

# Sheila N Garland

## List of Publications by Year in descending order

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Version: 2024-02-01

121  
papers

3,765  
citations

186265  
28  
h-index

144013  
57  
g-index

122  
all docs

122  
docs citations

122  
times ranked

4101  
citing authors

#	ARTICLE	IF	CITATIONS
1	Impact of mindfulness-based stress reduction (MBSR) on sleep, mood, stress and fatigue symptoms in cancer outpatients. <i>International Journal of Behavioral Medicine</i> , 2005, 12, 278-285.	1.7	451
2	A systematic review and meta-analysis of randomized controlled trials of cognitive behavior therapy for insomnia (CBT-I) in cancer survivors. <i>Sleep Medicine Reviews</i> , 2016, 27, 20-28.	8.5	250
3	Mindfulness-Based Stress Reduction Compared With Cognitive Behavioral Therapy for the Treatment of Insomnia Comorbid With Cancer: A Randomized, Partially Blinded, Noninferiority Trial. <i>Journal of Clinical Oncology</i> , 2014, 32, 449-457.	1.6	247
4	A non-randomized comparison of mindfulness-based stress reduction and healing arts programs for facilitating post-traumatic growth and spirituality in cancer outpatients. <i>Supportive Care in Cancer</i> , 2007, 15, 949-961.	2.2	187
5	Sleep duration, cardiovascular disease, and proinflammatory biomarkers. <i>Nature and Science of Sleep</i> , 2013, 5, 93.	2.7	187
6	Sleep disturbance in adults with cancer: a systematic review of evidence for best practices in assessment and management for clinical practice. <i>Annals of Oncology</i> , 2014, 25, 791-800.	1.2	173
7	Sleeping well with cancer: a systematic review of cognitive behavioral therapy for insomnia in cancer patients. <i>Neuropsychiatric Disease and Treatment</i> , 2014, 10, 1113.	2.2	161
8	The impact of mindfulness-based interventions on symptom burden, positive psychological outcomes, and biomarkers in cancer patients. <i>Cancer Management and Research</i> , 2015, 7, 121.	1.9	117
9	Psychological benefits for cancer patients and their partners participating in mindfulness-based stress reduction (MBSR). <i>Psycho-Oncology</i> , 2010, 19, 1004-1009.	2.3	105
10	Acupuncture Versus Cognitive Behavioral Therapy for Insomnia in Cancer Survivors: A Randomized Clinical Trial. <i>Journal of the National Cancer Institute</i> , 2019, 111, 1323-1331.	6.3	94
11	What is the prevalence of fear of cancer recurrence in cancer survivors and patients? A systematic review and individual participant data meta-analysis. <i>Psycho-Oncology</i> , 2022, 31, 879-892.	2.3	85
12	Associations among Salivary Cortisol, Melatonin, Catecholamines, Sleep Quality and Stress in Women with Breast Cancer and Healthy Controls. <i>Journal of Behavioral Medicine</i> , 2007, 30, 45-58.	2.1	75
13	A Pan-Canadian practice guideline: prevention, screening, assessment, and treatment of sleep disturbances in adults with cancer. <i>Supportive Care in Cancer</i> , 2013, 21, 2695-2706.	2.2	72
14	Bright light therapy improves cancer-related fatigue in cancer survivors: a randomized controlled trial. <i>Journal of Cancer Survivorship</i> , 2018, 12, 206-215.	2.9	65
15	Increased Mindfulness Is Related to Improved Stress and Mood Following Participation in a Mindfulness-Based Stress Reduction Program in Individuals With Cancer. <i>Integrative Cancer Therapies</i> , 2013, 12, 31-40.	2.0	64
16	Cognitive behavioral therapy for insomnia, but not armodafinil, improves fatigue in cancer survivors with insomnia: a randomized placebo-controlled trial. <i>Supportive Care in Cancer</i> , 2016, 24, 2059-2066.	2.2	60
17	Prospective evaluation of the reliability, validity, and minimally important difference of the functional assessment of cancer therapy-gastric (FACT-g) quality-of-life instrument. <i>Cancer</i> , 2011, 117, 1302-1312.	4.1	56
18	Complementary and Alternative Medicine Use and Benefit Finding Among Cancer Patients. <i>Journal of Alternative and Complementary Medicine</i> , 2013, 19, 876-881.	2.1	52

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19	A Meta-Analysis of Mindfulness-Based Therapies for Insomnia and Sleep Disturbance. <i>Sleep Medicine Clinics</i> , 2019, 14, 209-233.	2.6	48
20	Who benefits from psychosocial interventions in oncology? A systematic review of psychological moderators of treatment outcome. <i>Journal of Behavioral Medicine</i> , 2012, 35, 658-673.	2.1	44
21	The Quest for Mindful Sleep: a Critical Synthesis of the Impact of Mindfulness-Based Interventions for Insomnia. <i>Current Sleep Medicine Reports</i> , 2016, 2, 142-151.	1.4	44
22	Comparative effectiveness of electro-acupuncture versus gabapentin for sleep disturbances in breast cancer survivors with hot flashes: a randomized trial. <i>Menopause</i> , 2017, 24, 517-523.	2.0	44
23	A decade's difference: 10-year change in insomnia symptom prevalence in Canada depends on sociodemographics and health status. <i>Sleep Health</i> , 2018, 4, 160-165.	2.5	42
24	Cognitive Behavioral Therapy for Insomnia Reduces Depression in Cancer Survivors. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 129-137.	2.6	41
25	Randomized Placebo-Controlled Trial of Cognitive Behavioral Therapy and Armodafinil for Insomnia After Cancer Treatment. <i>Journal of Clinical Oncology</i> , 2015, 33, 165-171.	1.6	40
26	The Comparative Impact of Mindfulness-Based Cancer Recovery (MBCR) and Cognitive Behavior Therapy for Insomnia (CBT-I) on Sleep and Mindfulness in Cancer Patients. <i>Explore: the Journal of Science and Healing</i> , 2015, 11, 445-454.	1.0	38
27	The Relationship Between Insomnia and Cognitive Impairment in Breast Cancer Survivors. <i>JNCI Cancer Spectrum</i> , 2019, 3, pkz041.	2.9	38
28	Dispositional mindfulness, insomnia, sleep quality and dysfunctional sleep beliefs in post-treatment cancer patients. <i>Personality and Individual Differences</i> , 2013, 55, 306-311.	2.9	31
29	Buspirone for management of dyspnea in cancer patients receiving chemotherapy: a randomized placebo-controlled URCC CCOP study. <i>Supportive Care in Cancer</i> , 2016, 24, 1339-1347.	2.2	31
30	Patterns of Objective Physical Functioning and Perception of Mood and Fatigue in Posttreatment Breast Cancer Patients and Healthy Controls: An Ambulatory Psychophysiological Investigation. <i>Psychosomatic Medicine</i> , 2008, 70, 819-828.	2.0	28
31	The quality of life trajectory of resected gastric cancer. <i>Journal of Surgical Oncology</i> , 2012, 105, 337-341.	1.7	28
32	Effects of armodafinil and cognitive behavior therapy for insomnia on sleep continuity and daytime sleepiness in cancer survivors. <i>Sleep Medicine</i> , 2016, 20, 18-24.	1.6	28
33	Mindful larks and lonely owls: The relationship between chronotype, mental health, sleep quality, and social support in young adults. <i>Journal of Sleep Research</i> , 2022, 31, e13442.	3.2	28
34	Quality of life among survivors of adolescent and young adult cancer in Canada: A Young Adults With Cancer in Their Prime (YACPRIME) study. <i>Cancer</i> , 2021, 127, 1325-1333.	4.1	27
35	Does perceived control predict Complementary and Alternative Medicine (CAM) use among patients with lung cancer? A cross-sectional survey. <i>Supportive Care in Cancer</i> , 2014, 22, 2465-2472.	2.2	26
36	Effects of cognitive behavioral therapy for insomnia and armodafinil on quality of life in cancer survivors: a randomized placebo-controlled trial. <i>Journal of Cancer Survivorship</i> , 2017, 11, 401-409.	2.9	26

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37	Prevalence and factors associated with fear of recurrence in a mixed sample of young adults with cancer. <i>Journal of Cancer Survivorship</i> , 2019, 13, 842-851.	2.9	25
38	Insomnia in breast cancer: Independent symptom or symptom cluster?. <i>Palliative and Supportive Care</i> , 2017, 15, 369-375.	1.0	24
39	Physical activity and telomere length in early stage breast cancer survivors. <i>Breast Cancer Research</i> , 2014, 16, 413.	5.0	23
40	Choosing Options for Insomnia in Cancer Effectively (CHOICE): Design of a patient centered comparative effectiveness trial of acupuncture and cognitive behavior therapy for insomnia. <i>Contemporary Clinical Trials</i> , 2016, 47, 349-355.	1.8	23
41	Systematic review and meta-analysis of cognitive-behavioural therapy for insomnia on subjective and actigraphy-measured sleep and comorbid symptoms in cancer survivors. <i>Sleep Medicine Reviews</i> , 2022, 63, 101615.	8.5	23
42	I-CAN SLEEP: Rationale and design of a non-inferiority RCT of Mindfulness-based Stress Reduction and Cognitive Behavioral Therapy for the treatment of Insomnia in CANcer survivors. <i>Contemporary Clinical Trials</i> , 2011, 32, 747-754.	1.8	22
43	Factors that shape preference for acupuncture or cognitive behavioral therapy for the treatment of insomnia in cancer patients. <i>Supportive Care in Cancer</i> , 2018, 26, 2407-2415.	2.2	21
44	Integrative Approaches for Sleep Health in Cancer Survivors. <i>Cancer Journal (Sudbury, Mass )</i> , 2019, 25, 337-342.	2.0	20
45	Social Support, Insomnia, and Adherence to Cognitive Behavioral Therapy for Insomnia After Cancer Treatment. <i>Behavioral Sleep Medicine</i> , 2019, 17, 70-80.	2.1	20
46	Effects of acupuncture versus cognitive behavioral therapy on cognitive function in cancer survivors with insomnia: A secondary analysis of a randomized clinical trial. <i>Cancer</i> , 2020, 126, 3042-3052.	4.1	19
47	Animal-Assisted Therapy and Counseling Support for Women With Breast Cancer. <i>Integrative Cancer Therapies</i> , 2015, 14, 460-467.	2.0	17
48	Self-reported memory problems in adult-onset cancer survivors: effects of cardiovascular disease and insomnia. <i>Sleep Medicine</i> , 2015, 16, 845-849.	1.6	16
49	Factors Associated with Poor Sleep in Older Adults with Multiple Sclerosis. <i>International Journal of Behavioral Medicine</i> , 2017, 24, 937-945.	1.7	16
50	Psychosocial Needs and Experiences of Transgender and Gender Diverse People with Cancer: A Scoping Review and Recommendations for Improved Research and Care. <i>LGBT Health</i> , 2022, 9, 8-17.	3.4	16
51	A Nested Case-Controlled Comparison of Telomere Length and Psychological Functioning in Breast Cancer Survivors with and without Insomnia Symptoms. <i>Rejuvenation Research</i> , 2014, 17, 453-457.	1.8	15
52	Prevalence and factors associated with high levels of distress in young adult cancer survivors compared to matched peers. <i>Supportive Care in Cancer</i> , 2021, 29, 2653-2662.	2.2	13
53	Insomnia among cancer caregivers: A proposal for tailored cognitive behavioral therapy.. <i>Journal of Psychotherapy Integration</i> , 2018, 28, 275-291.	1.1	13
54	Loneliness among adolescents and young adults with cancer during the COVID-19 pandemic: a cross-sectional survey. <i>Supportive Care in Cancer</i> , 2022, 30, 2215-2224.	2.2	13

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55	Are sleep continuity disturbance and fatigue prodromal symptoms of cancer development?. Medical Hypotheses, 2018, 120, 72-75.	1.5	12
56	Mindfulness-Based Interventions in Oncology. , 2009, , 383-404.		12
57	“How do you live without a stomach?” A multiple case study examination of total gastrectomy for palliation or prophylaxis. Palliative and Supportive Care, 2011, 9, 305-313.	1.0	11
58	Cancer-Related Search for Meaning Increases Willingness to Participate in Mindfulness-Based Stress Reduction. Integrative Cancer Therapies, 2015, 14, 231-239.	2.0	11
59	Experiences of adolescent and young adult cancer survivors during the COVID-19 pandemic. Journal of Cancer Survivorship, 2023, 17, 370-383.	2.9	11
60	The LITE study: Rationale and protocol for a randomized controlled trial of light therapy for cancer-related fatigue in cancer survivors. Contemporary Clinical Trials, 2016, 49, 166-173.	1.8	10
61	A Cross-Sectional Survey Exploring the Impact of the COVID-19 Pandemic on the Cancer Care of Adolescents and Young Adults. Current Oncology, 2021, 28, 3201-3213.	2.2	10
62	Multi-stakeholder perspectives on managing insomnia in cancer survivors: recommendations to reduce barriers and translate patient-centered research into practice. Journal of Cancer Survivorship, 2021, 15, 951-960.	2.9	9
63	Acupuncture versus cognitive behavioral therapy for pain among cancer survivors with insomnia: an exploratory analysis of a randomized clinical trial. Npj Breast Cancer, 2021, 7, 148.	5.2	9
64	Psychological distress and experiences of Adolescents and Young Adults with cancer during the COVID-19 pandemic: A cross-sectional survey. Psycho-Oncology, 2022, 31, 631-640.	2.3	9
65	Using Screening for Distress, the Sixth Vital Sign, to advance patient care with assessment and targeted interventions. Supportive Care in Cancer, 2012, 20, 2241-2246.	2.2	8
66	Positive and negative meanings are simultaneously ascribed to colorectal cancer: Relationship to quality of life and psychosocial adjustment. Palliative and Supportive Care, 2014, 12, 277-286.	1.0	8
67	A qualitative examination of the factors related to the development and maintenance of insomnia in cancer survivors. Palliative and Supportive Care, 2019, 17, 221-226.	1.0	8
68	Factors associated with cognitive impairment during the first year of treatment for nonmetastatic breast cancer. Cancer Medicine, 2021, 10, 1191-1200.	2.8	8
69	Treating insomnia in patients with comorbid psychiatric disorders: A focused review.. Canadian Psychology, 2018, 59, 176-186.	2.1	8
70	Including the Patient Voice in Patient-Centered Outcomes Research in Integrative Oncology. Journal of the National Cancer Institute Monographs, 2017, 2017, .	2.1	7
71	Associations between device use before bed, mood disturbance, and insomnia symptoms in young adults. Sleep Health, 2020, 6, 822-827.	2.5	7
72	Androgen deprivation therapy and radiation for prostate cancer—cognitive impairment, sleep, symptom burden: a prospective study. BMJ Supportive and Palliative Care, 2023, 13, e454-e463.	1.6	7

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73	Evaluating the experience of rural individuals with prostate and breast cancer participating in research via telehealth. <i>Rural and Remote Health</i> , 2019, 19, 5269.	0.5	7
74	Peer Support Needs and Preferences for Digital Peer Navigation among Adolescent and Young Adults with Cancer: A Canadian Cross-Sectional Survey. <i>Current Oncology</i> , 2022, 29, 1163-1175.	2.2	7
75	Insomnia symptoms and heart rate recovery among patients in cardiac rehabilitation. <i>Journal of Behavioral Medicine</i> , 2016, 39, 642-651.	2.1	6
76	A Cross-Sectional Survey of Pain Catastrophising and Acupuncture Use among Breast Cancer Survivors. <i>Acupuncture in Medicine</i> , 2017, 35, 38-43.	1.0	6
77	Effects of acupuncture versus cognitive behavioral therapy on brain-derived neurotrophic factor in cancer survivors with insomnia: an exploratory analysis. <i>Acupuncture in Medicine</i> , 2021, 39, 637-645.	1.0	6
78	Recruitment and retention of palliative cancer patients and their partners participating in a longitudinal evaluation of a psychosocial retreat program. <i>Palliative and Supportive Care</i> , 2009, 7, 49-56.	1.0	5
79	Effects of a light therapy intervention on diurnal salivary cortisol in fatigued cancer survivors: A secondary analysis of a randomized controlled trial. <i>Journal of Psychosomatic Research</i> , 2020, 139, 110266.	2.6	5
80	The financial impact of cancer on Canadian young adults. <i>Journal of Cancer Survivorship</i> , 2023, 17, 174-186.	2.9	5
81	A 2-year prospective analysis of insomnia as a mediator of the relationship between androgen deprivation therapy and perceived cognitive function in men with prostate cancer. <i>Cancer</i> , 2021, 127, 4656-4664.	4.1	5
82	Genetic Predictors of Response to Acupuncture or Cognitive Behavioral Therapy for Insomnia in Cancer Survivors: An Exploratory Analysis. <i>Journal of Pain and Symptom Management</i> , 2021, 62, e192-e199.	1.2	5
83	Gender differences in adherence to COVID-19 preventative measures and preferred sources of COVID-19 information among adolescents and young adults with cancer. <i>Cancer Epidemiology</i> , 2022, 77, 102098.	1.9	5
84	The relationship between sleep hygiene, mood, and insomnia symptoms in men with prostate cancer. <i>Supportive Care in Cancer</i> , 2022, 30, 4055-4064.	2.2	5
85	Prevalence and factors associated with insomnia symptoms in adolescents and young adults with cancer during the COVID-19 pandemic. <i>Sleep Health</i> , 2022, 8, 410-416.	2.5	5
86	Patients' perspectives on integrating acupuncture into the radiation oncology setting. <i>European Journal of Integrative Medicine</i> , 2014, 6, 532-537.	1.7	4
87	Body image concerns of young adult cancer survivors: A brief report. <i>Journal of Psychosocial Oncology</i> , 2021, 39, 673-679.	1.2	4
88	The Internet Therapy for depression Trial (INTEREST): protocol for a patient-preference, randomised controlled feasibility trial comparing iACT, iCBT and attention control among individuals with comorbid chronic pain and depression. <i>BMJ Open</i> , 2020, 10, e033350.	1.9	4
89	Hyperarousal and Insomnia in Survivors of Cancer. <i>International Journal of Behavioral Medicine</i> , 2021, 28, 683-691.	1.7	4
90	Rationale and protocol for a randomized waitlist controlled trial of videoconference delivered cognitive behaviour therapy for insomnia (CBT-I) to improve perceived cognitive impairment (PCI) among cancer survivors. <i>Contemporary Clinical Trials</i> , 2021, 103, 106322.	1.8	4

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91	Prospective Rates, Longitudinal Associations, and Factors Associated With Comorbid Insomnia Symptoms and Perceived Cognitive Impairment. <i>Frontiers in Neuroscience</i> , 2021, 15, 817933.	2.8	4
92	Cancer Survivors' Beliefs About the Causes of Their Insomnia: Associations of Causal Attributions With Survivor Characteristics. <i>Behavioral Sleep Medicine</i> , 2020, 18, 177-189.	2.1	3
93	Light therapy for insomnia symptoms in fatigued cancer survivors: a secondary analysis of a randomized controlled trial. <i>Journal of Psychosocial Oncology Research and Practice</i> , 2020, 2, e27.	0.5	3
94	Prevalence and factors associated with non-medical prescription stimulant use to promote wakefulness in young adults. <i>Journal of American College Health</i> , 2022, 70, 174-181.	1.5	3
95	The Association between Insomnia and Orgasmic Difficulty for Prostate Cancer Patients – Implication to Sex Therapy. <i>Journal of Sex and Marital Therapy</i> , 2021, 47, 174-185.	1.5	3
96	Factors Associated with "Survivor Identity" in Men with Breast Cancer. <i>Current Oncology</i> , 2021, 28, 1696-1705.	2.2	3
97	COVID-19-Related Information Sources, Behavioral Changes, and Adherence to Social Distancing Among Adolescents and Young Adults with Cancer. <i>Journal of Adolescent and Young Adult Oncology</i> , 2021, , .	1.3	3
98	Mindfulness, Affect, and Sleep. , 2015, , 339-373.		2
99	0825 The Effect of Androgen Deprivation Therapy on Insomnia Symptoms, Fatigue, Mood, and Hot Flashes in Men with Non-Metastatic Prostate Cancer. <i>Sleep</i> , 2019, 42, A331-A331.	1.1	2
100	Association Between Pretreatment Sleep Disturbance and Radiation Therapy-Induced Pain in 573 Women With Breast Cancer. <i>Journal of Pain and Symptom Management</i> , 2021, 61, 254-261.	1.2	2
101	Factors associated with permissive attitudes of university students towards prescription medication misuse. <i>Journal of Substance Use</i> , 0, , 1-9.	0.7	2
102	Feasibility and acceptability of cognitive behavioral therapy for insomnia (CBT-I) or acupuncture for insomnia and related distress among cancer caregivers. <i>Palliative and Supportive Care</i> , 2020, 18, 644-647.	1.0	2
103	Obsessive compulsive disorder prevalence may not increase with latitude: A re-analysis and extension of Coles et al.. <i>Journal of Obsessive-Compulsive and Related Disorders</i> , 2020, 25, 100527.	1.5	1
104	Fear of cancer recurrence in males diagnosed with breast cancer. <i>Supportive Care in Cancer</i> , 2021, 29, 6183-6186.	2.2	1
105	A step in the right direction: making cognitive-behavioral therapy for insomnia more accessible to people diagnosed with cancer. <i>Sleep</i> , 2021, 44, .	1.1	1
106	Quality of life as an endpoint in Phase I oncology clinical trials of novel chemotherapy drugs. <i>Expert Review of Pharmacoeconomics and Outcomes Research</i> , 2005, 5, 633-644.	1.4	0
107	Search for Meaning Influences Willingness to Participate in Mindfulness-Based Stress Reduction. <i>Journal of Alternative and Complementary Medicine</i> , 2014, 20, A68-A68.	2.1	0
108	In Reply:. <i>Menopause</i> , 2017, 24, 713-714.	2.0	0

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109	In Reply:. Menopause, 2017, 24, 714-715.	2.0	0
110	0829 Exploring Insomnia as a Factor Contributing to Cognitive Difficulties in Newly Diagnosed Men with Prostate Cancer. Sleep, 2019, 42, A332-A333.	1.1	0
111	0823 Understanding Insomnia In National Cohort Of Young Adult Cancer Survivors: Results From The Yacprime Study. Sleep, 2019, 42, A330-A330.	1.1	0
112	0826 A Comparison of Pre-Treatment Sleep and Symptom Profiles in Age-Matched Breast and Prostate Cancer Patients. Sleep, 2019, 42, A331-A332.	1.1	0
113	0414 Mood as a Mediator of Mindfulness and Insomnia Symptoms in Young Adults. Sleep, 2019, 42, A167-A168.	1.1	0
114	0827 Prevalence And Factors Associated With Pre-treatment Insomnia Symptoms In Women With Early Stage Breast Cancer. Sleep, 2019, 42, A332-A332.	1.1	0
115	0828 Pre-Treatment Insomnia Symptoms and Perceived Cognitive Impairment in Newly Diagnosed Women with Early Stage Breast Cancer. Sleep, 2019, 42, A332-A332.	1.1	0
116	Fertility Preservation in Young Adults: Prevalence, Correlates, and Relationship with Post-Traumatic Growth. Journal of Adolescent and Young Adult Oncology, 2020, 10, 389-396.	1.3	0
117	Complementary and alternative medicine (CAM) use in lung cancer: The impact of control.. Journal of Clinical Oncology, 2013, 31, 9613-9613.	1.6	0
118	Clinical correlates of memory problems in middle-aged adult-onset cancer survivors in the United States: A national cross-sectional study.. Journal of Clinical Oncology, 2014, 32, e20588-e20588.	1.6	0
119	Characterizing self-reported memory problems in adult-onset cancer survivors in the United States: Importance of sleep duration and insomnia.. Journal of Clinical Oncology, 2014, 32, 9588-9588.	1.6	0
120	CBT-I during and after a cancer diagnosis. , 2022, , 235-264.		0
121	An experimental study revisiting the link between media attention and breast cancer concern: exploring the role of cognitive fusion. Women and Health, 2021, , 1-10.	1.0	0