencia plena. <i>Psiquiatría Biológica</i> , 2014, 21, 59-64.	0.0	3
163	Resisting chocolate temptation using a brief mindfulness strategy. <i>British Journal of Health Psychology</i> , 2014, 19, 509-522.	1.9	55
164	Dispositional mindfulness is associated with reduced implicit learning. <i>Consciousness and Cognition</i> , 2014, 28, 141-150.	0.8	34
165	Unlearning chronic pain: A randomized controlled trial to investigate changes in intrinsic brain connectivity following Cognitive Behavioral Therapy. <i>NeuroImage: Clinical</i> , 2014, 5, 365-376.	1.4	81
166	Development of the "Affect Regulation Training" (ART) Program. , 2014, , 53-65.		0
167	Affect Regulation Training. , 2014, , .		108
168	Do people with chronic pain have impaired executive function? A meta-analytical review. <i>Clinical Psychology Review</i> , 2014, 34, 563-579.	6.0	223
169	Applying incentive sensitization models to behavioral addiction. <i>Neuroscience and Biobehavioral Reviews</i> , 2014, 45, 343-349.	2.9	87
170	Mindfulness-Based Treatment to Prevent Addictive Behavior Relapse: Theoretical Models and Hypothesized Mechanisms of Change. <i>Substance Use and Misuse</i> , 2014, 49, 513-524.	0.7	167

#	ARTICLE	IF	CITATIONS
171	The network property of the thalamus in the default mode network is correlated with trait mindfulness. <i>Neuroscience</i> , 2014, 278, 291-301.	1.1	53
172	A Focused Attention Intervention for Preventing the Recovery of Initial Learning. <i>Cognitive Therapy and Research</i> , 2014, 38, 652-659.	1.2	3
173	Modulation of induced frontocentral theta (Fm- θ) event-related (de-)synchronisation dynamics following mindfulness-based cognitive therapy in Major Depressive Disorder. <i>Cognitive Neurodynamics</i> , 2014, 8, 373-388.	2.3	21
174	Mindfulness-oriented meditation improves self-related character scales in healthy individuals. <i>Comprehensive Psychiatry</i> , 2014, 55, 1269-1278.	1.5	61
175	Effects of mindfulness-based cognitive therapy on neurophysiological correlates of performance monitoring in adult attention-deficit/hyperactivity disorder. <i>Clinical Neurophysiology</i> , 2014, 125, 1407-1416.	0.7	126
176	Mindfulness-based cognitive therapy (MBCT) for patients with medically unexplained symptoms: Process of change. <i>Journal of Psychosomatic Research</i> , 2014, 77, 27-33.	1.2	26
177	Training brain networks and states. <i>Trends in Cognitive Sciences</i> , 2014, 18, 345-350.	4.0	132
178	Assessing Decentering: Validation, Psychometric Properties, and Clinical Usefulness of the Experiences Questionnaire in a Spanish Sample. <i>Behavior Therapy</i> , 2014, 45, 863-871.	1.3	68
179	Observing nonreactively: A conditional process model linking mindfulness facets, cognitive emotion regulation strategies, and depression and anxiety symptoms. <i>Journal of Affective Disorders</i> , 2014, 165, 31-37.	2.0	104
180	The consciousness state space (CSS) – a unifying model for consciousness and self. <i>Frontiers in Psychology</i> , 2014, 5, 341.	1.1	43
181	From Retreat Center to Clinic to Boardroom? Perils and Promises of the Modern Mindfulness Movement. <i>Religions</i> , 2014, 5, 1062-1086.	0.3	24
182	Validity evidence of the brazilian version of the five facet mindfulness questionnaire (FFMQ). <i>Psicologia: Teoria E Pesquisa</i> , 2014, 30, 317-327.	0.1	37
188	Craving to quit: Psychological models and neurobiological mechanisms of mindfulness training as treatment for addictions.. <i>Translational Issues in Psychological Science</i> , 2014, 1, 70-90.	0.6	30
190	Trait Mindfulness and Cognitive Task Performance. <i>SAGE Open</i> , 2014, 4, 215824401456055.	0.8	21
191	Brief Instruction in Mindfulness and Relaxation Reduce Rumination Differently for Men and Women. <i>International Journal of Cognitive Therapy</i> , 2014, 7, 320-333.	1.3	12
192	Minding the Mechanisms: A Discussion of How Mindfulness Leads to Positive Outcomes at Work. <i>Industrial and Organizational Psychology</i> , 2015, 8, 620-629.	0.5	3
193	Impact of Mindfulness Training on Physiological Measures of Stress and Objective Measures of Attention Control in a Military Helicopter Unit. <i>The International Journal of Aviation Psychology</i> , 2015, 25, 191-208.	0.7	41
194	Dispositional mindfulness in trauma recovery: Prospective relations and mediating mechanisms. <i>Journal of Anxiety Disorders</i> , 2015, 36, 25-32.	1.5	39

#	ARTICLE	IF	CITATIONS
195	Mindfulness-Based Interventions for Weight Loss and CVD Risk Management. <i>Current Cardiovascular Risk Reports</i> , 2015, 9, 1.	0.8	21
196	Mindfulness Intervention with Homeless Youth. <i>Journal of the Society for Social Work and Research</i> , 2015, 6, 491-513.	0.9	14
197	Investigating the phenomenological matrix of mindfulness-related practices from a neurocognitive perspective.. <i>American Psychologist</i> , 2015, 70, 632-658.	3.8	452
198	Effect of mindfulness on vocational rehabilitation outcomes in stable phase schizophrenia.. <i>Psychological Services</i> , 2015, 12, 303-312.	0.9	23
199	Enhancing cognitive and socialâ€“emotional development through a simple-to-administer mindfulness-based school program for elementary school children: A randomized controlled trial.. <i>Developmental Psychology</i> , 2015, 51, 52-66.	1.2	481
200	Maintaining an even keel: An affect-mediated model of mindfulness and hostile work behavior.. <i>Emotion</i> , 2015, 15, 579-589.	1.5	57
201	Intensive meditation training influences emotional responses to suffering.. <i>Emotion</i> , 2015, 15, 775-790.	1.5	71
202	Mindfulness-based stress reduction to enhance psychological functioning and improve inflammatory biomarkers in trauma-exposed women: A pilot study.. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i> , 2015, 7, 525-532.	1.4	56
203	Perceptual and Emotional Embodiment. , 0, , .		25
204	Can the neuralâ€“cortisol association be moderated by experience-induced changes in awareness?. <i>Scientific Reports</i> , 2015, 5, 16620.	1.6	16
205	Mindfulness-based interventions for substance use disorders. <i>The Cochrane Library</i> , 2015, , .	1.5	6
206	Mediators of Mindfulnessâ€“Based Stress Reduction (MBSR): Assessing the Timing and Sequence of Change in Cancer Patients. <i>Journal of Clinical Psychology</i> , 2015, 71, 21-40.	1.0	69
207	Investing in compassion: exploring mindfulness as a strategy to enhance interpersonal relationships in healthcare practice. <i>Journal of Hospital Administration</i> , 2015, 4, 36.	0.0	17
208	Cultivating multiple aspects of attention through mindfulness meditation accounts for psychological well-being through decreased rumination. <i>Psychology Research and Behavior Management</i> , 2015, 8, 171.	1.3	40
209	Mindfulness and Sustainability: Utilizing the Tourism Context. <i>Journal of Sustainable Development</i> , 2015, 8, 35.	0.1	18
210	Investigating the relationship between interoceptive accuracy, interoceptive awareness, and emotional susceptibility. <i>Frontiers in Psychology</i> , 2015, 6, 1202.	1.1	127
211	eMindfulness Therapyâ€“A Study on Efficacy of Blood Pressure and Stress Control Using Mindful Meditation and Eating Apps among People with High Blood Pressure. <i>Medicines (Basel, Switzerland)</i> , 2015, 2, 298-309.	0.7	6
212	The preparatory set: a novel approach to understanding stress, trauma, and the bodymind therapies. <i>Frontiers in Human Neuroscience</i> , 2015, 9, 178.	1.0	23

#	ARTICLE	IF	CITATIONS
213	Neurophysiological and neurocognitive mechanisms underlying the effects of yoga-based practices: towards a comprehensive theoretical framework. <i>Frontiers in Human Neuroscience</i> , 2015, 9, 235.	1.0	111
214	Hemodynamic responses on prefrontal cortex related to meditation and attentional task. <i>Frontiers in Systems Neuroscience</i> , 2014, 8, 252.	1.2	41
215	Mindfulness Meditation "A New Preventive Intervention for ADHD. , 2015, , .		3
216	Validity evidence of the brazilian version of the Mindful Attention Awareness Scale (MAAS). <i>Psicologia: Reflexao E Critica</i> , 2015, 28, 87-95.	0.4	43
217	Baseline and Strategic Effects behind Mindful Emotion Regulation: Behavioral and Physiological Investigation. <i>PLoS ONE</i> , 2015, 10, e0116541.	1.1	26
218	The Influence of Relaxation Training on Respiratory Variability and Self-Reported Relaxation. <i>Journal of Experimental Psychopathology</i> , 2015, 6, 185-205.	0.4	1
219	Differential changes in self-reported aspects of interoceptive awareness through 3 months of contemplative training. <i>Frontiers in Psychology</i> , 2014, 5, 1504.	1.1	211
220	Subjective expansion of extended time-spans in experienced meditators. <i>Frontiers in Psychology</i> , 2015, 5, 1586.	1.1	52
221	Mindfulness training promotes upward spirals of positive affect and cognition: multilevel and autoregressive latent trajectory modeling analyses. <i>Frontiers in Psychology</i> , 2015, 6, 15.	1.1	130
222	Mindfulness meditation and explicit and implicit indicators of personality and self-concept changes. <i>Frontiers in Psychology</i> , 2015, 6, 44.	1.1	62
223	The neural mediators of kindness-based meditation: a theoretical model. <i>Frontiers in Psychology</i> , 2015, 6, 109.	1.1	36
224	Interoception, contemplative practice, and health. <i>Frontiers in Psychology</i> , 2015, 6, 763.	1.1	348
225	The default mode network as a biomarker for monitoring the therapeutic effects of meditation. <i>Frontiers in Psychology</i> , 2015, 06, 776.	1.1	73
226	Psychophysiology of duration estimation in experienced mindfulness meditators and matched controls. <i>Frontiers in Psychology</i> , 2015, 6, 1215.	1.1	29
227	The effect of a brief mindfulness induction on processing of emotional images: an ERP study. <i>Frontiers in Psychology</i> , 2015, 6, 1391.	1.1	30
228	Simultaneous Treatment of Neurocognitive and Psychiatric Symptoms in Veterans with Post-Traumatic Stress Disorder and History of Mild Traumatic Brain Injury: A Pilot Study of Mindfulness-Based Stress Reduction. <i>Military Medicine</i> , 2015, 180, 956-963.	0.4	50
229	Mindfulness Trait Predicts Neurophysiological Reactivity Associated with Negativity Bias: An ERP Study. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-15.	0.5	18
230	Mindful Emotion Regulation: Exploring the Neurocognitive Mechanisms behind Mindfulness. <i>BioMed Research International</i> , 2015, 2015, 1-9.	0.9	92

#	ARTICLE	IF	CITATIONS
231	Yoga and Emotion Regulation in High School Students: A Randomized Controlled Trial. Evidence-based Complementary and Alternative Medicine, 2015, 2015, 1-8.	0.5	52
232	Innovative contemplative/mindfulness-based approaches to mental health in schools. , 0, , 252-266.		0
233	Mindfulness in interpersonal negotiations: delineating the concept of mindfulness and proposing a mindful, relational self-regulation (MRSR) model. , 0, , 285-304.		0
234	The temporal order of change in daily mindfulness and affect during mindfulness-based stress reduction.. Journal of Counseling Psychology, 2015, 62, 106-114.	1.4	68
235	Associations Between Mindfulness, Psychological Well-Being, and Subjective Well-Being with Respect to Contemplative Practice. Journal of Happiness Studies, 2015, 16, 1423-1436.	1.9	70
236	Mindfulness Practice Outcomes Explained Through the Discourse of Experienced Practitioners. Mindfulness, 2015, 6, 1437-1447.	1.6	6
237	Four promising psychological interventions for reducing reactive aggression. Current Opinion in Behavioral Sciences, 2015, 3, 136-141.	2.0	47
238	Meditation Interventions for Chronic Disease Populations. Journal of Holistic Nursing, 2015, 33, 351-365.	0.6	79
239	Building Resistance to Stress and Aging. , 2015, , .		0
240	Workload Pressures of Principals. NASSP Bulletin, 2015, 99, 332-355.	0.4	36
241	Neuroscience and Mindfulness-Based Interventions: Translating Neural Mechanisms to Addiction Treatment. , 2015, , 85-96.		1
242	The Efficacy of Mindfulness-Based Interventions in Primary Care: A Meta-Analytic Review. Annals of Family Medicine, 2015, 13, 573-582.	0.9	118
243	Neuroscience and Mindfulness-Based Interventions. , 0, , .		0
244	Decentering and Related Constructs. Perspectives on Psychological Science, 2015, 10, 599-617.	5.2	337
245	Understanding and Watering the Seeds of Compassion. Research in Human Development, 2015, 12, 280-287.	0.8	28
246	Going to work or staying at home? How kindergarten stakeholders perceive determinants of job performance, job presence and work health. International Journal of Mental Health Promotion, 2015, 17, 149-168.	0.4	0
248	Brief mindfulness induction could reduce aggression after depletion. Consciousness and Cognition, 2015, 33, 125-134.	0.8	46
249	Mindfulness Meditation Training for Attention-Deficit/Hyperactivity Disorder in Adulthood: Current Empirical Support, Treatment Overview, and Future Directions. Cognitive and Behavioral Practice, 2015, 22, 172-191.	0.9	79

#	ARTICLE	IF	CITATIONS
250	Effects of a 9-Day Shamatha Buddhist Meditation Retreat on Attention, Mindfulness and Self-Compassion in Participants with a Broad Range of Meditation Experience. <i>Mindfulness</i> , 2015, 6, 1235-1241.	1.6	20
251	It Pays to Pay Attention: A Mindfulness-Based Program for Injury Prevention With Soccer Players. <i>Journal of Applied Sport Psychology</i> , 2015, 27, 319-334.	1.4	67
252	World Suffering and Quality of Life. <i>Social Indicators Research Series</i> , 2015, , .	0.3	7
253	The Impact of Mindfulness on Supportive Communication Skills: Three Exploratory Studies. <i>Mindfulness</i> , 2015, 6, 1115-1128.	1.6	37
254	The developing brain in a multitasking world. <i>Developmental Review</i> , 2015, 35, 42-63.	2.6	79
255	Mindfulness and emotion regulation. <i>Current Opinion in Psychology</i> , 2015, 3, 52-57.	2.5	212
256	Emotion regulation in parenthood. <i>Developmental Review</i> , 2015, 36, 1-14.	2.6	294
257	How do mindfulness-based cognitive therapy and mindfulness-based stress reduction improve mental health and wellbeing? A systematic review and meta-analysis of mediation studies. <i>Clinical Psychology Review</i> , 2015, 37, 1-12.	6.0	1,159
258	Mindfulness and compassion in human development: Introduction to the special section.. <i>Developmental Psychology</i> , 2015, 51, 1-6.	1.2	52
259	Mindfulness Facets Predict Helping Behavior and Distinct Helping-Related Emotions. <i>Mindfulness</i> , 2015, 6, 1211-1218.	1.6	50
260	Enhancing attention through training. <i>Current Opinion in Behavioral Sciences</i> , 2015, 4, 1-5.	2.0	67
261	Mindfulness Meditation and Improvement in Sleep Quality and Daytime Impairment Among Older Adults With Sleep Disturbances. <i>JAMA Internal Medicine</i> , 2015, 175, 494.	2.6	322
262	A Mindfulness-Based Program Improves Health in Caregivers of People with Autism Spectrum Disorder: a Pilot Study. <i>Mindfulness</i> , 2015, 6, 767-777.	1.6	27
263	A Comparison of the Attentional Effects of Single-Session Mindfulness Meditation and Fp-HEG Neurofeedback in Novices. <i>Mindfulness</i> , 2015, 6, 1012-1020.	1.6	12
264	Effects of Training Staff in MBPBS on the Use of Physical Restraints, Staff Stress and Turnover, Staff and Peer Injuries, and Cost Effectiveness in Developmental Disabilities. <i>Mindfulness</i> , 2015, 6, 926-937.	1.6	50
265	How does yoga reduce stress? A systematic review of mechanisms of change and guide to future inquiry. <i>Health Psychology Review</i> , 2015, 9, 379-396.	4.4	153
266	Mindfulness-Based Stress Reduction for Veterans Exposed to Military Sexual Trauma: Rationale and Implementation Considerations. <i>Military Medicine</i> , 2015, 180, 684-689.	0.4	13
267	Intergenerational transmission of self-regulation: A multidisciplinary review and integrative conceptual framework.. <i>Psychological Bulletin</i> , 2015, 141, 602-654.	5.5	447

#	ARTICLE	IF	CITATIONS
268	Reflections on a Quantitative, Group-Based Mindfulness Study with Social Work Students. <i>Social Work With Groups</i> , 2015, 38, 93-105.	0.3	19
269	Violent criminality and self-compassion. <i>Aggression and Violent Behavior</i> , 2015, 24, 226-240.	1.2	26
270	Where do we end and where does the world begin? The case of insight meditation. <i>Philosophical Psychology</i> , 2015, 28, 1128-1146.	0.5	20
271	Circuitry of self-control and its role in reducing addiction. <i>Trends in Cognitive Sciences</i> , 2015, 19, 439-444.	4.0	163
272	Reconstructing and deconstructing the self: cognitive mechanisms in meditation practice. <i>Trends in Cognitive Sciences</i> , 2015, 19, 515-523.	4.0	495
273	Dynamic Reflexivity in Action. <i>Qualitative Health Research</i> , 2015, 25, 751-762.	1.0	17
274	Trauma-Informed Mindfulness-Based Stress Reduction: A Promising New Model for Working with Survivors of Interpersonal Violence. <i>Smith College Studies in Social Work</i> , 2015, 85, 194-219.	0.4	15
275	Mindfulness-based Intervention for Perinatal Grief after Stillbirth in Rural India. <i>Issues in Mental Health Nursing</i> , 2015, 36, 222-230.	0.6	27
276	Couple Resilience. , 2015, , .		18
277	How similar are the changes in neural activity resulting from mindfulness practice in contrast to spiritual practice?. <i>Consciousness and Cognition</i> , 2015, 36, 219-232.	0.8	18
278	The benefits of simply observing: Mindful attention modulates the link between motivation and behavior.. <i>Journal of Personality and Social Psychology</i> , 2015, 108, 148-170.	2.6	142
279	Mindfulness: Mechanism and Application. , 2015, , 59-64.		8
280	Modulations of the experience of self and time. <i>Consciousness and Cognition</i> , 2015, 38, 172-181.	0.8	87
281	Assessing a Buddhist Treatment for Bereavement and Loss: The Mustard Seed Project. <i>Death Studies</i> , 2015, 39, 263-273.	1.8	26
282	Mindfulness-Based Supportive Therapy (MBST). <i>American Journal of Hospice and Palliative Medicine</i> , 2015, 32, 144-160.	0.8	24
283	Mindfulness-Based Mental Training in a High-Performance Combat Aviation Population: A One-Year Intervention Study and Two-Year Follow-Up. <i>The International Journal of Aviation Psychology</i> , 2015, 25, 48-61.	0.7	28
284	From a state to a trait: Trajectories of state mindfulness in meditation during intervention predict changes in trait mindfulness. <i>Personality and Individual Differences</i> , 2015, 81, 41-46.	1.6	394
285	Telephone-adapted mindfulness-based stress reduction (tMBSR) for patients awaiting kidney transplantation: Trial design, rationale and feasibility. <i>Contemporary Clinical Trials</i> , 2015, 42, 169-184.	0.8	22

#	ARTICLE	IF	CITATIONS
286	Mindfully Considering Treatment of Fibromyalgia: a Comment on Cash et al.. <i>Annals of Behavioral Medicine</i> , 2015, 49, 299-300.	1.7	3
287	Five Facets of Mindfulness and Psychological Health: Evaluating a Psychological Model of the Mechanisms of Mindfulness. <i>Mindfulness</i> , 2015, 6, 1021-1032.	1.6	120
288	Body Maps of Attention: Phenomenal Markers for Two Varieties of Mindfulness. <i>Mindfulness</i> , 2015, 6, 1271-1281.	1.6	10
289	A Buddhist Epistemological Framework for Mindfulness Meditation. <i>Asian Philosophy</i> , 2015, 25, 65-80.	0.5	7
290	Dissociation between the cognitive and interoceptive components of mindfulness in the treatment of chronic worry. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2015, 48, 192-199.	0.6	30
291	The Five-Aggregate Model of the Mind. <i>SAGE Open</i> , 2015, 5, 215824401558386.	0.8	13
292	Invited Address: "The Times They Are A-Changin'"™ Gene Expression, Neuroplasticity, and Developmental Research. <i>Journal of Youth and Adolescence</i> , 2015, 44, 573-580.	1.9	13
293	On "Chronic stress, cortisol dysfunction, and pain" Hannibal KE, Bishop MD. <i>Phys Ther.</i> 2014;94:1816-1825.. <i>Physical Therapy</i> , 2015, 95, 274-274.	1.1	1
294	Zen and the art of sex: examining associations among mindfulness, sexual satisfaction, and relationship satisfaction in dating relationships. <i>Sexual and Relationship Therapy</i> , 2015, 30, 268-285.	0.7	52
295	Evaluating psychological interventions in a novel experimental human model of anxiety. <i>Journal of Psychiatric Research</i> , 2015, 63, 117-122.	1.5	20
297	Swimming against the Stream?: Mindfulness as a Psychosocial Research Methodology. <i>Qualitative Research in Psychology</i> , 2015, 12, 61-76.	9.4	15
298	Is meditation always relaxing? Investigating heart rate, heart rate variability, experienced effort and likeability during training of three types of meditation. <i>International Journal of Psychophysiology</i> , 2015, 97, 38-45.	0.5	87
299	Short-term meditation increases blood flow in anterior cingulate cortex and insula. <i>Frontiers in Psychology</i> , 2015, 6, 212.	1.1	47
300	The Role of Positive Affect in Pain and Its Treatment. <i>Clinical Journal of Pain</i> , 2015, 31, 177-187.	0.8	187
301	A systematic review of mechanisms of change in mindfulness-based cognitive therapy in the treatment of recurrent major depressive disorder. <i>Clinical Psychology Review</i> , 2015, 37, 26-39.	6.0	345
302	The neuroscience of mindfulness meditation. <i>Nature Reviews Neuroscience</i> , 2015, 16, 213-225.	4.9	1,701
303	Mindfulness training for adolescents: A neurodevelopmental perspective on investigating modifications in attention and emotion regulation using event-related brain potentials. <i>Cognitive, Affective and Behavioral Neuroscience</i> , 2015, 15, 696-711.	1.0	59
304	A Model of Our Contemplative Nature. <i>Ecopsychology</i> , 2015, 7, 137-144.	0.8	7

#	ARTICLE	IF	CITATIONS
305	A shift in perspective: Decentering through mindful attention to imagined stressful events. <i>Neuropsychologia</i> , 2015, 75, 505-524.	0.7	74
306	Mindfulness-based stress reduction for people living with HIV/AIDS: preliminary review of intervention trial methodologies and findings. <i>Health Psychology Review</i> , 2015, 9, 224-243.	4.4	51
307	The Process-Outcome Mindfulness Effects in Trainees (PrOMET) study: protocol of a pragmatic randomized controlled trial. <i>BMC Psychology</i> , 2015, 3, 25.	0.9	11
308	Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework. <i>Current Cardiology Reports</i> , 2015, 17, 112.	1.3	106
309	A medical student's reflection on palliative care: Managing emotional connection with patients. <i>Palliative and Supportive Care</i> , 2015, 13, 405-408.	0.6	1
310	A randomized controlled trial of smartphone-based mindfulness training for smoking cessation: a study protocol. <i>BMC Psychiatry</i> , 2015, 15, 83.	1.1	67
311	Handbook of Mindfulness and Self-Regulation. , 2015, , .		63
313	A case series study of the neurophysiological effects of altered states of mind during intense Islamic prayer. <i>Journal of Physiology (Paris)</i> , 2015, 109, 214-220.	2.1	25
314	The Relationship Between Mindfulness and Forgiveness of Infidelity. <i>Mindfulness</i> , 2015, 6, 1462-1471.	1.6	25
315	Dispositional mindfulness is predicted by structural development of the insula during late adolescence. <i>Developmental Cognitive Neuroscience</i> , 2015, 14, 62-70.	1.9	26
316	Mindfulness-based therapy for drug-resistant epilepsy. <i>Neurology</i> , 2015, 85, 1100-1107.	1.5	100
317	Effects of focused meditation on difficulties in emotion regulation and trait anxiety.. <i>Psychology and Neuroscience</i> , 2015, 8, 350-365.	0.5	18
318	Lumping and Splitting in the Study of Meaning in Life: Thoughts on Surfing, Surgery, Scents, and Sermons. <i>Psychological Inquiry</i> , 2015, 26, 336-342.	0.4	8
319	Mindfulness Meditation-Based Pain Relief Employs Different Neural Mechanisms Than Placebo and Sham Mindfulness Meditation-Induced Analgesia. <i>Journal of Neuroscience</i> , 2015, 35, 15307-15325.	1.7	254
320	Mindfulness Broadens Awareness and Builds Eudaimonic Meaning: A Process Model of Mindful Positive Emotion Regulation. <i>Psychological Inquiry</i> , 2015, 26, 293-314.	0.4	454
321	Rethinking Future Directions of the Mindfulness Field. <i>Psychological Inquiry</i> , 2015, 26, 368-372.	0.4	10
322	A Causal Versus Enabling Impact of Mindfulness on the Genesis of Meaning. <i>Psychological Inquiry</i> , 2015, 26, 358-364.	0.4	1
323	Mindfulness, Mechanisms and Meaning: Perspectives From the Cognitive Neuroscience of Addiction. <i>Psychological Inquiry</i> , 2015, 26, 349-357.	0.4	28

#	ARTICLE	IF	CITATIONS
324	Back to the Basics: How Attention Monitoring and Acceptance Stimulate Positive Growth. <i>Psychological Inquiry</i> , 2015, 26, 343-348.	0.4	27
325	Mindfulness, Attention, and Working Memory. , 2015, , 33-45.		7
326	Taming the Wild Elephant: Mindfulness and Its Role in Overcoming Automatic Mental Processes. , 2015, , 47-63.		12
327	Self-Compassion: What It Is, What It Does, and How It Relates to Mindfulness. , 2015, , 121-137.		224
328	How Do Mindfulness-Based Interventions Work? Strategies for Studying Mechanisms of Change in Clinical Research. , 2015, , 155-170.		3
329	Mindfulness and the Addictive Process: Psychological Models and Neurobiological Mechanisms. , 2015, , 185-198.		3
330	Positive Associations of Dispositional Mindfulness with Cardiovascular Health: the New England Family Study. <i>International Journal of Behavioral Medicine</i> , 2015, 22, 540-550.	0.8	65
331	Neurophysiological evidence for remediation of reward processing deficits in chronic pain and opioid misuse following treatment with Mindfulness-Oriented Recovery Enhancement: exploratory ERP findings from a pilot RCT. <i>Journal of Behavioral Medicine</i> , 2015, 38, 327-336.	1.1	115
332	Mindfulness Meditation Alleviates Fibromyalgia Symptoms in Women: Results of a Randomized Clinical Trial. <i>Annals of Behavioral Medicine</i> , 2015, 49, 319-330.	1.7	108
333	Checking email less frequently reduces stress. <i>Computers in Human Behavior</i> , 2015, 43, 220-228.	5.1	154
334	Person-Centered Spiritual Maturation. <i>Journal of Humanistic Psychology</i> , 2015, 55, 53-76.	1.4	14
335	Mindfulness Interventions with Youth: A Meta-Analysis. <i>Mindfulness</i> , 2015, 6, 290-302.	1.6	497
336	Testing a Moderated Mediation Model of Mindfulness, Psychosocial Stress, and Alcohol Use Among African American Smokers. <i>Mindfulness</i> , 2015, 6, 315-325.	1.6	36
337	Translating and Implementing a Mindfulness-Based Youth Suicide Prevention Intervention in a Native American Community. <i>Journal of Child and Family Studies</i> , 2015, 24, 12-23.	0.7	61
338	Cognitive Debt and Alzheimer's Disease. <i>Journal of Alzheimer's Disease</i> , 2015, 44, 755-770.	1.2	44
339	Workplace stress and the quality of teacherâ€œchildren relationships in Head Start. <i>Early Childhood Research Quarterly</i> , 2015, 30, 57-69.	1.6	203
340	The role of emotion regulation on social participation following stroke. <i>British Journal of Clinical Psychology</i> , 2015, 54, 181-199.	1.7	34
341	Mindful(!) intuition: Does mindfulness influence the access to intuitive processes?. <i>Journal of Positive Psychology</i> , 2015, 10, 282-292.	2.6	26

#	ARTICLE	IF	CITATIONS
342	Effects of long-term meditation practice on attentional biases towards emotional faces: An eye-tracking study. <i>Cognition and Emotion</i> , 2015, 29, 807-815.	1.2	20
343	Mindfulness-Based Relapse Prevention: History, Mechanisms of Action, and Effects. <i>Mindfulness</i> , 2015, 6, 151-158.	1.6	22
344	Why It Pays to be Mindful: Trait Mindfulness Predicts Physiological Recovery from Emotional Stress and Greater Differentiation among Negative Emotions. <i>Mindfulness</i> , 2015, 6, 175-185.	1.6	58
345	Dispositional Mindfulness and Bias in Self-theories. <i>Mindfulness</i> , 2015, 6, 202-207.	1.6	15
346	State Mindfulness During Meditation Predicts Enhanced Cognitive Reappraisal. <i>Mindfulness</i> , 2015, 6, 234-242.	1.6	111
347	The Stages of Insight: Clinical Relevance for Mindfulness-Based Interventions. <i>Mindfulness</i> , 2015, 6, 589-600.	1.6	33
348	An Investigation of Relations Among Quality of Life and Individual Facets of Emotional Awareness and Mindfulness. <i>Mindfulness</i> , 2015, 6, 700-707.	1.6	12
349	Mindfulness Meditation Training for Graduate Students in Educational Counseling and Special Education: A Qualitative Analysis. <i>Journal of Child and Family Studies</i> , 2015, 24, 1322-1333.	0.7	34
350	Metáfora y metonimia en la construcción del espacio conceptual y lingüístico en la práctica de la atención plena. <i>Anuario De Letras Lingüística Y Filología</i> , 2016, 4, 335.	0.0	0
357	Modelo Integrador de Mindfulness (MIM): El cultivo de los estados mentales positivos hacia uno mismo y los demás a través del Mindfulness y la autocompasión. <i>Anales De Psicología</i> , 2016, 32, 749.	0.3	17
359	The Effectiveness of Mindfulness-Based Cognitive Therapy on Severity of Social Anxiety and Self-Control People with Social Anxiety Symptoms. <i>Mediterranean Journal of Social Sciences</i> , 2016, , .	0.1	0
360	Consciousness is Quantum Computed Beyond the Limits of the Brain: A Perspective Conceived from Cases Studied for Hydranencephaly. <i>NeuroQuantology</i> , 2016, 14, .	0.1	4
361	Rumination in Everyday Life: The Influence of Distancing, Immersion, and Distraction. <i>Journal of Experimental Psychopathology</i> , 2016, 7, 225-245.	0.4	9
362	Psychological concomitants of crossfit training. <i>Kinesiology</i> , 2016, 48, 39-48.	0.3	8
363	Mindfulness-Based Stress Reduction, Fear Conditioning, and The Uncinate Fasciculus: A Pilot Study. <i>Frontiers in Behavioral Neuroscience</i> , 2016, 10, 124.	1.0	38
364	Deconstructing the Emotion Regulatory Properties of Mindfulness: An Electrophysiological Investigation. <i>Frontiers in Human Neuroscience</i> , 2016, 10, 451.	1.0	31
365	Self-specific processing in the meditating brain: a MEG neurophenomenology study. <i>Neuroscience of Consciousness</i> , 2016, 2016, niw019.	1.4	31
366	How Do Theories of Cognition and Consciousness in Ancient Indian Thought Systems Relate to Current Western Theorizing and Research?. <i>Frontiers in Psychology</i> , 2016, 7, 343.	1.1	45

#	ARTICLE	IF	CITATIONS
367	Mindfulness-Oriented Meditation for Primary School Children: Effects on Attention and Psychological Well-Being. <i>Frontiers in Psychology</i> , 2016, 7, 805.	1.1	59
368	Effects of Mindfulness-Based Cognitive Therapy on Body Awareness in Patients with Chronic Pain and Comorbid Depression. <i>Frontiers in Psychology</i> , 2016, 7, 967.	1.1	110
369	Decentering the Self? Reduced Bias in Self- vs. Other-Related Processing in Long-Term Practitioners of Loving-Kindness Meditation. <i>Frontiers in Psychology</i> , 2016, 7, 1785.	1.1	14
370	Defining Contemplative Science: The Metacognitive Self-Regulatory Capacity of the Mind, Context of Meditation Practice and Modes of Existential Awareness. <i>Frontiers in Psychology</i> , 2016, 7, 1788.	1.1	59
371	Psychological Effects of a 1-Month Meditation Retreat on Experienced Meditators: The Role of Non-attachment. <i>Frontiers in Psychology</i> , 2016, 7, 1935.	1.1	38
372	A Pilot Study of Mindfulness-Based Exposure Therapy in OEF/OIF Combat Veterans with PTSD: Altered Medial Frontal Cortex and Amygdala Responses in Socialâ€œEmotional Processing. <i>Frontiers in Psychiatry</i> , 2016, 7, 154.	1.3	43
373	Physical Therapistsâ€™ Perceptions of Mindfulness for Stress Reduction: An Exploratory Study. <i>Journal, Physical Therapy Education</i> , 2016, 30, 45-51.	0.3	4
374	Potential treatment mechanisms in a mindfulnessâ€œbased intervention for people with progressive multiple sclerosis. <i>British Journal of Health Psychology</i> , 2016, 21, 859-880.	1.9	59
375	Mindfulnessâ€œofâ€œbreathing exercise modulates EEG alpha activity during cognitive performance. <i>Psychophysiology</i> , 2016, 53, 1366-1376.	1.2	52
376	Mechanistic Pathways of Mindfulness Meditation in Combat Veterans With Posttraumatic Stress Disorder. <i>Journal of Clinical Psychology</i> , 2016, 72, 365-383.	1.0	72
377	ALTERED DEFAULT MODE NETWORK (DMN) RESTING STATE FUNCTIONAL CONNECTIVITY FOLLOWING A MINDFULNESSâ€œBASED EXPOSURE THERAPY FOR POSTTRAUMATIC STRESS DISORDER (PTSD) IN COMBAT VETERANS OF AFGHANISTAN AND IRAQ. <i>Depression and Anxiety</i> , 2016, 33, 289-299.	2.0	153
378	A Systematic Review of Efficacy of the Attention Training Technique in Clinical and Nonclinical Samples. <i>Journal of Clinical Psychology</i> , 2016, 72, 999-1025.	1.0	54
379	Mindfulness Intervention for Attention-Deficit/Hyperactivity Disorder: Theory and Action Mechanisms. , 2016, , 203-213.		4
380	Neural correlates of mindful self-awareness in mindfulness meditators and meditation-naïve subjects revisited. <i>Biological Psychology</i> , 2016, 119, 21-30.	1.1	29
381	Time perception in yogic mindfulness meditationâ€œEffects on retrospective duration judgments and time passage.. <i>Psychology of Consciousness: Theory Research, and Practice</i> , 2016, 3, 316-325.	0.3	14
382	Mindfulness in Positive Psychology. , 0, , .		57
383	Differentiating attention styles and regulatory aspects of self-reported interoceptive sensibility. <i>Philosophical Transactions of the Royal Society B: Biological Sciences</i> , 2016, 371, 20160013.	1.8	150
384	The Sense of Self. , 2016, , .		1

#	ARTICLE	IF	CITATIONS
385	Mindfulness meditation in aphasia: A case report. <i>NeuroRehabilitation</i> , 2016, 38, 321-329.	0.5	38
386	Nurturing Natures. , 0, , .		17
388	Evaluation of a Group-Based Resilience Intervention for Typhoon Haiyan Survivors. <i>Journal of Pacific Rim Psychology</i> , 2016, 10, e12.	1.0	16
389	Theory of Mind Development in Context. , 0, , .		6
390	Scientific Advancements of Mindfulness- and Acceptance-Based Models in Sport Psychology: A Decade in Time, a Seismic Shift in Philosophy and Practice. , 2016, , 127-152.		5
391	Mindfulness and Teachersâ€™ Coping in the Classroom: A Developmental Model of Teacher Stress, Coping, and Everyday Resilience. <i>Mindfulness in Behavioral Health</i> , 2016, , 99-118.	0.2	38
392	Individual Differences in Affective States During Meditation. <i>International Journal for the Psychology of Religion</i> , The, 2016, 26, 268-282.	1.3	3
393	Mindfulness Meditation Modulates Pain Through Endogenous Opioids. <i>American Journal of Medicine</i> , 2016, 129, 755-758.	0.6	32
394	Mindfulness: An Effective Prescription for Depression and Anxiety. <i>Journal for Nurse Practitioners</i> , 2016, 12, 403-409.	0.4	11
395	Mechanisms of mindfulness: The dynamics of affective adaptation during open monitoring. <i>Biological Psychology</i> , 2016, 118, 94-106.	1.1	32
396	Goal Management Training and Mindfulness Meditation improve executive functions and transfer to ecological tasks of daily life in polysubstance users enrolled in therapeutic community treatment. <i>Drug and Alcohol Dependence</i> , 2016, 165, 9-14.	1.6	73
397	Mindfulness in Education: Introduction and Overview of the Handbook. <i>Mindfulness in Behavioral Health</i> , 2016, , 3-16.	0.2	24
398	Why Being Mindful May Have More Benefits Than You Realize: Mindfulness Improves Both Explicit and Implicit Mood Regulation. <i>Mindfulness</i> , 2016, 7, 829-837.	1.6	48
399	Processes of Teaching, Learning, and Transfer in Mindfulness-Based Interventions (MBIs) for Teachers: A Contemplative Educational Perspective. <i>Mindfulness in Behavioral Health</i> , 2016, , 149-170.	0.2	38
400	Contemplation in Education. <i>Mindfulness in Behavioral Health</i> , 2016, , 17-28.	0.2	17
401	Withinâ€person changes in mindfulness and selfâ€compassion predict enhanced emotional wellâ€being in healthy, but stressed adolescents. <i>Journal of Adolescence</i> , 2016, 49, 204-217.	1.2	97
402	Alterations in task-induced activity and resting-state fluctuations in visual and DMN areas revealed in long-term meditators. <i>NeuroImage</i> , 2016, 135, 125-134.	2.1	56
403	Effectiveness of mindfulness-based interventions on quality of life and positive reappraisal coping among parents of children with autism spectrum disorder. <i>Research in Developmental Disabilities</i> , 2016, 55, 185-196.	1.2	50

#	ARTICLE	IF	CITATIONS
404	Mindfulness-based Therapy in Modern Psychology: Convergence and Divergence from Early Buddhist Thought. <i>Contemporary Buddhism</i> , 2016, 17, 275-325.	0.1	12
405	The Mechanisms of Mindfulness in the Treatment of Mental Illness and Addiction. <i>International Journal of Mental Health and Addiction</i> , 2016, 14, 844-849.	4.4	31
408	When the dissolution of perceived body boundaries elicits happiness: The effect of selflessness induced by a body scan meditation. <i>Consciousness and Cognition</i> , 2016, 46, 89-98.	0.8	59
409	Mental Simulation as Substitute for Experience. <i>Social and Personality Psychology Compass</i> , 2016, 10, 405-420.	2.0	54
410	Do "Brain-Training" Programs Work?. <i>Psychological Science in the Public Interest: A Journal of the American Psychological Society</i> , 2016, 17, 103-186.	6.7	810
411	Brief psychological intervention in patients with cervical cancer: A randomized controlled trial.. <i>Health Psychology</i> , 2016, 35, 1383-1391.	1.3	20
412	Attentional orienting and executive control are affected by different types of meditation practice. <i>Consciousness and Cognition</i> , 2016, 46, 110-126.	0.8	29
414	Possible Components of Mindfulness. , 2016, , 193-205.		1
415	Effects of a Mindfulness Intervention on Sports Anxiety, Pessimism, and Flow in Competitive Cyclists. <i>Applied Psychology: Health and Well-Being</i> , 2016, 8, 85-103.	1.6	84
416	Dispositional mindfulness and the wandering mind: Implications for attentional control in older adults. <i>Consciousness and Cognition</i> , 2016, 44, 193-204.	0.8	20
417	How and for whom does web-based acceptance and commitment therapy work? Mediation and moderation analyses of web-based ACT for depressive symptoms. <i>BMC Psychiatry</i> , 2016, 16, 158.	1.1	37
418	Mindfulness: Its Transformative Potential for Consumer, Societal, and Environmental Well-Being. <i>Journal of Public Policy and Marketing</i> , 2016, 35, 198-210.	2.2	162
419	Integrating Mindfulness into Positive Psychology: a Randomised Controlled Trial of an Online Positive Mindfulness Program. <i>Mindfulness</i> , 2016, 7, 1396-1407.	1.6	71
420	Healthy Learning Mind - a school-based mindfulness and relaxation program: a study protocol for a cluster randomized controlled trial. <i>BMC Psychology</i> , 2016, 4, 35.	0.9	15
421	Embodiment and Body Awareness in Meditators. <i>Mindfulness</i> , 2016, 7, 1297-1305.	1.6	24
422	The brain on silent: mind wandering, mindful awareness, and states of mental tranquility. <i>Annals of the New York Academy of Sciences</i> , 2016, 1373, 96-113.	1.8	91
423	8-week Mindfulness Based Stress Reduction induces brain changes similar to traditional long-term meditation practice " A systematic review. <i>Brain and Cognition</i> , 2016, 108, 32-41.	0.8	215
424	Mindfulness-Based Interventions: Clinical Psychology, Buddhadharma, or Both? A Wisdom Perspective. <i>Mindfulness in Behavioral Health</i> , 2016, , 243-268.	0.2	5

#	ARTICLE	IF	CITATIONS
425	Mind over matter – how mindfulness and nudging might help to aid food choice. <i>Nutrition Bulletin</i> , 2016, 41, 306-309.	0.8	1
426	Access to autobiographical memory as an emotion regulation strategy and its relation to dispositional mindfulness. <i>Mindfulness & Compassion</i> , 2016, 1, 39-44.	0.5	7
427	Development of a self-distancing task and initial validation of responses.. <i>Psychological Assessment</i> , 2016, 28, 841-855.	1.2	23
428	Experiential self-referential and selfless processing in mindfulness and mental health: Conceptual model and implicit measurement methodology.. <i>Psychological Assessment</i> , 2016, 28, 856-869.	1.2	41
429	The association between sensory processing styles and mindfulness. <i>British Journal of Occupational Therapy</i> , 2016, 79, 557-564.	0.5	10
431	The Hypo-Egoic Expression of Mindfulness in Social Life. , 2016, , .		1
432	Uncovering a Curricular Model of Self-Care in Pediatric Physical Therapist Education. <i>Journal, Physical Therapy Education</i> , 2016, 30, 55-70.	0.3	3
433	Mindfulness Training in Elite Athletes: mPEAK with BMX Cyclists. , 2016, , 186-208.		4
434	Mindfulness and the Olympic Athlete – A Personal Journey. , 0, , 211-234.		2
435	The Role of Adherence in the Effects of a Mindfulness Intervention for Competitive Athletes: Changes in Mindfulness, Flow, Pessimism, and Anxiety. <i>Journal of Clinical Sport Psychology</i> , 2016, 10, 99-117.	0.6	33
436	Mindful eating and its relationship with body mass index, binge eating, anxiety and negative affect. <i>Journal of Behavior Health & Social Issues</i> , 2017, 8, 19-24.	0.1	23
437	Food-Specific Decentering Experiences Are Associated with Reduced Food Cravings in Meditators: A Preliminary Investigation. <i>Mindfulness</i> , 2016, 7, 1123-1131.	1.6	8
438	Awareness, Self-Awareness, and Mindfulness: The Application of Theory to Practice. , 2016, , 488-512.		2
439	The observing self: Diminishing egocentrism through brief mindfulness meditation. <i>European Journal of Social Psychology</i> , 2016, 46, 521-527.	1.5	23
440	Mindfulness among Home Visitors in Head Start and the Quality of Their Working Alliance with Parents. <i>Journal of Child and Family Studies</i> , 2016, 25, 1969-1979.	0.7	6
441	Improvements in Executive Attention, Rumination, Cognitive Reactivity, and Mindfulness Among High-Risk Suicide Patients Participating in Adjunct Mindfulness-Based Cognitive Therapy: Preliminary Findings. <i>Journal of Alternative and Complementary Medicine</i> , 2016, 22, 642-649.	2.1	57
442	Experiences of Changes in Self-Compassion Following Mindfulness-Based Intervention with a Cancer Population. <i>Mindfulness</i> , 2016, 7, 734-744.	1.6	7
443	Intervenciones psicoterapéuticas y psicosociales para el manejo del estrés en esclerosis múltiple: aportación de intervenciones basadas en mindfulness. <i>Neurología</i> , 2016, 31, 113-120.	0.3	10

#	ARTICLE	IF	CITATIONS
445	Does mindfulness affect participantsâ€™ response to a vocational rehabilitation program?. <i>Health Psychology and Behavioral Medicine</i> , 2016, 4, 91-113.	0.8	2
446	Assessment of Visual Function and Structural Retinal Changes in Zen Meditators: Potential Effect of Mindfulness on Visual Ability. <i>Mindfulness</i> , 2016, 7, 979-987.	1.6	5
447	Moral injury: A new challenge for complementary and alternative medicine. <i>Complementary Therapies in Medicine</i> , 2016, 24, 29-33.	1.3	59
448	Mindfulness meditation improves emotion regulation and reduces drug abuse. <i>Drug and Alcohol Dependence</i> , 2016, 163, S13-S18.	1.6	161
449	Brain responses to uncertainty about upcoming rectal discomfort in quiescent Crohn's disease â€” a ^{fMRI} study. <i>Neurogastroenterology and Motility</i> , 2016, 28, 1419-1432.	1.6	40
450	An Investigation of the Effects of Brief Mindfulness Training on Self-Reported Interoceptive Awareness, the Ability to Decenter, and Their Role in the Reduction of Depressive Symptoms. <i>Mindfulness</i> , 2016, 7, 1170-1181.	1.6	77
451	Respiratory sinus arrhythmia as a potential measure in substance use treatmentâ€™outcome studies. <i>Addiction</i> , 2016, 111, 615-625.	1.7	25
452	A critical review of adolescent mindfulness-based programmes. <i>Clinical Child Psychology and Psychiatry</i> , 2016, 21, 193-207.	0.8	58
453	Mindful Parenting and Parentsâ€™ Emotion Expression: Effects on Adolescent Risk Behaviors. <i>Mindfulness</i> , 2016, 7, 246-254.	1.6	69
454	Dispositional Mindfulness Predicts Enhanced Smoking Cessation and Smoking Lapse Recovery. <i>Annals of Behavioral Medicine</i> , 2016, 50, 337-347.	1.7	37
455	Mindfulness meditation practice and executive functioning: Breaking down the benefit. <i>Consciousness and Cognition</i> , 2016, 40, 116-130.	0.8	166
456	The Emerging Science of Mindfulness as a Treatment for Addiction. , 2016, , 191-210.		5
457	Feasibility of a mindfulness-based intervention to address youth issues in Vietnam. <i>Health Promotion International</i> , 2016, 31, 470-479.	0.9	9
459	Practitioners' perceptions of yoga's positive and negative effects: Results of a National United States survey. <i>Journal of Bodywork and Movement Therapies</i> , 2016, 20, 270-279.	0.5	25
460	Promoting Stress Management and Wellbeing in Educators: Feasibility and Efficacy of a School-Based Yoga and Mindfulness Intervention. <i>Mindfulness</i> , 2016, 7, 143-154.	1.6	136
461	The Effects of Mindfulness and Self-Compassion on Improving the Capacity to Adapt to Stress Situations in Elderly People Living in the Community. <i>Clinical Gerontologist</i> , 2016, 39, 90-103.	1.2	42
462	Reviewing Mindfulness-Based Interventions for Suicidal Behavior. <i>Archives of Suicide Research</i> , 2016, 20, 507-527.	1.2	36
463	The intersection between mindfulness and human rights:The case of Falun Gong and its implications for social work. <i>Journal of Religion and Spirituality in Social Work</i> , 2016, 35, 57-75.	0.6	6

#	ARTICLE	IF	CITATIONS
464	Hypnosis and Mindfulness: The Twain Finally Meet. <i>American Journal of Clinical Hypnosis</i> , 2016, 58, 383-398.	0.3	21
465	Mind the Gaps: Are Conclusions About Mindfulness Entirely Conclusive?. <i>Journal of Counseling and Development</i> , 2016, 94, 103-113.	1.3	38
466	Development of a mindfulnessâ€“stressâ€“performance model for construction workers. <i>Construction Management and Economics</i> , 2016, 34, 110-128.	1.8	39
467	Functional neuroanatomy of meditation: A review and meta-analysis of 78 functional neuroimaging investigations. <i>Neuroscience and Biobehavioral Reviews</i> , 2016, 65, 208-228.	2.9	424
468	Psychotherapeutic and psychosocial interventions for managing stress in multiple sclerosis: The contribution of mindfulness-based interventions. <i>NeurologÃa (English Edition)</i> , 2016, 31, 113-120.	0.2	6
469	Mindfulness in Organizations: A Cross-Level Review. <i>Annual Review of Organizational Psychology and Organizational Behavior</i> , 2016, 3, 55-81.	5.6	267
470	Alterations in Resting-State Functional Connectivity Link Mindfulness Meditation With Reduced Interleukin-6: A Randomized Controlled Trial. <i>Biological Psychiatry</i> , 2016, 80, 53-61.	0.7	201
471	Medial orbital gyrus modulation during spatial perspective changes: Pre- vs. post-8weeks mindfulness meditation. <i>Consciousness and Cognition</i> , 2016, 40, 147-158.	0.8	10
472	The moderation effect of mindfulness on the relationship between adult attachment and wellbeing. <i>Personality and Individual Differences</i> , 2016, 96, 115-121.	1.6	40
473	Associations of Mindfulness with Glucose Regulation and Diabetes. <i>American Journal of Health Behavior</i> , 2016, 40, 258-267.	0.6	22
474	Handbook of Mindfulness in Education. <i>Mindfulness in Behavioral Health</i> , 2016, , .	0.2	97
475	Effets de la pratique de la pleine conscience et du Tai Chi Chuan sur la santÃ© mentale dâ€™Ã©tudiants: une Ã©tude pilote contrÃ¢le non randomisÃ©e. <i>Journal De ThÃ©rapie Comportementale Et Cognitive</i> , 2016, 26, 32-48.	0.2	3
476	A Brief Mindfulness Meditation Training Increases Pain Threshold and Accelerates Modulation of Response to Tonic Pain in an Experimental Study. <i>Pain Medicine</i> , 2016, 17, pme12883.	0.9	15
477	Mindfulness as an Intervention for ADHD. <i>The ADHD Report</i> , 2016, 24, 1-9,13.	0.4	17
478	Mindfulness meditation and consciousness: An integrative neuroscientific perspective. <i>Consciousness and Cognition</i> , 2016, 40, 67-78.	0.8	39
479	Neuroscience of drug craving for addiction medicine. <i>Progress in Brain Research</i> , 2016, 223, 115-141.	0.9	92
480	Mindfulness- and Acceptance-Based Interventions in the Treatment of Anxiety Disorders. , 2016, , 97-137.		6
481	A translational neuroscience perspective on mindfulness meditation as a prevention strategy. <i>Translational Behavioral Medicine</i> , 2016, 6, 63-72.	1.2	47

#	ARTICLE	IF	CITATIONS
482	Exploring the therapeutic potential of Ayahuasca: acute intake increases mindfulness-related capacities. <i>Psychopharmacology</i> , 2016, 233, 823-829.	1.5	134
483	The Body Scan and Mindful Breathing Among Veterans with PTSD: Type of Intervention Moderates the Relationship Between Changes in Mindfulness and Post-treatment Depression. <i>Mindfulness</i> , 2016, 7, 372-383.	1.6	43
484	Mindfulness and False-Memories: The Impact of Mindfulness Practice on the DRM Paradigm. <i>Journal of Psychology: Interdisciplinary and Applied</i> , 2016, 150, 58-71.	0.9	36
485	The Applied Mindfulness Process Scale (AMPS): A process measure for evaluating mindfulness-based interventions. <i>Personality and Individual Differences</i> , 2016, 93, 6-15.	1.6	43
486	Time perception, mindfulness and attentional capacities in transcendental meditators and matched controls. <i>Personality and Individual Differences</i> , 2016, 93, 16-21.	1.6	23
487	The effects of mindfulness training on beginners' skill acquisition in dart throwing: A randomized controlled trial. <i>Psychology of Sport and Exercise</i> , 2016, 22, 279-285.	1.1	67
488	Brain regions involved in dispositional mindfulness during resting state and their relation with well-being. <i>Social Neuroscience</i> , 2016, 11, 331-343.	0.7	65
489	How Mindfulness Training May Help to Reduce Vulnerability for Recurrent Depression. <i>Clinical Psychological Science</i> , 2016, 4, 328-343.	2.4	10
490	Impact of short-term meditation and expectation on executive brain functions. <i>Behavioural Brain Research</i> , 2016, 297, 268-276.	1.2	26
491	Altered processing of self-related emotional stimuli in mindfulness meditators. <i>NeuroImage</i> , 2016, 124, 958-967.	2.1	40
492	Mind-body therapies and control of inflammatory biology: A descriptive review. <i>Brain, Behavior, and Immunity</i> , 2016, 51, 1-11.	2.0	238
493	Examining Ways That a Mindfulness-Based Intervention Reduces Stress in Public School Teachers: a Mixed-Methods Study. <i>Mindfulness</i> , 2016, 7, 115-129.	1.6	111
494	Cognitive and psychological flexibility after a traumatic brain injury and the implications for treatment in acceptance-based therapies: A conceptual review. <i>Neuropsychological Rehabilitation</i> , 2017, 27, 263-299.	1.0	54
495	Upward Spirals of Mindfulness and Reappraisal: Testing the Mindfulness-to-Meaning Theory with Autoregressive Latent Trajectory Modeling. <i>Cognitive Therapy and Research</i> , 2017, 41, 381-392.	1.2	52
496	Meditation, Absorption, Transcendent Experience, and Affect: Tying It All Together Via the Consciousness State Space (CSS) Model. <i>Mindfulness</i> , 2017, 8, 68-77.	1.6	29
497	Attentional Effort, Mindfulness, and Altered States of Consciousness Experiences Following Quadrato Motor Training. <i>Mindfulness</i> , 2017, 8, 59-67.	1.6	13
498	Randomized controlled trial of mindfulness-based stress reduction (MBSR) on posttraumatic growth of Chinese breast cancer survivors. <i>Psychology, Health and Medicine</i> , 2017, 22, 94-109.	1.3	71
499	Mindful Aging: The Effects of Regular Brief Mindfulness Practice on Electrophysiological Markers of Cognitive and Affective Processing in Older Adults. <i>Mindfulness</i> , 2017, 8, 78-94.	1.6	84

#	ARTICLE	IF	CITATIONS
500	Mindfulness and emotion regulation in older and young adults. <i>Aging and Mental Health</i> , 2017, 21, 77-87.	1.5	43
501	Buddhist psychology: Selected insights, benefits, and research agenda for consumer psychology. <i>Journal of Consumer Psychology</i> , 2017, 27, 117-132.	3.2	39
502	A mindfulness-based intervention for self-management of verbal and physical aggression by adolescents with Prader-Willi syndrome. <i>Developmental Neurorehabilitation</i> , 2017, 20, 253-260.	0.5	29
503	How Effective are Mindfulness-Based Interventions for Reducing Stress Among Healthcare Professionals? A Systematic Review and Meta-Analysis. <i>Stress and Health</i> , 2017, 33, 3-13.	1.4	253
504	Mechanisms of Action in Concurrent Parent-Child Mindfulness Training: a Qualitative Exploration. <i>Mindfulness</i> , 2017, 8, 1018-1035.	1.6	15
505	The impact of mindfulness meditation training on executive functions and emotion dysregulation in an Iranian sample of female adolescents with elevated attention-deficit/hyperactivity disorder symptoms. <i>Australian Journal of Psychology</i> , 2017, 69, 273-282.	1.4	30
506	Mindfulness-Based Intervention for Chinese Children with ADHD and Their Parents: a Pilot Mixed-Method Study. <i>Mindfulness</i> , 2017, 8, 859-872.	1.6	35
507	Effects of mindfulness meditation on occupational functioning and health care utilization in individuals with anxiety. <i>Journal of Psychosomatic Research</i> , 2017, 95, 7-11.	1.2	17
508	Mindfulness treatment for substance misuse: A systematic review and meta-analysis. <i>Journal of Substance Abuse Treatment</i> , 2017, 75, 62-96.	1.5	325
509	The influence of mindfulness meditation on communication and anxiety: A case study of a person with aphasia. <i>Aphasiology</i> , 2017, 31, 1044-1058.	1.4	10
510	Towards recovery-oriented psychosocial interventions for bipolar disorder: Quality of life outcomes, stage-sensitive treatments, and mindfulness mechanisms. <i>Clinical Psychology Review</i> , 2017, 52, 148-163.	6.0	64
511	Effects of mind-body interventions on depressive symptoms among older Chinese adults: a systematic review and meta-analysis. <i>International Journal of Geriatric Psychiatry</i> , 2017, 32, 509-521.	1.3	20
512	Reduced Reactivity to and Suppression of Thoughts Mediate the Effects of Mindfulness Training on Recovery Outcomes Following Exposure to Potentially Traumatic Stress. <i>Mindfulness</i> , 2017, 8, 920-932.	1.6	11
513	Mindfulness and Loving-Kindness Meditation. <i>Psychological Reports</i> , 2017, 120, 102-117.	0.9	66
514	Testing the differential effects of acceptance and attention-based psychological interventions on intrusive thoughts and worry. <i>Behaviour Research and Therapy</i> , 2017, 91, 72-77.	1.6	7
515	Can mindfulness influence weight management related eating behaviors? If so, how?. <i>Clinical Psychology Review</i> , 2017, 53, 122-134.	6.0	67
516	How Does Paying Attention Improve Sexual Functioning in Women? A Review of Mechanisms. <i>Sexual Medicine Reviews</i> , 2017, 5, 266-274.	1.5	31
517	Work-family conflict and mindfulness: Investigating the effectiveness of a brief training intervention. <i>Journal of Organizational Behavior</i> , 2017, 38, 1016-1037.	2.9	59

#	ARTICLE	IF	CITATIONS
518	Cultivating Mindfulness to Promote Self-Care and Well-Being in Perioperative Nurses. <i>AORN Journal</i> , 2017, 105, 259-266.	0.2	10
519	Randomized Controlled Trial of Inner Resources Meditation for Family Dementia Caregivers. <i>Journal of Clinical Psychology</i> , 2017, 73, 1629-1641.	1.0	33
520	Effects of an antenatal mindfulness-based childbirth and parenting programme on the postpartum experiences of mothers: a qualitative interview study. <i>BMC Pregnancy and Childbirth</i> , 2017, 17, 57.	0.9	22
521	Effectiveness and Usability of a Web-Based Mindfulness Intervention for Families Living with Mental Illness. <i>Mindfulness</i> , 2017, 8, 751-764.	1.6	21
522	Psychometric properties of the five-item version of the Mindful Awareness Attention Scale (MAAS) in Norwegian adolescents. <i>Scandinavian Journal of Public Health</i> , 2017, 45, 373-380.	1.2	20
523	Measuring Mindfulness in Youth: Review of Current Assessments, Challenges, and Future Directions. <i>Mindfulness</i> , 2017, 8, 1409-1420.	1.6	56
524	The Perceived Impact of Mindfulness Instruction on Pre-Service Elementary Teachers. <i>Childhood Education</i> , 2017, 93, 136-146.	0.1	10
525	Collaborative Therapy and Neurobiology. , 0, , .		0
526	The Effects of Mind Subtraction Meditation on Breast Cancer Survivorsâ€™ Psychological and Spiritual Well-being and Sleep Quality. <i>Cancer Nursing</i> , 2017, 40, 377-385.	0.7	19
527	Mindfulness in Social Psychology. , 0, , .		15
528	Beneficial effects of training in self-distancing and perspective broadening for people with a history of recurrent depression. <i>Behaviour Research and Therapy</i> , 2017, 95, 19-28.	1.6	28
529	Mindfulness meditation regulates anterior insula activity during empathy for social pain. <i>Human Brain Mapping</i> , 2017, 38, 4034-4046.	1.9	43
530	Contemplative Cognition: A More Integrative Framework for Advancing Mindfulness and Meditation Research. <i>Mindfulness</i> , 2017, 8, 1580-1593.	1.6	12
531	Distinguishing the cognitive processes of mindfulness: Developing a standardised mindfulness technique for use in longitudinal randomised control trials. <i>Consciousness and Cognition</i> , 2017, 52, 75-92.	0.8	32
532	Mindfulness and meditation as an adjunctive treatment for adolescents involved in the juvenile justice system: Is repairing the brain and nervous system possible?. <i>Social Work in Health Care</i> , 2017, 56, 615-635.	0.8	5
533	Using Mindfulness for the Treatment of Insomnia. <i>Current Sleep Medicine Reports</i> , 2017, 3, 57-65.	0.7	38
534	Mindfulness Reduces Reactivity to Food Cues: Underlying Mechanisms and Applications in Daily Life. <i>Current Addiction Reports</i> , 2017, 4, 151-157.	1.6	22
535	Citation patterns and trends of systematic reviews about mindfulness. <i>Complementary Therapies in Clinical Practice</i> , 2017, 28, 26-37.	0.7	29

#	ARTICLE	IF	CITATIONS
536	Is mindfulness training useful for pre-service teachers? An exploratory investigation. <i>Teaching Education</i> , 2017, 28, 349-359.	0.9	15
537	Moral Enhancement Should Target Self-Interest and Cognitive Capacity. <i>Neuroethics</i> , 2017, 10, 363-373.	1.7	12
538	A Qualitative Study of Mindfulness Among Veterans With Posttraumatic Stress Disorder: Practices Differentially Affect Symptoms, Aspects of Well-Being, and Potential Mechanisms of Action. <i>Journal of Evidence-Based Complementary & Alternative Medicine</i> , 2017, 22, 482-493.	1.5	17
539	Mindful Yoga for women with metastatic breast cancer: design of a randomized controlled trial. <i>BMC Complementary and Alternative Medicine</i> , 2017, 17, 153.	3.7	24
540	Combined reality therapy and mindfulness meditation decrease intertemporal decisional impulsivity in young adults with Internet gaming disorder. <i>Computers in Human Behavior</i> , 2017, 68, 210-216.	5.1	73
541	Benefits of preparing for childbirth with mindfulness training: a randomized controlled trial with active comparison. <i>BMC Pregnancy and Childbirth</i> , 2017, 17, 140.	0.9	120
542	Differences in Default Mode Network Connectivity in Meditators and Non-meditators During an Attention Task. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2017, 1, 228-234.	0.8	6
543	Emotion Regulation Mediates the Associations of Mindfulness on Symptoms of Depression and Anxiety in the General Population. <i>Mindfulness</i> , 2017, 8, 1339-1344.	1.6	45
544	An innovative mindfulness and educational care approach in an adult patient affected by gastroesophageal reflux: the IARA model. <i>Journal of Complementary and Integrative Medicine</i> , 2017, 14, .	0.4	14
545	The Neuroscience of Mindfulness: How Mindfulness Alters the Brain and Facilitates Emotion Regulation. <i>Mindfulness</i> , 2017, 8, 1471-1487.	1.6	76
546	Mindfulness-based and acceptance-based interventions in sport and performance contexts. <i>Current Opinion in Psychology</i> , 2017, 16, 180-184.	2.5	44
547	Meditation is Effective in Reducing Sleepiness and Improving Sustained Attention Following Acute Sleep Restriction. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2017, 1, 210-218.	0.8	1
548	The role of trait mindfulness in quality of life and asthma control among adolescents with asthma. <i>Journal of Psychosomatic Research</i> , 2017, 99, 143-148.	1.2	9
549	Meditation and Cognitive Ageing: the Role of Mindfulness Meditation in Building Cognitive Reserve. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2017, 1, 96-106.	0.8	30
550	Examining Burnout, Depression, and Self-Compassion in Veterans Affairs Mental Health Staff. <i>Journal of Alternative and Complementary Medicine</i> , 2017, 23, 551-557.	2.1	40
551	Advances in Contemplative Psychotherapy. , 0, , .		5
553	Holding the body in mind: Interoceptive awareness, dispositional mindfulness and psychological well-being. <i>Journal of Psychosomatic Research</i> , 2017, 99, 13-20.	1.2	82
554	Effectiveness of a Mindfulness-Based Program on School Children's Self-Reported Well-Being: A Pilot Study Comparing Effects With An Emotional Literacy Program. <i>Journal of Applied School Psychology</i> , 2017, 33, 309-330.	0.4	30

#	ARTICLE	IF	CITATIONS
555	Inflexibility as a Vulnerability to Depression: A Systematic Qualitative Review. <i>Clinical Psychology: Science and Practice</i> , 2017, 24, 245-276.	0.6	73
556	Embodied Mindfulness. <i>Mindfulness</i> , 2017, 8, 1160-1171.	1.6	77
557	Effects of Tai Chi versus Physical Therapy on Mindfulness in Knee Osteoarthritis. <i>Mindfulness</i> , 2017, 8, 1195-1205.	1.6	11
559	Mindful parenting predicts mothers' and infants' hypothalamic-pituitary-adrenal activity during a dyadic stressor.. <i>Developmental Psychology</i> , 2017, 53, 417-424.	1.2	43
560	The Relationship Between Mindfulness and Life Stress in Student-Athletes: The Mediating Role of Coping Effectiveness and Decision Rumination. <i>Sport Psychologist</i> , 2017, 31, 288-298.	0.4	22
561	Beginning With the Body: The Neurobiology of Mindfulness. <i>Essential Clinical Social Work Series</i> , 2017, , 43-62.	0.5	0
562	Mindfulness training attenuates the increase in salivary cortisol concentration associated with competition in highly trained wheelchair-basketball players. <i>Journal of Sports Sciences</i> , 2018, 36, 1-6.	1.0	20
563	Who am I? Differential effects of three contemplative mental trainings on emotional word use in self-descriptions. <i>Self and Identity</i> , 2017, 16, 607-628.	1.0	9
564	The structure, correlates, and treatment related changes of mindfulness facets across the anxiety disorders and obsessive compulsive disorder. <i>Journal of Anxiety Disorders</i> , 2017, 49, 65-75.	1.5	21
566	MINDFULNESS GOES TO SCHOOL: THINGS LEARNED (SO FAR) FROM RESEARCH AND REAL-WORLD EXPERIENCES. <i>Psychology in the Schools</i> , 2017, 54, 29-52.	1.1	88
567	Acceptability, Feasibility, and Efficacy of a Workplace Mindfulness Program for Public Sector Employees: a Pilot Randomized Controlled Trial with Informant Reports. <i>Mindfulness</i> , 2017, 8, 639-654.	1.6	34
568	Mindfulness interventions for psychosis: a systematic review of the literature. <i>Journal of Psychiatric and Mental Health Nursing</i> , 2017, 24, 69-83.	1.2	44
569	EFFECTS OF MINDFULNESS-BASED INTERVENTIONS ON DISRUPTIVE BEHAVIOR: A META-ANALYSIS OF SINGLE-CASE RESEARCH. <i>Psychology in the Schools</i> , 2017, 54, 70-87.	1.1	29
570	INTRODUCTION TO THE SPECIAL ISSUE: MINDFULNESS IN THE SCHOOLS—HISTORICAL ROOTS, CURRENT STATUS, AND FUTURE DIRECTIONS. <i>Psychology in the Schools</i> , 2017, 54, 5-12.	1.1	39
571	The relationship between chronic musculoskeletal pain, anxiety and mindfulness: Adjustments to the Fear-Avoidance Model of Chronic Pain. <i>Scandinavian Journal of Pain</i> , 2017, 17, 156-166.	0.5	23
572	The effects of mindfulness-based stress reduction on hospital nursing staff. <i>Applied Nursing Research</i> , 2017, 38, 124-128.	1.0	14
573	Structural plasticity of the social brain: Differential change after socio-affective and cognitive mental training. <i>Science Advances</i> , 2017, 3, e1700489.	4.7	184
574	Practitioner's Guide to Ethics and Mindfulness-Based Interventions. <i>Mindfulness in Behavioral Health</i> , 2017, , .	0.2	8

#	ARTICLE	IF	CITATIONS
575	The Moral Arc of Mindfulness: Cultivating Concentration, Wisdom, and Compassion. <i>Mindfulness in Behavioral Health</i> , 2017, , 143-162.	0.2	2
576	A Person-Centered Approach to Psychospiritual Maturation. , 2017, , .		4
577	YOGA and self-regulation in management of essential arterial hypertension and associated emotional symptomatology: A randomized controlled trial. <i>Complementary Therapies in Clinical Practice</i> , 2017, 29, 153-161.	0.7	11
578	Person-Centered Psychospiritual Maturation: A Multidimensional Model. , 2017, , 87-130.		0
579	The Self-Generative Mind in Education: Review and Future Directions. <i>Mind, Brain, and Education</i> , 2017, 11, 213-226.	0.9	5
580	A Very Short Tour of the Mind-Wandering Brain. <i>American Journal of Psychology</i> , 2017, 130, 389.	0.5	0
581	Management of sexual problems. <i>Current Opinion in Psychiatry</i> , 2017, 30, 402-408.	3.1	9
582	Biobehavioral Mechanisms of Mindfulness as a Treatment for Chronic Stress: An RDoC Perspective. <i>Chronic Stress</i> , 2017, 1, 247054701771191.	1.7	35
583	Supporting Socio-emotional Competence and Psychological Well-Being of School Psychologists Through Mindfulness Practice. <i>Contemporary School Psychology</i> , 2017, 21, 369-379.	0.9	6
586	The Contribution of Anthroposophic Medicine to Self-Management: An Exploration of Concepts, Evidence, and Patient Perspectives. <i>Complementary Medicine Research</i> , 2017, 24, 225-231.	0.5	8
587	The Potential of Mindfulness in Managing Emotions in Libraries. <i>Advances in Library Administration and Organization</i> , 2017, , 15-33.	0.3	2
588	Teachers' dispositional mindfulness and the quality of their relationships with children in Head Start classrooms. <i>Journal of School Psychology</i> , 2017, 65, 40-53.	1.5	53
589	Situating interventions to bridge the intention-behaviour gap: A framework for recruiting nonconscious processes for behaviour change. <i>Social and Personality Psychology Compass</i> , 2017, 11, e12323.	2.0	42
590	Emotional Understanding: Examining Alexithymia as a Mediator of the Relationship Between Mindfulness and Empathy. <i>Mindfulness</i> , 2017, 8, 1644-1652.	1.6	25
591	Application of a mindfulness and compassion-based approach to the at-risk mental state. <i>Clinical Psychologist</i> , 2017, 21, 104-115.	0.5	17
592	A Concept Analysis of Resilience Integrating Genetics. <i>Issues in Mental Health Nursing</i> , 2017, 38, 896-906.	0.6	42
593	Distracted Doctoring. , 2017, , .		3
594	Mindfulness Meditation and Behavior Change. , 2017, , 35-44.		1

#	ARTICLE	IF	CITATIONS
595	Creating Novel School-Based Education Programs to Cultivate Mindfulness in Youth: What The Letters Told Us. <i>Journal of Child and Family Studies</i> , 2017, 26, 2564-2578.	0.7	4
596	The Neuroscience of Mindfulness Meditation. , 2017, , .		22
597	Mindful Practitioners, Mindful Teams, and Mindful Organizations: Attending to the Core Tasks of Medicine. , 2017, , 229-243.		3
598	A Pilot Online Mindfulness Intervention to Decrease Caregiver Burden and Improve Psychological Well-Being. <i>Journal of Evidence-Based Complementary & Alternative Medicine</i> , 2017, 22, 736-743.	1.5	31
600	Time and Thinking. , 0, , 318-344.		1
601	The Effects of Mindfulness-Based Interventions on Physiological Regulation. , 2017, , 387-400.		0
602	Dynamics of Mindfulness for Purposeful Living. , 2017, , 79-87.		1
603	Direct experience while eating: Laboratory outcomes among individuals with eating disorders versus healthy controls. <i>Eating Behaviors</i> , 2017, 27, 23-26.	1.1	5
604	Mindfulness and Meditation for Adolescents. , 2017, , .		3
605	A Qualitative Exploration of Primary School Studentsâ€™ Experience and Utilisation of Mindfulness. <i>Contemporary School Psychology</i> , 2017, 21, 304-316.	0.9	17
606	Using Biosocial Criminology to Understand and Improve Treatment Outcomes. <i>Criminal Justice and Behavior</i> , 2017, 44, 1050-1072.	1.1	1
607	The Role of Mindfulness in Enhancing Self-Care for Nurses. <i>American Journal of Critical Care</i> , 2017, 26, 344-348.	0.8	31
608	Just a minute meditation: Rapid voluntary conscious state shifts in long term meditators. <i>Consciousness and Cognition</i> , 2017, 53, 176-184.	0.8	27
609	Teaching Mindfulness to Teachers: a Systematic Review and Narrative Synthesis. <i>Mindfulness</i> , 2017, 8, 1136-1149.	1.6	122
610	Sequence Learning Enhancement Following Single-Session Meditation Is Dependent on Metacontrol Mode and Experienced Effort. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2017, 1, 127-140.	0.8	16
611	Treating functional non-epileptic attacks â€œ Should we consider acceptance and commitment therapy?. <i>Epilepsy and Behavior</i> , 2017, 73, 197-203.	0.9	15
612	Mindfulness-based stress reduction for people with multiple sclerosis â€œ a feasibility randomised controlled trial. <i>BMC Neurology</i> , 2017, 17, 94.	0.8	72
613	Affective concordance in couples: a cross-sectional analysis of depression and anxiety consultations within a population of 13,507 couples in primary care. <i>BMC Psychiatry</i> , 2017, 17, 190.	1.1	13

#	ARTICLE	IF	CITATIONS
614	Prevalence and patterns of use of mantra, mindfulness and spiritual meditation among adults in the United States. <i>BMC Complementary and Alternative Medicine</i> , 2017, 17, 316.	3.7	67
615	Circuit dysregulation and circuit-based treatments in posttraumatic stress disorder. <i>Neuroscience Letters</i> , 2017, 649, 133-138.	1.0	62
616	An Examination of Mindfulness-Based Programs in US Medical Schools. <i>Mindfulness</i> , 2017, 8, 489-494.	1.6	47
617	ENHANCE: Design and rationale of a randomized controlled trial for promoting enduring happiness & well-being. <i>Contemporary Clinical Trials</i> , 2017, 52, 62-74.	0.8	18
618	Can't accept that feeling: Relationships between interoceptive awareness, mindfulness and eating disorder symptoms in females with, and at-risk of an eating disorder. <i>Psychiatry Research</i> , 2017, 247, 163-171.	1.7	46
619	Adaptive contextualization: A new role for the default mode network in affective learning. <i>Human Brain Mapping</i> , 2017, 38, 1082-1091.	1.9	35
620	Mechanisms of mindfulness training: Monitor and Acceptance Theory (MAT). <i>Clinical Psychology Review</i> , 2017, 51, 48-59.	6.0	456
621	Increasing Compassion in Medical Decision-Making: Can a Brief Mindfulness Intervention Help?. <i>Mindfulness</i> , 2017, 8, 276-285.	1.6	37
622	The Role of Mindfulness and Emotional Stability in Error Detection. <i>Mindfulness</i> , 2017, 8, 311-324.	1.6	12
623	The Meaning and Doing of Mindfulness: The Role of Values in the Link Between Mindfulness and Well-Being. <i>Mindfulness</i> , 2017, 8, 368-378.	1.6	33
624	Mediators of the Relationship Between Dispositional Mindfulness and Psychological Well-Being in Female College Students. <i>Mindfulness</i> , 2017, 8, 398-407.	1.6	33
625	Dispositional Mindfulness Predicts Adaptive Affective Responses to Health Messages and Increased Exercise Motivation. <i>Mindfulness</i> , 2017, 8, 387-397.	1.6	15
626	Mindfulness Interventions. <i>Annual Review of Psychology</i> , 2017, 68, 491-516.	9.9	841
627	Effects of Karate Training Versus Mindfulness Training on Emotional Well-Being and Cognitive Performance in Later Life. <i>Research on Aging</i> , 2017, 39, 1118-1144.	0.9	34
628	Neural stress reactivity relates to smoking outcomes and differentiates between mindfulness and cognitive-behavioral treatments. <i>NeuroImage</i> , 2017, 151, 4-13.	2.1	60
629	Cultivating teacher mindfulness: Effects of a randomized controlled trial on work, home, and sleep outcomes.. <i>Journal of Occupational Health Psychology</i> , 2017, 22, 138-152.	2.3	116
630	A Dual-Process Perspective on Mindfulness, Memory, and Consciousness. <i>Mindfulness</i> , 2017, 8, 505-516.	1.6	12
631	A mixed-methods systematic review of the effects of mindfulness on nurses. <i>Journal of Advanced Nursing</i> , 2017, 73, 1017-1034.	1.5	126

#	ARTICLE	IF	CITATIONS
632	Attentional Effort of Beginning Mindfulness Training Is Offset With Practice Directed Toward Images of Natural Scenery. <i>Environment and Behavior</i> , 2017, 49, 536-559.	2.1	50
633	The mindful eye: Smooth pursuit and saccadic eye movements in meditators and non-meditators. <i>Consciousness and Cognition</i> , 2017, 48, 66-75.	0.8	18
634	Effectiveness of traditional meditation retreats: A systematic review and meta-analysis. <i>Journal of Psychosomatic Research</i> , 2017, 92, 16-25.	1.2	82
635	Chairwork in Cognitive Behavioural Therapy: A Narrative Review. <i>Cognitive Therapy and Research</i> , 2017, 41, 16-30.	1.2	17
637	Description and narrative review of well-established and promising psychological treatments for fibromyalgia. <i>Mindfulness & Compassion</i> , 2017, 2, 112-129.	0.5	15
638	Learning to BREATHE: A Pilot Study of a Mindfulness-Based Intervention to Support Marginalized Youth. <i>Journal of Evidence-Based Complementary & Alternative Medicine</i> , 2017, 22, 580-591.	1.5	45
639	A Pilot Trial of Mindfulness Meditation Training for ADHD in Adulthood: Impact on Core Symptoms, Executive Functioning, and Emotion Dysregulation. <i>Journal of Attention Disorders</i> , 2017, 21, 1105-1120.	1.5	133
640	Mindfulness Meditation and the Perception of Beauty: Implications for an Ecological Well-Being. , 2017, , .		3
641	Mindfulness Correlates with Stress and Coping in University Students. <i>Canadian Journal of Higher Education</i> , 2017, 47, 121-134.	0.3	12
642	From Relaxation Response, Building Power for Health to an Advanced Self-Cultivation Practice: Genuine Well-Being. , 2017, , .		0
643	Struktura usredotoĀene svjesnosti i njezina povezanost s crtama liĀnosti i emocionalnim reagiranjem. <i>PsiholoĀijske Teme</i> , 2017, 26, 675-700.	0.1	2
644	Mindfulness and Emotion Regulation: Insights from Neurobiological, Psychological, and Clinical Studies. <i>Frontiers in Psychology</i> , 2017, 8, 220.	1.1	269
645	Promising Links between Meditation and Reduced (Brain) Aging: An Attempt to Bridge Some Gaps between the Alleged Fountain of Youth and the Youth of the Field. <i>Frontiers in Psychology</i> , 2017, 8, 860.	1.1	22
646	How Mind-Body Practice Worksâ€”Integration or Separation?. <i>Frontiers in Psychology</i> , 2017, 8, 866.	1.1	22
647	The IARA Model as an Integrative Approach to Promote Autonomy in COPD Patients through Improvement of Self-Efficacy Beliefs and Illness Perception: A Mixed-Method Pilot Study. <i>Frontiers in Psychology</i> , 2017, 8, 1682.	1.1	15
648	The Mindful Self: A Mindfulness-Enlightened Self-view. <i>Frontiers in Psychology</i> , 2017, 8, 1752.	1.1	34
650	Clinical Hypnosis, an Effective Mindâ€”Body Modality for Adolescents with Behavioral and Physical Complaints. <i>Children</i> , 2017, 4, 19.	0.6	29
651	A Mindâ€”Body Approach to Pediatric Pain Management. <i>Children</i> , 2017, 4, 50.	0.6	24

#	ARTICLE	IF	CITATIONS
652	Improving Communication between Physicians and Their Patients through Mindfulness and Compassion-Based Strategies: A Narrative Review. <i>Journal of Clinical Medicine</i> , 2017, 6, 33.	1.0	51
653	Commentary: Does Mindfulness Enhance Critical Thinking? Evidence for the Mediating Effects of Executive Functioning in the Relationship between Mindfulness and Critical Thinking. <i>Frontiers in Education</i> , 2017, 2, .	1.2	2
654	Mindfulness Training for Healthy Aging: Impact on Attention, Well-Being, and Inflammation. <i>Frontiers in Aging Neuroscience</i> , 2017, 9, 11.	1.7	37
655	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
656	Increasing Our Insular World View: Interoception and Psychopathology for Psychotherapists. <i>Frontiers in Neuroscience</i> , 2017, 11, 135.	1.4	32
657	Conscious, Pre-Conscious and Unconscious Mechanisms in Emotional Behaviour. Some Applications to the Mindfulness Approach with Wearable Devices. <i>Applied Sciences (Switzerland)</i> , 2017, 7, 1280.	1.3	35
658	Unwanted effects: Is there a negative side of meditation? A multicentre survey. <i>PLoS ONE</i> , 2017, 12, e0183137.	1.1	106
659	Meditation and successful aging: can meditative practices counteract age-related cognitive decline?. <i>Psychologie & Neuropsychiatrie Du Vieillessement</i> , 2017, 15, 205-213.	0.2	13
660	Can wisdom be fostered: Time to test the model of wisdom. <i>Cogent Psychology</i> , 2017, 4, 1.	0.6	17
661	Effects of mindfulness on athletes' performance decrement. <i>Shinrigaku Kenkyu</i> , 2017, 88, 470-477.	0.1	5
663	Will the Meikirch Model, a New Framework for Health, Induce a Paradigm Shift in Healthcare? <i>Cureus</i> , 2017, 9, e1081.	0.2	15
664	Reducing anxiety, geriatric depression and worry in a sample of older adults through a mindfulness training program. <i>Terapia Psicologica</i> , 2017, 35, 71-79.	0.2	16
665	Mindfulness training for chronic fatigue syndrome: a pilot study. <i>Health Psychology Report</i> , 2017, 3, 240-250.	0.5	5
666	Burnout syndrome and wellbeing in anesthesiologists: the importance of emotion regulation strategies. <i>Minerva Anestesiologica</i> , 2017, 83, 191-199.	0.6	30
667	Enhancing Compassion. , 2017, , .		0
668	The Varieties of Self-Transcendent Experience. <i>Review of General Psychology</i> , 2017, 21, 143-160.	2.1	290
669	Understanding Mind/Body Medicine from Muslim Religious Practices of Salat and Dhikr. <i>Journal of Religion and Health</i> , 2018, 57, 849-857.	0.8	30
670	Mindfulness Interventions in Breast Cancer Survivors: Current Findings and Future Directions. <i>Current Breast Cancer Reports</i> , 2018, 10, 7-13.	0.5	6

#	ARTICLE	IF	CITATIONS
671	Investigating Effects and Mechanisms of a Mindfulness-Based Stress Reduction Intervention in a Sample of College Students at Risk for Social Anxiety. <i>Mindfulness</i> , 2018, 9, 1509-1521.	1.6	31
672	Mindfulness-based interventions modulate structural network strength in patients with opioid dependence. <i>Addictive Behaviors</i> , 2018, 82, 50-56.	1.7	12
673	The Impact of Mindfulness Training on Middle Grades Studentsâ€™ Office Discipline Referrals. <i>RMLE Online</i> , 2018, 41, 1-8.	0.9	7
674	Mindfulness Dampens Cardiac Responses to Motion Scenes of Violence. <i>Mindfulness</i> , 2018, 9, 575-584.	1.6	9
675	The Elicitation of Relaxation and Interoceptive Awareness Using Floatation Therapy in Individuals With High Anxiety Sensitivity. <i>Biological Psychiatry: Cognitive Neuroscience and Neuroimaging</i> , 2018, 3, 555-562.	1.1	30
676	Altered attentional control linked to catastrophizing in patients with irritable bowel syndrome. <i>British Journal of Health Psychology</i> , 2018, 23, 612-629.	1.9	8
677	The Effects of Mindfulness Practice on Attentional Functions Among Primary School Children. <i>Journal of Child and Family Studies</i> , 2018, 27, 2632-2642.	0.7	17
678	Common and Dissociable Neural Activity After Mindfulness-Based Stress Reduction and Relaxation Response Programs. <i>Psychosomatic Medicine</i> , 2018, 80, 439-451.	1.3	50
679	Effectiveness and usability of a web-based mindfulness intervention for caregivers of people with mental or somatic illness. A randomized controlled trial. <i>Internet Interventions</i> , 2018, 12, 46-56.	1.4	13
680	The Effects of Mindfulness on Sexual Outcomes: The Role of Emotion Regulation. <i>Archives of Sexual Behavior</i> , 2018, 47, 1601-1612.	1.2	46
681	Mindfulness-related differences in neural response to own infant negative versus positive emotion contexts. <i>Developmental Cognitive Neuroscience</i> , 2018, 30, 70-76.	1.9	4
682	Dispositional self-compassion impacts immediate and delayed reactions to social evaluation. <i>Personality and Individual Differences</i> , 2018, 125, 91-96.	1.6	13
683	Brain Activity in Mindfulness Depends on Experience: a Meta-Analysis of fMRI Studies. <i>Mindfulness</i> , 2018, 9, 1319-1329.	1.6	43
684	Building mindfulness bottom-up: Meditation in natural settings supports open monitoring and attention restoration. <i>Consciousness and Cognition</i> , 2018, 59, 40-56.	0.8	66
685	Smart phone addiction and mindfulness: an intergenerational comparison. <i>International Journal of Pharmaceutical and Healthcare Marketing</i> , 2018, 12, 25-43.	0.7	37
686	Emotion Regulation and Social Cognition as Functional Targets of Mechanism-Based Psychotherapy in Major Depression With Comorbid Personality Pathology. <i>Journal of Personality Disorders</i> , 2018, 32, 12-35.	0.8	20
687	Examination of interoception along the suicidality continuum. <i>Journal of Clinical Psychology</i> , 2018, 74, 1004-1016.	1.0	45
688	Harnessing centred identity transformation to reduce executive function burden for maintenance of health behaviour change: the Maintain IT model. <i>Health Psychology Review</i> , 2018, 12, 231-253.	4.4	39

#	ARTICLE	IF	CITATIONS
689	The Integration of the Workable Range Model into a Mindfulness-Based Stress Reduction Course: a Practice-Based Case Study. <i>Mindfulness</i> , 2018, 9, 430-440.	1.6	3
690	Mindfulness vs psychoeducation in adult ADHD: a randomized controlled trial. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , 2018, 268, 321-335.	1.8	46
691	Breath Versus Emotions: The Impact of Different Foci of Attention During Mindfulness Meditation on the Experience of Negative and Positive Emotions. <i>Behavior Therapy</i> , 2018, 49, 702-714.	1.3	11
692	How heart rate variability affects emotion regulation brain networks. <i>Current Opinion in Behavioral Sciences</i> , 2018, 19, 98-104.	2.0	295
693	Towards a human self-regulation system: Common and distinct neural signatures of emotional and behavioural control. <i>Neuroscience and Biobehavioral Reviews</i> , 2018, 90, 400-410.	2.9	123
694	Feasibility of an online mindfulness-based program for patients with melanoma: study protocol for a randomised controlled trial. <i>Trials</i> , 2018, 19, 223.	0.7	8
695	The relationship of psychological construals with well-being. <i>New Ideas in Psychology</i> , 2018, 51, 15-20.	1.2	13
696	Why Is Mind-Wandering Interesting for Philosophers?. , 2018, , .		9
697	Does Mindfulness Training Enhance the Professional Development of Residents? A Qualitative Study. <i>Academic Medicine</i> , 2018, 93, 1335-1340.	0.8	35
698	Internet-delivered mindfulness for people with depression and chronic pain following spinal cord injury: a randomized, controlled feasibility trial. <i>Spinal Cord</i> , 2018, 56, 750-761.	0.9	49
699	Neural effects of mindfulness-based interventions on patients with major depressive disorder: A systematic review. <i>Neuroscience and Biobehavioral Reviews</i> , 2018, 88, 98-105.	2.9	18
700	Mindfulness-Based Interventions for Young Offenders: a Scoping Review. <i>Mindfulness</i> , 2018, 9, 1330-1343.	1.6	19
701	Reduced mind wandering in experienced meditators and associated EEG correlates. <i>Experimental Brain Research</i> , 2018, 236, 2519-2528.	0.7	72
702	The psychophysiological mechanisms of alexithymia in autism spectrum disorder. <i>Autism</i> , 2018, 22, 227-231.	2.4	89
703	Mindfulness and Emotional Distress: the Mediating Role of Psychological well-Being. <i>Current Psychology</i> , 2018, 37, 467-476.	1.7	15
704	A Secondary Analysis of Sleep Quality Changes in Older Adults From a Randomized Trial of an MBSR Program. <i>Journal of Applied Gerontology</i> , 2018, 37, 1327-1343.	1.0	16
705	A Randomized Controlled Trial of Mindfulness-Based Cognitive Therapy for College Students With ADHD. <i>Journal of Attention Disorders</i> , 2018, 22, 388-399.	1.5	81
706	Effect of a one-week spiritual retreat on dopamine and serotonin transporter binding: a preliminary study. <i>Religion, Brain and Behavior</i> , 2018, 8, 265-278.	0.4	7

#	ARTICLE	IF	CITATIONS
707	Impact of a Blended Web-Based Mindfulness Programme for General Practitioners: a Pilot Study. <i>Mindfulness</i> , 2018, 9, 129-139.	1.6	11
708	Exploring daily affective changes in university students with a mindful positive reappraisal intervention: A daily diary randomized controlled trial. <i>Stress and Health</i> , 2018, 34, 46-58.	1.4	20
709	Mindfulness Can Make You Happy-and-Productive: A Mindfulness Controlled Trial and Its Effects on Happiness, Work Engagement and Performance. <i>Journal of Happiness Studies</i> , 2018, 19, 1691-1711.	1.9	60
710	Mindfulness, Pro-environmental Behavior, and Belief in Climate Change: The Mediating Role of Social Dominance. <i>Environment and Behavior</i> , 2018, 50, 864-888.	2.1	115
711	Standardizing Training in Mindfulness-Based Interventions in Canadian Psychiatry Postgraduate Programs: A Competency-Based Framework. <i>Academic Psychiatry</i> , 2018, 42, 248-254.	0.4	7
712	Psychological Effects of Meditation for Healthy Practitioners: an Update. <i>Mindfulness</i> , 2018, 9, 371-387.	1.6	58
713	Mindfulness-Based Intervention for Stress Reduction of Family Caregivers of People with Dementia: A Systematic Review and Meta-Analysis. <i>Mindfulness</i> , 2018, 9, 7-22.	1.6	28
714	When Traits Match States: Examining the Associations Between Self-Report Trait and State Mindfulness Following a State Mindfulness Induction. <i>Mindfulness</i> , 2018, 9, 199-211.	1.6	49
715	Efficacy of Neurofeedback on the Increase of Mindfulness-Related Capacities in Healthy Individuals: a Controlled Trial. <i>Mindfulness</i> , 2018, 9, 303-311.	1.6	20
716	A 12-week integrative exercise program improves self-reported mindfulness and interoceptive awareness in war veterans with posttraumatic stress symptoms. <i>Journal of Clinical Psychology</i> , 2018, 74, 554-565.	1.0	65
717	The Mindful Personality II: Exploring the Metatraits from a Cybernetic Perspective. <i>Mindfulness</i> , 2018, 9, 972-979.	1.6	6
718	How Is Stress Reduced by a Workplace Mindfulness Intervention? A Qualitative Study Conceptualising Experiences of Change. <i>Mindfulness</i> , 2018, 9, 474-487.	1.6	22
719	How Does Mindfulness Work? Exploring a Theoretical Model Using Samples of Meditators and Non-meditators. <i>Mindfulness</i> , 2018, 9, 860-870.	1.6	29
720	How can mindfulness enhance moral reasoning? An examination using business school students. <i>Business Ethics</i> , 2018, 27, 56-71.	3.5	48
721	Acceptance lowers stress reactivity: Dismantling mindfulness training in a randomized controlled trial. <i>Psychoneuroendocrinology</i> , 2018, 87, 63-73.	1.3	145
722	Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation. <i>Perspectives on Psychological Science</i> , 2018, 13, 36-61.	5.2	900
723	Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week focused attention and open monitoring interventions within a 3-armed randomized controlled trial. <i>Behaviour Research and Therapy</i> , 2018, 101, 92-107.	1.6	71
724	Contemplative Meditation and Neuroscience: Prospects for Mental Health. <i>Journal of Religion and Health</i> , 2018, 57, 960-978.	0.8	8

#	ARTICLE	IF	CITATIONS
725	Schooled in our own minds: mind-wandering and mindfulness in the makings of the curriculum. <i>Journal of Curriculum Studies</i> , 2018, 50, 77-95.	1.2	19
726	Pain Perception and Body Awareness Among Individuals With Borderline Personality Disorder. <i>Journal of Personality Disorders</i> , 2018, 32, 618-635.	0.8	5
727	Group Metacognitive Therapy vs. Mindfulness Meditation Therapy in a Transdiagnostic Patient Sample: A Randomised Feasibility Trial. <i>Psychiatry Research</i> , 2018, 259, 554-561.	1.7	62
728	Comparative effects of meditation and exercise on physical and psychosocial health outcomes: a review of randomized controlled trials. <i>Postgraduate Medicine</i> , 2018, 130, 222-228.	0.9	19
729	Meditative Training Improves Undergraduate Executive Functioning. <i>Journal of College Student Psychotherapy</i> , 2018, 32, 163-179.	0.6	2
730	Change in Sense of Nondual Awareness and Spiritual Awakening in Response to a Multidimensional Well-Being Program. <i>Journal of Alternative and Complementary Medicine</i> , 2018, 24, 343-351.	2.1	19
731	Electrodermal Activity, Respiratory Sinus Arrhythmia, and Heart Rate Variability in a Relationship Enrichment Program. <i>Mindfulness</i> , 2018, 9, 1076-1087.	1.6	6
732	Mindfulness and craving: effects and mechanisms. <i>Clinical Psychology Review</i> , 2018, 59, 101-117.	6.0	72
733	Cognitive Decline as a Result of Incarceration and the Effects of a CBT/MT Intervention: A Cluster-Randomized Controlled Trial. <i>Criminal Justice and Behavior</i> , 2018, 45, 31-55.	1.1	30
734	An evaluation of the effects of mindfulness training from the perspectives of wheelchair basketball players. <i>Psychology of Sport and Exercise</i> , 2018, 37, 188-195.	1.1	10
735	Increased Attention Regulation from Emotion Regulation Therapy for Generalized Anxiety Disorder. <i>Cognitive Therapy and Research</i> , 2018, 42, 121-134.	1.2	20
736	Self-Compassion Mediates the Relationship Between Mindfulness and Borderline Personality Disorder Symptoms. <i>Journal of Personality Disorders</i> , 2018, 32, 838-856.	0.8	14
737	Mindfulness and Fear Extinction: A Brief Review of Its Current Neuropsychological Literature and Possible Implications for Posttraumatic Stress Disorder. <i>Psychological Reports</i> , 2018, 121, 792-814.	0.9	13
738	The impact of mindfulness-based interventions on brain activity: A systematic review of functional magnetic resonance imaging studies. <i>Neuroscience and Biobehavioral Reviews</i> , 2018, 84, 424-433.	2.9	105
739	The many facets of mindfulness and the prediction of change following mindfulness-based stress reduction (MBSR). <i>Journal of Clinical Psychology</i> , 2018, 74, 523-535.	1.0	34
740	Fourth Level: The Limbic System. , 2018, , 245-285.		1
741	Deepening Awareness: The Integration of Mindfulness Practices in United States High Schools. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0
742	Does Sexism Affect Thai Women's Psychological and Behavioural Responses? The Stereotype Threat-Buffering Effect of Mindfulness. <i>Journal of Pacific Rim Psychology</i> , 2018, 12, e26.	1.0	5

#	ARTICLE	IF	CITATIONS
743	A Positive Psychological Approach to Suicide. <i>Advances in Mental Health and Addiction</i> , 2018, , .	0.2	9
744	The Six Râ€™s Framework as Mindfulness for Suicide Prevention. <i>Advances in Mental Health and Addiction</i> , 2018, , 247-284.	0.2	1
745	Mindfulness Meditation Is Related to Long-Lasting Changes in Hippocampal Functional Topology during Resting State: A Magnetoencephalography Study. <i>Neural Plasticity</i> , 2018, 2018, 1-9.	1.0	44
746	Effects of Reflective Labyrinth Walking Assessed Using a Questionnaire. <i>Medicines (Basel)</i> , 2018, 7, 107.	0.7	1
747	Mindâ€™Body Interactions and Mindfulness Meditation in Diabetes. <i>European Endocrinology</i> , 2018, 14, 35.	0.8	26
748	Quantum Pair Personality Trait Framework: Meditation as External Stimuli to Synthesize Norepinephrine. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0
752	Does Emotional Intelligence Mediate the Relation Between Mindfulness and Anxiety and Depression in Adolescents?. <i>Frontiers in Psychology</i> , 2018, 9, 2463.	1.1	21
753	Effects of a mindfulness-based intervention (MYmind) for children with ADHD and their parents: protocol for a randomised controlled trial. <i>BMJ Open</i> , 2018, 8, e022514.	0.8	23
755	Treatment effectiveness of a mindfulness-based inpatient group psychotherapy in adolescent substance use disorder - study protocol for a randomized controlled trial. <i>Trials</i> , 2018, 19, 706.	0.7	11
756	The Multidimensional Assessment of Interoceptive Awareness, Version 2 (MAIA-2). <i>PLoS ONE</i> , 2018, 13, e0208034.	1.1	253
757	Functional Connectivity Within the Executive Control Network Mediates the Effects of Long-Term Tai Chi Exercise on Eldersâ€™ Emotion Regulation. <i>Frontiers in Aging Neuroscience</i> , 2018, 10, 315.	1.7	24
758	Does Meditation Alter Brain Responses to Negative Stimuli? A Systematic Review. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 448.	1.0	17
759	The Effects of Mindfulness Meditation on Attentional Control During Off-Season Among Football Players. <i>SAGE Open</i> , 2018, 8, 215824401878189.	0.8	4
760	Neural measures of anticipatory bodily attention in children: Relations with executive function. <i>Developmental Cognitive Neuroscience</i> , 2018, 34, 148-158.	1.9	17
761	A journey through chaos and calmness: experiences of mindfulness training in patients with depressive symptoms after a recent coronary event - a qualitative diary content analysis. <i>BMC Psychology</i> , 2018, 6, 46.	0.9	6
762	Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 397.	1.0	126
763	A Conceptual Framework for Feltâ€™Sense Awareness in Counselor Preparation. <i>Journal of Humanistic Counseling</i> , 2018, 57, 208-222.	0.3	7
764	Potential Benefits of Teaching Mindfulness to Journalism Students. <i>Asia Pacific Media Educator</i> , 2018, 28, 186-204.	0.5	4

#	ARTICLE	IF	CITATIONS
765	Mindful breath awareness meditation facilitates efficiency gains in brain networks: A steady-state visually evoked potentials study. <i>Scientific Reports</i> , 2018, 8, 13687.	1.6	25
766	Riding the Waves of Cognitive Behavioral Therapy. , 2018, , 163-182.		0
772	Aging and Attentional Control: Examining the Roles of Mind-Wandering Propensity and Dispositional Mindfulness. <i>Journal of the International Neuropsychological Society</i> , 2018, 24, 876-888.	1.2	17
773	Feasibility of Formal Mindfulness-Based Stress-Resilience Training Among Surgery Interns. <i>JAMA Surgery</i> , 2018, 153, e182734.	2.2	92
774	Mindfulness-based treatments for posttraumatic stress disorder: a review of the treatment literature and neurobiological evidence. <i>Journal of Psychiatry and Neuroscience</i> , 2018, 43, 7-25.	1.4	219
775	Meditation, Taijiquan and Qigong: Evidence for Their Impact on Health and Longevity. <i>Journal of Daoist Studies</i> , 2018, 11, 207-230.	0.1	0
776	A Systematic Review of Ethnoracial Representation and Cultural Adaptation of Mindfulness- and Meditation-Based Interventions. <i>Psychological Studies</i> , 2018, 63, 117-129.	0.5	50
777	Meditation-induced neuroplastic changes of the prefrontal network are associated with reduced valence perception in older people. <i>Brain and Neuroscience Advances</i> , 2018, 2, 239821281877182.	1.8	7
778	Mindful Self-Hypnosis for Self-Care: An Integrative Model and Illustrative Case Example. <i>American Journal of Clinical Hypnosis</i> , 2018, 61, 45-56.	0.3	12
779	Examining the factors that are correlated with mindfulness with a focus on attention deficit hyperactivity symptoms. <i>Perspectives in Psychiatric Care</i> , 2018, 54, 596-602.	0.9	1
780	Relationship between effortful control and facets of mindfulness in meditators, non-meditators and individuals with borderline personality disorder. <i>Personality and Mental Health</i> , 2018, 12, 265-278.	0.6	6
781	Mindfulness Meditation Impairs Task Motivation but Not Performance. <i>Organizational Behavior and Human Decision Processes</i> , 2018, 147, 1-15.	1.4	74
782	Understanding changes in dyspnoea perception in obstructive lung disease after mindfulness training. <i>BMJ Open Respiratory Research</i> , 2018, 5, e000309.	1.2	15
783	Attending to Breath. , 2018, , .		56
784	Meta-Awareness of Dysregulated Emotional Attention. <i>Clinical Psychological Science</i> , 2018, 6, 658-670.	2.4	12
785	The Mediating Role of Mindfulness in the Relationship between Media Multitasking and Mind Wandering. , 2018, , .		4
786	Open monitoring meditation reduces the involvement of brain regions related to memory function. <i>Scientific Reports</i> , 2018, 8, 9968.	1.6	36
787	The Brain That Longs to Care for Itself: The Current Neuroscience of Self-Compassion. , 2018, , 91-120.		10

#	ARTICLE	IF	CITATIONS
788	Where Caring for Self and Others Lives in the Brain, and How It Can Be Enhanced and Diminished: Observations on the Neuroscience of Empathy, Compassion, and Self-Compassion. , 2018, , 285-320.		3
789	Understanding the Role of Alcohol, Anxiety, and Trait Mindfulness in the Perpetration of Physical and Sexual Dating Violence in Emerging Adults. <i>Violence Against Women</i> , 2018, 24, 1166-1186.	1.1	13
790	The Effect of Short-Term Training of Vipassanaâ€™s Body-Scan on Select Cognitive Functions. <i>Psychological Studies</i> , 2018, 63, 228-235.	0.5	5
791	Emotion dysregulation as a transdiagnostic mechanism of opioid misuse and suicidality among chronic pain patients. <i>Borderline Personality Disorder and Emotion Dysregulation</i> , 2018, 5, 11.	1.1	17
792	Examining the Decoupling Model of Equanimity in Mindfulness Training: An Intensive Experience Sampling Study. <i>Clinical Psychological Science</i> , 2018, 6, 704-720.	2.4	18
793	Four Weekly Ayahuasca Sessions Lead to Increases in â€œAcceptanceâ€•Capacities: A Comparison Study With a Standard 8-Week Mindfulness Training Program. <i>Frontiers in Pharmacology</i> , 2018, 9, 224.	1.6	66
794	A Workplace Mindfulness Intervention May Be Associated With Improved Psychological Well-Being and Productivity. A Preliminary Field Study in a Company Setting. <i>Frontiers in Psychology</i> , 2018, 9, 195.	1.1	86
795	A Randomized Controlled Trial Comparing the Attention Training Technique and Mindful Self-Compassion for Students With Symptoms of Depression and Anxiety. <i>Frontiers in Psychology</i> , 2018, 9, 827.	1.1	38
796	Emotionally aligned: Preliminary results on the effects of a mindfulnessâ€•based intervention for depression on congruence between implicit and explicit mood. <i>Clinical Psychology and Psychotherapy</i> , 2018, 25, 818-826.	1.4	6
797	The influence of trait mindfulness on incident involvement among Chinese airline pilots: The role of risk perception and flight experience. <i>Journal of Safety Research</i> , 2018, 66, 161-168.	1.7	27
798	Virtual Reality for Anxiety Reduction Demonstrated by Quantitative EEG: A Pilot Study. <i>Frontiers in Psychology</i> , 2018, 9, 1280.	1.1	101
799	Towards the Mind of a Humanoid: Does a Cognitive Robot Need a Self? - Lessons from Neuroscience. , 2018, , .		2
801	Attention, Salience, and Self-Awareness: The Role of Insula in Meditation. , 2018, , 213-221.		4
802	Can Embodied Contemplative Practices Accelerate Resilience Training and Trauma Recovery?. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 134.	1.0	7
803	Effects of a 7-Day Meditation Retreat on the Brain Function of Meditators and Non-Meditators During an Attention Task. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 222.	1.0	25
804	Meditation Effects on the Control of Involuntary Contingent Reorienting Revealed With Electroencephalographic and Behavioral Evidence. <i>Frontiers in Integrative Neuroscience</i> , 2018, 12, 17.	1.0	4
805	Psychotherapeutische und psychologische Verfahren in der Schmerzmedizin. , 2018, , 1-13.		0
806	Mindfulness-based cognitive therapy for bipolar disorder: A systematic review. <i>Journal of Affective Disorders</i> , 2018, 240, 247-261.	2.0	68

#	ARTICLE	IF	CITATIONS
807	Impact of short- and long-term mindfulness meditation training on amygdala reactivity to emotional stimuli. <i>NeuroImage</i> , 2018, 181, 301-313.	2.1	160
808	Mindfulness-based training with transcranial direct current stimulation modulates neuronal resource allocation in working memory: A randomized pilot study with a nonequivalent control group. <i>Heliyon</i> , 2018, 4, e00685.	1.4	20
809	Emotion regulation, mindfulness, and alexithymia: Specific or general impairments in sexual, violent, and homicide offenders?. <i>Journal of Criminal Justice</i> , 2018, 58, 56-66.	1.5	45
811	Mindfulness-Based Processes of Healing for Veterans with Post-Traumatic Stress Disorder. <i>Journal of Alternative and Complementary Medicine</i> , 2018, 24, 1063-1068.	2.1	8
812	Commentary Regarding Johnson et al. (2017) "A Randomized Controlled Evaluation of a Secondary School Mindfulness Program for Early Adolescents: Do We Have the Recipe Right Yet?" <i>Mindfulness</i> , 2018, 9, 1668-1670.	1.6	1
813	Psychedelics, Meditation, and Self-Consciousness. <i>Frontiers in Psychology</i> , 2018, 9, 1475.	1.1	179
814	Compassion and Loving-Kindness Meditation: An Overview and Prospects for the Application in Clinical Samples. <i>Harvard Review of Psychiatry</i> , 2018, 26, 201-215.	0.9	40
815	The 100 Most Cited Papers Concerning the Insular Cortex of the Brain: A Bibliometric Analysis. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 337.	1.0	12
816	Brief Mindfulness Meditation Improves Attention in Novices: Evidence From ERPs and Moderation by Neuroticism. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 315.	1.0	68
817	Mindfulness-based stress reduction training yields improvements in well-being and rates of perceived nursing errors among hospital nurses. <i>Journal of Advanced Nursing</i> , 2018, 74, 2427-2430.	1.5	30
818	When less is more: mindfulness predicts adaptive affective responding to rejection via reduced prefrontal recruitment. <i>Social Cognitive and Affective Neuroscience</i> , 2018, 13, 648-655.	1.5	15
819	Mindfulness-Based Interventions in Psychiatry. <i>Focus (American Psychiatric Publishing)</i> , 2018, 16, 32-39.	0.4	78
820	A mind full of self: Self-referential processing as a mechanism underlying the therapeutic effects of mindfulness training on internalizing disorders. <i>Neuroscience and Biobehavioral Reviews</i> , 2018, 92, 172-186.	2.9	42
821	Supporting Mindfulness Practices with Brain-Sensing Devices. <i>Cognitive and Electrophysiological Evidences. Mindfulness</i> , 2019, 10, 301-311.	1.6	34
822	Effectiveness of a Mindfulness-Based Intervention in the Management of Musculoskeletal Pain in Nursing Workers. <i>Pain Management Nursing</i> , 2019, 20, 32-38.	0.4	19
823	The Mindfulness Manifold: Exploring How Self-Preoccupation, Self-Compassion, and Self-Transcendence Translate Mindfulness Into Positive Psychological Outcomes. <i>Mindfulness</i> , 2019, 10, 131-145.	1.6	19
824	Therapeutic Presence and Mindfulness: Mediating Role of Self-Compassion and Psychological Distress among Psychologists. <i>Mindfulness</i> , 2019, 10, 650-656.	1.6	6
825	Does your mindfulness benefit others? A systematic review and meta-analysis of the link between mindfulness and prosocial behaviour. <i>British Journal of Psychology</i> , 2019, 110, 101-125.	1.2	183

#	ARTICLE	IF	CITATIONS
826	La pleine conscience incarn��e: un concept unificateur entre les traditions orientales et occidentales de la pleine conscience. <i>Annales Medico-Psychologiques</i> , 2019, 177, 633-640.	0.2	15
827	What Mindfulness can learn about Dissociation and what Dissociation can learn from Mindfulness. <i>Journal of Trauma and Dissociation</i> , 2019, 20, 1-15.	1.0	21
828	Middle School Teachers' Mindfulness, Occupational Health and Well-Being, and the Quality of Teacher-Student Interactions. <i>Mindfulness</i> , 2019, 10, 245-255.	1.6	89
829	Pathways to Vitality: the Role of Mindfulness and Coping. <i>Mindfulness</i> , 2019, 10, 481-491.	1.6	13
830	Dysphonia, Perceived Control, and Psychosocial Distress: A Qualitative Study. <i>Journal of Voice</i> , 2019, 33, 682-690.	0.6	19
831	Effectiveness of a mindfulness-based psychoeducation group programme for early-stage schizophrenia: An 18-month randomised controlled trial. <i>Schizophrenia Research</i> , 2019, 212, 140-149.	1.1	21
832	Mindfulness meditators show altered distributions of early and late neural activity markers of attention in a response inhibition task. <i>PLoS ONE</i> , 2019, 14, e0203096.	1.1	34
833	Mindfulness-Based Program for Autism Spectrum Disorder: a Qualitative Study of the Experiences of Children and Parents. <i>Mindfulness</i> , 2019, 10, 1936-1951.	1.6	18
834	Where in the brain does Buddhism come from? Critical thoughts regarding Iain McGilchrist's reflections on religion. <i>Religion, Brain and Behavior</i> , 2019, 9, 345-362.	0.4	0
835	McGilchrist's hemispheric homunculi. <i>Religion, Brain and Behavior</i> , 2019, 9, 368-379.	0.4	1
836	Concluding eirenic (and mostly 'unscientific') postscript. <i>Religion, Brain and Behavior</i> , 2019, 9, 423-434.	0.4	0
837	Mindfulness and hemodynamics in asians: a literature review. <i>Asian Journal of Psychiatry</i> , 2019, 44, 112-118.	0.9	6
838	For Whom Does Cognitively Based Compassion Training (CBCT) Work? An Analysis of Predictors and Moderators among African American Suicide Attempters. <i>Mindfulness</i> , 2019, 10, 2327-2340.	1.6	5
839	McGilchrist and hemisphere lateralization: a neuroscientific and metaanalytic assessment. <i>Religion, Brain and Behavior</i> , 2019, 9, 387-399.	0.4	0
840	A response to commentators. <i>Religion, Brain and Behavior</i> , 2019, 9, 399-422.	0.4	2
841	Improving emotion regulation and mood in teacher trainees: Effectiveness of two mindfulness trainings. <i>Brain and Behavior</i> , 2019, 9, e01390.	1.0	24
842	Brain laterality and religious awareness. <i>Religion, Brain and Behavior</i> , 2019, 9, 362-368.	0.4	0
843	Does mindfulness change the mind? A novel psychonectome perspective based on Network Analysis. <i>PLoS ONE</i> , 2019, 14, e0219793.	1.1	22

#	ARTICLE	IF	CITATIONS
844	Understanding coping strategies of cancer caregivers to inform mindfulness-based interventions: A qualitative study. <i>European Journal of Integrative Medicine</i> , 2019, 30, 100936.	0.8	2
845	Cerebral lateralization and religion: the roles of ritual and the DMN. <i>Religion, Brain and Behavior</i> , 2019, 9, 339-345.	0.4	1
846	Self-related processing in mindfulness-based interventions. <i>Current Opinion in Psychology</i> , 2019, 28, 312-316.	2.5	7
847	Brief mindfulness training enhances cognitive control in socioemotional contexts: Behavioral and neural evidence. <i>PLoS ONE</i> , 2019, 14, e0219862.	1.1	31
848	Promoting Psychological Well-Being Through an Evidence-Based Mindfulness Training Program. <i>Frontiers in Human Neuroscience</i> , 2019, 13, 237.	1.0	53
849	Measurement of Maternal Mindful Awareness of Fetal Movement. <i>Journal of Midwifery and Women's Health</i> , 2019, 64, 604-612.	0.7	2
850	Engaging Iain McGilchrist: Ascetical practice, brain lateralization, and philosophy of mind. <i>Religion, Brain and Behavior</i> , 2019, 9, 313-318.	0.4	0
851	Mindfulness, Trust, and Leader Effectiveness: A Conceptual Framework. <i>Frontiers in Psychology</i> , 2019, 10, 1588.	1.1	26
852	An Application of Integrated 3D Technologies for Replicas in Cultural Heritage. <i>ISPRS International Journal of Geo-Information</i> , 2019, 8, 285.	1.4	35
853	Mindfulness meditation, time judgment and time experience: Importance of the time scale considered (seconds or minutes). <i>PLoS ONE</i> , 2019, 14, e0223567.	1.1	10
855	A Systematic Review and Meta-Analysis of the Impact of Mindfulness Based Interventions on Heart Rate Variability and Inflammatory Markers. <i>Journal of Clinical Medicine</i> , 2019, 8, 1638.	1.0	30
856	The neural chronometry of threat-related attentional bias: Event-related potential (ERP) evidence for early and late stages of selective attentional processing. <i>International Journal of Psychophysiology</i> , 2019, 146, 20-42.	0.5	62
857	PROMISE: A Model of Insight and Equanimity as the Key Effects of Mindfulness Meditation. <i>Frontiers in Psychology</i> , 2019, 10, 2389.	1.1	22
858	Bodily self-relatedness in vicarious touch is reflected at early cortical processing stages. <i>Psychophysiology</i> , 2019, 56, e13465.	1.2	15
859	Testing a Moderated Mediation Model of MBCT's Effects for Psoriasis Patients. <i>Mindfulness</i> , 2019, 10, 2673-2681.	1.6	7
860	How Spirituality May Mitigate Against Stress and Related Mental Disorders: a Review and Preliminary Neurobiological Evidence. <i>Current Behavioral Neuroscience Reports</i> , 2019, 6, 253-262.	0.6	14
861	"Making space": a study into the use of mindfulness for alternative school teachers. <i>Journal of Psychologists and Counsellors in Schools</i> , 2019, 29, 108-129.	0.5	4
862	Alterations of Regional Homogeneity and Functional Connectivity Following Short-Term Mindfulness Meditation in Healthy Volunteers. <i>Frontiers in Human Neuroscience</i> , 2019, 13, 376.	1.0	12

#	ARTICLE	IF	CITATIONS
863	Promotion of a Healthy Lifestyle. , 2019, , 31-39.		0
864	Exploring Mindfulness Benefits for Students and Teachers in Three German High Schools. Mindfulness, 2019, 10, 2682-2702.	1.6	11
865	Decentering constructs predict experience and tolerance of pain: evidence from a cold pressor study / Constructos relacionados con el descentramiento predicen la experiencia y la tolerancia al dolor: evidencia obtenida mediante la prueba del frío. Revista De Psicología Social, 2019, 34, 535-562.	0.3	2
866	Cultivating a healthy neuro-immune network: A health psychology approach. Social and Personality Psychology Compass, 2019, 13, e12498.	2.0	9
867	Mindfulness Meditation and Fantasy Relaxation in a Group Setting Leads to a Diminished Sense of Self and an Increased Present Orientation. Behavioral Sciences (Basel, Switzerland), 2019, 9, 87.	1.0	7
868	The effect of a brief mindfulness-based intervention on personal recovery in people with bipolar disorder: a randomized controlled trial (study protocol). BMC Psychiatry, 2019, 19, 255.	1.1	4
869	Enhancing Resilience in Youth. , 2019, , .		5
870	The effect of mindfulness practice on aggression and violence levels in adults: A systematic review. Aggression and Violent Behavior, 2019, 48, 104-115.	1.2	45
871	Mindfulness, Interoception, and the Body: A Contemporary Perspective. Frontiers in Psychology, 2019, 10, 2012.	1.1	113
872	A Randomized Trial of Mindfulness-Based Cognitive Therapy with Psoriasis Patients. Mindfulness, 2019, 10, 2606-2619.	1.6	23
873	What Is Meditation? Proposing an Empirically Derived Classification System. Frontiers in Psychology, 2019, 10, 2276.	1.1	55
874	On Variation in Mindfulness Training: A Multimodal Study of Brief Open Monitoring Meditation on Error Monitoring. Brain Sciences, 2019, 9, 226.	1.1	12
875	Increases in Theta Oscillatory Activity During Episodic Memory Retrieval Following Mindfulness Meditation Training. Frontiers in Human Neuroscience, 2019, 13, 311.	1.0	16
876	The Illusions of Time. , 2019, , .		5
877	A Brief Review of the EEG Literature on Mindfulness and Fear Extinction and its Potential Implications for Posttraumatic Stress Symptoms (PTSS). Brain Sciences, 2019, 9, 258.	1.1	5
878	Coping, Mindfulness, Stress, and Burnout among Forensic Health Care Professionals. Journal of Forensic Psychology Research and Practice, 2019, 19, 128-146.	0.4	10
879	Mindfulness Training and Physical Health: Mechanisms and Outcomes. Psychosomatic Medicine, 2019, 81, 224-232.	1.3	127
880	Training novice practitioners to reliably report their meditation experience using shared phenomenological dimensions. Consciousness and Cognition, 2019, 68, 57-72.	0.8	40

#	ARTICLE	IF	CITATIONS
881	Physical functioning and mindfulness skills training in chronic pain: a systematic review. <i>Journal of Pain Research</i> , 2019, Volume 12, 179-189.	0.8	28
882	The Group Benefits of Mindfulness Meditation in Education and Mental Health Care. <i>Human Arenas</i> , 2019, 2, 509-515.	1.1	4
883	Evaluation of the mindfulness-augmented "Trampoline" programme "a German prevention programme for children from substance-involved families tested in a cluster-randomised trial. <i>BMC Public Health</i> , 2019, 19, 571.	1.2	8
884	Cerebral lateralization and religion: a phenomenological approach. <i>Religion, Brain and Behavior</i> , 2019, 9, 319-339.	0.4	4
885	The relationship of lateralization and phenomenology to neural circuits. <i>Religion, Brain and Behavior</i> , 2019, 9, 380-386.	0.4	0
886	Strengthened Hippocampal Circuits Underlie Enhanced Retrieval of Extinguished Fear Memories Following Mindfulness Training. <i>Biological Psychiatry</i> , 2019, 86, 693-702.	0.7	43
887	Personale Gesundheitsressourcen in Studium und Arbeitsleben. <i>Gesundheitspsychologie</i> , 2019, , .	0.1	3
888	Efficacy of Mindfulness-Based Cognitive Training in Surgery. <i>JAMA Network Open</i> , 2019, 2, e194108.	2.8	77
889	Realigning the Neural Paradigm for Death. <i>Journal of Bioethical Inquiry</i> , 2019, 16, 259-277.	0.9	1
890	Brain-Heart Interactions Underlying Traditional Tibetan Buddhist Meditation. <i>Cerebral Cortex</i> , 2020, 30, 439-450.	1.6	19
891	Default Mode Network, Meditation, and Age-Associated Brain Changes: What Can We Learn from the Impact of Mental Training on Well-Being as a Psychotherapeutic Approach?. <i>Neural Plasticity</i> , 2019, 2019, 1-15.	1.0	22
892	The Effects of Different Stages of Mindfulness Meditation Training on Emotion Regulation. <i>Frontiers in Human Neuroscience</i> , 2019, 13, 208.	1.0	34
893	Mindful Leader Development: How Leaders Experience the Effects of Mindfulness Training on Leader Capabilities. <i>Frontiers in Psychology</i> , 2019, 10, 1081.	1.1	33
894	Meditation-Induced States, Vagal Tone, and Breathing Activity Are Related to Changes in Auditory Temporal Integration. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2019, 9, 51.	1.0	5
895	The relationship between acceptance of cancer and distress: A meta-analytic review. <i>Clinical Psychology Review</i> , 2019, 71, 27-38.	6.0	63
896	Exploring the Role of Meditation and Dispositional Mindfulness on Social Cognition Domains: A Controlled Study. <i>Frontiers in Psychology</i> , 2019, 10, 809.	1.1	30
897	Anger regulation in interpersonal contexts: Anger experience, aggressive behavior, and cardiovascular reactivity. <i>Journal of Social and Personal Relationships</i> , 2019, 36, 1441-1458.	1.4	21
898	The social brain and heart rate variability: Implications for psychotherapy. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2019, 92, 208-223.	1.3	75

#	ARTICLE	IF	CITATIONS
899	Education and Mindfulness Practice: Exploring a Dialog Between Two Traditions. <i>Mindfulness</i> , 2019, 10, 1489-1501.	1.6	10
900	â€œDoing mindful colouringâ€™: just a leisure activity or something more?. <i>Leisure Studies</i> , 2019, 38, 862-874.	1.2	10
901	Mindfulness and Symptoms of Depression and Anxiety in the General Population: The Mediating Roles of Worry, Rumination, Reappraisal and Suppression. <i>Frontiers in Psychology</i> , 2019, 10, 506.	1.1	67
902	Adaptation of a Mindfulness-Based Intervention for Incarcerated Young Men: a Feasibility Study. <i>Mindfulness</i> , 2019, 10, 1568-1578.	1.6	7
903	Effects of a modified mindfulness-based cognitive therapy for family caregivers of people with dementia: A pilot randomized controlled trial. <i>International Journal of Nursing Studies</i> , 2019, 98, 107-117.	2.5	34
904	Unified Consciousness and the Effect of Body Scan Meditation on Happiness: Alteration of Inner-Body Experience and Feeling of Harmony as Central Processes. <i>Mindfulness</i> , 2019, 10, 1530-1544.	1.6	31
905	The effectiveness of mindfulness meditation in relief of symptoms of depression and quality of life in patients with gastroesophageal reflux disease. <i>Indian Journal of Gastroenterology</i> , 2019, 38, 29-38.	0.7	17
906	Eastern Thoughts, Western Practices: Meditation and Mindfulness Relaxation Activities for Learning and Wellâ€œBeing in Adult and Higher Education. <i>New Directions for Adult and Continuing Education</i> , 2019, 2019, 45-55.	0.5	3
907	Summing Up: Themes and Variations, and Further Directions for Mindfulness and Meditation in Adult Education. <i>New Directions for Adult and Continuing Education</i> , 2019, 2019, 113-124.	0.5	0
908	Resilience, emotional problems, and behavioural problems of adolescents in China: Roles of mindfulness and life skills. <i>Health and Social Care in the Community</i> , 2019, 27, 1158-1166.	0.7	12
909	Mindfulnessâ€œBased Relapse Prevention and Transcranial Direct Current Stimulation to Reduce Heavy Drinking: A Doubleâ€œBlind Shamâ€œControlled Randomized Trial. <i>Alcoholism: Clinical and Experimental Research</i> , 2019, 43, 1296-1307.	1.4	40
910	A Positive Emotional-Based Meditation but Not Mindfulness-Based Meditation Improves Emotion Regulation. <i>Frontiers in Psychology</i> , 2019, 10, 647.	1.1	14
911	A Role for Mindfulness and Mindfulness Training in Substance Use Prevention. <i>Advances in Prevention Science</i> , 2019, , 335-346.	0.3	3
912	A Pilot Randomized Controlled Trial of a Mindfulness-Based Intervention for Caregivers of Veterans. <i>Mindfulness</i> , 2019, 10, 1855-1869.	1.6	2
913	Religiosity and Meditation Practice: Exploring Their Explanatory Power on Psychological Adjustment. <i>Frontiers in Psychology</i> , 2019, 10, 630.	1.1	9
914	The indirect effect of positive affect in the relationship between trait mindfulness and emotion dysregulation. <i>Personality and Individual Differences</i> , 2019, 145, 70-74.	1.6	23
915	A neurobehavioral account for decentering as the salve for the distressed mind. <i>Current Opinion in Psychology</i> , 2019, 28, 285-293.	2.5	19
916	Multidisciplinary Pain Management for Pediatric Patients with Acute and Chronic Pain: A Foundational Treatment Approach When Prescribing Opioids. <i>Children</i> , 2019, 6, 33.	0.6	51

#	ARTICLE	IF	CITATIONS
917	Mindfulness training disrupts Pavlovian conditioning. <i>Physiology and Behavior</i> , 2019, 204, 151-154.	1.0	10
918	Long-Term Tai Chi Experience Promotes Emotional Stability and Slows Gray Matter Atrophy for Elders. <i>Frontiers in Psychology</i> , 2019, 10, 91.	1.1	15
919	The intersection of violence, brain networks, and mindfulness practices. <i>Aggression and Violent Behavior</i> , 2019, 46, 165-173.	1.2	5
920	Altered auditory feedback perception following an 8-week mindfulness meditation practice. <i>International Journal of Psychophysiology</i> , 2019, 138, 38-46.	0.5	6
921	The effects of passion and mindfulness on the intrinsic motivation of Japanese athletes. <i>Personality and Individual Differences</i> , 2019, 142, 132-138.	1.6	15
922	How does mindfulness training improve moral cognition: a theoretical and experimental framework for the study of embodied ethics. <i>Current Opinion in Psychology</i> , 2019, 28, 268-272.	2.5	31
923	Exploration of psychological mechanisms of the reduced stress response in long-term meditation practitioners. <i>Psychoneuroendocrinology</i> , 2019, 104, 143-151.	1.3	19
924	Mindfulness Improves Emotion Regulation and Executive Control on Bereaved Individuals: An fMRI Study. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 541.	1.0	39
925	Effets de la pratique de la pleine conscience sur la sant� mentale des enseignants: une �tude pilote contr�le non randomis�e. <i>Journal De Th�rapie Comportementale Et Cognitive</i> , 2019, 29, 101-118.	0.2	5
927	Let it be: mindful acceptance down-regulates pain and negative emotion. <i>Social Cognitive and Affective Neuroscience</i> , 2019, 14, 1147-1158.	1.5	51
928	Psychoeducation for Patients and Family Members. , 2019, , 17-30.		0
930	Cognitive and Functional Remediation. , 2019, , 50-60.		0
931	Introduction to the Integrative Approach. , 2019, , 61-63.		1
932	Contents of the Integrative Approach. , 2019, , 64-109.		0
933	Introduction to Bipolar Disorders. , 2019, , 1-5.		0
934	Adjunctive Psychological Treatments in Adults with Bipolar Disorders. , 2019, , 6-14.		0
939	Family Risk for Depression and Prioritization of Religion or Spirituality: Early Neurophysiological Modulations of Motivated Attention. <i>Frontiers in Human Neuroscience</i> , 2019, 13, 436.	1.0	4
941	Mindfulness and Psychological Competitive Abilities Promotes the Mental Health of Athletes. <i>Japanese Journal of Sport Psychology</i> , 2019, 46, 67-80.	0.3	1

#	ARTICLE	IF	CITATIONS
942	Mindful Family Routines and the Cultivation of Executive Function Skills in Childhood. <i>Human Development</i> , 2019, 63, 112-131.	1.2	16
943	Mindfulness-Based Blood Pressure Reduction (MB-BP): Stage 1 single-arm clinical trial. <i>PLoS ONE</i> , 2019, 14, e0223095.	1.1	32
945	Time evolution of affective processes in a mindfulness-based intervention. <i>Current Psychology</i> , 2019, , 1.	1.7	7
946	The relationship between mindfulness and objective measures of body awareness: A meta-analysis. <i>Scientific Reports</i> , 2019, 9, 17386.	1.6	47
947	Modelling resilience in adolescence and adversity: a novel framework to inform research and practice. <i>Translational Psychiatry</i> , 2019, 9, 316.	2.4	61
948	Only vulnerable adults show change in chronic low-grade inflammation after contemplative mental training: evidence from a randomized clinical trial. <i>Scientific Reports</i> , 2019, 9, 19323.	1.6	9
949	Characterization and prediction of acute and sustained response to psychedelic psilocybin in a mindfulness group retreat. <i>Scientific Reports</i> , 2019, 9, 14914.	1.6	79
950	A Mindfulness Workshop for Health Science Graduate Students: Preliminary Evidence for Lasting Impact on Clinical Performance. <i>Journal, Physical Therapy Education</i> , 2019, 33, 144-151.	0.3	3
951	A meta-analytic investigation of the impact of mindfulness-based interventions on ADHD symptoms. <i>Medicine (United States)</i> , 2019, 98, e15957.	0.4	36
952	The neural mechanisms of mindfulness-based pain relief: a functional magnetic resonance imaging-based review and primer. <i>Pain Reports</i> , 2019, 4, e759.	1.4	46
953	Differences between individuals with schizophrenia or obsessive-compulsive disorder and healthy controls in social cognition and mindfulness skills: A controlled study. <i>PLoS ONE</i> , 2019, 14, e0225608.	1.1	11
954	Mindfulness in persons with anorexia nervosa and the relationships between eating disorder symptomology, anxiety and pain. <i>Eating Disorders</i> , 2019, 29, 1-12.	1.9	5
955	Empowering individuals with mental illness to develop healthy eating habits through mindful eating: results of a program evaluation. <i>Psychology, Health and Medicine</i> , 2019, 24, 177-186.	1.3	9
956	The (Lack of) Replication of Self-Reported Mindfulness as a Mechanism of Change in Mindfulness-Based Relapse Prevention for Substance Use Disorders. <i>Mindfulness</i> , 2019, 10, 724-736.	1.6	18
957	Changes in body awareness and self-compassion in clinical psychology trainees through a mindfulness program. <i>Complementary Therapies in Clinical Practice</i> , 2019, 34, 229-234.	0.7	7
958	Effects of Mindfulness Training on Borderline Personality Disorder: Impulsivity Versus Emotional Dysregulation. <i>Mindfulness</i> , 2019, 10, 1243-1254.	1.6	23
959	Clarifying the relationship between mindfulness and executive attention: a combined behavioral and neurophysiological study. <i>Social Cognitive and Affective Neuroscience</i> , 2019, 14, 205-215.	1.5	13
960	Mindfulness, acceptance, and emotion regulation: perspectives from Monitor and Acceptance Theory (MAT). <i>Current Opinion in Psychology</i> , 2019, 28, 120-125.	2.5	74

#	ARTICLE	IF	CITATIONS
961	Contemplative neuroscience, self-awareness, and education. <i>Progress in Brain Research</i> , 2019, 244, 355-385.	0.9	16
962	Measuring cognitive outcomes in mindfulness-based intervention research: a reflection on confounding factors and methodological limitations. <i>Current Opinion in Psychology</i> , 2019, 28, 143-150.	2.5	33
963	Ayahuasca improves emotion dysregulation in a community sample and in individuals with borderline-like traits. <i>Psychopharmacology</i> , 2019, 236, 573-580.	1.5	48
964	Mindfulness in politics and public policy. <i>Current Opinion in Psychology</i> , 2019, 28, 87-91.	2.5	42
965	Neuroplastic and cognitive impairment in substance use disorders: a therapeutic potential of cognitive stimulation. <i>Neuroscience and Biobehavioral Reviews</i> , 2019, 106, 23-48.	2.9	44
966	Meditation experience predicts negative reinforcement learning and is associated with attenuated FRN amplitude. <i>Cognitive, Affective and Behavioral Neuroscience</i> , 2019, 19, 268-282.	1.0	5
967	The neuroscience of meditation: classification, phenomenology, correlates, and mechanisms. <i>Progress in Brain Research</i> , 2019, 244, 1-29.	0.9	63
968	Can mindfulness be too much of a good thing? The value of a middle way. <i>Current Opinion in Psychology</i> , 2019, 28, 159-165.	2.5	114
969	Interoceptive deficits, non-suicidal self-injury, and suicide risk: a multi-sample study of indirect effects. <i>Psychological Medicine</i> , 2019, 49, 2789-2800.	2.7	17
970	Emotional Stability and Self-Esteem as Mediators Between Mindfulness and Happiness. <i>Journal of Happiness Studies</i> , 2019, 20, 2211-2226.	1.9	39
972	Mechanisms of Mindfulness in the General Population. <i>Mindfulness</i> , 2019, 10, 469-480.	1.6	34
973	A Randomized Controlled Trial of Brief Mindfulness Meditation for Women Undergoing Stereotactic Breast Biopsy. <i>Journal of the American College of Radiology</i> , 2019, 16, 691-699.	0.9	21
974	Mindfulness-based program for stress reduction in infertile women: Randomized controlled trial. <i>Stress and Health</i> , 2019, 35, 49-58.	1.4	29
975	Effect of Mindfulness on Value Incongruence: a Pilot Study. <i>Mindfulness</i> , 2019, 10, 1031-1043.	1.6	8
976	Mindfulness and burnout among bedside registered nurses: A cross-sectional study. <i>Australian Journal of Cancer Nursing</i> , 2019, 21, 126-131.	0.8	12
977	Mindfulness Meditation and Psychopathology. <i>Annual Review of Clinical Psychology</i> , 2019, 15, 285-316.	6.3	200
978	On the role of mindfulness and compassion skills in students' coping, well-being, and development across the transition to college: A conceptual analysis. <i>Stress and Health</i> , 2019, 35, 146-156.	1.4	47
979	Trait Mindfulness Is Associated With Lower Pain Reactivity and Connectivity of the Default Mode Network. <i>Journal of Pain</i> , 2019, 20, 645-654.	0.7	33

#	ARTICLE	IF	CITATIONS
980	Mindfulness-Based Cognitive Therapy. , 2019, , 167-177.		4
981	Mindfulness Training Enhances Self-Regulation and Facilitates Health Behavior Change for Primary Care Patients: a Randomized Controlled Trial. <i>Journal of General Internal Medicine</i> , 2019, 34, 293-302.	1.3	37
982	Mindfulness-based interventions for women victims of interpersonal violence: A systematic review. <i>Archives of Psychiatric Nursing</i> , 2019, 33, 120-130.	0.7	11
983	The Impact of Mindfulness on Empathy, Active Listening, and Perceived Provisions of Emotional Support. <i>Communication Research</i> , 2019, 46, 838-865.	3.9	71
984	Theoretical Foundations to Guide Mindfulness Meditation: A Path to Wisdom. <i>Current Psychology</i> , 2019, 38, 627-646.	1.7	13
985	An EEG Investigation of the Attention-Related Impact of Mindfulness Training in Youth With ADHD: Outcomes and Methodological Considerations. <i>Journal of Attention Disorders</i> , 2019, 23, 733-743.	1.5	14
986	Mechanisms of Mindfulness: the Mediating Roles of Adaptive and Maladaptive Cognitive Factors. <i>Current Psychology</i> , 2019, 38, 846-854.	1.7	9
987	Mindfulness for education students: addressing welfare as part of the professional training. <i>Educational Studies</i> , 2019, 45, 372-389.	1.4	4
988	Reduced interference in working memory following mindfulness training is associated with increases in hippocampal volume. <i>Brain Imaging and Behavior</i> , 2019, 13, 366-376.	1.1	42
989	Associations of mindfulness with depressive symptoms and well-being in older adults: the moderating role of neuroticism. <i>Aging and Mental Health</i> , 2019, 23, 455-460.	1.5	19
990	Feasibility of an Outdoor Mindful Walking Program for Reducing Negative Affect in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 18-27.	0.5	14
991	An Affirmative Mindfulness Approach for Lesbian, Gay, Bisexual, Transgender, and Queer Youth Mental Health. <i>Clinical Social Work Journal</i> , 2019, 47, 156-166.	1.3	15
992	The Impact of Body Awareness on Women's Sexual Health: A Comprehensive Review. <i>Sexual Medicine Reviews</i> , 2020, 8, 242-255.	1.5	11
993	Effects of Mindfulness-Based Psychoeducation on the Internalized Stigmatization Level of Patients With Schizophrenia. <i>Clinical Nursing Research</i> , 2020, 29, 496-503.	0.7	21
994	A qualitative study exploring the experiences of mindfulness training in people with acquired brain injury. <i>Neuropsychological Rehabilitation</i> , 2020, 30, 731-752.	1.0	10
995	Attention in Children With Autism Spectrum Disorder and the Effects of a Mindfulness-Based Program. <i>Journal of Attention Disorders</i> , 2020, 24, 681-692.	1.5	25
996	Growing by Letting Go: Nonattachment and Mindfulness as Qualities of Advanced Psychological Development. <i>Journal of Adult Development</i> , 2020, 27, 12-22.	0.8	24
997	Launching motivation for mindfulness: introducing mindfulness to early childhood preservice teachers. <i>Early Child Development and Care</i> , 2020, 190, 1299-1312.	0.7	7

#	ARTICLE	IF	CITATIONS
998	The Lived Experiences of Experienced Vipassana Mahasi Meditators: an Interpretative Phenomenological Analysis. <i>Mindfulness</i> , 2020, 11, 140-152.	1.6	11
999	Mindfulness and physical activity: a systematic review and hierarchical model of mindfulness. <i>International Journal of Sport and Exercise Psychology</i> , 2020, 18, 794-817.	1.1	13
1000	Mindfulness meditation is associated with decreases in partner negative affect in daily life. <i>European Journal of Social Psychology</i> , 2020, 50, 35-45.	1.5	15
1001	Efficacy of Nonpharmacological Treatments on Comorbid Internalizing Symptoms of Adults With Attention-Deficit/Hyperactivity Disorder: A Meta-Analytic Review. <i>Journal of Attention Disorders</i> , 2020, 24, 456-478.	1.5	18
1002	Effectiveness of mindfulness-based cognitive therapy for comorbid depression and anxiety in pregnancy: a randomized controlled trial. <i>Archives of Women's Mental Health</i> , 2020, 23, 207-214.	1.2	48
1003	Mindfulness and wellbeing in older adultsâ€™ survivors of herdsmen attack. The mediating effect of positive reappraisal. <i>Aging and Mental Health</i> , 2020, 24, 1132-1140.	1.5	19
1004	From disability to human flourishing: how fourth wave psychotherapies can help to reimagine rehabilitation and medicine as a whole. <i>Disability and Rehabilitation</i> , 2020, 42, 1511-1517.	0.9	2
1005	Suddenly Everything Became Clear: How People Make Sense of Epiphanies Surrounding Their Work and Careers. <i>Academy of Management Discoveries</i> , 2020, 6, 39-60.	1.7	13
1006	Mindfulness-based emotional eating awareness training: taking the emotional out of eating. <i>Eating and Weight Disorders</i> , 2020, 25, 649-657.	1.2	37
1007	Compassion-focused therapy for trauma in people with intellectual disabilities: A conceptual review. <i>Journal of Intellectual Disabilities</i> , 2020, 24, 212-232.	1.0	16
1008	Craving to Quit: A Randomized Controlled Trial of Smartphone Appâ€‘Based Mindfulness Training for Smoking Cessation. <i>Nicotine and Tobacco Research</i> , 2020, 22, 324-331.	1.4	112
1009	Development and psychometric properties of the Self-efficacy for Mindfulness Meditation Practice scale. <i>Journal of Health Psychology</i> , 2020, 25, 2017-2030.	1.3	2
1010	A Qualitative Study of Caregiversâ€™ Experiences, Motivation and Challenges Using a Web-Based Mindfulness Intervention. <i>Community Mental Health Journal</i> , 2020, 56, 416-425.	1.1	9
1011	Treating Depression Mindfully in a Day Hospital: a Randomised Controlled Pilot Study. <i>Mindfulness</i> , 2020, 11, 384-400.	1.6	6
1012	Medicine Buddha: A Transdual Self-model Meditation to Support Healthcare Practitioners. <i>Journal of Religion and Health</i> , 2020, 59, 1597-1609.	0.8	3
1013	Morally Injurious Events, Moral Injury, and Suicidality among Recent-Era Veterans: The Moderating Effects of Rumination and Mindfulness. <i>Military Behavioral Health</i> , 2020, 8, 109-120.	0.4	13
1014	A Psychometric Review and Conceptual Replication Study of the Five Facets Mindfulness Questionnaire Latent Structure. <i>Assessment</i> , 2020, 27, 859-872.	1.9	25
1015	Helping People by Being in the Present: Mindfulness Increases Prosocial Behavior. <i>Organizational Behavior and Human Decision Processes</i> , 2020, 159, 21-38.	1.4	95

#	ARTICLE	IF	CITATIONS
1016	“The Best of the Intellect Is a Person’s Knowledge of His Own Self”: Exploring the Psychological Aspects of Imam Reza’s Hadith Using Structural Equation Modeling. <i>Human Arenas</i> , 2020, 3, 119-136.	1.1	2
1017	The Contribution of Meaningfulness and Mindfulness to Psychological Well-Being and Mental Health: A Structural Equation Model. <i>Journal of Happiness Studies</i> , 2020, 21, 2827-2850.	1.9	26
1018	The Effects of a 1-Month Meditation Retreat on Selective Attention Towards Emotional Faces: an Eye-Tracking Study. <i>Mindfulness</i> , 2020, 11, 219-229.	1.6	13
1019	Human neuroimaging-based connections between stress, cardiovascular disease and depression. , 2020, , 141-173.		0
1020	Wherever you go, there you become: How mindfulness arises in everyday situations. <i>Organizational Behavior and Human Decision Processes</i> , 2020, 159, 78-96.	1.4	57
1021	Introducing the eMCC, a Validated Taxonomy to Advance Targeted Application of Mindfulness Skills. <i>Mindfulness</i> , 2020, 11, 698-708.	1.6	3
1022	Experienced Meditators Exhibit No Differences to Demographically Matched Controls in Theta Phase Synchronization, P200, or P300 During an Auditory Oddball Task. <i>Mindfulness</i> , 2020, 11, 643-659.	1.6	15
1023	The impact of mindfulness meditation on self-esteem and self-compassion among prisoners. <i>Journal of Offender Rehabilitation</i> , 2020, 59, 98-116.	0.5	7
1024	The mediating role of cognitive and affective empathy in the relationship of mindfulness with engagement in nursing. <i>BMC Public Health</i> , 2020, 20, 16.	1.2	20
1025	Mindfulness and Its Association With Varied Types of Motivation: A Systematic Review and Meta-Analysis Using Self-Determination Theory. <i>Personality and Social Psychology Bulletin</i> , 2020, 46, 1121-1138.	1.9	59
1026	Exploring Mindfulness for Perceived Teacher Stress and Classroom Climate. <i>Early Childhood Education Journal</i> , 2020, 48, 485-496.	1.6	15
1027	The Examined Life is Wise Living: The Relationship Between Mindfulness, Wisdom, and the Moral Foundations. <i>Journal of Adult Development</i> , 2020, 27, 305-322.	0.8	12
1028	Differential Impact of Mindfulness Practices on Aggression Among Law Enforcement Officers. <i>Mindfulness</i> , 2020, 11, 734-745.	1.6	11
1029	Youth participatory action research, trauma, and the arts: designing youthspaces for equity and healing. <i>International Journal of Qualitative Studies in Education</i> , 2020, 33, 12-31.	0.8	26
1030	Effects of a mindfulness based childbirth and parenting program on pregnant women's perceived stress and risk of perinatal depression—Results from a randomized controlled trial. <i>Journal of Affective Disorders</i> , 2020, 262, 133-142.	2.0	56
1031	Dispositional mindfulness is associated with heart rate reactivity and recovery in response to a lab stressor. <i>Stress and Health</i> , 2020, 36, 3-10.	1.4	5
1032	The Effect of Meditation on Health: a Metasynthesis of Randomized Controlled Trials. <i>Mindfulness</i> , 2020, 11, 507-516.	1.6	17
1033	Examining Individual Differences in Wellbeing, Anxiety and Depression in Psoriasis Using a Clinically Modified Buddhist Psychological Model. <i>Journal of Clinical Psychology in Medical Settings</i> , 2020, 27, 842-858.	0.8	9

#	ARTICLE	IF	CITATIONS
1034	How Would the Buddha Rate on Rosenberg's Self-Esteem Scale?. <i>Mindfulness</i> , 2020, 11, 521-526.	1.6	1
1035	Mindfulness: Attenuating Self-Referential Processing and Strengthening Other-Referential Processing. <i>Mindfulness</i> , 2020, 11, 599-605.	1.6	8
1036	Clarifications about Lonergan's "authenticity" for application in psychology. <i>New Ideas in Psychology</i> , 2020, 57, 100773.	1.2	0
1037	Mindfulness is associated with sleep quality among patients with fibromyalgia. <i>International Journal of Rheumatic Diseases</i> , 2020, 23, 294-301.	0.9	10
1038	Linking Trait Mindfulness to Life Satisfaction in Adolescents: the Mediating Role of Resilience and Self-Esteem. <i>Child Indicators Research</i> , 2020, 13, 321-335.	1.1	37
1039	Examining the Impact of a Single Session of Mountain Meditation on Attentional Scope. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2020, 4, 155-166.	0.8	2
1040	Mindfulness and social identity: Predicting well-being in a high-stress environment. <i>Journal of Applied Social Psychology</i> , 2020, 50, 720-732.	1.3	4
1041	Sustainable Compassion Training: Integrating Meditation Theory With Psychological Science. <i>Frontiers in Psychology</i> , 2020, 11, 2249.	1.1	20
1042	Authenticity, mindfulness and destination liminoidity: a multi-level model. <i>Tourism Recreation Research</i> , 2022, 47, 31-46.	3.3	5
1043	Clinical Application of Mindfulness-Oriented Meditation: A Preliminary Study in Children with ADHD. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6916.	1.2	17
1044	A systematic review and meta-analysis of mindfulness- and acceptance-based interventions for affect intolerance/sensitivity. <i>Behaviour Research and Therapy</i> , 2020, 135, 103746.	1.6	5
1045	An integrative contextual behavioral model of intimate relations. <i>Journal of Contextual Behavioral Science</i> , 2020, 18, 75-91.	1.3	13
1046	Mindfulness-based program to support lifestyle modification and weight loss in infertile women: randomized controlled trial. <i>Journal of Psychosomatic Obstetrics and Gynaecology</i> , 2022, 43, 136-144.	1.1	4
1047	Motivation and Optimal Functioning. , 2020, , 1-19.		0
1048	Women's Experiences with a Mindful Eating Program for Binge and Emotional Eating: A Qualitative Investigation into the Process of Change. <i>Journal of Alternative and Complementary Medicine</i> , 2020, 26, 937-944.	2.1	14
1049	An Exploration of Mindfulness in Speech-Language Pathology. <i>Communication Disorders Quarterly</i> , 0, , 152574012094214.	0.5	11
1050	A complex systems approach to the study of change in psychotherapy. <i>BMC Medicine</i> , 2020, 18, 197.	2.3	48
1051	The effects of mindfulness-based intervention on quality of life and poststroke depression in patients with spontaneous intracerebral hemorrhage in China. <i>International Journal of Geriatric Psychiatry</i> , 2020, 35, 572-580.	1.3	18

#	ARTICLE	IF	CITATIONS
1052	A qualitative investigation of a mindfulness-based yoga program for educators: How program attendance relates to outcomes. <i>Psychology in the Schools</i> , 2020, 57, 1077-1096.	1.1	7
1053	Mindfulness and ADHD (Attention Deficit Hyperactivity Disorder) in Adolescents. <i>Current Developmental Disorders Reports</i> , 2020, 7, 93-99.	0.9	0
1054	Examining the mediating role of work engagement on the relationship between workplace mindfulness and organizational justice and its association with well-being. <i>South Asian Journal of Business Studies</i> , 2022, 11, 129-148.	0.5	6
1055	A Qualitative Study of Use of Mindfulness to Reduce Long-Term Use of Habit-Forming Prescription Drugs. <i>Frontiers in Psychiatry</i> , 2020, 11, 493349.	1.3	1
1056	Brief Mindfulness Meditation Induces Gray Matter Changes in a Brain Hub. <i>Neural Plasticity</i> , 2020, 2020, 1-8.	1.0	19
1057	Results from a pre-post, uncontrolled pilot study of a mindfulness-based program for early elementary school teachers. <i>Pilot and Feasibility Studies</i> , 2020, 6, 178.	0.5	9
1058	Boosting Psychological Well-Being through a Social Mindfulness-Based Intervention in the General Population. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8404.	1.2	9
1059	Mindfulness and Behavior Change. <i>Harvard Review of Psychiatry</i> , 2020, 28, 371-394.	0.9	124
1060	Psychophysiology of Meditation. , 0, , .		0
1061	Self-Direction. , 2020, , 20-66.		0
1062	Low Emotional Awareness as a Transdiagnostic Mechanism Underlying Psychopathology in Adolescence. <i>Clinical Psychological Science</i> , 2020, 8, 971-988.	2.4	32
1063	Effects of Depressive Symptoms, Feelings, and Interoception on Reward-Based Decision-Making: Investigation Using Reinforcement Learning Model. <i>Brain Sciences</i> , 2020, 10, 508.	1.1	1
1064	Hippocampal circuits underlie improvements in self-reported anxiety following mindfulness training. <i>Brain and Behavior</i> , 2020, 10, e01766.	1.0	14
1066	The mindful migraine: does mindfulness-based stress reduction relieve episodic migraine?. <i>Pain</i> , 2020, 161, 1685-1687.	2.0	0
1067	Development of a Care Bundle for Stroke Survivors with Psychological Symptoms: Evidence Summary and Delphi Study. <i>Evidence-based Complementary and Alternative Medicine</i> , 2020, 2020, 1-14.	0.5	6
1068	Mindfulness Meditation Weakens Attachment to Self: Evidence from a Self vs Other Binding Task. <i>Mindfulness</i> , 2020, 11, 2411-2422.	1.6	11
1069	Mindfulness induction and cognition: A systematic review and meta-analysis. <i>Consciousness and Cognition</i> , 2020, 84, 102991.	0.8	44
1070	Effectiveness of Mindfulness-Based Social-Emotional Learning Program CARE for Teachers Within Croatian Context. <i>Mindfulness</i> , 2020, 11, 2206-2218.	1.6	5

#	ARTICLE	IF	CITATIONS
1071	Change Leadership in Emerging Markets. <i>Future of Business and Finance</i> , 2020, , .	0.3	1
1072	Brief Self-Compassion Training Alters Neural Responses to Evoked Pain for Chronic Low Back Pain: A Pilot Study. <i>Pain Medicine</i> , 2020, 21, 2172-2185.	0.9	24
1073	A Mindfulness-Based Program among Adolescent Boys with Behavior Disorders: A Quasi-Experimental Study. <i>Journal of Child and Family Studies</i> , 2020, 29, 2186-2200.	0.7	7
1074	Editorial: The Physiological and Genetic Influences of Meditation and Tai Chi on Mental, Emotional, and Movement Regulation. <i>Frontiers in Physiology</i> , 2020, 11, 581841.	1.3	0
1075	Study protocol for a randomized controlled trial of mindfulness-based relapse prevention for opioid use disorders. <i>Contemporary Clinical Trials</i> , 2020, 99, 106182.	0.8	2
1076	An electrophysiological investigation on the emotion regulatory mechanisms of brief open monitoring meditation in novice non-meditators. <i>Scientific Reports</i> , 2020, 10, 14252.	1.6	6
1077	Effects of a Modified Mindfulness-Based Cognitive Therapy for Family Caregivers of People With Dementia: A Randomized Clinical Trial. <i>Gerontologist</i> , The, 2021, 61, 977-990.	2.3	17
1078	Awe and the interconnected self. <i>Journal of Positive Psychology</i> , 2021, 16, 770-778.	2.6	24
1079	<p>Towards an Outpatient Model of Care for Motor Functional Neurological Disorders: A Neuropsychiatric Perspective</p>. <i>Neuropsychiatric Disease and Treatment</i> , 2020, Volume 16, 2119-2134.	1.0	15
1080	Being in the Moment So You Can Keep Moving Forward: Mindfulness and Rumination Mediate the Relationship between Attachment Orientations and Negative Conflict Styles. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6472.	1.2	6
1081	Mindfulness for smoking cessation. <i>The Cochrane Library</i> , 0, , .	1.5	1
1082	A Qualitative Examination of the Developmental Trajectory of Learning Mindfulness Across an 8-Week Program. <i>Mindfulness</i> , 2020, 11, 2741-2754.	1.6	4
1083	Common Factors Underlying the Five Facets of Mindfulness and Proposed Mechanisms: a Psychometric Study Among Meditators and Non-meditators. <i>Mindfulness</i> , 2020, 11, 2804-2817.	1.6	10
1084	The Mediating Effects of Coping Style on the Effects of Breath Count Mindfulness Training on Depressive Symptoms among International Students in China. <i>Neural Plasticity</i> , 2020, 2020, 1-8.	1.0	7
1085	Grounded in the present, rooted through the body: a theoretical dance/movement therapy model for using pelvic embodiment in the therapeutic relationship. <i>Body, Movement and Dance in Psychotherapy</i> , 2020, , 1-14.	0.8	1
1086	Older Adult Caregiversâ€™ Experiences in an Online, Interactive Mindfulness Intervention. <i>Journal of Evidence-based Integrative Medicine</i> , 2020, 25, 2515690X2096065.	1.4	9
1087	The role of metacognition in mindfulness interventions with Japanese EFL university students. <i>Learning: Research and Practice</i> , 2021, 7, 179-195.	1.1	3
1088	Long-Term Effects of Mind-Body Exercises on the Physical Fitness and Quality of Life of Individuals With Substance Use Disorderâ€™A Randomized Trial. <i>Frontiers in Psychiatry</i> , 2020, 11, 528373.	1.3	13

#	ARTICLE	IF	CITATIONS
1089	Stress and Quality of Life of Patients with Cancer: The Mediating Role of Mindfulness. <i>Journal of Oncology</i> , 2020, 2020, 1-10.	0.6	18
1090	Co-emergence Reinforcement and Its Relevance to Interoceptive Desensitization in Mindfulness and Therapies Aiming at Transdiagnostic Efficacy. <i>Frontiers in Psychology</i> , 2020, 11, 545945.	1.1	10
1091	The Effects of School-based Mindfulness Intervention on Executive Functioning in a Cluster Randomized Controlled Trial. <i>Developmental Neuropsychology</i> , 2020, 45, 469-484.	1.0	6
1092	A Grounded Theory on the Relation of Time Awareness and Perceived Valence. <i>Timing and Time Perception</i> , 2020, 8, 316-340.	0.4	4
1093	Core Personal Goals. , 2020, , 67-112.		0
1094	Motivational Systems Theory. , 2020, , 113-176.		0
1095	Evolutionary Origins of Social Purpose. , 2020, , 263-329.		0
1096	Life Meaning. , 2020, , 330-381.		0
1097	Guiding Principles for Motivating Self and Others. , 2020, , 382-446.		0
1098	Your Toolbox for Motivating Self and Others. , 2020, , 447-468.		0
1102	Thriving with Social Purpose. , 2020, , 177-262.		0
1104	Motivating individuals for social transition: The 2-pathway model and experiential strategies for pro-environmental behaviour. <i>Ecological Economics</i> , 2020, 174, 106668.	2.9	39
1105	Common and distinct lateralised patterns of neural coupling during focused attention, open monitoring and loving kindness meditation. <i>Scientific Reports</i> , 2020, 10, 7430.	1.6	11
1106	Internet-Risk Classes of Adolescents, Dispositional Mindfulness and Health-Related Quality of Life: A Mediation Model. <i>Cyberpsychology, Behavior, and Social Networking</i> , 2020, 23, 533-540.	2.1	9
1107	Difference in Interoception between Long-Distance Runners and Sprinters: An Event-related Potential Study. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1367-1375.	0.2	5
1108	Mindfulness Training for Improving Attention Regulation in University Students: Is It Effective? and Do Yoga and Homework Matter?. <i>Frontiers in Psychology</i> , 2020, 11, 719.	1.1	21
1109	Effects of mindfulness-based stress reduction on anxiety symptoms in young people: A systematic review and meta-analysis. <i>Psychiatry Research</i> , 2020, 289, 113002.	1.7	31
1110	Decreased functional connectivity within the salience network after two-week morning bright light exposure in individuals with sleep disturbances: a preliminary randomized controlled trial. <i>Sleep Medicine</i> , 2020, 74, 66-72.	0.8	7

#	ARTICLE	IF	CITATIONS
1111	Combining Behavior and EEG to Study the Effects of Mindfulness Meditation on Episodic Memory. <i>Journal of Visualized Experiments</i> , 2020, , .	0.2	0
1112	An online mindfulness intervention to enhance compassion in nursing practice: A feasibility and acceptability study with nursing students. <i>International Journal of Nursing Studies Advances</i> , 2020, 2, 100004.	0.9	3
1113	Mindfulness Ased Stress Reduction Interventions for Cancer Related Fatigue: A Meta-Analysis and Systematic Review. <i>Journal of the National Medical Association</i> , 2020, 112, 387-394.	0.6	7
1114	The mindful way out of materialism: Mindfulness mediates the association between regulatory modes and materialism. <i>Current Psychology</i> , 2020, , 1.	1.7	14
1115	Mindfulness predicts academic diligence in the face of boredom. <i>Learning and Individual Differences</i> , 2020, 81, 101864.	1.5	9
1116	Reducing Allostatic Load in Depression and Anxiety Disorders: Physical Activity and Yoga Practice as Add-On Therapies. <i>Frontiers in Psychiatry</i> , 2020, 11, 501.	1.3	19
1117	A College First-Year Mindfulness Seminar to Enhance Psychological Well-Being and Cognitive Function. <i>Journal of Student Affairs Research and Practice</i> , 2021, 58, 437-451.	0.6	9
1118	Predicting Individual Preferences in Mindfulness Techniques Using Personality Traits. <i>Frontiers in Psychology</i> , 2020, 11, 1163.	1.1	14
1119	Online yoga to reduce post traumatic stress in women who have experienced stillbirth: a randomized control feasibility trial. <i>BMC Complementary Medicine and Therapies</i> , 2020, 20, 173.	1.2	33
1120	An affective neuroscience model of boosting resilience in adults. <i>Neuroscience and Biobehavioral Reviews</i> , 2020, 115, 321-350.	2.9	53
1121	Supporting Mindfulness With Technology in Students With Intellectual and Developmental Disabilities. <i>Journal of Special Education Technology</i> , 2021, 36, 284-296.	1.4	2
1122	Toward a Refined Mindfulness Model Related to Consciousness and Based on Event-Related Potentials. <i>Perspectives on Psychological Science</i> , 2020, 15, 1095-1112.	5.2	12
1123	Towards an Individual Differences Perspective in Mindfulness Training Research: Theoretical and Empirical Considerations. <i>Frontiers in Psychology</i> , 2020, 11, 818.	1.1	32
1125	From Teachersâ€™ Mindfulness to Studentsâ€™ Thriving: the Mindful Self in School Relationships (MSSR) Model. <i>Mindfulness</i> , 2020, 11, 2258-2273.	1.6	16
1126	Mindfulness and Coaching to Improve Learning Abilities in University Students: A Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1935.	1.2	16
1128	Mystical Love: The Universal Solvent. <i>Anthropology of Consciousness</i> , 2020, 31, 5-62.	0.5	0
1129	Promoting school success through mindfulness-based interventions in early childhood. <i>Revista De Psicodidáctica (English Ed)</i> , 2020, 25, 136-142.	0.5	3
1130	Emotional difficulties among individuals with alcohol use disorder: the mediating role of psychological mechanisms linked to mindfulness. <i>Journal of Substance Use</i> , 2020, 25, 561-568.	0.3	0

#	ARTICLE	IF	CITATIONS
1131	Dysregulation of inflammation, neurobiology, and cognitive function in PTSD: an integrative review. <i>Cognitive, Affective and Behavioral Neuroscience</i> , 2020, 20, 455-480.	1.0	43
1132	Enhanced Attentional Network by Short-Term Intensive Meditation. <i>Frontiers in Psychology</i> , 2019, 10, 3073.	1.1	22
1133	Aging and Coronavirus: Exploring Complementary Therapies to Avoid Inflammatory Overload. <i>Frontiers in Medicine</i> , 2020, 7, 354.	1.2	3
1134	A pilot open-label feasibility trial examining an adjunctive mindfulness intervention for adolescents with obesity. <i>Pilot and Feasibility Studies</i> , 2020, 6, 79.	0.5	10
1135	Verbal Cuing Is Not the Path to Enlightenment. Psychological Effects of a 10-Session Hatha Yoga Practice. <i>Frontiers in Psychology</i> , 2020, 11, 1375.	1.1	12
1136	The role of self body brushing vs mindfulness meditation on interoceptive awareness: A non-randomized pilot study on healthy participants with possible implications for body image disturbances. <i>European Journal of Integrative Medicine</i> , 2020, 37, 101168.	0.8	3
1137	Dual mechanisms of cognitive control in mindful individuals. <i>Psychological Research</i> , 2021, 85, 1909-1921.	1.0	7
1138	Mind over Matter: Testing the Efficacy of an Online Randomized Controlled Trial to Reduce Distraction from Smartphone Use. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4842.	1.2	38
1139	Psychological interventions to foster resilience in healthcare professionals. <i>The Cochrane Library</i> , 2020, 2020, CD012527.	1.5	129
1140	Meditation and Yoga Practices as Potential Adjunctive Treatment of SARS-CoV-2 Infection and COVID-19: A Brief Overview of Key Subjects. <i>Journal of Alternative and Complementary Medicine</i> , 2020, 26, 547-556.	2.1	59
1141	Mindfulness in primary school children as a route to enhanced life satisfaction, positive outlook and effective emotion regulation. <i>BMC Psychology</i> , 2020, 8, 71.	0.9	22
1142	Psychometric properties of a Turkish version of the body connection scale and exploring the mediating role of body connection in interpersonal emotion regulation, mindfulness and flourishing. <i>Current Psychology</i> , 2020, 39, 2040-2051.	1.7	4
1143	The Bed Nucleus of the Stria Terminalis as a Brain Correlate of Psychological Inflexibility in Fibromyalgia. <i>Journal of Clinical Medicine</i> , 2020, 9, 374.	1.0	4
1144	Increased Salivary Oxytocin and Empathy in Students of Clinical and Health Psychology After a Mindfulness and Compassion-Based Intervention. <i>Mindfulness</i> , 2020, 11, 1006-1017.	1.6	13
1145	The association between dispositional mindfulness and glycemic control in type 1 diabetes during early adulthood: Differences by age and adverse childhood experiences. <i>Pediatric Diabetes</i> , 2020, 21, 681-691.	1.2	8
1146	Mindfulness in the Treatment of Eating Disorders: Theoretical Rationale and Hypothesized Mechanisms of Action. <i>Mindfulness</i> , 2020, 11, 1090-1104.	1.6	10
1147	Mindfulness in schools: an exploration of teachers'™ perceptions of mindfulness-based interventions. <i>Pastoral Care in Education</i> , 2020, 38, 293-310.	0.9	1
1148	Evaluating the Effectiveness of Mindfulness and Compassion-Based Programs on Shame and Associated Psychological Distress with Potential Issues of Salience for Adult Survivors of Childhood Sexual Abuse: a Systematic Review. <i>Mindfulness</i> , 2020, 11, 1827-1847.	1.6	10

#	ARTICLE	IF	CITATIONS
1149	Global mapping of interventions to improve quality of life using mind-body therapies during 1990â€“2018. <i>Complementary Therapies in Medicine</i> , 2020, 49, 102350.	1.3	13
1150	Effects of a short mindful-breathing intervention on the psychophysiological stress reactions of German elementary school children. <i>School Psychology International</i> , 2020, 41, 218-238.	1.1	8
1151	Mindfulness in migraine: A narrative review. <i>Expert Review of Neurotherapeutics</i> , 2020, 20, 207-225.	1.4	42
1152	Does Mindfulness Training Without Explicit Ethics-Based Instruction Promote Prosocial Behaviors? A Meta-Analysis. <i>Personality and Social Psychology Bulletin</i> , 2020, 46, 1247-1269.	1.9	52
1153	Selfâ€“compassion, meaning in life, and experiential avoidance explain the relationship between meditation and positive mental health outcomes. <i>Journal of Clinical Psychology</i> , 2020, 76, 1631-1652.	1.0	30
1154	Effects of Computerized Cognitive Training and Tai Chi on Cognitive Performance in Older Adults With Traumatic Brain Injury. <i>Journal of Head Trauma Rehabilitation</i> , 2020, 35, 187-197.	1.0	16
1155	The mediating role of childâ€™s cognitive emotion regulation in the relationship between parental mindfulness and childâ€™s mind reading ability. <i>Cognitive Processing</i> , 2020, 21, 403-410.	0.7	0
1156	Efficacy of Transcranial Direct Current Stimulation-Enhanced Mindfulness-Based Program for Chronic Pain: a Single-Blind Randomized Sham Controlled Pilot Study. <i>Mindfulness</i> , 2020, 11, 895-904.	1.6	3
1157	Respiratory regulation & interactions with neuro-cognitive circuitry. <i>Neuroscience and Biobehavioral Reviews</i> , 2020, 112, 95-106.	2.9	43
1158	The association between mindfulness and mental health outcomes in athletes: testing the mediating role of autonomy satisfaction as a core psychological need. <i>International Journal of Sport and Exercise Psychology</i> , 0, , 1-16.	1.1	12
1159	Brief mindfulness session improves mood and increases salivary oxytocin in psychology students. <i>Stress and Health</i> , 2020, 36, 469-477.	1.4	30
1160	An Investigation of Mood and Executive Functioning Effects of Brief Auditory and Visual Mindfulness Meditations in Patients with Schizophrenia. <i>International Journal of Cognitive Therapy</i> , 2020, 13, 396-407.	1.3	2
1161	Immune dysregulation among students exposed to exam stress and its mitigation by mindfulness training: findings from an exploratory randomised trial. <i>Scientific Reports</i> , 2020, 10, 5812.	1.6	19
1162	A Mindfulness-Based Stress Reduction Program via Group Video Conferencing for Adults With Cerebral Palsy â€“ A Pilot Study. <i>Frontiers in Neurology</i> , 2020, 11, 195.	1.1	9
1163	Mindfulness, Life Skills, Resilience, and Emotional and Behavioral Problems for Gifted Low-Income Adolescents in China. <i>Frontiers in Psychology</i> , 2020, 11, 594.	1.1	19
1164	The Effectiveness of Mindfulness-Based Therapies for ADHD: A Meta-Analytic Review. <i>Journal of Attention Disorders</i> , 2020, 24, 627-643.	1.5	145
1165	Mindfulness and morality: Educational insights from Confucius. <i>Journal of Moral Education</i> , 2021, 50, 356-367.	0.9	14
1166	The Influence of a Short-Term Mindfulness Meditation Intervention on Emotion and Visual Attention. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2021, 5, 73-82.	0.8	4

#	ARTICLE	IF	CITATIONS
1167	Meditation and the Wandering Mind: A Theoretical Framework of Underlying Neurocognitive Mechanisms. <i>Perspectives on Psychological Science</i> , 2021, 16, 39-66.	5.2	22
1168	Associations of Five Facets of Mindfulness With Self-Regulation in College Students. <i>Psychological Reports</i> , 2021, 124, 1202-1219.	0.9	10
1169	Building journalists'™ resilience through mindfulness strategies. <i>Journalism</i> , 2021, 22, 1647-1664.	1.8	7
1170	The case for mindfulness interventions for traumatic stress in high violence, low resource settings. <i>Current Psychology</i> , 2021, 40, 2400-2414.	1.7	7
1171	Affective Neural Mechanisms of a Parenting-Focused Mindfulness Intervention. <i>Mindfulness</i> , 2021, 12, 392-404.	1.6	10
1172	The Way Forward in Mindfulness and Sustainability: a Critical Review and Research Agenda. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2021, 5, 118-139.	0.8	48
1173	Being mindful does not always benefit everyone: mindfulness-based practices may promote alienation among psychologically vulnerable people. <i>Cognition and Emotion</i> , 2021, 35, 241-255.	1.2	9
1174	Mindfulness-based cognitive therapy on bereavement grief: Alterations of resting-state network connectivity associate with changes of anxiety and mindfulness. <i>Human Brain Mapping</i> , 2021, 42, 510-520.	1.9	22
1175	Mindfulness and De-automatization: Effect of Mindfulness-Based Interventions on Emotional Facial Expressions Processing. <i>Mindfulness</i> , 2021, 12, 226-239.	1.6	11
1176	Mindfulness and the challenges of working from home in times of crisis. <i>Business Horizons</i> , 2021, 64, 189-197.	3.4	116
1177	Emotion-Related Constructs Engaged by Mindfulness-Based Interventions: a Systematic Review and Meta-analysis. <i>Mindfulness</i> , 2021, 12, 1041-1062.	1.6	14
1178	The effectiveness of smartphone compassion training on stress among Swedish university students: A pilot randomized trial. <i>Journal of Clinical Psychology</i> , 2021, 77, 927-945.	1.0	9
1179	The Impact of Compassion Meditation Training on Psychological Variables: a Network Perspective. <i>Mindfulness</i> , 2021, 12, 873-888.	1.6	16
1180	Mindfulness and self-compassion as mediators of the Mindful2Work Training on perceived stress and chronic fatigue. <i>Mindfulness</i> , 2021, 12, 936-946.	1.6	9
1181	The effect of physical activity interventions on executive functions in children with ADHD: A systematic review and meta-analysis. <i>Mental Health and Physical Activity</i> , 2021, 20, 100379.	0.9	33
1182	Consumer Self-Control and the Biological Sciences: Implications for Marketing Stakeholders. <i>Journal of Marketing</i> , 2021, 85, 105-122.	7.0	9
1183	The efficacy of meditation-based mind-body interventions for mental disorders: A meta-review of 17 meta-analyses of randomized controlled trials. <i>Journal of Psychiatric Research</i> , 2021, 134, 181-191.	1.5	35
1184	Teaching empathy in an interprofessional setting with a focus on decategorization: Introducing I-Team. <i>Journal of Interprofessional Education and Practice</i> , 2021, 22, 100395.	0.2	4

#	ARTICLE	IF	CITATIONS
1185	Mindfulness-Based Intervention Performed During Hemodialysis: an Experience Report. <i>Trends in Psychology</i> , 2021, 29, 320-340.	0.7	1
1186	The Impact of Mindfulness-Based Programmes on Self-Compassion in Nonclinical Populations: a Systematic Review and Meta-Analysis. <i>Mindfulness</i> , 2021, 12, 29-52.	1.6	16
1187	Development and Validation of the Equanimity Scale-16. <i>Mindfulness</i> , 2021, 12, 107-120.	1.6	11
1188	Randomized trial of cognitive behaviour group therapy and a mindfulness-based intervention for social anxiety disorder: Preliminary findings. <i>Clinical Psychology and Psychotherapy</i> , 2021, 28, 200-218.	1.4	7
1189	The Courage to Be: Using DBT Skills to Choose Who to Be in Uncertainty. <i>Journal of Humanistic Psychology</i> , 2021, 61, 260-274.	1.4	1
1190	Exploring the mediating role of integrative self-knowledge in the relationship between mindfulness and well-being in the context of a mindfulness-based stress reduction program. <i>International Journal of Psychology</i> , 2021, 56, 249-256.	1.7	6
1191	Improving Mental Health and Well-Being through Informal Mindfulness Practices: An Intervention Study. <i>Applied Psychology: Health and Well-Being</i> , 2021, 13, 63-83.	1.6	30
1192	Immediate effects of meditation in college students: A pilot study examining the role of baseline attention performance and trait mindfulness. <i>Journal of American College Health</i> , 2021, 69, 38-46.	0.8	8
1193	Mindfulness Care Giving and Support for Anger and Aggression Management. , 2021, , 189-202.		2
1195	The Mindful Hedonist? Relationships between Well-Being Orientations, Mindfulness and Well-Being Experiences. <i>Journal of Happiness Studies</i> , 2021, 22, 3111-3135.	1.9	10
1196	Keeping weight off: Mindfulness-Based Stress Reduction alters amygdala functional connectivity during weight loss maintenance in a randomized control trial. <i>PLoS ONE</i> , 2021, 16, e0244847.	1.1	10
1197	Mindfulness-based cognitive therapy and depression. , 2021, , 413-421.		0
1198	Mindfulness and Silent Sitting in the Classroom. , 2021, , 55-78.		0
1200	Recovering the Phenomenological and Intersubjective Nature of Mindfulness Through the Enactive Approach. , 2021, , 65-89.		2
1201	Students'™ Acceptance of Silent Sitting/Visualization and Its Effect on Their Affective Dimensions. , 2021, , 165-177.		0
1202	Comparing the effectiveness of the unified protocol accompanied by an additional mindfulness treatment and the unified protocol as a single treatment for adolescents diagnosed with emotional disorders. <i>Trends in Psychiatry and Psychotherapy</i> , 2021, 43, 57-64.	0.4	1
1203	Regaining Cognitive Control: An Adaptive Computational Model Involving Neural Correlates of Stress, Control and Intervention. <i>Lecture Notes in Computer Science</i> , 2021, , 556-569.	1.0	0
1204	Slaying the Hydra: Integrative Wellness Training Affects Ten Complementary Measures of Stress. <i>Psychoneuroimmunology Journal</i> , 2021, 2, 1-12.	0.2	0

#	ARTICLE	IF	CITATIONS
1205	From Pixels to Picture. Advances in Educational Marketing, Administration, and Leadership Book Series, 2021, , 1-24.	0.1	0
1207	Refinement and Validation of the Balanced Inventory of Mindfulness-Related Skills (BIMS). Mindfulness, 2021, 12, 1208-1223.	1.6	3
1208	A Sense of Fellowship: Mindfulness Improves Experienced Interpersonal Benefits and Prosociality in A Military Aviation Unit. International Journal of Aerospace Psychology, 2021, 31, 162-179.	1.1	1
1209	Mindfulness for Singers: A Mixed Methods Replication Study. Music & Science, 2021, 4, 205920432110448.	0.6	0
1210	Effects of Meditation on Mental Health and Cardiovascular Balance in Caregivers. International Journal of Environmental Research and Public Health, 2021, 18, 617.	1.2	4
1211	A Mindfulness-Based Brain-Computer Interface to Augment Mandala Coloring for Depression: Protocol for a Single-Case Experimental Design. JMIR Research Protocols, 2021, 10, e20819.	0.5	5
1212	Immersive VR as a Promising Technology for Computer-Supported Mindfulness. Lecture Notes in Computer Science, 2021, , 156-166.	1.0	5
1213	Mitigating burnout and enhancing wellness in anesthesiologists: individual interventions, wellness programs, and peer support. International Anesthesiology Clinics, 2021, 59, 73-80.	0.3	3
1214	The experiences of adults with intellectual disabilities attending a mindfulness-based group intervention. British Journal of Learning Disabilities, 2021, 49, 162-178.	0.8	1
1215	Creating a Model for Mindfulness in Nursing Professional Development Using Concept Analysis. Journal for Nurses in Professional Development, 2021, Publish Ahead of Print, 200-205.	0.1	0
1216	Mindfulness Training Improves Quality of Life and Reduces Depression and Anxiety Symptoms Among Police Officers: Results From the POLICE Study—A Multicenter Randomized Controlled Trial. Frontiers in Psychiatry, 2021, 12, 624876.	1.3	23
1217	Introducing mindfulness and compassion-based interventions to improve verbal creativity in students of clinical and health psychology. Psychology and Psychotherapy: Theory, Research and Practice, 2021, 94, 541-557.	1.3	3
1218	Residential Greenspace and Urban Adolescent Substance Use: Exploring Interactive Effects with Peer Network Health, Sex, and Executive Function. International Journal of Environmental Research and Public Health, 2021, 18, 1611.	1.2	14
1219	Mindfulness in a Moroccan University: Exploring Students'™ Transformational Journey Through an Academic Course in Mindfulness. Journal of Transformative Education, 2021, 19, 241-260.	0.8	2
1220	Meditation, Mindfulness, and Attention: a Meta-analysis. Mindfulness, 2021, 12, 1332-1349.	1.6	55
1221	Psychological aspects of three movement forms of Eastern origin: a comparative study of aikido, judo and yoga. Annals of Leisure Research, 2023, 26, 44-64.	1.0	5
1222	Does mindfulness-based intervention improve cognitive function?: A meta-analysis of controlled studies. Clinical Psychology Review, 2021, 84, 101972.	6.0	43
1223	mHealth Mindfulness Intervention for Women with Moderate-to-Moderately-Severe Antenatal Depressive Symptoms: a Pilot Study Within an Integrated Health Care System. Mindfulness, 2021, 12, 1387-1397.	1.6	18

#	ARTICLE	IF	CITATIONS
1224	Minding the Gap: Leveraging Mindfulness to Inform Cue Exposure Treatment for Substance Use Disorders. <i>Frontiers in Psychology</i> , 2021, 12, 649409.	1.1	6
1225	Not all types of meditation are the same: Mediators of change in mindfulness and compassion meditation interventions. <i>Journal of Affective Disorders</i> , 2021, 283, 354-362.	2.0	26
1226	Frontolimbic alpha activity tracks intentional rest BCI control improvement through mindfulness meditation. <i>Scientific Reports</i> , 2021, 11, 6818.	1.6	9
1227	Feasibility and acceptability of an online mindfulness-based group intervention for adults with tic disorders. <i>Pilot and Feasibility Studies</i> , 2021, 7, 82.	0.5	12
1228	Attention, Please: How the Attention-Related Stories We Tell Our Students in Class Influence Their Performance at Work. <i>Academy of Management Learning and Education</i> , 2021, 20, 73-88.	1.6	3
1229	A NARRATIVE REVIEW ON MINDFULNESS PRACTICES IN OPTIMIZING PERFORMANCE AMONG SPORTS INDIVIDUALS. <i>Journal of Experimental Biology and Agricultural Sciences</i> , 2021, 9, S62-S70.	0.1	0
1230	Coping With COVID-19: Mindfulness-Based Approaches for Mitigating Mental Health Crisis. <i>Frontiers in Psychiatry</i> , 2021, 12, 563417.	1.3	49
1231	Attentional and cognitive monitoring brain networks in long-term meditators depend on meditation states and expertise. <i>Scientific Reports</i> , 2021, 11, 4909.	1.6	6
1232	The impact of salesperson interpersonal mentalizing skills on coping and burnout: the critical role of coping oscillation. <i>Journal of Personal Selling and Sales Management</i> , 0, , 1-25.	1.7	9
1233	Development of a mind body program for obese knee osteoarthritis patients with comorbid depression. <i>Contemporary Clinical Trials Communications</i> , 2021, 21, 100720.	0.5	10
1234	Stress-Reducing Effects of Playing a Casual Video Game among Undergraduate Students. <i>Trends in Psychology</i> , 2021, 29, 563-579.	0.7	18
1235	Effects of 8-Week Tai Chi Chuan Practice on Mindfulness Level. <i>Mindfulness</i> , 2021, 12, 1534-1541.	1.6	8
1236	Clinical application of mindfulness-oriented meditation in children with ADHD: a preliminary study on sleep and behavioral problems. <i>Psychology and Health</i> , 2021, , 1-17.	1.2	10
1237	Impact of Psychological Comorbidity on the Prognosis of Irritable Bowel Syndrome. <i>American Journal of Gastroenterology</i> , 2021, 116, 1485-1494.	0.2	24
1238	Buddhism and Cognitive Sciences in Dialogue: Pedagogical Reflections on Teaching across Disciplines. <i>Religions</i> , 2021, 12, 303.	0.3	1
1239	Can Approaching Anxiety Like a Habit Lead to Novel Treatments?. <i>American Journal of Lifestyle Medicine</i> , 2021, 15, 489-494.	0.8	7
1240	Effects of Mindfulness practice on work stress: a study with professionals in Primary Health Care. <i>Research, Society and Development</i> , 2021, 10, e23210414002.	0.0	0
1241	Mindfulness-based interventions: an overall review. <i>British Medical Bulletin</i> , 2021, 138, 41-57.	2.7	152

#	ARTICLE	IF	CITATIONS
1242	Distanced from Others, Connected to Self: Online Mindfulness Training Fosters Psychological Well-Being by Cultivating Authenticity. <i>Academy of Management Learning and Education</i> , 2022, 21, 261-281.	1.6	11
1243	Network-level functional topological changes after mindfulness-based cognitive therapy in mood dysregulated adolescents at familial risk for bipolar disorder: a pilot study. <i>BMC Psychiatry</i> , 2021, 21, 213.	1.1	12
1244	Hospitality employees' mindfulness and its impact on creativity and customer satisfaction: The moderating role of organizational error tolerance. <i>International Journal of Hospitality Management</i> , 2021, 94, 102846.	5.3	29
1245	Contrasting Electroencephalography-Derived Entropy and Neural Oscillations With Highly Skilled Meditators. <i>Frontiers in Human Neuroscience</i> , 2021, 15, 628417.	1.0	7
1246	Transforming Trauma With Lifestyle Medicine. <i>American Journal of Lifestyle Medicine</i> , 2021, 15, 538-540.	0.8	0
1247	Barriers and facilitators to engaging individuals and families with autism spectrum disorder in mindfulness and acceptance-based therapies: a meta-synthesis. <i>Disability and Rehabilitation</i> , 2022, 44, 4590-4601.	0.9	3
1248	Embodying Stressful Events: No Difference in Subjective Arousal and Neural Correlates Related to Immersion, Interoception, and Embodied Mentalization. <i>Frontiers in Behavioral Neuroscience</i> , 2021, 15, 640482.	1.0	0
1249	BilinÅli FarkÅ±ndalÅ±k Temelli Mobil Meditasyon UygulamalarÅ± ve MÅ¼izikal Deneyim: Meditopia ÅrneÅyi. <i>Galatasaray Åeniversitesi IletiÅim Dergisi</i> , 0, , .	0.2	0
1250	A mediated model of mindful awareness, emotion regulation, and maternal mental health during pregnancy and postpartum. <i>Australian Journal of Psychology</i> , 2021, 73, 368-380.	1.4	4
1251	Assessing self-criticism and self-reassurance: Examining psychometric properties and clinical usefulness of the Short-Form of the Forms of Self-Criticizing/Attacking & Self-Reassuring Scale (FSCRS-SF) in Spanish sample. <i>PLoS ONE</i> , 2021, 16, e0252089.	1.1	4
1252	Strategien der SelbstÅrsorge, Achtsamkeit und Stressprophylaxe in einer beziehungsorientierten hausÅrztlichen Praxis. <i>Årztliche Psychotherapie</i> , 2021, 16, 79-84.	0.1	1
1253	Brief mindfulness meditation: Can it make a real difference?. <i>Current Psychology</i> , 2023, 42, 5530-5542.	1.7	1
1254	The Effects of Mindfulness-Based Stress Reduction on Negative Self-Representations in Social Anxiety Disorder: A Randomized Wait-List Controlled Trial. <i>Frontiers in Psychiatry</i> , 2021, 12, 582333.	1.3	2
1255	A tailored mindfulness-based program for resident physicians: A qualitative study. <i>Complementary Therapies in Clinical Practice</i> , 2021, 43, 101333.	0.7	5
1256	A mindfulness-based, stress and coping model of craving in methamphetamine users. <i>PLoS ONE</i> , 2021, 16, e0249489.	1.1	8
1257	Differences between meditators and non-meditators in mindfulness, its components and related qualities. <i>Current Psychology</i> , 0, , 1.	1.7	3
1258	Personality states mediate the effect of a mindfulness intervention on employees' work outcomes: A randomized controlled trial. <i>European Journal of Personality</i> , 2021, 35, 646-664.	1.9	5
1259	Mindfulness-based stress reduction for breast cancer survivors (MBSR(BC)): evaluating mediators of psychological and physical outcomes in a large randomized controlled trial. <i>Journal of Behavioral Medicine</i> , 2021, 44, 591-604.	1.1	12

#	ARTICLE	IF	CITATIONS
1260	The Individual Green-Washing Effect in E-Mobility: Emotional Evaluations of Electric and Gasoline Cars. <i>Frontiers in Psychology</i> , 2021, 12, 594844.	1.1	8
1261	A Mixed Study on the Somatic Mindfulness Meditation of College Students Focused on Mindfulness, Body Awareness, and Ego-resilience. <i>The Korean Association of General Education</i> , 2021, 15, 207-223.	0.0	0
1262	Communication Apprehension and Willingness to Communicate in Veterinary Medicine Students: Implications for Mindfulness and Communication Training. <i>Health Communication</i> , 2023, 38, 41-49.	1.8	3
1263	Development, Feasibility, and Initial Results of a Mindful Eating Intervention: Project Mindful Eating and Exercise (MEE): Feeding the Mind, Body, and Soul. <i>American Journal of Health Education</i> , 2021, 52, 171-184.	0.3	6
1265	Relationships Between Mindfulness Facets and Mental and Physical Health in Meditating and Nonmeditating University Students. <i>European Journal of Health Psychology</i> , 2021, 28, 1-10.	0.3	3
1266	Effects of a group mindfulness-based cognitive programme on smartphone addictive symptoms and resilience among adolescents: study protocol of a cluster-randomized controlled trial. <i>BMC Nursing</i> , 2021, 20, 86.	0.9	8
1267	Mind-Body Interventions for Anxiety Disorders: A Review of the Evidence Base for Mental Health Practitioners. <i>Focus (American Psychiatric Publishing)</i> , 2021, 19, 173-183.	0.4	3
1268	Are explicit and implicit affective attitudes toward different body shape categories related to the own body-satisfaction in young women? The role of mindfulness, self-compassion and social media activity. <i>Psychological Research</i> , 2022, 86, 698-710.	1.0	1
1269	Reach versus effectiveness: The design and protocol of randomized clinical trial testing a smartphone application versus in-person mindfulness-based smoking cessation intervention among young cancer survivors. <i>Contemporary Clinical Trials Communications</i> , 2021, 22, 100784.	0.5	1
1270	The Differential Impact of Acute Exercise and Mindfulness Meditation on Executive Functioning and Psycho-Emotional Well-Being in Children and Youth With ADHD. <i>Frontiers in Psychology</i> , 2021, 12, 660845.	1.1	21
1271	Inner engineering: Evaluating the utility of mindfulness training to cultivate intrapersonal and interpersonal competencies among first-year engineering students. <i>Journal of Engineering Education</i> , 2021, 110, 636-670.	1.9	15
1272	Mastering Stress: Mental Skills and Emotional Regulation for Surgical Performance and Life. <i>Journal of Surgical Research</i> , 2021, 263, A1-A12.	0.8	9
1273	Randomized Controlled Trials of Mindfulness and Acceptance-Based Interventions Over the Past Two Decades: A Bibliometric Analysis. <i>Journal of Alternative and Complementary Medicine</i> , 2021, 27, 930-939.	2.1	10
1274	The heartbeat evoked potential does not support strong interoceptive sensibility in trait mindfulness. <i>Psychophysiology</i> , 2021, 58, e13891.	1.2	6
1275	Trends and Developments in Mindfulness Research over 55 Years: A Bibliometric Analysis of Publications Indexed in Web of Science. <i>Mindfulness</i> , 2021, 12, 2099-2116.	1.6	87
1276	Effects of Mindfulness Meditation on Musical Aesthetic Emotion Processing. <i>Frontiers in Psychology</i> , 2021, 12, 648062.	1.1	7
1277	Prenatal stress self-help mindfulness intervention via social media: a randomized controlled trial. <i>Journal of Mental Health</i> , 2023, 32, 206-215.	1.0	16
1278	Exploring Buddhism as a "Tool" to Support Well-Being: An Interpretative Phenomenological Analysis of Western Adopters' Experiences. <i>Pastoral Psychology</i> , 2021, 70, 471-485.	0.4	5

#	ARTICLE	IF	CITATIONS
1279	Smartband-Based Automatic Smoking Detection and Real-time Mindfulness Intervention: Protocol for a Feasibility Trial. <i>JMIR Research Protocols</i> , 2021, 10, e32521.	0.5	6
1280	The Vagueness of Clarity: Metaphysical and Epistemic Truth Claims in the Empirical Study of Mindfulness Practices. <i>Mindfulness</i> , 2021, 12, 2132-2140.	1.6	2
1281	Associations between psychological distress and facets of mindfulness: Implications for campus-based university wellness services. <i>Journal of American College Health</i> , 2023, 71, 1074-1083.	0.8	4
1282	Effects of Mindfulness-Based Interventions on Mental Health in Nurses: A Meta-Analysis of Randomized Controlled Trials. <i>Issues in Mental Health Nursing</i> , 2022, 43, 51-59.	0.6	8
1283	Punishment on Pause: Preliminary Evidence That Mindfulness Training Modifies Neural Responses in a Reactive Aggression Task. <i>Frontiers in Behavioral Neuroscience</i> , 2021, 15, 689373.	1.0	4
1284	Psychological Wellbeing, Mindfulness, and Immunity of Teachers in Second or Foreign Language Education: A Theoretical Review. <i>Frontiers in Psychology</i> , 2021, 12, 720340.	1.1	19
1285	Does Psychedelic Therapy Have a Transdiagnostic Action and Prophylactic Potential?. <i>Frontiers in Psychiatry</i> , 2021, 12, 661233.	1.3	41
1286	Mindfulness and Attention Deficit Hyperactivity Disorder. <i>Journal of Nervous and Mental Disease</i> , 2021, Publish Ahead of Print, 796-801.	0.5	3
1287	Disentangling the Process and Content of Self-Awareness: A Review, Critical Assessment, and Synthesis. <i>Academy of Management Annals</i> , 2021, 15, 607-651.	5.8	8
1289	Facing epistemic and complex uncertainty in serious illness: The role of mindfulness and shared mind. <i>Patient Education and Counseling</i> , 2021, 104, 2635-2642.	1.0	9
1290	Mindfulness Versus Cognitive Reappraisal: the Impact of Mindfulness-Based Stress Reduction (MBSR) on the Early and Late Brain Potential Markers of Emotion Regulation. <i>Mindfulness</i> , 2021, 12, 2266-2280.	1.6	8
1291	Workplace spirituality, self-compassion and mindfulness as antecedents of employee mental wellbeing. <i>South Asian Journal of Business Studies</i> , 2023, 12, 269-292.	0.5	9
1292	When you are talking to yourself, is anybody listening? The relationship between inner speech, self-awareness, wellbeing, and multiple aspects of self-regulation. <i>International Journal of Personality Psychology</i> , 0, 7, 8-24.	0.0	6
1293	Ayahuasca may help to improve self-compassion and self-criticism capacities. <i>Human Psychopharmacology</i> , 2022, 37, e2807.	0.7	8
1294	Effect of an Intensive Mindful Practice Workshop on Patient-Centered Compassionate Care, Clinician Well-Being, Work Engagement, and Teamwork. <i>Journal of Continuing Education in the Health Professions</i> , 2022, 42, 19-27.	0.4	5
1295	Anxiety, anger, and mindfulness as predictors of general health in the general population during COVID-19 outbreak: A survey in southeast Iran. <i>Journal of Community Psychology</i> , 2022, 50, 916-927.	1.0	19
1296	Effectiveness of mindfulness-based interventions on quality of life and menopausal symptoms in menopausal women: A meta-analysis. <i>Journal of Psychosomatic Research</i> , 2021, 147, 110515.	1.2	10
1297	Exploring the Multidimensional Links Between Trait Mindfulness and Trait Empathy. <i>Frontiers in Psychiatry</i> , 2021, 12, 498614.	1.3	5

#	ARTICLE	IF	CITATIONS
1298	Examining the Potential Synergistic Effects Between Mindfulness Training and Psychedelic-Assisted Therapy. <i>Frontiers in Psychiatry</i> , 2021, 12, 707057.	1.3	20
1299	Negatively biased cognition as a mechanism of mindfulness: a review of the literature. <i>Current Psychology</i> , 2023, 42, 8946-8962.	1.7	2
1300	The Mediating Role of Mindfulness on Social Anxiety and Procrastination. <i>International Journal of Mental Health and Addiction</i> , 2023, 21, 1013-1024.	4.4	2
1301	Linking Homeostatically Protected Mood, Mindfulness, and Depression: A Conceptual Synthesis and Model of Moodfulness. <i>Review of General Psychology</i> , 2021, 25, 304-320.	2.1	7
1302	A balanced view of mindfulness at work. <i>Organizational Psychology Review</i> , 2022, 12, 35-72.	3.0	17
1303	Does Brief Focused Attention and Open Monitoring Meditation Affect the Attentional Blink?. <i>Mindfulness</i> , 2021, 12, 2430-2438.	1.6	4
1304	Effect of one-session focused attention meditation on the working memory capacity of meditation novices: A functional near-infrared spectroscopy study. <i>Brain and Behavior</i> , 2021, 11, e2288.	1.0	8
1305	Differential Effects of Ethical Education, Physical Hatha Yoga, and Mantra Meditation on Well-Being and Stress in Healthy Participants—An Experimental Single-Case Study. <i>Frontiers in Psychology</i> , 2021, 12, 672301.	1.1	13
1306	Conscious dance: Perceived benefits and psychological well-being of participants. <i>Complementary Therapies in Clinical Practice</i> , 2021, 44, 101440.	0.7	11
1307	The Effect of Mindfulness-based Programs on Cognitive Function in Adults: A Systematic Review and Meta-analysis. <i>Neuropsychology Review</i> , 2022, 32, 677-702.	2.5	48
1308	The Adaptation and Evaluation of a Pilot Mindfulness Intervention Promoting Mental Health in Student Athletes. <i>Journal of Clinical Sport Psychology</i> , 2021, 15, 206-226.	0.6	8
1309	Exploring health coaching and mindfulness as levers for transformation in health: stakeholder perspectives. <i>Family Practice</i> , 2022, 39, 685-693.	0.8	0
1310	A Multilevel Approach to Explore the Wandering Mind and Its Connections with Mindfulness and Personality. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021, 11, 125.	1.0	3
1311	Effectiveness of Mindfulness-Based Relapse Prevention in Individuals with Substance Use Disorders: A Systematic Review. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021, 11, 133.	1.0	16
1312	Mindfulness Training for Primary Care for Portuguese-Speaking Immigrants: A Pilot Study. <i>Frontiers in Psychiatry</i> , 2021, 12, 664381.	1.3	4
1313	The Effect of Internet-Based Programs on Late-Life Immigrant Older Widows: Socio-Cultural Adaptation, Coping, and Quality of Life. <i>Journal of Technology in Human Services</i> , 0, , 1-30.	0.9	1
1314	Ashtang Yoga: For Attaining the State of Mindfulness. <i>Journal of Indian Council of Philosophical Research</i> , 2021, 38, 445.	0.1	0
1315	Trait mindfulness is negatively associated with distress related to COVID-19. <i>Personality and Individual Differences</i> , 2021, 179, 110955.	1.6	45

#	ARTICLE	IF	CITATIONS
1316	Differential Effects of Mindfulness-Based Intervention Programs at Work on Psychological Wellbeing and Work Engagement. <i>Frontiers in Psychology</i> , 2021, 12, 715146.	1.1	3
1317	The Longitudinal Effect of Meditation on Resting-State Functional Connectivity Using Dynamic Arterial Spin Labeling: A Feasibility Study. <i>Brain Sciences</i> , 2021, 11, 1263.	1.1	7
1318	From many to (n)one: Meditation and the plasticity of the predictive mind. <i>Neuroscience and Biobehavioral Reviews</i> , 2021, 128, 199-217.	2.9	58
1319	Mindfulness-based interventions for medication adherence: A systematic review and narrative synthesis. <i>Journal of Psychosomatic Research</i> , 2021, 149, 110585.	1.2	5
1320	The dynamic framework of mind wandering revisited: How mindful meta-awareness affects mental statesâ€™ constraints. <i>Consciousness and Cognition</i> , 2021, 95, 103194.	0.8	2
1321	Heart rate variability: A biomarker of selective response to mindfulness-based treatment versus fluoxetine in generalized anxiety disorder. <i>Journal of Affective Disorders</i> , 2021, 295, 1087-1092.	2.0	2
1322	Mindfulness and academic emotions: A field study during a lecture. <i>Learning and Individual Differences</i> , 2021, 92, 102079.	1.5	3
1323	Mindfulness in Education. <i>Advances in Psychology, Mental Health, and Behavioral Studies</i> , 2022, , 337-356.	0.1	1
1324	Mindfulness-Based Interventions in Psychosis. <i>Advances in Psychology, Mental Health, and Behavioral Studies</i> , 2022, , 153-174.	0.1	0
1325	Yoga for Attaining the State of Mindfulness. <i>Advances in Psychology, Mental Health, and Behavioral Studies</i> , 2022, , 273-287.	0.1	1
1326	Identifying Neural Correlates in Stroop Task. <i>Lecture Notes in Mechanical Engineering</i> , 2021, , 21-29.	0.3	0
1327	Effectiveness of Online Mindfulness-Based Intervention (iMBI) on Inattention, Hyperactivityâ€™Impulsivity, and Executive Functioning in College Emerging Adults with Attention-Deficit/Hyperactivity Disorder: A Study Protocol. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 1257.	1.2	3
1328	Mindfulness, Compassion, and Embodiment Practices in Contemplative Psychotherapy: Shifting Self-Enclosed Processing to Relational Processing at All Levels of the Human Mind-Brain. , 2021, , 145-166.		0
1329	Die neuronale Basis von Meditation und Achtsamkeit im Bildungskontext. , 2021, , 61-75.		0
1330	Being Mindful at University: A Pilot Evaluation of the Feasibility of an Online Mindfulness-Based Mental Health Support Program for Students. <i>Frontiers in Psychology</i> , 2020, 11, 581086.	1.1	14
1331	Understanding mindfulness outcomes: a moderated mediation analysis of high-performance work systems. <i>Humanities and Social Sciences Communications</i> , 2021, 8, .	1.3	6
1332	Dispositional Mindfulness and Acute Heat Pain: Comparing Stimulus-Evoked Pain With Summary Pain Assessment. <i>Psychosomatic Medicine</i> , 2021, 83, 539-548.	1.3	5
1333	Relationships between Mindfulness, Purpose in Life, Happiness, Anxiety, and Depression: Testing a Mediation Model in a Sample of Women. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 925.	1.2	22

#	ARTICLE	IF	CITATIONS
1336	How Flow and Mindfulness Interact with Each Other in Different Types of Mandala Coloring Activities?. Lecture Notes in Computer Science, 2019, , 471-486.	1.0	10
1338	How Does Mindfulness Work in Schools? An Integrative Model of the Outcomes and the Mechanisms of Change of Mindfulness-Based Interventions in the Classroom. , 2019, , 139-157.		5
1340	Insights from Quiet Minds: The Converging Fields of Mindfulness and Mind-Wandering. Studies in Neuroscience, Consciousness and Spirituality, 2014, , 227-241.	0.2	9
1341	The Neurobiology of Meditation and Mindfulness. Studies in Neuroscience, Consciousness and Spirituality, 2014, , 153-173.	0.2	22
1342	SÅ«la and Sati: An Exploration of Ethics and Mindfulness in PÅ«i Buddhism and Their Implications for Secular Mindfulness-Based Applications. Mindfulness in Behavioral Health, 2015, , 89-113.	0.2	13
1343	Mindfulness-Based Cognitive Therapy application for People Living with Chronic Disease: the case of HIV. , 2016, , 83-103.		3
1344	Scientific Literacy as a Foundational Competency for Teachers of Mindfulness-based Interventions. , 2016, , 93-119.		6
1345	Mindfulness and Its Impact on Ethical Behavior in Companies. , 2018, , 121-140.		5
1346	Creating Conditions for Compassion. , 2017, , 49-70.		6
1347	Paradoxes of Teaching Mindfulness in Business. Mindfulness in Behavioral Health, 2017, , 345-371.	0.2	4
1348	Neuroimaging Studies of Interoception and Self-Awareness. , 2013, , 207-224.		3
1349	Achtsamkeit fÅ¼r Start-ups â€“ Katalysator einer neuen Arbeitswelt?. FOM-Edition, 2019, , 227-242.	0.1	1
1350	Die Rolle des KÅ¶rpers im Rahmen achtsamkeitsbasierter AnsÃ¤tze. Psychotherapie: Praxis, 2020, , 83-94.	0.0	1
1351	Relationships and the Neurobiology of Resilience. , 2015, , 107-120.		4
1352	Promoviendo el Ã©xito escolar mediante una intervenciÃ³n basada en atenciÃ³n plena (mindfulness) en EducaciÃ³n Infantil: Programa Mindkinder. Revista De Psicodidactica, 2020, 25, 136-142.	0.4	8
1353	Psychotherapy for Bipolar Disorders. , 2019, , .		2
1358	Controversies of Womenâ€™s Sexual Arousal and Desire. European Psychologist, 2017, 22, 5-26.	1.8	30
1359	Evidence That a Brief Meditation Exercise Can Reduce Prejudice Toward Homeless People. Social Psychology, 2014, 45, 458-465.	0.3	41

#	ARTICLE	IF	CITATIONS
1360	Associations between dispositional mindfulness, craving, and drinking in alcohol-dependent patients: An ecological momentary assessment study.. Psychology of Addictive Behaviors, 2019, 33, 431-441.	1.4	23
1361	The effects of mindfulness-based yogic breathing on craving, affect, and smoking behavior.. Psychology of Addictive Behaviors, 2020, 34, 351-359.	1.4	14
1362	The dimensions and mechanisms of mindfulness in regulating aggressive behaviors.. Journal of Applied Psychology, 2018, 103, 281-299.	4.2	53
1363	Decentering in the process of cultivating mindfulness: An experience-sampling study in time and context.. Journal of Consulting and Clinical Psychology, 2017, 85, 123-134.	1.6	48
1364	Meditation training influences mind wandering and mindless reading.. Psychology of Consciousness: Theory Research, and Practice, 2016, 3, 12-33.	0.3	31
1365	Resilience training that can change the brain.. Consulting Psychology Journal, 2018, 70, 59-88.	0.6	55
1366	Differential effects of state and trait mindfulness on the late positive potential.. Emotion, 2018, 18, 1128-1141.	1.5	16
1367	Experimental effects of mindfulness inductions on self-regulation: Systematic review and meta-analysis.. Emotion, 2019, 19, 108-122.	1.5	101
1368	An eight-week mindfulness-based stress reduction (MBSR) workshop increases regulatory choice flexibility.. Emotion, 2019, 19, 593-604.	1.5	30
1369	Socioaffective versus sociocognitive mental trainings differentially affect emotion regulation strategies.. Emotion, 2019, 19, 1329-1342.	1.5	13
1370	Mindfulness on-the-go: Effects of a mindfulness meditation app on work stress and well-being.. Journal of Occupational Health Psychology, 2019, 24, 127-138.	2.3	263
1371	A systematic review and meta-analysis of workplace mindfulness training randomized controlled trials.. Journal of Occupational Health Psychology, 2019, 24, 108-126.	2.3	248
1372	The effectiveness of a meditation course on mindfulness and meaning in life.. Spirituality in Clinical Practice, 2017, 4, 100-112.	0.5	17
1373	In the moment and feeling good: Age differences in mindfulness and positive affect.. Translational Issues in Psychological Science, 2017, 3, 338-347.	0.6	44
1374	Mindfulness increases prosocial responses toward ostracized strangers through empathic concern.. Journal of Experimental Psychology: General, 2018, 147, 93-112.	1.5	91
1375	Mindfulness changes construal level: An experimental investigation.. Journal of Experimental Psychology: General, 2019, 148, 1656-1664.	1.5	23
1376	Enhanced Stress Resilience Training in Surgeons. Annals of Surgery, 2021, 273, 424-432.	2.1	47
1381	A mindful path to the COVID-19 pandemic: an approach to promote physical distancing behavior. International Journal of Organizational Analysis, 2021, 29, 1117-1143.	1.6	11

#	ARTICLE	IF	CITATIONS
1382	The Effects of a Mindfulness-Based Program on the Incidence of Injuries in Young Male Soccer Players. <i>Journal of Sport and Exercise Psychology</i> , 2020, 42, 161-171.	0.7	17
1383	Body Matters. , 2020, , .		25
1384	Long-Term Vegan Meditation Improved Human Gut Microbiota. <i>Evidence-based Complementary and Alternative Medicine</i> , 2020, 2020, 9517897.	0.5	20
1385	Classroom Mindfulness Education Effects on Meditation Frequency, Stress, and Self-Regulation. <i>Teaching of Psychology</i> , 2020, 47, 162-168.	0.7	8
1386	Does a mindfulness-augmented version of the German Strengthening Families Program reduce substance use in adolescents? Study protocol for a randomized controlled trial. <i>Trials</i> , 2020, 21, 114.	0.7	10
1387	The Clinical Value, Principle, and Basic Practical Technique of Mindfulness Intervention. <i>Shanghai Archives of Psychiatry</i> , 2016, 28, 121-130.	0.7	6
1388	The Multidimensional Assessment of Interoceptive Awareness (MAIA). <i>PLoS ONE</i> , 2012, 7, e48230.	1.1	769
1389	Brief Mindfulness Meditation Improves Mental State Attribution and Empathizing. <i>PLoS ONE</i> , 2014, 9, e110510.	1.1	73
1390	Mindfulness and Compassion: An Examination of Mechanism and Scalability. <i>PLoS ONE</i> , 2015, 10, e0118221.	1.1	216
1391	Self-Reported Trait Mindfulness and Affective Reactivity: A Motivational Approach Using Multiple Psychophysiological Measures. <i>PLoS ONE</i> , 2015, 10, e0119466.	1.1	16
1392	Self-Compassion, Emotion Regulation and Stress among Australian Psychologists: Testing an Emotion Regulation Model of Self-Compassion Using Structural Equation Modeling. <i>PLoS ONE</i> , 2015, 10, e0133481.	1.1	165
1393	Interoception and sexual response in women with low sexual desire. <i>PLoS ONE</i> , 2017, 12, e0185979.	1.1	15
1394	Testing the mindfulness-to-meaning theory: Evidence for mindful positive emotion regulation from a reanalysis of longitudinal data. <i>PLoS ONE</i> , 2017, 12, e0187727.	1.1	81
1395	Nonacceptance of negative emotions in women with borderline personality disorder: association with neuroactivity of the dorsal striatum. <i>Journal of Psychiatry and Neuroscience</i> , 2019, 44, 303-312.	1.4	13
1396	Mindfulness: A Long-Term Solution for Mindless Eating by College Students. <i>Journal of Public Policy and Marketing</i> , 2013, 32, 173-184.	2.2	1
1397	Possibilities, purpose and pitfalls: Insights from introducing mindfulness to leaders. <i>Journal of the Spirituality Leadership and Management Network Limited</i> , 2015, 8, .	0.3	7
1398	From State-to-Trait Meditation: Reconfiguration of Central Executive and Default Mode Networks. <i>ENeuro</i> , 2019, 6, ENEURO.0335-18.2019.	0.9	42
1399	A zenei bizsergÃ©s pszichofiziolÃ³giai hÃ©ttere Ã©s terÃ©piÃ©s felhasznÃ¡lÃ¡sa. <i>Mentalhigiene Es Pszichoszomatika</i> , 2016, 17, 19-36.	0.0	2

#	ARTICLE	IF	CITATIONS
1401	The Effects of a Brief MBSR on Mindfulness, Stress, Depression, Anxiety and Life Satisfaction in Older Adults. Han'guk Simni Hakhoe Chi Kon'gang = the Korean Journal of Health Psychology, 2017, 22, 489-510.	0.2	2
1402	Negative Urgency Mediates the Relation between Negative Emotion and Smartphone Addiction. Seuteureseu Yeon-gu, 2019, 27, 396-403.	0.1	2
1403	An Investigation into College Students' Preferences for Technology Integration into Mindfulness-Based Stress Reduction. AIS Transactions on Human-Computer Interaction, 0, , 188-204.	1.1	2
1404	Rumination and Mindlessness Processes: Trajectories of Change in a 42-Day Mindfulness-Based Intervention. Journal of Cognitive Psychotherapy, 2018, 32, 127-139.	0.2	14
1405	A New Mental Health Mobile App for Well-Being and Stress Reduction in Working Women: Randomized Controlled Trial. Journal of Medical Internet Research, 2019, 21, e14269.	2.1	46
1406	Experiences of Using a Consumer-Based Mobile Meditation App to Improve Fatigue in Myeloproliferative Patients: Qualitative Study. JMIR Cancer, 2019, 5, e14292.	0.9	29
1407	A Test of Feasibility and Acceptability of Online Mindfulness-Based Stress Reduction for Lesbian, Gay, and Bisexual Women and Men at Risk for High Stress: Pilot Study. JMIR Mental Health, 2019, 6, e15048.	1.7	11
1408	A Mobile Health Mindfulness Intervention for Women With Moderate to Moderately Severe Postpartum Depressive Symptoms: Feasibility Study. JMIR Mental Health, 2020, 7, e17405.	1.7	21
1409	Mindfulness-Based Mobile Applications: Literature Review and Analysis of Current Features. JMIR MHealth and UHealth, 2013, 1, e24.	1.8	156
1410	Theoretically-Based Emotion Regulation Strategies Using a Mobile App and Wearable Sensor Among Homeless Adolescent Mothers: Acceptability and Feasibility Study. JMIR Pediatrics and Parenting, 2018, 1, e1.	0.8	26
1411	Effectiveness of Mindfulness-based Relapse Prevention on Quality of Life and Craving in Methadone-treated Patients: A Randomized Clinical Trial. Addiction and Health, 2018, 10, 250-259.	0.3	7
1412	A systematic review of mindfulness based interventions for children and young people with ADHD and their parents. Global Psychiatry, 2019, 2, 79-95.	2.0	17
1413	Who experiences depressive symptoms following mindfulness-based stress reduction and why?. International Journal of Whole Person Care, 2017, 4, .	0.0	4
1414	Effect of Mindfulness-Based Therapy on Pain and Depression in Multiple Sclerosis Patients. Practice in Clinical Psychology, 0, , 271-280.	0.1	2
1415	Third Wave Treatments for Functional Somatic Syndromes and Health Anxiety Across the Age Span: A Narrative Review. Clinical Psychology in Europe, 2019, 1, .	0.5	10
1416	Can enlightenment be traced to specific neural correlates, cognition, or behavior? No, and (a) Tj ETQq1 1 0.784314, rgBT /Overlock 10 1.1F 25		
1417	Investigating the Role of Interpretation Bias in Mindfulness-Based Treatment of Adults With Generalized Anxiety Disorder. Frontiers in Psychology, 2020, 11, 82.	1.1	10
1418	Cambios Terapéuticos de Estilo de Vida (CTEV) y Mindfulness en el Ámbito Psicoterapéutico. Revista De Psicoterapia, 2016, 27, 119-132.	0.0	4

#	ARTICLE	IF	CITATIONS
1419	Feasibility and effectiveness of an online mindfulness meditation program for medical students. Canadian Medical Education Journal, 2018, 9, e15-25.	0.3	27
1420	âŸ“â€Žæ”èˆ`èš†èš’çš,,æf...ç»²è° f èš,ă,žă,,ıç«¥é—®éç~è;ĈEă,º. Advances in Psychological Science, 2019, 27, 646-656.	0.2	6
1421	Personality correlates of mindfulness. Yoga Mimamsa, 2014, 46, 29-36.	0.2	9
1422	Elements of yogic practice: Perceptions of students in healthcare programs. International Journal of Yoga, 2016, 9, 121.	0.4	19
1423	Diabetes management and the buddhist philosophy: Toward holistic care. Indian Journal of Endocrinology and Metabolism, 2018, 22, 806.	0.2	3
1424	A Cross-sectional and longitudinal study of the effects of a mindfulness meditation mobile application platform on reducing stress and anxiety. International Journal of Yoga, 2019, 12, 226.	0.4	12
1425	Applications of Mindfulness in Psychotherapy â€“ Contemporary Dilemmas. Asian Studies, 2016, 4, 123-138.	0.1	2
1426	Why Social Psychologists Should Care About Mindfulness. , 2017, , 1-14.		4
1427	Body Awareness, Mindfulness and Affect: Does the Kind of Physical Activity Make a Difference?. European Journal of Mental Health, 2016, 11, 97-111.	0.1	28
1428	The Effectiveness of Mindfulness-Integrated Cognitive Behavior Therapy on Depression, Anxiety, and Stress in Females with Multiple Sclerosis: A Single Blind Randomized Controlled Trial. Iranian Red Crescent Medical Journal, 2017, 19, .	0.5	22
1429	Meta-Cognition in Mindfulness: A Conceptual Analysis. Psychological Thought, 2015, 8, 132-141.	0.1	24
1430	Enhanced conflict monitoring via a short-duration, video-assisted deep breathing in healthy young adults: an event-related potential approach through the Go/NoGo paradigm. PeerJ, 2017, 5, e3857.	0.9	17
1431	Reliability and validity of an equanimity questionnaire: the two-factor equanimity scale (EQUA-S). PeerJ, 2020, 8, e9405.	0.9	21
1432	Mindfulness-Based Cognitive Behavioral Therapy as an Adjunct Treatment of Attention Deficit Hyperactivity Disorder in Young Adults: A Literature Review. Cureus, 2017, 9, e1269.	0.2	11
1433	A Review of the Development of the Concept of â€œNo Selfâ€“from the Perspective of Mindfulness. Advances in Social Sciences, 2021, 10, 2844-2850.	0.0	0
1435	Mindfulness and Sexual Dysfunction: A Systematic Research Synthesis. Journal of Sex and Marital Therapy, 2022, 48, 323-342.	1.0	5
1436	Mindfulness Meditation Influences Implicit but Not Explicit Coding of Temporal Simultaneity. Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice, 0, , 1.	0.8	2
1437	Mindfulness-based interventions for substance use disorders. The Cochrane Library, 2021, 2021, CD011723.	1.5	10

#	ARTICLE	IF	CITATIONS
1438	An Exploratory Case Study of Mindfulness Techniques in a High School Band Program During the COVID-19 Pandemic. UPDATE: Applications of Research in Music Education, 2022, 40, 71-81.	0.5	1
1439	The Efficacy of a Mindfulness-Based Intervention for College Students Under Extremely Stressful Conditions. Mindfulness, 2021, 12, 3086-3100.	1.6	16
1440	A Functional Connectivity Study to Investigate the Role of the Right Anterior Insula in Modulating Emotional Dysfunction in Borderline Personality Disorder. Psychosomatic Medicine, 2022, 84, 64-73.	1.3	6
1441	Dispositional Mindfulness Reduces Burnout and Promotes Flourishing in Medical Students: a Two-Wave Latent Change Score Model. Mindfulness, 2022, 13, 112-122.	1.6	6
1442	Effectiveness of mindfulness-based interventions on psychotherapy processes: a systematic review. Clinical Psychology and Psychotherapy, 2021, , .	1.4	2
1443	Investigating mindfulness influences on cognitive function: On the promise and potential of converging research strategies. Psychonomic Bulletin and Review, 2022, 29, 1198-1222.	1.4	9
1444	Teachers "finding peace in a frantic world": An experimental study of self-taught and instructor-led mindfulness program formats on acceptability, effectiveness, and mechanisms.. Journal of Educational Psychology, 2021, 113, 1689-1708.	2.1	21
1445	The Political Consequences of Be(com)ing Mindful. How Mindfulness Might Affect Political Attitudes. Frontiers in Political Science, 2021, 3, .	1.0	2
1448	Psychotherapeutische und psychologische Verfahren. , 2013, , 225-234.		0
1449	Can Contemplative Science Bring Meditation to (Western) Life?. Studies in Neuroscience, Consciousness and Spirituality, 2014, , 243-259.	0.2	1
1454	Psychotherapeutische und psychologische Verfahren in der Schmerzmedizin. , 2014, , 1-14.		0
1455	Meditation Effect on Human Brain Compared with Psychological Questionnaire. International Journal of Information and Education Technology, 2014, 4, 264-269.	0.9	4
1456	Mindfulness Approaches in the Treatment of Eating Disorders, Substance Use Disorders, and Addictions. , 2014, , 547-562.		1
1458	Mobile device-based mindfulness intervention promotes emotional regulation during anticipatory stress. , 2015, , .		1
1459	Neuroscience, Resilience, and the Embodiment of "Mental" Disorder. , 2015, , 111-131.		0
1460	Emotions, Empathy, and the Choice to Alleviate Suffering. Social Indicators Research Series, 2015, , 413-425.	0.3	2
1462	Mindful Energy Psychology: The Reciprocal Synergy of Integrating Mindfulness and Energy Psychology. MOJ Public Health, 2015, 2, .	0.0	1
1463	IMPROVED BRAIN FUNCTION FROM MEDITATION FOLLOWING AN AWARENESS TRAINING PROGRAMME IN SPIRITUAL MEDICINE (ATPi SM). Journal of Evolution of Medical and Dental Sciences, 2015, 4, 8881-8893.	0.1	0

#	ARTICLE	IF	CITATIONS
1464	Clinical Perspectives. , 2016, , 61-87.		0
1465	ANÁLISIS CRÍTICO DE LA EXPLICACIÓN DE LA TRANSFORMACIÓN MORAL EN EL BUDISMO NEURAL. Revista Científica Arbitrada De La Fundación MenteClara, 2016, 1, 206-226.	0.1	0
1467	Mimikmeditation zur Stressregulation. , 2016, , 185-194.		0
1468	Efectos y Particularidades del Uso del Mindfulness en el Trastorno Límite de la Personalidad. Revista De Psicoterapia, 2016, 27, 89-101.	0.0	1
1469	Intervenciones Basadas en Mindfulness: Tratamiento de las Personas Supervivientes de Trauma. Revista De Psicoterapia, 2016, 27, 7-20.	0.0	1
1472	Mindfulness in Mental Health: A Critical Reflection. Journal of Psychology, Neuropsychiatric Disorders and Brain Stimulation, 2016, 01, .	0.0	1
1473	Pleine conscience et gestion des douleurs chroniques: l'impact psychologique et neurophysiologique. , 2016, , 105-118.		0
1475	Effect of Brief Open Monitoring Mindfulness Mediation on Theory of Mind. International Journal of Indian Psychology, 2016, 3, .	0.2	0
1477	Meditation and Procrastination. , 0, , .		0
1478	Evaluering av et mindfulness-kurs for pårørende innen psykisk helse. Tidsskrift for Psykisk Helsearbeid, 2016, 12, 352-361.	0.0	0
1480	Hier-en-nu, het zelf en het lichaam. , 2017, , 29-46.		0
1481	Introduction: A New Hope. Mindfulness in Behavioral Health, 2017, , 1-20.	0.2	1
1483	Recommendations, Conclusions, and Future Directions. , 2017, , 143-166.		0
1484	The Use of Mindfulness and Acupuncture in the American Military. , 2017, , 193-211.		0
1485	Training to strengthen the mental self-boundary (Self-Boundary Awareness Training, SBAT) results in greater mindfulness: How self-boundary awareness increases mindfulness. Advances in Social Sciences Research Journal, 2017, 4, .	0.1	0
1486	Non-ordinary Consciousness for Artificial Intelligence. Lecture Notes in Computer Science, 2017, , 348-362.	1.0	1
1487	Neuroimaging in Chronic Pain, Fibromyalgia, and Somatization. , 2017, , 421-442.		0
1488	Mindfulness-Based Symptom Management: Mindfulness as Applied Ethics. Mindfulness in Behavioral Health, 2017, , 193-227.	0.2	0

#	ARTICLE	IF	CITATIONS
1489	Emotions, the Inner Lives of Those Who Work Toward Suffering Relief. <i>Social Indicators Research Series</i> , 2017, , 131-145.	0.3	0
1490	The effect of perceived overqualification on job crafting. <i>Korean Journal of Industrial and Organizational Psychology</i> , 2017, 30, 77-100.	0.3	2
1491	Effect of Belly Button Meditation (BBM) on Stress Response, Physical Symptoms, Work Flow of the Workers. <i>Seuteureseu Yeon-gu</i> , 2017, 25, 8-16.	0.1	1
1492	A Critical Reflection of Mindfulness in Mental Health. <i>Psychology and Mental Health Care: Open Access</i> , 2017, 1, 01-05.	0.1	0
1493	Youth, Education, and Brain Development. , 2017, , 205-255.		0
1495	Specificity, Functions and Mechanisms of Meditative States in the Light of Neuropsychological Research on Mindfulness. <i>Annales Universitatis Mariae Curie-Skłodowska Sectio J "Paedagogia-Psychologia"</i> , 2017, 30, 111.	0.1	0
1497	Educating towards Responsibility in French Schools: Barriers and Facilitators at the Institution Scale. <i>Recherches En Didactiques Des Sciences Et Des Technologies</i> , 2017, , 129-158.	0.1	2
1498	The Role of Mindfulness in the Relationship between Borderline Personality Trait and Psychological Distress. <i>Seuteureseu Yeon-gu</i> , 2017, 25, 227-232.	0.1	0
1499	Pleine conscience et relations de couple. , 2018, , 157-178.		0
1500	A meditação na educação e a ecologia profunda. <i>Ambientalmente Sustentável</i> , 2020, 25, 41-58.	0.1	0
1501	Psychotherapeutische und psychologische Verfahren in der Schmerzmedizin. , 2018, , 1-10.		0
1502	Validation of the Polish version of the Short Form of the Five Facet Mindfulness Questionnaire. <i>Roczniki Psychologiczne</i> , 2018, 21, 279-298.	0.0	2
1504	The Effects of Mindfulness Meditation on Emotion Regulation, Cognition and Social Skills. <i>European Scientific Journal</i> , 2018, 14, 18.	0.0	3
1505	Merkezsizle Yrtirme Becerisini DeYerlendirme: YaYantlar -IÅeYinin T¼rkÅe Formunun Psikometrik Åzellikleri. <i>Journal of Measurement and Evaluation in Education and Psychology</i> , 0, , 151-161.	0.0	0
1507	Infusing Mindfulness Capability into Pedagogical Agents. , 0, , .		0
1508	Effects of Meditation on Depression among Patients Undergoing Hemodialysis. <i>Preventive Care in Nursing and Midwifery Journal</i> , 2018, 8, 42-49.	0.1	1
1509	Achtsamkeit. , 2019, , 7-36.		0
1510	â€œDas ist ja interessant â€œ â€œ Achtsamkeit, Meditation und (Selbst-)Mitgef¼hl in der pädagogischen Praxis. , 2019, , 23-37.		1

#	ARTICLE	IF	CITATIONS
1511	Psychotherapeutische und psychologische Verfahren in der Schmerzmedizin. Springer Reference Medizin, 2019, , 189-198.	0.0	0
1512	Mindfulness-Based Approaches and Attention Regulation. , 2019, , 115-124.		0
1513	Neuroimmunologie der Achtsamkeit. FOM-Edition, 2019, , 23-33.	0.1	0
1514	Modulations in the Experience of Duration. , 2019, , 145-162.		2
1516	Mindfulness in the Development of the Cognitive Sphere: Evaluation of the Short-Term Effectiveness of the Mindfulness-Based Cognitive Therapy Program. Counseling Psychology and Psychotherapy, 2019, 27, 30-47.	0.7	5
1517	A Structured Literature Review on the Role of Mindfulness Intervention in Weight Control. Korean Journal of Health Promotion, 2019, 19, 186.	0.1	0
1518	Mindfulness and Sexual Violence. , 2019, , 469-484.		0
1519	Mindfulness in sport: Neuroscience and practical applications.. , 2019, , 325-342.		0
1520	Achtsamkeit als resiliente Veränderungskompetenz – Erfahrungen aus der Change-Management-Beratung eines Finanzunternehmens. FOM-Edition, 2019, , 213-226.	0.1	0
1521	Recommendations for Mindfulness Interventions in the Educational Context. , 2019, , 117-137.		2
1522	Full awareness or mindfulness in the practice of current clinical psychology and psychiatry: Explanatory contributions. Annals of Psychiatry and Treatment, 0, , 003-010.	1.3	0
1523	Trening uwaÅ¼noÅ¼ci w oddziaÅlywaniach resocjalizacyjnych. Kontekst teoretyczny. Polish Journal of Social Rehabilitation, 2019, , 53-71.	0.0	0
1527	The effects of mindfulness on burnout. Korean Journal of Industrial and Organizational Psychology, 2019, 32, 135-162.	0.3	0
1530	Effects of a mindfulness-based intervention on the functional status and mindfulness of primary health care professionals: a before and after study. Revista De Psiquiatria Clinica, 2019, 46, 115-119.	0.6	0
1532	The Effect of Mindfulness-Based Group Intervention on Self-esteem and Social Problems in Students with Symptoms of Attention Deficit / Hyperactivity Disorder. Taá¥avvul-i RavÅnshinÅkhtÅ«-i KÅ«dak, 2019, 6, 256-268.	0.1	2
1534	Mind – Body Treatments for Anxiety Disorders. Current Clinical Psychiatry, 2020, , 269-282.	0.2	1
1536	Achtsamkeit und SelbstmitgefÅ¼hl in der Psychotherapie – state of the art. Psychotherapie: Praxis, 2020, , 5-16.	0.0	2
1537	Facetten der Achtsamkeit. Psychosomatik Im Zentrum, 2020, , 69-78.	0.1	0

#	ARTICLE	IF	CITATIONS
1538	The Role of Nutrition in Integrative Oncology. , 2020, , 407-436.		0
1541	Psychometric Properties of the Urdu Translation of Mindfulness Attention Awareness Scale (MAAS) in Pakistan. Sir Syed Journal of Education & Social Research (SJESR), 2020, 3, 190-197.	0.1	0
1543	The effectiveness of mindfulness-based cognitive therapy for reducing rumination and improving mindfulness and self-compassion in patients with treatment-resistant depression. Trends in Psychiatry and Psychotherapy, 2020, 42, 138-146.	0.4	11
1544	CBCT for Mindfulness in Financial Literacy. , 2021, , .		0
1545	A Narrative Review of Mindfulness-Based Interventions Using Virtual Reality. Mindfulness, 2022, 13, 556-571.	1.6	30
1546	Mindfulness, mood symptom tendencies and quality of life in bipolar disorder: An examination of the mediating influence of emotion regulation difficulties. Journal of Affective Disorders, 2022, 298, 166-172.	2.0	7
1547	Dikkat Eksikliği Hiperaktivite Bozukluğu Olan Ergenlerde Bilinçli Farkındalık. Düzce Üniversitesi Sağlık Bilimleri Enstitüsü Dergisi, 0, , .	0.3	0
1548	Mindful engagement, psychological restoration, and connection with nature in constrained nature experiences. Landscape and Urban Planning, 2022, 217, 104263.	3.4	34
1549	Relationship between mindfulness, depression, anxiety and stress: Mediating role of self-efficacy. Personality and Individual Differences, 2022, 186, 111363.	1.6	33
1550	Flexible Emotionsregulation als psychologische Grundlage von Achtsamkeit und Selbstmitgefühl. Psychotherapie: Praxis, 2020, , 17-24.	0.0	1
1551	Educators and Wellbeing. Advances in Educational Marketing, Administration, and Leadership Book Series, 2020, , 86-101.	0.1	0
1553	Machen wir uns auf den Weg â€¦ , 2020, , 107-169.		0
1554	Von gruppentherapeutischen Achtsamkeitsprogrammen zu Achtsamkeitsschulung von Therapeuten und Übungen für die Einzeltherapie. Psychotherapie: Praxis, 2020, , 129-139.	0.0	0
1556	Second Enabler. Future of Business and Finance, 2020, , 119-159.	0.3	0
1559	Im Hier und Jetzt für morgen sorgen. Der Einfluss von Achtsamkeit auf emotionale Prozesse in der Depressionsbehandlung. Psychotherapie: Praxis, 2020, , 155-171.	0.0	0
1560	Role of Yoga in the Management of Premature Ejaculation. World Journal of Men's Health, 2020, 38, 495.	1.7	7
1561	Personality and Health. , 2020, , 153-191.		0
1562	Compassion for Everyday Living. Mindfulness in Behavioral Health, 2020, , 25-42.	0.2	0

#	ARTICLE	IF	CITATIONS
1563	Decline of Empathy after the First Internship: Towards a More Functional Empathy?. <i>Sante Mentale Au Quebec</i> , 0, 45, 183-200.	0.1	1
1565	ØšÙ,,Ø-Ù± ØšÙ,,Ù³ÙšØ· ØšÙ,,Ù...Ø³Ù...Ù,, Ù,,Ù,,Ø³Ù±ØÙšÙ... ØšÙ,,Ø°ØšØ³Ùš ÙÙš ØšÙ,,Ø¹Ù,,ØšÙ,Ø© ØÙšÙ± ØšÙ,,ÙšÙ,Ø		
1567	The effectiveness of a counseling program based on Mindfulness in increasing concentration of attention and Reduce psychological stress among the general secondary stage. <i>Al-Ma'Allah Al-Mi'riyyat Lil Dir'as Al-Nafsiyyat</i> , 2020, 30, 1-18.	0.0	0
1569	Mindfulness-based cognitive therapy as a clinical intervention with psoriasis patients through the lens of the clinically modified Buddhist psychological model: a qualitative study. <i>Mental Health, Religion and Culture</i> , 2020, 23, 806-825.	0.6	8
1570	Studying the precuneus reveals structureâ€“functionâ€“affect correlation in long-term meditators. <i>Social Cognitive and Affective Neuroscience</i> , 2020, 15, 1203-1216.	1.5	8
1572	The Transdiagnostic Mechanisms of Behavioral Addictions and Their Treatment. , 2021, , 911-927.		2
1574	Chronic physical illness: a psychophysiological approach for chronic physical illness. <i>Yale Journal of Biology and Medicine</i> , 2013, 86, 15-28.	0.2	22
1575	Comparing Effectiveness of Mindfulness-Based Relapse Prevention with Treatment as Usual on Impulsivity and Relapse for Methadone-Treated Patients: A Randomized Clinical Trial. <i>Addiction and Health</i> , 2017, 9, 156-165.	0.3	10
1576	Feasibility and effectiveness of an online mindfulness meditation program for medical students. <i>Canadian Medical Education Journal</i> , 2018, 9, e15-e25.	0.3	4
1577	Mindful Eating: A Review Of How The Stress-Digestion-Mindfulness Triad May Modulate And Improve Gastrointestinal And Digestive Function. <i>Integrative Medicine</i> , 2019, 18, 48-53.	0.1	2
1578	Effects of mindfulness training on posttraumatic stress symptoms from a community-based pilot clinical trial among survivors of intimate partner violence. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i> , 2020, 12, 859-868.	1.4	1
1579	Mindfulness Meditation: Impact on Attentional Control and Emotion Dysregulation. <i>Archives of Clinical Neuropsychology</i> , 2021, 36, 1283-1290.	0.3	1
1580	Restoration of default mode network and task positive network anti-correlation associated with mindfulness-based cognitive therapy for bipolar disorder. <i>Psychiatry Research - Neuroimaging</i> , 2022, 319, 111419.	0.9	9
1581	Mindfulness-Based Stress Reduction Increases Mental Wellbeing and Emotion Regulation During the First Wave of the COVID-19 Pandemic: A Synchronous Online Intervention Study. <i>Frontiers in Psychology</i> , 2021, 12, 720965.	1.1	21
1582	Mindfulness Profiles Among Gamblers: Exploring Differences in Gambling Behaviors, Motivations, Cognitions, and Mental Health. <i>Mindfulness</i> , 2022, 13, 339-350.	1.6	5
1583	Exploring Anima: a brainâ€“computer interface for peripheral materialization of mindfulness states during mandala coloring. <i>Human-Computer Interaction</i> , 2023, 38, 259-299.	3.1	3
1584	Short-Term Training in Mindfulness Predicts Helping Behavior Toward Racial Ingroup and Outgroup Members. <i>Social Psychological and Personality Science</i> , 2023, 14, 60-71.	2.4	11
1586	From Self-Esteem to Selflessness: An Evidence (Gap) Map of Self-Related Processes as Mechanisms of Mindfulness-Based Interventions. <i>Frontiers in Psychology</i> , 2021, 12, 730972.	1.1	19

#	ARTICLE	IF	CITATIONS
1587	Transcranial Direct Current Stimulation Provides No Additional Benefit to Improvements in Self-Reported Craving Following Mindfulness-Based Relapse Prevention. <i>Mindfulness</i> , 2022, 13, 92-103.	1.6	4
1588	Decentering, Acceptance, and Non-Attachment: Challenging the Question "Does It Me?" <i>Frontiers in Psychiatry</i> , 2021, 12, 659835.	1.3	2
1589	Effects of a Single Yoga Session on Cardiac Interoceptive Accuracy and Emotional Experience. <i>Brain Sciences</i> , 2021, 11, 1572.	1.1	5
1590	Influence of Mindfulness on the Processes of Consciousness Measured via Evoked Potentials A Theoretical Review. <i>Journal of Consciousness Studies</i> , 2021, 28, 102-124.	0.4	0
1591	Yoga, Meditation and Mindfulness in pediatric oncology - A review of literature. <i>Complementary Therapies in Medicine</i> , 2021, 63, 102791.	1.3	11
1592	Embodied Mindfulness Questionnaire: Scale Development and Validation. <i>Assessment</i> , 2023, 30, 458-483.	1.9	8
1593	Dispositional mindfulness and self-referential neural activity during the resting state. <i>Social Neuroscience</i> , 2022, 17, 13-20.	0.7	0
1594	Affective explicit and implicit attitudes towards vegetarian and vegan food consumption: The role of mindfulness. <i>Appetite</i> , 2022, 169, 105831.	1.8	14
1595	Mindfulness-Based Interventions. , 2021, , .		0
1596	Addressing the biological embedding of early life adversities (ELA) among adults through mindfulness: Proposed mechanisms and review of converging evidence. <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 134, 104526.	2.9	7
1599	Mindfulness e regula�o emocional: uma revis�o sistem�tica de literatura. <i>SMAD Revista Eletr�nica Sa�de Mental �cool E Drogas (Edi�o Em Portugu�s)</i> , 2020, 16, 88-104.	0.0	5
1600	Efeitos do Programa Terapia Cognitiva Baseada em Mindfulness sobre estresse, autoefic�cia e mindfulness em universit�rios. <i>SMAD Revista Eletr�nica Sa�de Mental �cool E Drogas (Edi�o Em Portugu�s)</i> Tj ETQq1 b0784314 rgBT /Qv		
1601	Effects of mindfulness training on posttraumatic stress symptoms from a community-based pilot clinical trial among survivors of intimate partner violence.. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i> , 2020, 12, 859-868.	1.4	15
1602	Mindfulness training encourages self-transcendent states via decentering.. <i>Psychology of Consciousness: Theory Research, and Practice</i> , 2023, 10, 431-440.	0.3	8
1604	Entspannungs�bungen. , 2021, , 117-129.		0
1605	Martial Arts-Based Curriculum Reduces Stress, Emotional, and Behavioral Problems in Elementary Schoolchildren During the COVID-19 Pandemic: A Pilot Study. <i>Mind, Brain, and Education</i> , 2022, 16, 5-12.	0.9	4
1606	Mechanisms Underlying Cognitive Effects of Inducing a Mindful State. <i>Journal of Cognition</i> , 2022, 5, 13.	1.0	4
1607	Design Considerations for Supporting Mindfulness in Virtual Reality. <i>Frontiers in Virtual Reality</i> , 2022, 2, .	2.5	8

#	ARTICLE	IF	CITATIONS
1608	The effects of yoga and mindful meditation on elderly care workerâ€™s burnout: a CONSORT-compliant randomized controlled trial. <i>Journal of Rural Medicine: JRM</i> , 2022, 17, 14-20.	0.2	3
1609	The Two Arrows of Pain: Mechanisms of Pain Related to Meditation and Mental States of Aversion and Identification. <i>Mindfulness</i> , 0, , 1.	1.6	8
1610	Measuring Psychological Mechanisms in Meditation Practice: Using a Phenomenologically Grounded Classification System to Develop Theory-Based Composite Scores. <i>Mindfulness</i> , 2022, 13, 600.	1.6	9
1611	Impact of Mindfulness Training on Spanish Police Officersâ€™ Mental and Emotional Health: a Non-Randomized Pilot Study. <i>Mindfulness</i> , 2022, 13, 695-711.	1.6	9
1612	Mindfulness is Associated with Better Sleep Quality in Young Adults by Reducing Boredom and Bedtime Procrastination. <i>Behavioral Sleep Medicine</i> , 2023, 21, 61-71.	1.1	7
1613	Enhancing cognitive restructuring with concurrent fMRI-guided neurostimulation for emotional dysregulationâ€”A randomized controlled trial. <i>Journal of Affective Disorders</i> , 2022, 301, 378-389.	2.0	8
1614	How do Mindfulness-Based Programs Improve Depression Symptoms: Selflessness, Valence, or Valenced Self?. <i>Cognitive Therapy and Research</i> , 2022, 46, 668-685.	1.2	1
1615	Nature, Assessment, and Mechanisms of Mindfulness. , 2022, , 1-12.		3
1617	The effect of employee's mindfulness on voluntary pro-environment behaviour at the workplace: the mediating role of connectedness to nature. <i>Benchmarking</i> , 2022, 29, 3356-3378.	2.9	3
1618	Islamic psycho-immunological approaches in increasing immunity during the COVID-19 pandemic. <i>E3S Web of Conferences</i> , 2022, 340, 05009.	0.2	0
1619	Effects of Mind-Body Interventions on Adolescentsâ€™ Cooperativeness and Emotional Symptoms. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2022, 12, 33.	1.0	3
1620	Construction and evaluation of a mindfulness-based quality of life and well-being program (MQW) in a randomized trial. <i>Current Psychology</i> , 2023, 42, 14782-14803.	1.7	6
1621	Examining the associations between PTSD symptoms and aspects of emotion dysregulation through network analysis. <i>Journal of Anxiety Disorders</i> , 2022, 86, 102536.	1.5	11
1622	Acute effects of mindfulness-based intervention on athlete cognitive function: An fNIRS investigation. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 90-99.	0.8	8
1623	Mechanisms of Behavior Change in Substance Use Disorder With and Without Formal Treatment. <i>Annual Review of Clinical Psychology</i> , 2022, 18, 497-525.	6.3	27
1624	Trait mindfulness is related to attention bias toward threat and attention bias variability in social anxiety disorder. <i>Current Psychology</i> , 2023, 42, 15287-15294.	1.7	2
1625	Meditative and Mindfulness-Focused Interventions in Neurology: Principles, Science, and Patient Selection. <i>Seminars in Neurology</i> , 2022, , .	0.5	2
1628	Neurobiology of Mindfulness-Based Interventions. , 2021, , 225-261.		1

#	ARTICLE	IF	CITATIONS
1630	The Complexities of Youth Depression: The Potential of Mindfulness- and Compassion-Based Interventions. <i>Journal of Child and Adolescent Counseling</i> , 2022, 8, 46-58.	0.5	1
1632	School-based mindfulness intervention for depressive symptoms in adolescence: For whom is it most effective?. <i>Journal of Adolescence</i> , 2022, 94, 118-132.	1.2	3
1633	Mindfulness-Based Interventions and Body Awareness. <i>Brain Sciences</i> , 2022, 12, 285.	1.1	7
1634	Comparing impacts of meditation training in focused attention, open monitoring, and mindfulness-based cognitive therapy on emotion reactivity and regulation: Neural and subjective evidence from a dismantling study. <i>Psychophysiology</i> , 2022, 59, e14024.	1.2	9
1635	Meditation-Based Therapy for Chronic Low Back Pain Management: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Pain Medicine</i> , 2022, 23, 1800-1811.	0.9	11
1636	Changes in Spiritual Practices and Relational Well-Being During the COVID-19 Pandemic. <i>Marriage and Family Review</i> , 2023, 59, 41-64.	0.7	8
1637	Mindfulness Practice Is Associated With Subjective Wellbeing Homeostasis Resilience in People With Crohn's Disease but Not Ulcerative Colitis. <i>Frontiers in Psychiatry</i> , 2022, 13, 797701.	1.3	0
1638	Effects of a 6 Week Yoga Intervention on Executive Functioning in Women Screening Positive for Adult ADHD: A Pilot Study. <i>Frontiers in Sports and Active Living</i> , 2022, 4, 746409.	0.9	4
1639	The Effectiveness of Mindfulness-Based Thriving Programs on High School Students' Perceived Stress, Mindfulness, Thriving and Self-Efficacy Levels. <i>Acta Educationis Generalis</i> , 2022, 12, 74-94.	0.1	0
1640	Mindfulness in Health Education: From Physical to Virtual Presence during the Pandemic, an Anthropological Study in Spain. <i>Sustainability</i> , 2022, 14, 2547.	1.6	4
1641	Preschool Teachers' Psychological Distress and Work Engagement during COVID-19 Outbreak: The Protective Role of Mindfulness and Emotion Regulation. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2645.	1.2	9
1643	Coping with the crisis: A mindfulness manipulation positively affects the emotional regulation of action crises. <i>Social Psychological Bulletin</i> , 2021, 16, .	2.8	2
1644	Does mindfulness help to overcome stereotype threat in mental rotation in younger and older adolescents?. <i>Psychological Research</i> , 2023, 87, 624-635.	1.0	2
1645	Mindfulness and Savoring: A Commentary on Savoring Strategies and Their Implications for Addiction Treatment. <i>Substance Use and Misuse</i> , 2022, 57, 822-826.	0.7	9
1646	A Randomized Control Trial of Meditation for Mothers Pumping Breastmilk for Preterm Infants. <i>American Journal of Perinatology</i> , 2022, 0, .	0.6	2
1647	A Biobehavioural Approach to Understand How Mindfulness-Based Cognitive Therapy Reduces Dispositional Negative Self-Bias in Recurrent Depression. <i>Mindfulness</i> , 2022, 13, 928-941.	1.6	2
1648	Neurofeedback-Augmented Mindfulness Training Elicits Distinct Responses in the Subregions of the Insular Cortex in Healthy Adolescents. <i>Brain Sciences</i> , 2022, 12, 363.	1.1	9
1649	Women, Painful Sex, and Mindfulness. <i>Mindfulness</i> , 0, , 1.	1.6	0

#	ARTICLE	IF	CITATIONS
1650	Enhanced Resting-State Functional Connectivity With Decreased Amplitude of Low-Frequency Fluctuations of the Salience Network in Mindfulness Novices. <i>Frontiers in Human Neuroscience</i> , 2022, 16, 838123.	1.0	4
1651	Mindfulness intervention improves executive functions of depressed individuals and its neural mechanism. <i>Chinese Science Bulletin</i> , 2022, , .	0.4	0
1652	Individual Differences in Dispositional Mindfulness Predict Attentional Networks and Vigilance Performance. <i>Mindfulness</i> , 2022, 13, 967-981.	1.6	6
1653	Building a More Diverse and Inclusive Science: Mindfulness-Based Approaches for Latinx Individuals. <i>Mindfulness</i> , 2022, 13, 942-954.	1.6	13
1654	The State of Dispositional Mindfulness Research. <i>Mindfulness</i> , 2022, 13, 1357-1372.	1.6	18
1655	Clarifying the Relationship Between Self-Compassion and Mindfulness: an Ecological Momentary Assessment Study. <i>Mindfulness</i> , 2022, 13, 843-854.	1.6	9
1656	Paying Attention to the Self: a Systematic Review of the Study of the Self in Mindfulness Research. <i>Mindfulness</i> , 2022, 13, 1373-1386.	1.6	2
1657	Psychotherapeutic Tools to Enhance the Neurologist-Patient Interaction. <i>Seminars in Neurology</i> , 2022, , .	0.5	0
1658	What enables us to better experience our work as meaningful? The importance of awareness and the social context. <i>Human Relations</i> , 2023, 76, 1226-1255.	3.8	9
1659	A mindfulness-based stress management program for caregivers of allogeneic hematopoietic stem cell transplant (HCT) patients: Protocol for a randomized controlled trial. <i>PLoS ONE</i> , 2022, 17, e0266316.	1.1	2
1660	Family caregivers of those with cancer: quality of life outcomes from a sequential multiple assignment randomized trial. <i>Supportive Care in Cancer</i> , 2022, , 1.	1.0	1
1661	A Scoping Review of Mindful Eating Interventions for Obesity Management. <i>Mindfulness</i> , 2022, 13, 1387-1402.	1.6	6
1662	Resting-state fMRI functional connectivity and mindfulness in clinical and non-clinical contexts: A review and synthesis. <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 135, 104583.	2.9	53
1663	Interventions to reduce loneliness in caregivers: An integrative review of the literature. <i>Psychiatry Research</i> , 2022, 311, 114508.	1.7	8
1664	Fostering emotional self-regulation in female teachers at the public teaching network: A mindfulness-based intervention improving psychological measures and inflammatory biomarkers. <i>Brain, Behavior, & Immunity - Health</i> , 2022, 21, 100427.	1.3	2
1665	Mindfulness-based stress reduction may decrease stress, disease activity, and inflammatory cytokine levels in patients with autoimmune hepatitis. <i>JHEP Reports</i> , 2022, 4, 100450.	2.6	3
1666	Towards a mechanistic understanding of mindfulness-based stress reduction (MBSR) using an RCT neuroimaging approach: Effects on regulating own stress in social and non-social situations. <i>NeuroImage</i> , 2022, 254, 119059.	2.1	5
1667	Mindfulness-Informed Guided Imagery to Target Physical Activity: A Mixed Method Feasibility and Acceptability Pilot Study. <i>Frontiers in Psychology</i> , 2021, 12, 742989.	1.1	1

#	ARTICLE	IF	CITATIONS
1668	Can Trait Mindfulness Improve Job Satisfaction? The Relationship Between Trait Mindfulness and Job Satisfaction of Preschool Teachers: The Sequential Mediating Effect of Basic Psychological Needs and Positive Emotions. <i>Frontiers in Psychology</i> , 2021, 12, 788035.	1.1	6
1669	Theta Neurofeedback Training Supports Motor Performance and Flow Experience. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2022, 6, 434-450.	0.8	5
1670	Reductions in experiential avoidance explain changes in anxiety, depression and well-being after a mindfulness and self-compassion (MSC) training. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2022, 95, 402-422.	1.3	13
1671	Mediators for Effect of Mindfulness in Promoting Marital Satisfaction: Modeling Structural Equations in an Experimental Study. <i>Iranian Journal of Psychiatry</i> , 2022, 17, 72-83.	0.4	2
1672	Mindfulness Meditation Improves Musical Aesthetic Emotion Processing in Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 13045.	1.2	2
1673	Interoceptive awareness and beliefs about health and the body as predictors of the intensity of emotions experienced at the beginning of the pandemic. <i>PeerJ</i> , 2021, 9, e12542.	0.9	1
1674	App-based mindfulness meditation reduces perceived stress and improves self-regulation in working university students: A randomised controlled trial. <i>Applied Psychology: Health and Well-Being</i> , 2022, 14, 1151-1171.	1.6	15
1675	A Bibliometric and Visualization Analysis of Mindfulness and Meditation Research from 1900 to 2021. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 13150.	1.2	12
1676	Walking meditation versus balance training for improving balance abilities among older adults with history of fall: A randomized controlled trial. <i>Clinical Rehabilitation</i> , 2022, 36, 538-549.	1.0	1
1679	The Use of Neuroscience in Interventions for Intimate Partner Violence (IPV): A Scoping Review. <i>Clinical Social Work Journal</i> , 2022, 50, 194-206.	1.3	1
1680	Mindfulness for smoking cessation. <i>The Cochrane Library</i> , 2022, 2022, CD013696.	1.5	7
1681	Dispositional Mindfulness May Have Protected Athletes from Psychological Distress During COVID-19 in Australia. <i>Perceptual and Motor Skills</i> , 2022, , 003151252210875.	0.6	5
1682	Intervening from the "Inside Out": Exploring the Role of Self-Determination and Mindfulness-Based Interventions for People with Intellectual and Developmental Disabilities. <i>Advances in Neurodevelopmental Disorders</i> , 2022, 6, 147-156.	0.7	5
1683	Mindfulness practice improves managers' job demands-resources, psychological detachment, work-nonwork boundary control, and work-life balance – a randomized controlled trial. <i>International Journal of Workplace Health Management</i> , 2022, 15, 493-514.	0.8	4
1701	Mind-body wellness: A complement to dental education and professional development. <i>International Journal of Yoga</i> , 2021, 14, 239.	0.4	0
1703	State Mindfulness Scale (SMS). , 2022, , 1-16.		2
1705	Mindfulness older workers and relational leadership. <i>Journal of Management and Organization</i> , 2023, 29, 571-588.	1.6	0
1706	Chinese English as a Foreign Language Teachers' Immunity and Mindfulness as Predictors of Their Work Engagement. <i>Frontiers in Psychology</i> , 2022, 13, 874356.	1.1	3

#	ARTICLE	IF	CITATIONS
1707	Associations Among Adolescentsâ€™ Mindfulness, Sympathy, Cognitive Empathy, and Sibling Relationships. <i>Psychological Reports</i> , 2022, , 003329412210979.	0.9	2
1708	Making peace with disliked others: the effects of a short loving-kindness meditation on implicit and explicit emotional evaluations. <i>BMC Psychology</i> , 2022, 10, 110.	0.9	0
1709	The Impacts of Mindfulness-Based Stress Reduction (MBSR) on Mindfulness and Well-being for Regular and Novice Meditators. <i>Mindfulness</i> , 0, , 1.	1.6	0
1710	Association Between Dispositional Mindfulness, Clinical Characteristics, and Emotion Regulation in Women Entering Substance Use Disorder Treatment: an fMRI Study. <i>Mindfulness</i> , 2022, 13, 1430-1444.	1.6	1
1711	Efficacy of a Mindfulness-Based Intervention in Ameliorating Inattentive Blindness Amongst Young Neurosurgeons: A Prospective, Controlled Pilot Study. <i>Frontiers in Surgery</i> , 2022, 9, .	0.6	2
1712	Mindfulness Training for Young Neurosurgeons: A Virtual Multicenter Prospective Pilot Study. <i>World Neurosurgery</i> , 2022, 164, e446-e457.	0.7	4
1713	Mindful eating: what we know so far. <i>Nutrition Bulletin</i> , 2022, 47, 168-185.	0.8	16
1714	The search for scientific meaning in mindfulness research: Insights from a scoping review. <i>PLoS ONE</i> , 2022, 17, e0264924.	1.1	3
1715	Mediators of acceptance and mindfulness-based therapies for anxiety and depression: A systematic review and meta-analysis. <i>Clinical Psychology Review</i> , 2022, 94, 102156.	6.0	28
1716	Investigating the impact of distinct contemplative mental trainings on daily life stress, thoughts and affectâ€”Evidence from a nine-month longitudinal ecological momentary assessment study. <i>Psychoneuroendocrinology</i> , 2022, 142, 105800.	1.3	3
1718	Evidence to Support Mindful Healthcare Professionals. , 2022, , 7-18.		1
1719	Autobiographical Memory and Mindfulness: a Critical Review with a Systematic Search. <i>Mindfulness</i> , 2022, 13, 1614-1651.	1.6	2
1720	Mindfulness-Enhanced Computerized Cognitive Training for Depression: An Integrative Review and Proposed Model Targeting the Cognitive Control and Default-Mode Networks. <i>Brain Sciences</i> , 2022, 12, 663.	1.1	4
1721	Mindfulness-Based School Interventions: a Systematic Review of Outcome Evidence Quality by Study Design. <i>Mindfulness</i> , 2022, 13, 1591-1613.	1.6	33
1722	Parentâ€™child relationships and depressive symptom among Chinese college students: the mediating role of psychological needs satisfaction and the moderating role of mindfulness. <i>Motivation and Emotion</i> , 0, , .	0.8	0
1723	Meditatorsâ€™ Non-academic Definition of Mindfulness. <i>Mindfulness</i> , 2022, 13, 1544-1554.	1.6	5
1724	Mindfulness-Based Cognitive Therapy: A Preliminary Examination of the (Event-Related) Potential for Modifying Threat-Related Attentional Bias in Anxiety. <i>Mindfulness</i> , 2022, 13, 1719-1732.	1.6	2
1725	â€œToday I Can Look in the Mirror and Like Myselfâ€”Effects of a Trauma-Informed Mindful Recovery Program on Self-Compassion. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	3

#	ARTICLE	IF	CITATIONS
1726	Nonattachment mediates the associations between mindfulness, well-being, and psychological distress: A meta-analytic structural equation modeling approach. <i>Clinical Psychology Review</i> , 2022, 95, 102175.	6.0	11
1731	Chapitre 22. Améliorer la qualité de vie à l'aide des interventions visant le développement de la gratitude et de la pleine conscience. , 2021, , 415-428.		0
1732	Classification of Mindfulness Meditation and Its Impact on Neural Measures in the Clinical Population. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	4
1733	A Qualitative Analysis of the Mental Health Training and Educational Needs of Firefighters, Paramedics, and Public Safety Communicators in Canada. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 6972.	1.2	7
1734	Mindful Attention as a Skillful Means Toward Intergroup Prosociality. <i>Mindfulness</i> , 2023, 14, 2471-2484.	1.6	8
1736	Integrated effect of yoga and mindfulness meditation on pain, functional disability, and spinal flexibility in computer users with chronic low back pain: A prospective randomized active control trial. <i>Yoga Mimamsa</i> , 2022, 54, 4-11.	0.2	0
1737	The Impact of Mindfulness-Based Stress Reduction (MBSR) on Psychological Outcomes and Quality of Life in Patients With Lung Cancer: A Meta-Analysis. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	5
1738	The impact of mindfulness training in early adolescence on affective executive control, and on later mental health during the COVID-19 pandemic: a randomised controlled trial. <i>Evidence-Based Mental Health</i> , 2022, 25, 110-116.	2.2	8
1739	Modular-based psychotherapy (MoBa) versus cognitive-behavioural therapy (CBT) for patients with depression, comorbidities and a history of childhood maltreatment: study protocol for a randomised controlled feasibility trial. <i>BMJ Open</i> , 2022, 12, e057672.	0.8	7
1740	Kindness interventions for early-stage breast cancer survivors: An online, pilot randomized controlled trial. <i>Journal of Positive Psychology</i> , 2023, 18, 743-754.	2.6	3
1741	Test of daily app-based mindfulness meditation preceding a planned smoking quit attempt date on abstinence: Protocol for a randomized controlled trial recruiting across the 58 counties of California. <i>Contemporary Clinical Trials</i> , 2022, , 106855.	0.8	1
1742	Knock yourself out: Brief mindfulness-based meditation eliminates self-prioritization. <i>Psychonomic Bulletin and Review</i> , 2023, 30, 341-349.	1.4	2
1743	Mindfully Aware and Open: Mitigating Subjective and Objective Financial Vulnerability via Mindfulness Practices. <i>Journal of Consumer Affairs</i> , 0, , .	1.2	4
1744	MEDITATION AND MINDFULNESS IN THE CONTEXT OF MANAGEMENT ACTIVITIES. <i>Social Economics</i> , 2021, , 78-87.	0.3	0
1745	The Effectiveness of a Mindfulness Training Program on Selected Psychological Indices and Sports Performance of Sub-Elite Squash Athletes. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	4
1746	Why Don't You Answer Me?! Exploring the Effects of (Repeated Exposure to) Ostracism via Messengers on Users' Fundamental Needs, Well-Being, and Coping Motivation. <i>Media Psychology</i> , 2023, 26, 113-140.	2.1	3
1747	Mental Health during the Early Stage of the COVID-19 Pandemic: A Hong Kong Study. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 8957.	1.2	8
1748	Exploring the past, present, and future of the mindfulness field: A multitechnique bibliometric review. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	14

#	ARTICLE	IF	CITATIONS
1749	Effects of an adapted mindfulness-based intervention on well-being in a Filipino college sample. <i>Asia Pacific Journal of Counselling and Psychotherapy</i> , 2022, 13, 159-169.	0.3	0
1750	Trait Mindfulness, Self-Compassion, and Self-Talk: A Correlational Analysis of Young Adults. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2022, 12, 300.	1.0	4
1751	Who Benefits Most? Interactions between Personality Traits and Outcomes of Four Incremental Meditation and Yoga Treatments. <i>Journal of Clinical Medicine</i> , 2022, 11, 4553.	1.0	2
1752	A common factors perspective on mindfulness-based interventions. , 2022, 1, 605-619.		14
1753	Enhancing Chinese preschoolers'™ executive function via mindfulness training: An fNIRS study. <i>Frontiers in Behavioral Neuroscience</i> , 0, 16, .	1.0	2
1754	Detection of Antibodies in Patients with COVID-19 by Rapid Chromatographic Immunoassay. <i>Turkish Journal of Immunology</i> , 2022, 10, 115-120.	0.1	0
1755	Testing the Mindfulness-to-Meaning Theory in Daily Life. <i>Mindfulness</i> , 2022, 13, 2324-2336.	1.6	6
1757	Restoration Skills Training in a Natural Setting Compared to Conventional Mindfulness Training: Sustained Advantages at a 6-Month Follow-Up. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	6
1758	The Path of '™ Resistance to Temptation: Lessons Learned from Active Buddhist Consumers in Thailand. <i>Religions</i> , 2022, 13, 742.	0.3	0
1759	Boosting engagement with healthy food on social media. <i>European Journal of Marketing</i> , 2022, 56, 3007-3031.	1.7	4
1761	Mindfulness: a traditional Buddhist wisdom to cope with the COVID-19 situation. , 2021, 19, .		2
1762	The Effects of an Online Mindfulness Intervention on Emotion Regulation upon Autobiographical Memory Retrieval in Depression Remission: a Pilot Randomized Controlled Trial. <i>Mindfulness</i> , 2022, 13, 2613-2627.	1.6	1
1763	Focused attention meditation in healthy adults: A systematic review and meta-analysis of cross-sectional functional MRI studies. <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 141, 104846.	2.9	19
1764	Grounding motivation for behavior change. <i>Advances in Experimental Social Psychology</i> , 2022, , 107-189.	2.0	6
1765	Impact of Meditation on Quality of Life of Employees. <i>International Journal of Reliable and Quality E-Healthcare</i> , 2022, 11, 1-16.	1.0	1
1766	Achtsamkeit in der Bildung: Empirische Befunde und neuronale Wirkmechanismen. , 2022, , 75-93.		1
1767	Cultural Humility and the Helping Professional. , 2022, , 177-189.		0
1768	Mindful practice for teachers: Relieving stress and enhancing positive mindsets. <i>Frontiers in Education</i> , 0, 7, .	1.2	0

#	ARTICLE	IF	CITATIONS
1769	Understanding the Pathways from Mindfulness to COVID-19 Vaccination Intention via Positive Psychology Attributes among Health Care Workers in China. <i>Journal of Psychology: Interdisciplinary and Applied</i> , 2022, 156, 535-551.	0.9	1
1770	Probing the posture with machine learning provides physiological evidence supporting the enhanced body awareness hypothesis in trait mindfulness. <i>Frontiers in Physiology</i> , 0, 13, .	1.3	4
1771	A Systematic Review to Identify Targets of Mindfulness-Based Interventions for Cardiovascular Risk to Enhance Engagement with Racial/Ethnic Minorities. <i>Mindfulness</i> , 2022, 13, 2932-2951.	1.6	0
1772	Environmental psychology: Challenges and opportunities for a sustainable future. <i>PsyCh Journal</i> , 2022, 11, 767-773.	0.5	1
1773	The mediating role of basic psychological needs satisfaction in the relationship between trait mindfulness and psychological distress in clinical trainees. <i>Counselling Psychology Quarterly</i> , 0, , 1-18.	1.5	0
1774	The impact of mindfulness meditation on social and moral behavior: Does mindfulness enhance other-oriented motivation or decrease monetary reward salience?. <i>Frontiers in Integrative Neuroscience</i> , 0, 16, .	1.0	5
1775	What Happens When You Smoke a Cigarette Mindfully? A Deductive Qualitative Study. <i>Mindfulness</i> , 0, , .	1.6	0
1776	Promoting Well-Being and Responsiveness in Pre-Service Teachers Using Dialectical Behavior Therapy Skills: A Mixed-Methods Study. <i>Journal of Prevention and Health Promotion</i> , 2022, 3, 508-538.	0.4	1
1777	Meditative State Scale (MSS): Psychometric Validation and Exploration of Gamma-Band Correlates. <i>Mindfulness</i> , 0, , .	1.6	0
1778	Embodied Cognition in Meditation, Yoga, and Ethics—An Experimental Single-Case Study on the Differential Effects of Four Mind-Body Treatments. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 11734.	1.2	6
1779	Underlying mechanisms of mindfulness meditation: Genomics, circuits, and networks. <i>World Journal of Psychiatry</i> , 2022, 12, 1141-1149.	1.3	4
1780	A Meta-Analysis of Religion/Spirituality and Life Satisfaction. <i>Journal of Happiness Studies</i> , 2022, 23, 4147-4163.	1.9	13
1781	Lasting increases in trait mindfulness after psilocybin correlate positively with the mystical-type experience in healthy individuals. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	11
1782	Functional neural changes associated with psychotherapy in anxiety disorders — A meta-analysis of longitudinal fMRI studies. <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 142, 104895.	2.9	6
1783	Psychological Resources for Sustainable Lifestyles. , 2022, , 47-114.		0
1784	The God Table: A New Origins Theory of Religion and Civilization. <i>Archaeological Discovery</i> , 2022, 10, 215-261.	0.3	2
1785	Las prácticas de integración cuerpo-mente como promotoras de estados emocionales saludables. <i>Revista Ciencias De La Salud</i> , 2022, 20, .	0.1	0
1786	The forgotten affective route of social cognition in patients with bipolar disorders. <i>Journal of Experimental Psychopathology</i> , 2022, 13, 204380872211354.	0.4	1

#	ARTICLE	IF	CITATIONS
1787	Electrophysiological correlates of mindfulness in patients with major depressive disorder. <i>Frontiers in Neuroscience</i> , 0, 16, .	1.4	1
1788	Parental mindfulness and externalizing problems in Chinese adolescents: Parenting anxiety and negative parenting as mechanisms. <i>Family Relations</i> , 2023, 72, 1643-1655.	1.1	1
1789	Mindfulness in the focus of the neurosciences - The contribution of neuroimaging to the understanding of mindfulness. <i>Frontiers in Behavioral Neuroscience</i> , 0, 16, .	1.0	7
1790	Acute effects of mind-body practices and exercise in depressed inpatients: A randomized clinical trial. <i>Mental Health and Physical Activity</i> , 2022, 23, 100479.	0.9	0
1791	Mindfulness, Attentional Networks, and Executive Functioning: a Review of Interventions and Long-Term Meditation Practice. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2022, 6, 531-548.	0.8	4
1792	Anxiety in the Schools: Causes, Consequences, and Solutions for Academic Anxieties. , 2022, , 13-30.		11
1793	Evidence-Based Treatments for Anxiety Disorders. , 2022, , 189-222.		0
1794	Fitness Dance Counteracts Female Ph.D. Candidates's™ Stress by Affecting Emotion Regulation. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 14627.	1.2	1
1795	Precision medicine in alcohol use disorder: Mapping etiologic and maintenance mechanisms to mechanisms of behavior change to improve patient outcomes.. <i>Experimental and Clinical Psychopharmacology</i> , 2023, 31, 769-779.	1.3	5
1796	Self-transcendent experiences as promoters of ecological wellbeing? Exploration of the evidence and hypotheses to be tested. <i>Frontiers in Psychology</i> , 0, 13, .	1.1	2
1797	Efficacy and fMRI-based response predictors to mindfulness-based cognitive therapy in obsessive-compulsive disorder: Study protocol for a randomised clinical trial. <i>Revista De PsiquiatrÃa Y Salud Mental</i> , 2022, , .	1.0	2
1798	Psychological and socio-demographic factors in the pre-decision stage for the purchase of e-cars. <i>Current Research in Ecological and Social Psychology</i> , 2022, , 100072.	0.9	1
1799	The role of emotion regulation in the relationship between mindfulness and risk factors for disordered eating: A longitudinal mediation analysis. <i>International Journal of Eating Disorders</i> , 0, , .	2.1	2
1800	Mindfulness Promotes Positive Health Behaviors by Enhancing Self-Regulation, Motivation, and Learning: Perspectives from Research and Clinical Care. , 2022, 28, 847-850.		1
1801	Comunicaci3n artÃstica y Mindfulness: una revisi3n sistemÃtica de las artes escÃnicas. <i>Visual Review: Internacional Visual Culture Review</i> , 2022, 11, 1-14.	0.1	0
1802	The effects of mindfulness meditation versus CBT for anxiety on emotional distress and attitudes toward seeking mental health treatment: a semi-randomized trial. <i>Scientific Reports</i> , 2022, 12, .	1.6	2
1803	Multidisciplinary Assessment of Interoceptive Awareness, Version 2 (MAIA-2). , 2022, , 1-23.		2
1804	Effects of a neuroscience-based mindfulness meditation program on psychological health: A randomized controlled trial (Preprint). <i>JMIR Formative Research</i> , 0, , .	0.7	0

#	ARTICLE	IF	CITATIONS
1805	Mindfulness and learning. , 2023, , 648-657.		1
1806	Delivering mindfulness in the classroom via a technology-enabled approach: Feasibility and the potential impact on teachers' psychological well-being, self-efficacy, and mindfulness. Teaching and Teacher Education, 2023, 122, 103950.	1.6	1
1807	Mindfulness-Based Practice and Eliciting the Relaxation Response. , 2022, , 317-350.		0
1808	The Effects of Mindfulness and Buddhist Meditation Coaching on Mental Health Outcomes in College Students. Evidence-based Complementary and Alternative Medicine, 2022, 2022, 1-8.	0.5	0
1809	Wellbeing and Problematic Smartphone Use: Serial Mediation of Mindfulness and Self-Compassion. Psychological Reports, 0, , 003329412211413.	0.9	1
1810	Confirmation and Validation of the Equanimity Scale-16 (ES-16). Mindfulness, 2023, 14, 148-158.	1.6	2
1811	The effect of mindfulness meditation on the perceived duration of pain. Journal of Cognitive Psychology, 0, , 1-15.	0.4	0
1812	The Impact of a Short Bodyâ€œFocused Meditation on Body Ownership and Interoceptive Abilities. Mindfulness, 2023, 14, 159-173.	1.6	2
1813	The role of mind body interventions in the treatment of irritable bowel syndrome and fibromyalgia. Frontiers in Psychiatry, 0, 13, .	1.3	3
1814	Changes in Self-Location During the Practice of Mindfulness Meditation in Novices. Mindfulness, 0, , .	1.6	0
1816	Association of nonpharmacological interventions for cognitive function in older adults with mild cognitive impairment: a systematic review and network meta-analysis. Aging Clinical and Experimental Research, 2023, 35, 463-478.	1.4	5
1817	The impact of mindfulness meditation training and practice on post-graduate coaching students. , 2022, 17, 5-20.		1
1818	The Effect of Mindfulness-Based Stress Reduction (MBSR) on Emotional Flexibility and Ambivalence Over Emotional Expression in Divorced Women. Journal of Nervous and Mental Disease, 0, Publish Ahead of Print, .	0.5	1
1819	Meta-Learning: A Nine-Layer Model Based on Metacognition and Smart Technologies. Sustainability, 2023, 15, 1668.	1.6	9
1820	Arriving in the body â€œ studentsâ€™ experiences of yoga based practices (YBP) in physical education teacher education (PETE). Sport, Education and Society, 0, , 1-14.	1.5	0
1821	Mindful attention promotes control of brain network dynamics for self-regulation and discontinues the past from the present. Proceedings of the National Academy of Sciences of the United States of America, 2023, 120, .	3.3	10
1822	The Moderation Effects of Self-Construal Between Dispositional Mindfulness and Interpersonal Forgiveness. Psychological Reports, 0, , 003329412311523.	0.9	0
1823	Efficacy of Mindfulness-Based Cognitive Therapy Compared to Diet Modification Alone for Dysphagia in Persons with Multiple Sclerosis. Mindfulness, 0, , .	1.6	0

#	ARTICLE	IF	CITATIONS
1824	The effects of mindfulness-based interventions on anxiety, depression, stress, and mindfulness in menopausal women: A systematic review and meta-analysis. <i>Frontiers in Public Health</i> , 0, 10, .	1.3	2
1825	Mindfulness-based coaching: Conceptualisation, supporting evidence and emerging applications. , 2013, 8, 40-57.		15
1826	Tell Me What You Waste and I'll Tell You Who You Are: An Eight-Country Comparison of Consumers' Food Waste Habits. <i>Sustainability</i> , 2023, 15, 430.	1.6	2
1827	Teaching mindfulness and compassion. <i>Transpersonal Psychology Review</i> , 2017, 19, 45-50.	0.0	1
1829	Self-disclosure, mindfulness, and their relationships with happiness and well-being. <i>Middle East Current Psychiatry</i> , 2023, 30, .	0.5	2
1830	Are cohesive and mindful employees in India more likely to hoard knowledge? The mediating effect of meaning-making through work. <i>Journal of Knowledge Management</i> , 2023, ahead-of-print, .	3.2	1
1831	Incidence of Burnout Syndrome among Anesthesiologists and Intensivists in France: The REPAR Study. <i>International Journal of Environmental Research and Public Health</i> , 2023, 20, 1771.	1.2	2
1832	The Effectiveness of Mindfulness-Based Interventions for Police Officers' Stress Reduction: a Systematic Review. <i>Journal of Police and Criminal Psychology</i> , 0, , .	1.2	2
1833	Reprint of: The psychological experience of intragroup conflict. <i>Research in Organizational Behavior</i> , 2022, 42, 100186.	0.9	0
1834	Self-Compassion in Psychotherapy: Clinical Integration, Evidence Base, and Mechanisms of Change. <i>Mindfulness in Behavioral Health</i> , 2023, , 379-415.	0.2	2
1835	Mindfulness for adaptation to analog and new technologies emergence for long-term space missions. <i>Frontiers in Space Technologies</i> , 0, 4, .	0.8	3
1836	Exploring the Relationship between Mindfulness and Life Satisfaction in Adolescents: The Role of Social Competence and Self-Esteem. <i>Child Indicators Research</i> , 0, , .	1.1	0
1837	The potential of virtual reality to support adolescent mental well-being in schools: A UK co-design and proof-of-concept study. <i>Mental Health and Prevention</i> , 2023, 30, 200265.	0.7	1
1838	The (In)flexible self: Psychopathology, mindfulness, and neuroscience. <i>International Journal of Clinical and Health Psychology</i> , 2023, 23, 100381.	2.7	5
1839	Differential associations of leisure music engagement with resilience: A network analysis. <i>International Journal of Clinical and Health Psychology</i> , 2023, 23, 100377.	2.7	1
1840	Der Werkzeugkasten des Neurokommunikators. , 2022, , 79-89.		0
1841	The Effects of Mindfulness-Based Interventions on Telomere Length and Telomerase Activity: A Systematic Review and Meta-Analysis. <i>Mindfulness</i> , 2023, 14, 495-509.	1.6	1
1842	Effects of meditation on pain intensity, physical function, quality of life and depression in adults with low back pain " A systematic review with meta-analysis. <i>Complementary Therapies in Medicine</i> , 2023, 72, 102924.	1.3	2

#	ARTICLE	IF	CITATIONS
1843	Mindfulness reduces information avoidance. <i>Economics Letters</i> , 2023, 224, 110997.	0.9	0
1844	Physical activity for cognitive health promotion: An overview of the underlying neurobiological mechanisms. <i>Ageing Research Reviews</i> , 2023, 86, 101868.	5.0	22
1845	The Effects of a Mindfulness-Based Training in an Elementary School in Germany. <i>Mindfulness</i> , 2023, 14, 830-840.	1.6	2
1846	Zen Meditative Consciousness and Brain's Default Mode Network. <i>Transactions of the Japan Academy</i> , 2023, 77, 117-136.	0.1	0
1847	The ancients knew it already: how Stoic philosophy explains the link between mindfulness, emotion regulation and pro-environmental behaviours (<i>Los antiguos ya lo sabían: cómo explica la filosofía la psicología, 2023, 14, 103-120.	1.1	1
1848	Do Group Mindfulness-Based Interventions Improve Emotion Regulation in Children? A Systematic Review. <i>Journal of Child and Family Studies</i> , 2023, 32, 1294-1303.	0.7	1
1849	Personalizing a positive psychology intervention improves well-being. <i>Applied Psychology: Health and Well-Being</i> , 2023, 15, 1271-1292.	1.6	3
1850	Body and Time: Virtual Embodiment and its Effect on Time Perception. <i>IEEE Transactions on Visualization and Computer Graphics</i> , 2023, 29, 2626-2636.	2.9	3
1851	Fostering collective climate action and leadership: Insights from a pilot experiment involving mindfulness and compassion. <i>IScience</i> , 2023, 26, 106191.	1.9	3
1852	Mechanisms of mindfulness in patients with migraine: Results of a qualitative study. <i>Headache</i> , 2023, 63, 390-409.	1.8	1
1853	Relationship of Psychological Flexibility and Mindfulness to Caregiver Burden, and Depressive and Anxiety Symptoms in Caregivers of People with Dementia. <i>International Journal of Environmental Research and Public Health</i> , 2023, 20, 4232.	1.2	3
1854	Heartfulness in Vegans, Vegetarians, and Omnivores. <i>International Journal of Environmental Research and Public Health</i> , 2023, 20, 4943.	1.2	1
1855	Meditation and Its Applications in Mind-Body Problems in Children and Adolescents. , 2023, , 425-434.		0
1856	Stroop Task in Mindfulness Research. , 2023, , 1-36.		0
1857	Neurodevelopmental Effects of a Mindfulness and Kindness Curriculum on Executive Functions in Preschool Children—A Randomized, <sc>Active–Controlled</sc> Study. <i>Mind, Brain, and Education</i> , 0, , .	0.9	0
1858	Ergenlerde Bilinçli Farkındalık ve Psikolojik İyi Oluş Arasındaki İlişikte Cinsiyetin Dönüştürücü Rolü, Ahi Evran Üniversitesi Sosyal Bilimler Enstitüsü Dergisi, 0, , .	0.2	0
1859	Mindfulness-Based Cognitive Therapy. , 2023, , 1-19.		1
1860	Are You Distracted by Pleasure? Practice Mindfulness Meditation. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2023, 7, 61-80.	0.8	2

#	ARTICLE	IF	CITATIONS
1861	Emotional Stroop Task in Mindfulness Research. , 2023, , 1-24.		0
1862	The Influence of Focused Attention and Open Monitoring Mindfulness Meditation States on True and False Memory. Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice, 2023, 7, 81-96.	0.8	1
1864	â€œI Would Prefer Not toâ€™: Violence, SubtractionSubtraction, and Contemplative Pedagogy. , 2023, , 19-44.		0
1865	Advancing the Study of Mindfulness-Based Interventions in Relation to Psychological Health. International Journal of Environmental Research and Public Health, 2023, 20, 5473.	1.2	1
1866	A Network Investigation of Core Mindfulness Processes. Mindfulness, 2023, 14, 992-1004.	1.6	0
1867	How Temporary/Permanent Employment Status and Mindfulness Redraw Employee Organizational Citizenship Responses to Person-Organization Fit. Revista De Psicologia Del Trabajo Y De Las Organizaciones, 2023, 39, 23-36.	0.9	6
1869	Mindfulness Between the Sheets: Does a Brief Mindfulness Intervention Improve Community-Dwelling Populationsâ€™ Sexual Experiences and Motivations, and Are Effects Moderated by Attachment Insecurity?. Journal of Sex Research, 0, , 1-14.	1.6	0
1870	Differential efficacy of physical exercise and mindfulness during lunch breaks as internal work recovery strategies: a daily study. European Journal of Work and Organizational Psychology, 2023, 32, 549-561.	2.2	0
1871	A 30-year bibliometric assessment and visualisation of emotion regulation research: applying network analysis and cluster analysis. Information Discovery and Delivery, 2024, 52, 85-100.	1.6	0
1882	Mindfulness-Based and Mindfulness-Informed Interventions at the Workplace: A Systematic Review and Meta-Regression Analysis of RCTs. Mindfulness, 2023, 14, 1271-1304.	1.6	3
1890	Emotionale Anerkennung in verschiedenen Kulturen. , 2023, , 21-53.		0
1892	Others in Mind: A Systematic Review and Meta-Analysis of the Relationship Between Mindfulness and Prosociality. Mindfulness, 2023, 14, 1582-1605.	1.6	3
1897	A Bibliometric Analysis of Mindfulness and Acceptance Research in Sports from 1969 to 2021. Mindfulness, 2023, 14, 1038-1053.	1.6	3
1912	Achtsamkeit: Wie Sie durch Achtsamkeit leistungsfähiger, entspannter und gelassener werden. , 2023, , 65-83.		0
1921	Mindfulness-Based Interventions for Psychiatry. , 2023, , 1-29.		0
1935	Artificial Intelligence and Authentic Leadership. Palgrave Studies in Workplace Spirituality and Fulfillment, 2023, , 227-258.	0.2	1
1937	Mental and Physical Health Impacts of Mindfulness Training for College Undergraduates: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Mindfulness, 2023, 14, 2077-2096.	1.6	3
1950	What Mindfulness, and for Whom? And Why Might it Work?. Mindfulness, 0, , .	1.6	3

#	ARTICLE	IF	CITATIONS
1959	General Theory of Metacognitive Instruction. , 2023, , 167-179.		0
1962	Mindfulness Interventions and Surveys as Tools for Positive Emotional Regulation During COVID-19: A Scoping Review. Mindfulness, 2023, 14, 2583-2601.	1.6	2
1966	Mindfulness as Stabilization in Mental Healthcare. Advances in Psychology, Mental Health, and Behavioral Studies, 2023, , 39-63.	0.1	0
1969	Mindfulness meditation and psychedelics: potential synergies and commonalities. Pharmacological Reports, 2023, 75, 1398-1409.	1.5	1
1972	Do Not Keep Calm and Carry on: School-Based Mindfulness Programmes Should Test Making Mindfulness Practice Available in the School Day. Mindfulness, 0, , .	1.6	0
1976	Mindfulness Interventions for ADHD. Autism and Child Psychopathology Series, 2023, , 631-647.	0.1	0
1992	The Four Facet Mindful Eating Scale (FFaMES). , 2023, , 1-14.		0
1999	Kulturelle Demut und der helfende Beruf. , 2023, , 195-209.		0
2006	Inclusive Plurilingual Classrooms: Teacher Awareness, Climate, and Social and Emotional Learning. Advances in Educational Technologies and Instructional Design Book Series, 2024, , 38-60.	0.2	0
2013	Role of Mindfulness-Meditation Practices in Cognitive Functions at the Workplace. Advances in Psychology, Mental Health, and Behavioral Studies, 2024, , 152-181.	0.1	0
2017	ACTÂ: applications thÃ©rapeutiques. , 2023, , 493-505.		0
2028	Current treatments of alcohol use disorder. International Review of Neurobiology, 2024, , 127-152.	0.9	0