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Group, One-on-One, or Internet? Preferences for Mindfulness Meditation Delivery Format and their Predictors

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#	Paper	IF	Citations
72	Mechanistic Pathways of Mindfulness Meditation in Combat Veterans With Posttraumatic Stress Disorder. <i>Journal of Clinical Psychology</i> , 2016 , 72, 365-83	2.8	55
71	Effectiveness of online mindfulness-based interventions in improving mental health: A review and meta-analysis of randomised controlled trials. <i>Clinical Psychology Review</i> , 2016 , 45, 102-14	10.8	408
70	Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective: a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease. <i>Mindfulness</i> , 2016 , 7, 1339-1346	2.9	29
69	Meditation in Stressed Older Adults: Improvements in self-rated mental health not paralleled by improvements in cognitive function or physiological measures. <i>Mindfulness</i> , 2017 , 8, 627-638	2.9	36
68	Internet-Based Mindfulness-Based Cognitive Therapy for the Adjunctive Treatment of Major Depressive Disorder. 2018 , 305-315		2
67	A Randomised Controlled Trial of a Brief Online Mindfulness-Based Intervention in a Non-clinical Population: Replication and Extension. <i>Mindfulness</i> , 2018 , 9, 1191-1205	2.9	43
66	Do College Students Use Online Self-Help? A Survey of Intentions and Use of Mental Health Resources. <i>Journal of College Student Psychotherapy</i> , 2018 , 32, 181-198	0.8	17
65	Acceptance lowers stress reactivity: Dismantling mindfulness training in a randomized controlled trial. <i>Psychoneuroendocrinology</i> , 2018 , 87, 63-73	5	98
64	Internet Mindfulness Meditation Intervention (IMMI) Improves Depression Symptoms in Older Adults. <i>Medicines (Basel, Switzerland)</i> , 2018 , 5,	4.1	16
63	An Exploration of Formal and Informal Mindfulness Practice and Associations with Wellbeing. <i>Mindfulness</i> , 2019 , 10, 89-99	2.9	56
62	Estudio comparativo entre un programa de reducci3n del estr3s basado en mindfulness presencial y online en poblaci3n general espa3ola. <i>Psiquiatria Biologica</i> , 2019 , 26, 73-79	0.2	2
61	Meditation app alleviates burnout and builds resilience for chaplains in hospices for older adults in Asian and African cities. <i>Journal of Health Care Chaplaincy</i> , 2021 , 27, 129-145	1.8	0
60	A maturing mindfulness-based cognitive therapy reflects on two critical issues. <i>Current Opinion in Psychology</i> , 2019 , 28, 218-222	6.2	12
59	The effectiveness of mindfulness-based group therapy on anxiety, depression and stress in looked after children: a preliminary exploration. <i>Adoption & Fostering</i> , 2019 , 43, 60-74	0.7	1
58	Mindfulness training reduces loneliness and increases social contact in a randomized controlled trial. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2019 , 116, 3488-3493	11.5	97
57	Perceived stress mediates the relationship between mindfulness and negative affect variability: A randomized controlled trial among middle-aged to older adults. <i>Stress and Health</i> , 2019 , 35, 89-97	3.7	9
56	Differential impact of mindfulness practices on aggression among law enforcement officers. <i>Mindfulness</i> , 2020 , 11, 734-745	2.9	3

55	Intermittent mindfulness practice can be beneficial, and daily practice can be harmful. An in depth, mixed methods study of the "Calm" app's (mostly positive) effects. <i>Internet Interventions</i> , 2020 , 19, 100293	4.4	20
54	Mindfulness as an intervention after multisystem trauma. <i>Trauma</i> , 2020 , 146040862096101	0.3	1
53	Automatic Depression Prediction Using Internet Traffic Characteristics on Smartphones. <i>Smart Health</i> , 2020 , 18,	2.1	6
52	A meta-analysis: Internet mindfulness-based interventions for stress management in the general population. <i>Medicine (United States)</i> , 2020 , 99, e20493	1.8	11
51	Therapeutic utilization of meditation resources by people with multiple sclerosis: insights from an online patient discussion forum. <i>Informatics for Health and Social Care</i> , 2020 , 45, 374-384	2.7	3
50	Online Meditation Program Builds Resilience and Competencies Among Social Work Students Working With Older Adults. <i>Journal of Social Work Education</i> , 2020 , 1-13	0.9	0
49	Comparing focused attention meditation to meditation with mobile neurofeedback for persistent symptoms after mild-moderate traumatic brain injury: a pilot study. <i>Brain Injury</i> , 2020 , 34, 1408-1415	2.1	2
48	Towards an Individual Differences Perspective in Mindfulness Training Research: Theoretical and Empirical Considerations. <i>Frontiers in Psychology</i> , 2020 , 11, 818	3.4	9
47	Effectiveness of a guided online mindfulness-focused intervention in a student population: Study protocol for a randomised control trial. <i>BMJ Open</i> , 2020 , 10, e032775	3	4
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44	A Self-Compassion and Mindfulness-Based Cognitive Mobile Intervention (Serene) for Depression, Anxiety, and Stress: Promoting Adaptive Emotional Regulation and Wisdom. <i>Frontiers in Psychology</i> , 2021 , 12, 648087	3.4	2
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36	Integrating Mindfulness into a Routine Schedule: The Role of Mobile-Health Mindfulness Applications. 2020 , 217-222		3
35	Cognitive Behavioral Therapy, Mindfulness-Based Cognitive Therapy and Acceptance Commitment Therapy for Anxiety Disorders: Integrating Traditional with Digital Treatment Approaches. <i>Advances in Experimental Medicine and Biology</i> , 2020 , 1191, 291-329	3.6	11
34	Brief mindfulness training for negative affectivity: A systematic review and meta-analysis. <i>Journal of Consulting and Clinical Psychology</i> , 2018 , 86, 569-583	6.5	87
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32	Public Attitudes Toward Guided Internet-Based Therapies: Web-Based Survey Study. <i>JMIR Mental Health</i> , 2018 , 5, e10735	6	50
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30	Determinant Factors of Public Acceptance of Stress Management Apps: Survey Study. <i>JMIR Mental Health</i> , 2019 , 6, e15373	6	22
29	Characteristics and Usage Patterns Among 12,151 Paid Subscribers of the Calm Meditation App: Cross-Sectional Survey. <i>JMIR MHealth and UHealth</i> , 2019 , 7, e15648	5.5	24
28	Web-Based Mindfulness Interventions for People With Physical Health Conditions: Systematic Review. <i>Journal of Medical Internet Research</i> , 2017 , 19, e303	7.6	45
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24	Effectiveness of online mindfulness-based interventions for improving mental health in patients with physical health conditions: Systematic review and meta-analysis.. <i>Archives of Psychiatric Nursing</i> , 2022 , 37, 52-60	2.1	0
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21	Characteristics and Usage Patterns Among 12,151 Paid Subscribers of the Calm Meditation App: Cross-Sectional Survey (Preprint).		
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19	Conventional versus Mindfulness-based Interventions for Anxiety and Worry: A Review and Recommendations. <i>Current Psychiatry Research and Reviews</i> , 2020 , 16, 60-67	0.5
18	The Effects of the App HeartBot on Stress and Emotional Well-being over a 21-day Challenge: A survey study (Preprint).	
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9	Older adults who prefer aging in place and corresponding challenges to social workers: the impact of smartphone-based interventions. 1-17	0
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2	Does Using a Mindfulness App Reduce Anxiety and Worry? A Randomized-Controlled Trial. 2023 , 37, 26-42	0

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