

# Fiona Yan-Yee Ho

## List of Publications by Year in descending order

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Version: 2024-02-01

33  
papers

1,642  
citations

361413  
20  
h-index

414414  
32  
g-index

35  
all docs

35  
docs citations

35  
times ranked

2524  
citing authors

| #  | ARTICLE   | IF   | CITATIONS |
|----|---|------|-----------|
| 1  | Sleep-wake disturbance in interepisode bipolar disorder and high-risk individuals: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2015, 20, 46-58.  | 8.5  | 214       |
| 2  | Self-help cognitive-behavioral therapy for insomnia: A meta-analysis of randomized controlled trials. <i>Sleep Medicine Reviews</i> , 2015, 19, 17-28.  | 8.5  | 185       |
| 3  | Cross-cultural and comparative epidemiology of insomnia: the Diagnostic and Statistical Manual (DSM), International Classification of Diseases (ICD) and International Classification of Sleep Disorders (ICSD). <i>Sleep Medicine</i> , 2015, 16, 477-482. | 1.6  | 158       |
| 4  | Cognitive-behavioral therapy for sleep disturbances in treating posttraumatic stress disorder symptoms: A meta-analysis of randomized controlled trials. <i>Clinical Psychology Review</i> , 2016, 43, 90-102.  | 11.4 | 151       |
| 5  | Acupressure, reflexology, and auricular acupressure for insomnia: A systematic review of randomized controlled trials. <i>Sleep Medicine</i> , 2012, 13, 971-984.   | 1.6  | 110       |
| 6  | Chinese herbal medicine for insomnia: A systematic review of randomized controlled trials. <i>Sleep Medicine Reviews</i> , 2012, 16, 497-507.   | 8.5  | 99        |
| 7  | The Efficacy and Cost-Effectiveness of Stepped Care Prevention and Treatment for Depressive and/or Anxiety Disorders: A Systematic Review and Meta-Analysis. <i>Scientific Reports</i> , 2016, 6, 29281.  | 3.3  | 97        |
| 8  | Weekly brief phone support in self-help cognitive behavioral therapy for insomnia disorder: Relevance to adherence and efficacy. <i>Behaviour Research and Therapy</i> , 2014, 63, 147-156.   | 3.1  | 76        |
| 9  | Prevalence of sleep disturbances during COVID-19 outbreak in an urban Chinese population: a cross-sectional study. <i>Sleep Medicine</i> , 2020, 74, 18-24.   | 1.6  | 68        |
| 10 | Prescription of Chinese Herbal Medicine and Selection of Acupoints in Pattern-Based Traditional Chinese Medicine Treatment for Insomnia: A Systematic Review. <i>Evidence-based Complementary and Alternative Medicine</i> , 2012, 2012, 1-16.              | 1.2  | 55        |
| 11 | The use of conventional and complementary therapies for insomnia among Hong Kong Chinese: A telephone survey. <i>Complementary Therapies in Medicine</i> , 2014, 22, 894-902.   | 2.7  | 45        |
| 12 | Lifestyle medicine for depression: A meta-analysis of randomized controlled trials. <i>Journal of Affective Disorders</i> , 2021, 284, 203-216.   | 4.1  | 43        |
| 13 | Predictors of dropout from internet-based self-help cognitive behavioral therapy for insomnia. <i>Behaviour Research and Therapy</i> , 2015, 73, 19-24.   | 3.1  | 39        |
| 14 | The effect of self-help cognitive behavioral therapy for insomnia on depressive symptoms: An updated meta-analysis of randomized controlled trials. <i>Journal of Affective Disorders</i> , 2020, 265, 287-304.   | 4.1  | 37        |
| 15 | Assessment of fatigue using the Multidimensional Fatigue Inventory in patients with major depressive disorder. <i>Comprehensive Psychiatry</i> , 2014, 55, 1671-1678.   | 3.1  | 34        |
| 16 | Self-administered acupressure for insomnia disorder: a pilot randomized controlled trial. <i>Journal of Sleep Research</i> , 2018, 27, 220-231.   | 3.2  | 28        |
| 17 | Psychometric Comparison of the Full and Abbreviated Versions of the Dysfunctional Beliefs and Attitudes about Sleep Scale. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 821-828.   | 2.6  | 27        |
| 18 | Massage therapy for the treatment of attention deficit/hyperactivity disorder (ADHD) in children and adolescents: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2019, 42, 389-399.                                    | 2.7  | 23        |

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 19 | The Experience of Chronic Insomnia in Chinese Adults: A Study Using Focus Groups and Insomnia Experience Diaries. <i>Behavioral Sleep Medicine</i> , 2016, 14, 406-428.  | 2.1 | 22        |
| 20 | Validity and reliability of the Brief Insomnia Questionnaire in the general population in Hong Kong. <i>Journal of Psychosomatic Research</i> , 2014, 76, 374-379.   | 2.6 | 20        |
| 21 | Sleep and Mood Disturbances during the COVID-19 Outbreak in an Urban Chinese Population in Hong Kong: A Longitudinal Study of the Second and Third Waves of the Outbreak. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8444. | 2.6 | 18        |
| 22 | Effects of Zero-time Exercise on inactive adults with insomnia disorder: a pilot randomized controlled trial. <i>Sleep Medicine</i> , 2018, 52, 118-127.   | 1.6 | 16        |
| 23 | Lifestyle medicine for anxiety symptoms: A meta-analysis of randomized controlled trials. <i>Journal of Affective Disorders</i> , 2022, 310, 354-368.  | 4.1 | 13        |
| 24 | Comparison of scoring methods for the Brief Insomnia Questionnaire in a general population sample. <i>Journal of Psychosomatic Research</i> , 2015, 78, 34-38.   | 2.6 | 12        |
| 25 | Smartphone-delivered multicomponent lifestyle medicine intervention for depressive symptoms: A randomized controlled trial.. <i>Journal of Consulting and Clinical Psychology</i> , 2021, 89, 970-984.   | 2.0 | 12        |
| 26 | Self-administered acupressure for insomnia disorder: A randomized controlled trial. <i>Phytomedicine</i> , 2022, 99, 153993.   | 5.3 | 9         |
| 27 | Treating depression with a smartphone-delivered self-help cognitive behavioral therapy for insomnia: study protocol for a parallel group randomized controlled trial. <i>Trials</i> , 2020, 21, 843.   | 1.6 | 7         |
| 28 | The efficacy of integrated cognitive behavioral therapy (CBT) and acupressure versus CBT for insomnia: a three-arm pilot randomized controlled trial. <i>Sleep Medicine</i> , 2021, 87, 158-167.   | 1.6 | 6         |
| 29 | A population-based 2-year longitudinal study of insomnia disorder in a Chinese population in Hong Kong. <i>Psychology, Health and Medicine</i> , 2018, 23, 505-510.  | 2.4 | 5         |
| 30 | Effects of a group-based lifestyle medicine for depression: A pilot randomized controlled trial. <i>PLoS ONE</i> , 2021, 16, e0258059.   | 2.5 | 5         |
| 31 | Predictors of Daytime Consequences of Insomnia: The Roles of Quantitative Criteria and Nonrestorative Sleep. <i>Psychopathology</i> , 2018, 51, 262-268.   | 1.5 | 4         |
| 32 | Insomnia identity and its correlates in adolescents. <i>Sleep and Breathing</i> , 2020, 24, 717-724.   | 1.7 | 4         |
| 33 | Assessing dietary, exercise, and non-pharmacological modalities within psychiatric hospitals. <i>General Hospital Psychiatry</i> , 2022, 76, 31-35.  | 2.4 | 0         |