

# Eirini Karyotaki

## List of Publications by Year in descending order

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112  
papers

7,856  
citations

76326

40  
h-index

64796

79  
g-index

123  
all docs

123  
docs citations

123  
times ranked

7137  
citing authors

#	ARTICLE	IF	CITATIONS
1	Efficacy of Self-guided Internet-Based Cognitive Behavioral Therapy in the Treatment of Depressive Symptoms. <i>JAMA Psychiatry</i> , 2017, 74, 351.	11.0	560
2	Internet-Based Cognitive Behavioral Therapy for Depression. <i>JAMA Psychiatry</i> , 2021, 78, 361.	11.0	398
3	The effects of psychotherapies for major depression in adults on remission, recovery and improvement: A meta-analysis. <i>Journal of Affective Disorders</i> , 2014, 159, 118-126.	4.1	376
4	How effective are cognitive behavior therapies for major depression and anxiety disorders? A meta-analysis update of the evidence. <i>World Psychiatry</i> , 2016, 15, 245-258.	10.4	359
5	Adherence to Internet-Based and Face-to-Face Cognitive Behavioural Therapy for Depression: A Meta-Analysis. <i>PLoS ONE</i> , 2014, 9, e100674.	2.5	310
6	Effectiveness and Acceptability of Cognitive Behavior Therapy Delivery Formats in Adults With Depression. <i>JAMA Psychiatry</i> , 2019, 76, 700.	11.0	309
7	Predictors of treatment dropout in self-guided web-based interventions for depression: an individual patient data meta-analysis. <i>Psychological Medicine</i> , 2015, 45, 2717-2726.	4.5	281
8	Psychological Interventions for Psychosis: A Meta-Analysis of Comparative Outcome Studies. <i>American Journal of Psychiatry</i> , 2014, 171, 523-538.	7.2	277
9	Internet interventions for mental health in university students: A systematic review and meta-analysis. <i>International Journal of Methods in Psychiatric Research</i> , 2019, 28, e1759.	2.1	253
10	Do guided internet-based interventions result in clinically relevant changes for patients with depression? An individual participant data meta-analysis. <i>Clinical Psychology Review</i> , 2018, 63, 80-92.	11.4	239
11	A network meta-analysis of the effects of psychotherapies, pharmacotherapies and their combination in the treatment of adult depression. <i>World Psychiatry</i> , 2020, 19, 92-107.	10.4	232
12	Effectiveness and treatment moderators of internet interventions for adult problem drinking: An individual patient data meta-analysis of 19 randomised controlled trials. <i>PLoS Medicine</i> , 2018, 15, e1002714.	8.4	186
13	Effects of Internet-Based Cognitive Behavioral Therapy in Routine Care for Adults in Treatment for Depression and Anxiety: Systematic Review and Meta-Analysis. <i>Journal of Medical Internet Research</i> , 2020, 22, e18100.	4.3	180
14	Psychotherapy for Depression Across Different Age Groups: A Systematic Review and Meta-analysis. <i>JAMA Psychiatry</i> , 2020, 77, 694.	11.0	164
15	Managing depression in older age: Psychological interventions. <i>Maturitas</i> , 2014, 79, 160-169.	2.4	160
16	The effects of psychological treatment of maternal depression on children and parental functioning: a meta-analysis. <i>European Child and Adolescent Psychiatry</i> , 2015, 24, 237-245.	4.7	155
17	The effects of fifteen evidence-supported therapies for adult depression: A meta-analytic review. <i>Psychotherapy Research</i> , 2020, 30, 279-293.	1.8	150
18	A Meta-Analysis of Social Skills Training and Related Interventions for Psychosis. <i>Schizophrenia Bulletin</i> , 2018, 44, 475-491.	4.3	141

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19	Combining pharmacotherapy and psychotherapy or monotherapy for major depression? A meta-analysis on the long-term effects. <i>Journal of Affective Disorders</i> , 2016, 194, 144-152.	4.1	140
20	Psychotherapies for depression: a network meta-analysis covering efficacy, acceptability and long-term outcomes of all main treatment types. <i>World Psychiatry</i> , 2021, 20, 283-293.	10.4	135
21	Was Eysenck right after all? A reassessment of the effects of psychotherapy for adult depression. <i>Epidemiology and Psychiatric Sciences</i> , 2019, 28, 21-30.	3.9	111
22	Is self-guided internet-based cognitive behavioural therapy (iCBT) harmful? An individual participant data meta-analysis. <i>Psychological Medicine</i> , 2018, 48, 2456-2466.	4.5	106
23	The Effects of Meditation, Yoga, and Mindfulness on Depression, Anxiety, and Stress in Tertiary Education Students: A Meta-Analysis. <i>Frontiers in Psychiatry</i> , 2019, 10, 193.	2.6	105
24	Dismantling, optimising, and personalising internet cognitive behavioural therapy for depression: a systematic review and component network meta-analysis using individual participant data. <i>Lancet Psychiatry</i> , 2021, 8, 500-511.	7.4	105
25	Sources of Stress and Their Associations With Mental Disorders Among College Students: Results of the World Health Organization World Mental Health Surveys International College Student Initiative. <i>Frontiers in Psychology</i> , 2020, 11, 1759.	2.1	103
26	The effects of psychotherapies for depression on response, remission, reliable change, and deterioration: A meta-analysis. <i>Acta Psychiatrica Scandinavica</i> , 2021, 144, 288-299.	4.5	102
27	Component studies of psychological treatments of adult depression: A systematic review and meta-analysis. <i>Psychotherapy Research</i> , 2019, 29, 15-29.	1.8	95
28	Psychotherapies for depression in low- and middle-income countries: a meta-analysis. <i>World Psychiatry</i> , 2018, 17, 90-101.	10.4	92
29	The World Health Organization World Mental Health International College Student initiative: An overview. <i>International Journal of Methods in Psychiatric Research</i> , 2019, 28, e1761.	2.1	88
30	Internet interventions for adult illicit substance users: a meta-analysis. <i>Addiction</i> , 2017, 112, 1521-1532.	3.3	87
31	Increasing intentions to use mental health services among university students. Results of a pilot randomized controlled trial within the World Health Organization's World Mental Health International College Student Initiative. <i>International Journal of Methods in Psychiatric Research</i> , 2019, 28, e1754.	2.1	84
32	Who benefits from psychotherapies for adult depression? A meta-analytic update of the evidence. <i>Cognitive Behaviour Therapy</i> , 2018, 47, 91-106.	3.5	82
33	Problem-solving therapy for adult depression: An updated meta-analysis. <i>European Psychiatry</i> , 2018, 48, 27-37.	0.2	82
34	Internet and mobile interventions for depression: Opportunities and challenges. <i>Depression and Anxiety</i> , 2017, 34, 596-602.	4.1	80
35	Meta-analysis on the efficacy of psychological treatments for anorexia nervosa. <i>European Eating Disorders Review</i> , 2019, 27, 331-351.	4.1	65
36	Initial treatment choices to achieve sustained response in major depression: a systematic review and network meta-analysis. <i>World Psychiatry</i> , 2021, 20, 387-396.	10.4	64

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37	The effect of psychotherapeutic interventions on positive and negative affect in depression: A systematic review and meta-analysis. <i>Journal of Affective Disorders</i> , 2016, 202, 153-162.	4.1	62
38	Looking beyond depression: a meta-analysis of the effect of behavioral activation on depression, anxiety, and activation. <i>Psychological Medicine</i> , 2021, 51, 1491-1504.	4.5	60
39	Psychological interventions to prevent the onset of depressive disorders: A meta-analysis of randomized controlled trials. <i>Clinical Psychology Review</i> , 2021, 83, 101955.	11.4	60
40	Negative effects of psychotherapies for adult depression: A meta-analysis of deterioration rates. <i>Journal of Affective Disorders</i> , 2018, 239, 138-145.	4.1	54
41	Mediators and mechanisms of change in internet- and mobile-based interventions for depression: A systematic review. <i>Clinical Psychology Review</i> , 2021, 83, 101953.	11.4	50
42	Two decades of digital interventions for anxiety disorders: a systematic review and meta-analysis of treatment effectiveness. <i>Psychological Medicine</i> , 2021, , 1-13.	4.5	43
43	A Meta-analytic Review: Psychological Treatment of Subthreshold Depression in Children and Adolescents. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2021, 60, 1072-1084.	0.5	43
44	THE LONG-TERM EFFICACY OF ACUTE-PHASE PSYCHOTHERAPY FOR DEPRESSION: A META-ANALYSIS OF RANDOMIZED TRIALS. <i>Depression and Anxiety</i> , 2016, 33, 370-383.	4.1	42
45	Stress management interventions for college students: A systematic review and meta-analysis.. <i>Clinical Psychology: Science and Practice</i> , 2023, 30, 423-444.	0.9	41
46	Introduction to the special issue: The WHO World Mental Health International College Student (WMHICS) initiative. <i>International Journal of Methods in Psychiatric Research</i> , 2019, 28, e1762.	2.1	40
47	The Effects of Blinding on the Outcomes of Psychotherapy and Pharmacotherapy for Adult Depression: a Meta-Analysis. <i>European Psychiatry</i> , 2015, 30, 685-693.	0.2	39
48	Effects of self-guided stress management interventions in college students: A systematic review and meta-analysis. <i>Internet Interventions</i> , 2022, 28, 100503.	2.7	35
49	Cognitive restructuring, behavioral activation and cognitive-behavioral therapy in the treatment of adult depression: A network meta-analysis.. <i>Journal of Consulting and Clinical Psychology</i> , 2021, 89, 563-574.	2.0	31
50	Care-as-usual control groups across different settings in randomized trials on psychotherapy for adult depression: a meta-analysis. <i>Psychological Medicine</i> , 2021, 51, 634-644.	4.5	30
51	Reactivity to smartphone-based ecological momentary assessment of depressive symptoms (MoodMonitor): protocol of a randomised controlled trial. <i>BMC Psychiatry</i> , 2016, 16, 359.	2.6	28
52	What are the effects of preventative interventions on major depressive disorder (MDD) in young adults? A systematic review and meta-analysis of randomized controlled trials. <i>Journal of Affective Disorders</i> , 2018, 239, 18-29.	4.1	27
53	Examining the effectiveness of a web-based intervention for symptoms of depression and anxiety in college students: study protocol of a randomised controlled trial. <i>BMJ Open</i> , 2019, 9, e028739.	1.9	27
54	Dismantling, personalising and optimising internet cognitive-behavioural therapy for depression: a study protocol for individual participant data component network meta-analysis. <i>BMJ Open</i> , 2018, 8, e026137.	1.9	26

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55	Biological markers evaluated in randomized trials of psychological treatments for depression: a systematic review and meta-analysis. <i>Neuroscience and Biobehavioral Reviews</i> , 2019, 101, 32-44.	6.1	26
56	The effects of psychological treatments of depression in children and adolescents on response, reliable change, and deterioration: a systematic review and meta-analysis. <i>European Child and Adolescent Psychiatry</i> , 2023, 32, 177-192.	4.7	26
57	Different control conditions can produce different effect estimates in psychotherapy trials for depression. <i>Journal of Clinical Epidemiology</i> , 2021, 132, 59-70.	5.0	25
58	Effectiveness of a transdiagnostic individually tailored Internet-based and mobile-supported intervention for the indicated prevention of depression and anxiety (ICare Prevent) in Dutch college students: study protocol for a randomised controlled trial. <i>Trials</i> , 2018, 19, 118.	1.6	23
59	The effects of cognitive behavioral therapy are not systematically falling: A revision of Johnsen and Friberg (2015).. <i>Psychological Bulletin</i> , 2017, 143, 326-340.	6.1	23
60	Guided internet-based transdiagnostic individually tailored Cognitive Behavioral Therapy for symptoms of depression and/or anxiety in college students: A randomized controlled trial. <i>Behaviour Research and Therapy</i> , 2022, 150, 104028.	3.1	23
61	Symptom-specific effectiveness of an internet-based intervention in the treatment of mild to moderate depressive symptomatology: The potential of network estimation techniques. <i>Behaviour Research and Therapy</i> , 2019, 122, 103440.	3.1	22
62	Association of Task-Shared Psychological Interventions With Depression Outcomes in Low- and Middle-Income Countries. <i>JAMA Psychiatry</i> , 2022, 79, 430.	11.0	22
63	Guided internet-based transdiagnostic intervention for Indonesian university students with symptoms of anxiety and depression: A pilot study protocol. <i>Internet Interventions</i> , 2019, 15, 28-34.	2.7	21
64	Transdiagnostic Internet Intervention for Indonesian University Students With Depression and Anxiety: Evaluation of Feasibility and Acceptability. <i>JMIR Mental Health</i> , 2021, 8, e20036.	3.3	21
65	Psychologic Treatment of Depression Compared With Pharmacotherapy and Combined Treatment in Primary Care: A Network Meta-Analysis. <i>Annals of Family Medicine</i> , 2021, 19, 262-270.	1.9	21
66	Diminishing Effects After Recurrent Use of Self-Guided Internet-Based Interventions in Depression: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2019, 21, e14240.	4.3	21
67	The Contribution of "Individual Participant Data" Meta-Analyses of Psychotherapies for Depression to the Development of Personalized Treatments: A Systematic Review. <i>Journal of Personalized Medicine</i> , 2022, 12, 93.	2.5	21
68	Psychological interventions to improve sleep in college students: A meta-analysis of randomized controlled trials. <i>Journal of Sleep Research</i> , 2021, 30, e13097.	3.2	20
69	Comparative efficacy and acceptability of psychotherapies for panic disorder with or without agoraphobia: systematic review and network meta-analysis of randomised controlled trials. <i>British Journal of Psychiatry</i> , 2022, 221, 507-519.	2.8	20
70	Psychological treatment of perinatal depression: a meta-analysis. <i>Psychological Medicine</i> , 2023, 53, 2596-2608.	4.5	19
71	Prevention and treatment of mental health and psychosocial problems in college students: An umbrella review of meta-analyses.. <i>Clinical Psychology: Science and Practice</i> , 2021, 28, 229-244.	0.9	18
72	Efficacy and Moderators of Cognitive Behavioural Therapy for Psychosis Versus Other Psychological Interventions: An Individual-Participant Data Meta-Analysis. <i>Frontiers in Psychiatry</i> , 2020, 11, 402.	2.6	17

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73	Guided or self-guided internet-based cognitive-behavioural therapy (iCBT) for depression? Study protocol of an individual participant data network meta-analysis. <i>BMJ Open</i> , 2019, 9, e026820.	1.9	16
74	The effects of psychological treatment of perinatal depression: an overview. <i>Archives of Women's Mental Health</i> , 2021, 24, 801-806.	2.6	16
75	Heterogeneity of treatment effects in trials on psychotherapy of depression.. <i>Clinical Psychology: Science and Practice</i> , 2022, 29, 294-303.	0.9	14
76	Economic evidence for the clinical management of major depressive disorder: a systematic review and quality appraisal of economic evaluations alongside randomised controlled trials. <i>Epidemiology and Psychiatric Sciences</i> , 2017, 26, 501-516.	3.9	13
77	Psychosocial interventions for intimate partner violence in low and middle income countries: A meta-analysis of randomised controlled trials. <i>Journal of Global Health</i> , 2020, 10, 010409.	2.7	13
78	Long-term outcomes of survivors of neonatal insults: A systematic review and meta-analysis. <i>PLoS ONE</i> , 2020, 15, e0231947.	2.5	13
79	Feasibility and acceptability of a guided internet-based stress management intervention for university students with high levels of stress: Protocol for an open trial. <i>Internet Interventions</i> , 2021, 24, 100369.	2.7	13
80	Selective outcome reporting and the effectiveness of psychotherapies for depression. <i>World Psychiatry</i> , 2021, 20, 444-445.	10.4	13
81	Web-Based Stress Management Program for University Students in Indonesia: Systematic Cultural Adaptation and Protocol for a Feasibility Study. <i>JMIR Research Protocols</i> , 2019, 8, e11493.	1.0	13
82	How can we estimate QALYs based on PHQ-9 scores? Equipercetile linking analysis of PHQ-9 and EQ-5D. <i>Evidence-Based Mental Health</i> , 2021, 24, 97-101.	4.5	11
83	Psychotherapy for depression and anxiety in low- and middle-income countries. , 2019, , 173-192.		10
84	Psychological treatment of depression in institutional settings: A meta-analytic review. <i>Journal of Affective Disorders</i> , 2021, 286, 340-350.	4.1	10
85	The Associations of Common Psychological Problems With Mental Disorders Among College Students. <i>Frontiers in Psychiatry</i> , 2021, 12, 573637.	2.6	9
86	Internet-Based Self-Help Interventions for Depression in Routine Care-Reply. <i>JAMA Psychiatry</i> , 2017, 74, 853.	11.0	8
87	Is psychotherapy effective? Pretending everything is fine will not help the field forward. <i>Epidemiology and Psychiatric Sciences</i> , 2019, 28, 356-357.	3.9	8
88	Online computer or therapist-guided cognitive behavioral therapy in university students with anxiety and/or depression: study protocol of a randomised controlled trial. <i>BMJ Open</i> , 2021, 11, e049554.	1.9	8
89	Individual participant data (IPD) meta-analysis of psychological relapse prevention interventions versus control for patients in remission from depression: a protocol. <i>BMJ Open</i> , 2020, 10, e034158.	1.9	7
90	Individual participant data systematic reviews with meta-analyses of psychotherapies for borderline personality disorder. <i>BMJ Open</i> , 2021, 11, e047416.	1.9	7

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91	Online prevention programmes for university students: stakeholder perspectives from six European countries. <i>European Journal of Public Health</i> , 2021, 31, i64-i70.	0.3	7
92	Psychotherapy for comorbid depression and somatic disorders: a systematic review and meta-analysis. <i>Psychological Medicine</i> , 2023, 53, 2503-2513.	4.5	6
93	Protocol for individual participant data meta-analysis of interventions for post-traumatic stress. <i>BMJ Open</i> , 2022, 12, e054830.	1.9	6
94	Bayesian models for aggregate and individual patient data component network meta-analysis. <i>Statistics in Medicine</i> , 2022, , .	1.6	6
95	Internet-based interventions for people with HIV and depression. <i>Lancet HIV</i> , 2018, 5, e474-e475.	4.7	5
96	Researcher allegiance in research on psychosocial interventions: meta-research study protocol and pilot study. <i>BMJ Open</i> , 2019, 9, e024622.	1.9	5
97	The impact of psychosocial interventions on condom and contraceptive use in LMICs: Meta-analysis of randomised controlled trials. <i>Global Public Health</i> , 2020, 15, 1182-1199.	2.0	5
98	Self-help plus for refugees and asylum seekers; study protocol for a series of individual participant data meta-analyses. <i>HÅrgre Utbildning</i> , 2021, 12, 1930690.	3.0	5
99	Childhood adversities and suicidal thoughts and behaviors among first-year college students: results from the WMH-ICS initiative. <i>Social Psychiatry and Psychiatric Epidemiology</i> , 2022, 57, 1591-1601.	3.1	5
100	Internet-Based Cognitive-Behavioral Therapy in the Treatment of Depression. <i>Focus (American Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 38)</i>	0.8	3
101	Digital self-help interventions for suicidal ideation and behaviour. <i>The Lancet Digital Health</i> , 2020, 2, e4-e5.	12.3	3
102	Which psychotherapy is effective in panic disorder? And which delivery formats are supported by the evidence? Study protocol for two systematic reviews and network meta-analyses. <i>BMJ Open</i> , 2020, 10, e038909.	1.9	3
103	Task-shifted psychotherapy for depression in people living with HIV. <i>The Lancet Global Health</i> , 2020, 8, e314-e315.	6.3	1
104	Reducing psychological distress and depression in humanitarian emergencies: An essential role for nonspecialists. <i>PLoS Medicine</i> , 2021, 18, e1003625.	8.4	1
105	Comprehensive database and individual patient data meta-analysis of randomised controlled trials on psychotherapies reducing suicidal thoughts and behaviour: study protocol. <i>BMJ Open</i> , 2020, 10, e037566.	1.9	1
106	Exploring the efficacy of psychological treatments for depression: a multiverse meta-analysis protocol. <i>BMJ Open</i> , 2022, 12, e050197.	1.9	1
107	Response and Remission in Care-as-Usual, Waiting Lists and Pill Placebo Conditions in Psychotherapy Trials for Depression: A Meta-Analysis. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0
108	Technological Interventions for Depression. , 2020, , .		0

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109	Long-term outcomes of survivors of neonatal insults: A systematic review and meta-analysis. , 2020, 15, e0231947.		0
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111	Long-term outcomes of survivors of neonatal insults: A systematic review and meta-analysis. , 2020, 15, e0231947.		0
112	Long-term outcomes of survivors of neonatal insults: A systematic review and meta-analysis. , 2020, 15, e0231947.		0