

Markus Jansson-FrÃ¶jmark

List of Publications by Year in descending order

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Version: 2024-02-01

77
papers

3,976
citations

236925

25
h-index

128289

60
g-index

91
all docs

91
docs citations

91
times ranked

4399
citing authors

#	ARTICLE	IF	CITATIONS
1	European guideline for the diagnosis and treatment of insomnia. <i>Journal of Sleep Research</i> , 2017, 26, 675-700.	3.2	1,334
2	Insomnia as a predictor of mental disorders: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 43, 96-105.	8.5	614
3	A bidirectional relationship between anxiety and depression, and insomnia? A prospective study in the general population. <i>Journal of Psychosomatic Research</i> , 2008, 64, 443-449.	2.6	481
4	The Course of Insomnia over One Year: a Longitudinal Study in the General Population in Sweden. <i>Sleep</i> , 2008, 31, 881-886.	1.1	87
5	The role of anxiety and depression in the development of insomnia: Cross-sectional and prospective analyses. <i>Psychology and Health</i> , 2006, 21, 383-397.	2.2	75
6	Sleep Disturbance and Depressive Symptoms in Adolescence: The Role of Catastrophic Worry. <i>Journal of Youth and Adolescence</i> , 2013, 42, 1223-1233.	3.5	63
7	Is Burnout a Depressive Condition? A 14-Sample Meta-Analytic and Bifactor Analytic Study. <i>Clinical Psychological Science</i> , 2021, 9, 579-597.	4.0	59
8	Sleep duration and patterns in adolescents: correlates and the role of daily stressors. <i>Sleep Health</i> , 2016, 2, 211-218.	2.5	54
9	Is perfectionism related to pre-existing and future insomnia? A prospective study. <i>British Journal of Clinical Psychology</i> , 2007, 46, 119-124.	3.5	52
10	Is There a Bidirectional Link Between Insomnia and Burnout? A Prospective Study in the Swedish Workforce. <i>International Journal of Behavioral Medicine</i> , 2010, 17, 306-313.	1.7	52
11	Group cognitive behavioural therapy for insomnia: Effects on sleep and depressive symptomatology in a sample with comorbidity. <i>Behaviour Research and Therapy</i> , 2015, 74, 80-93.	3.1	46
12	Bidirectionality between pain and insomnia symptoms: A prospective study. <i>British Journal of Health Psychology</i> , 2012, 17, 420-431.	3.5	44
13	Psychometric properties of the Pre-Sleep Arousal Scale in a large community sample. <i>Journal of Psychosomatic Research</i> , 2012, 72, 103-110.	2.6	43
14	The reduced Morningness-Eveningness Questionnaire: Psychometric properties and related factors in a young Swedish population. <i>Chronobiology International</i> , 2019, 36, 530-540.	2.0	43
15	Psychometric Properties of an Insomnia-Specific Measure of Worry: The Anxiety and Preoccupation about Sleep Questionnaire. <i>Cognitive Behaviour Therapy</i> , 2011, 40, 65-76.	3.5	41
16	Cognitive Behavioural Therapy for Insomnia in Psychiatric Disorders. <i>Current Sleep Medicine Reports</i> , 2016, 2, 233-240.	1.4	41
17	Avoidant Safety Behaviors and Catastrophizing: Shared cognitive-behavioral processes and consequences in co-morbid pain and sleep disorders. <i>International Journal of Behavioral Medicine</i> , 2008, 15, 201-210.	1.7	35
18	Cognitive processes and their association with persistence and remission of insomnia: Findings from a longitudinal study in the general population. <i>Behaviour Research and Therapy</i> , 2014, 54, 38-48.	3.1	34

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19	Delayed sleep phase disorder in a Swedish cohort of adolescents and young adults: Prevalence and associated factors. <i>Chronobiology International</i> , 2016, 33, 1331-1339.	2.0	34
20	Cognitive Behavioral Therapy as an Adjunct Treatment to Light Therapy for Delayed Sleep Phase Disorder in Young Adults: A Randomized Controlled Feasibility Study. <i>Behavioral Sleep Medicine</i> , 2016, 14, 212-232.	2.1	34
21	The cognitive treatment components and therapies of cognitive behavioral therapy for insomnia: A systematic review. <i>Sleep Medicine Reviews</i> , 2018, 42, 19-36.	8.5	31
22	The Work and Social Adjustment Scale as a Measure of Dysfunction in Chronic Insomnia: Reliability and Validity. <i>Behavioural and Cognitive Psychotherapy</i> , 2014, 42, 186-198.	1.2	30
23	Experiences of Playscan: Interviews with users of a responsible gambling tool. <i>Internet Interventions</i> , 2017, 8, 53-62.	2.7	30
24	Psychosocial work stressors for insomnia: a prospective study on 50-60-year-old adults in the working population. <i>International Journal of Behavioral Medicine</i> , 2007, 14, 222-228.	1.7	28
25	Autobiographical Memory in Patients with Tinnitus. <i>Psychology and Health</i> , 2003, 18, 667-675.	2.2	27
26	Cognitive-Behavioral Therapy for Insomnia Co-Morbid with Hearing Impairment: A Randomized Controlled Trial. <i>Journal of Clinical Psychology in Medical Settings</i> , 2012, 19, 224-234.	1.4	27
27	The role of emotion dysregulation in insomnia: Longitudinal findings from a large community sample. <i>British Journal of Health Psychology</i> , 2016, 21, 93-113.	3.5	25
28	Associations Between Psychological Factors and Nighttime/Daytime Symptomatology in Insomnia. <i>Cognitive Behaviour Therapy</i> , 2012, 41, 273-287.	3.5	24
29	Are sleep hygiene practices related to the incidence, persistence and remission of insomnia? Findings from a prospective community study. <i>Journal of Behavioral Medicine</i> , 2019, 42, 128-138.	2.1	24
30	Attentional Bias in Insomnia: The Dot-Probe Task with Pictorial Stimuli Depicting Daytime Fatigue/Malaise. <i>Cognitive Therapy and Research</i> , 2013, 37, 534-546.	1.9	23
31	Are Changes in Worry Associated with Treatment Response in Cognitive Behavioral Therapy for Insomnia?. <i>Cognitive Behaviour Therapy</i> , 2014, 43, 1-11.	3.5	21
32	The Role of Sleep-Related Beliefs to Improvement in Early Cognitive Behavioral Therapy for Insomnia. <i>Cognitive Behaviour Therapy</i> , 2008, 37, 5-13.	3.5	20
33	Cognitive Arousal, Unhelpful Beliefs and Maladaptive Sleep Behaviors as Mediators in Cognitive Behavior Therapy for Insomnia: A Quasi-Experimental Study. <i>Cognitive Therapy and Research</i> , 2015, 39, 841-852.	1.9	19
34	Internet-based CBT for patients with depressive disorders in primary and psychiatric care: Is it effective and does comorbidity affect outcome?. <i>Internet Interventions</i> , 2020, 19, 100303.	2.7	19
35	Neuroticism and sleep-onset: What is the long-term connection?. <i>Personality and Individual Differences</i> , 2010, 48, 463-468.	2.9	18
36	Sleepless in Sweden: A Single Subject Study of Effects of Cognitive Therapy for Insomnia on Three Adolescents. <i>Behavioural and Cognitive Psychotherapy</i> , 2011, 39, 367-374.	1.2	18

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37	Cognitive vulnerability in the development of concomitant pain and sleep disturbances. <i>British Journal of Health Psychology</i> , 2010, 15, 417-434.	3.5	17
38	Don't worry, be constructive: A randomized controlled feasibility study comparing behaviour therapy singly and combined with constructive worry for insomnia. <i>British Journal of Clinical Psychology</i> , 2012, 51, 142-157.	3.5	17
39	Comparing internet-delivered cognitive therapy and behavior therapy with telephone support for insomnia disorder: a randomized controlled trial. <i>Sleep</i> , 2020, 43, .	1.1	17
40	Clinical characteristics of 172 children and adolescents with body dysmorphic disorder. <i>European Child and Adolescent Psychiatry</i> , 2022, 31, 133-144.	4.7	16
41	The role of psychological mechanisms to insomnia in its early phase: A focus on arousal, distress, and sleep-related beliefs. <i>Psychology and Health</i> , 2008, 23, 691-705.	2.2	15
42	How Does Cognitive Behavioral Therapy for Insomnia Work? An Investigation of Cognitive Processes and Time in Bed as Outcomes and Mediators in a Sample With Insomnia and Depressive Symptomatology. <i>International Journal of Cognitive Therapy</i> , 2017, 10, 304-329.	2.2	13
43	Light Therapy With Scheduled Rise Times in Young Adults With Delayed Sleep Phase Disorder: Therapeutic Outcomes and Possible Predictors. <i>Behavioral Sleep Medicine</i> , 2018, 16, 325-336.	2.1	13
44	Psychometric Properties of the Personal Report of Public Speaking Anxiety (PRPSA) in a Sample of University Students in Sweden. <i>International Journal of Cognitive Therapy</i> , 2018, 11, 421-433.	2.2	13
45	Symptom-specific effects of cognitive therapy and behavior therapy for insomnia: A network intervention analysis.. <i>Journal of Consulting and Clinical Psychology</i> , 2021, 89, 364-370.	2.0	13
46	Longitudinal, bidirectional relationships of insomnia symptoms and musculoskeletal pain across adolescence: the mediating role of mood. <i>Pain</i> , 2022, 163, 287-298.	4.2	13
47	Job demands, control and social support as predictors of trajectories of depressive symptoms. <i>Journal of Affective Disorders</i> , 2018, 235, 535-543.	4.1	12
48	Cognitive behavioural therapy for insomnia for patients with co-morbid generalized anxiety disorder: an open trial on clinical outcomes and putative mechanisms. <i>Behavioural and Cognitive Psychotherapy</i> , 2021, 49, 540-555.	1.2	12
49	Changes in insomnia as a risk factor for the incidence and persistence of anxiety and depression: a longitudinal community study. <i>Sleep Science and Practice</i> , 2021, 5, .	1.3	12
50	Treatment satisfaction with cognitive-behavioral therapy among children and adolescents with anxiety and depression: A systematic review and meta-synthesis. <i>Journal of Behavioral and Cognitive Therapy</i> , 2021, 31, 147-191.	1.4	11
51	Psychometric properties of the Insomnia Catastrophizing Scale (ICS) in a large community sample. <i>Cognitive Behaviour Therapy</i> , 2020, 49, 120-136.	3.5	10
52	How is persistent insomnia maintained? A prospective study on 50-60 years old adults in the general population. <i>British Journal of Health Psychology</i> , 2008, 13, 121-133.	3.5	9
53	Does Treating Insomnia With Cognitive Behavioural Therapy Influence Comorbid Anxiety and Depression? An Exploratory Multiple Baseline Design With Four Patients. <i>Behaviour Change</i> , 2011, 28, 195-205.	1.3	9
54	Exploratory factor analysis of the Modified Somatic Perception Questionnaire on a sample with insomnia symptoms. <i>Psychology, Health and Medicine</i> , 2009, 14, 62-72.	2.4	8

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55	Psychological Flexibility Among Competitive Athletes: A Psychometric Investigation of a New Scale. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 110.	1.8	8
56	The role of psychiatric and somatic conditions in incidence and persistence of insomnia: a longitudinal, community study. <i>Sleep Health</i> , 2016, 2, 229-238.	2.5	7
57	Clinical practitioners'™ experiences of psychological treatment for autistic children and adolescents with school attendance problems: a qualitative study. <i>BMC Psychiatry</i> , 2022, 22, 220.	2.6	7
58	Sleep phase and pre-sleep arousal predicted co-developmental trajectories of pain and insomnia within adolescence. <i>Scientific Reports</i> , 2022, 12, 4480.	3.3	7
59	Developing a cognitive behavioral therapy manual for delayed sleep-wake phase disorder. <i>Cognitive Behaviour Therapy</i> , 2016, 45, 518-532.	3.5	6
60	Psychometric Evaluation of the Social Phobia Inventory and the Mini-Social Phobia Inventory in a Swedish University Student Sample. <i>Psychological Reports</i> , 2019, 122, 323-339.	1.7	6
61	Paradoxical intention for insomnia: A systematic review and meta-analysis. <i>Journal of Sleep Research</i> , 2022, 31, e13464.	3.2	6
62	GamTest: Psychometric Evaluation in a Low-Gambling General Population. <i>Journal of Gambling Issues</i> , 0, 44, .	0.3	6
63	Italian adaptation of the Insomnia Catastrophising Scale (ICS): a tool to evaluate insomnia-specific catastrophic thinking. <i>Sleep and Biological Rhythms</i> , 2018, 16, 423-429.	1.0	5
64	Does Mid-Treatment Insomnia Severity Mediate between Cognitive Behavioural Therapy for Insomnia and Post-Treatment Depression? An Investigation in a Sample with Comorbid Insomnia and Depressive Symptomatology. <i>Behavioural and Cognitive Psychotherapy</i> , 2018, 46, 726-737.	1.2	5
65	Sleep-Related Cognitive Processes and the Incidence of Insomnia Over Time: Does Anxiety and Depression Impact the Relationship?. <i>Frontiers in Psychology</i> , 2021, 12, 677538.	2.1	5
66	Effectiveness of Multimodal Treatment for Young People With Body Dysmorphic Disorder in Two Specialist Clinics. <i>Behavior Therapy</i> , 2022, 53, 1037-1049.	2.4	5
67	Reconstructing the Past on the Original Pain Recall Assessment Form (OPRA). <i>Journal of Pain</i> , 2009, 10, 809-817.	1.4	4
68	Psychometric Properties of Two Brief Versions of Cognitive, Insomnia-Specific Measures: The Anxiety and Preoccupation About Sleep Questionnaire and the Sleep-Associated Monitoring Index. <i>Psychological Reports</i> , 2020, 123, 966-982.	1.7	3
69	Development and preliminary evaluation of the psychometric properties of the psychological flexibility in epilepsy questionnaire (PFEQ). <i>Epilepsy and Behavior</i> , 2021, 115, 107685.	1.7	3
70	A longitudinal study of prevalence and predictors of incidence and persistence of sub-diagnostic social anxiety among Swedish adolescents. <i>Nordic Psychology</i> , 2022, 74, 152-170.	0.8	3
71	Allowing or fighting social anxiety: The role of psychological inflexibility in a non-clinical population. <i>Journal for Person-Oriented Research</i> , 2015, 1, 151-161.	0.4	3
72	Internet-delivered Cognitive Behavioral Therapy for insomnia in youth with autism spectrum disorder: A pilot study. <i>Internet Interventions</i> , 2022, 29, 100548.	2.7	3

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73	Further Exploration of the Psychometric Properties of GamTest: A Rasch Analysis. International Journal of Environmental Research and Public Health, 2021, 18, 4824.	2.6	1
74	Psychometric Properties of the European Portuguese Adaptation of the Insomnia Catastrophizing Scale (ICS). Journal of Rational - Emotive and Cognitive - Behavior Therapy, 2022, 40, 295-312.	1.7	1
75	The Psychological Flexibility in Epilepsy Questionnaire (PFEQ): Psychometric properties of the Persian version. Epilepsy and Behavior, 2022, 130, 108672.	1.7	1
76	SHORT-TERM PARTIAL SLEEP DEPRIVATION: EFFECTS ON EMOTION REGULATION OF HEALTHY ADULTS. Sleep Medicine, 2011, 12, S14.	1.6	0
77	Job demand, control and social support as predictors of trajectories of depressive symptoms. European Journal of Public Health, 2017, 27, .	0.3	0