

# Ruth Quillian Wolever

## List of Publications by Year in descending order

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Version: 2024-02-01

66  
papers

3,745  
citations

218381

26  
h-index

149479

56  
g-index

67  
all docs

67  
docs citations

67  
times ranked

4254  
citing authors

#	ARTICLE	IF	CITATIONS
1	Amount and intensity effects of exercise training alone versus a combined diet and exercise lifestyle intervention on health-related quality of life in the STRRIDE-PD randomized trial. <i>BMJ Open Diabetes Research and Care</i> , 2022, 10, e002584.	1.2	1
2	The Relative Contributions of Live and Recorded Online Mindfulness Training Programs to Lower Stress in the Workplace: Longitudinal Observational Study. <i>Journal of Medical Internet Research</i> , 2022, 24, e31935.	2.1	2
3	A Network Analysis of the Association Between Depressive Symptoms and Patient Activation Among Those With Elevated Cardiovascular Risk. <i>Global Advances in Health and Medicine</i> , 2022, 11, 2164957X2210862.	0.7	0
4	Health coaching and genetic risk testing in primary care: Randomized controlled trial.. <i>Health Psychology</i> , 2022, 41, 719-732.	1.3	1
5	Effects of Health and Wellness Coaching With an Adult Cancer Caregiver. , 2022, 26, 118-125.		1
6	Do gender, anxiety, or sleep quality predict mindfulness-based stress reduction outcomes?. <i>Journal of Health Psychology</i> , 2021, 26, 2656-2662.	1.3	10
7	Development of an observational tool to assess health coaching fidelity. <i>Patient Education and Counseling</i> , 2021, 104, 642-648.	1.0	7
8	Integrative medicine for significant dysfunction from tinnitus: Treatment rationale and protocol for a randomized clinical pilot trial. <i>Advances in Integrative Medicine</i> , 2020, 7, 39-46.	0.4	0
9	Introducing the eMCCâ„¢: A Validated Taxonomy to Advance Targeted Application of Mindfulness Skills. <i>Mindfulness</i> , 2020, 11, 698-708.	1.6	3
10	Engaging Patients in their Health Care: Lessons From a Qualitative Study on the Processes Health Coaches Use to Support an Active Learning Paradigm. <i>Global Advances in Health and Medicine</i> , 2020, 9, 216495612090466.	0.7	4
11	The ONEâ€MIND Study: Rationale and protocol for assessing the effects of ONlinE MINDfulnessâ€based cancer recovery for the prevention of fatigue and other common side effects during chemotherapy. <i>European Journal of Cancer Care</i> , 2019, 28, e13074.	0.7	18
12	A Replicable and Sustainable Whole Person Care Model for Chronic Pain. <i>Journal of Alternative and Complementary Medicine</i> , 2019, 25, S86-S94.	2.1	8
13	Expressive writing to improve resilience to trauma: A clinical feasibility trial. <i>Complementary Therapies in Clinical Practice</i> , 2019, 34, 240-246.	0.7	35
14	Mindfulness Meditation Targets Transdiagnostic Symptoms Implicated in Stress-Related Disorders: Understanding Relationships between Changes in Mindfulness, Sleep Quality, and Physical Symptoms. <i>Evidence-based Complementary and Alternative Medicine</i> , 2018, 2018, 1-10.	0.5	30
15	Mindfulness in Corporate America: Is the Trojan Horse Ethical?. <i>Journal of Alternative and Complementary Medicine</i> , 2018, 24, 403-406.	2.1	13
16	Transformative change to â€a new meâ€™™: a qualitative study of clientsâ€™™ lived experience with integrative health coaching. <i>Coaching</i> , 2017, 10, 18-36.	0.8	5
17	Integrative Medicine for the Treatment of Persistent Pain. <i>Primary Care - Clinics in Office Practice</i> , 2017, 44, 247-264.	0.7	9
18	Integrative Medicine Strategies for Changing Health Behaviors. <i>Primary Care - Clinics in Office Practice</i> , 2017, 44, 229-245.	0.7	18

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19	Integrative health care services utilization as a function of body mass index: A BraveNet practice-based research network study. <i>Advances in Integrative Medicine</i> , 2017, 4, 14-21.	0.4	6
20	Perceived Stress in Patients with Common Gastrointestinal Disorders: Associations with Quality of Life, Symptoms and Disease Management. <i>Explore: the Journal of Science and Healing</i> , 2017, 13, 124-128.	0.4	34
21	Trusting homeostatic cues versus accepting hedonic cues: A randomized controlled trial comparing two distinct mindfulness-based intervention components. <i>Journal of Contextual Behavioral Science</i> , 2017, 6, 409-417.	1.3	10
22	Psychometric Properties of the Intervention Frequency and Cost Survey (IFACS). <i>International Journal of Complementary &amp; Alternative Medicine</i> , 2017, 5, .	0.1	1
23	Massage Therapy: Intervention Frequency and Cost Survey (IFACS) Data with Policy Implications for Nonpharmacologic Treatment of Chronic Pain. <i>International Journal of Complementary &amp; Alternative Medicine</i> , 2017, 8, .	0.1	0
24	The Duke Employee Weight Loss Program: Report of a Duke Diet and Fitness Center Pilot Study. <i>International Journal of Occupational Safety and Health</i> , 2016, 4, 44-50.	0.2	0
25	Advancing a new evidence-based professional in health care: job task analysis for health and wellness coaches. <i>BMC Health Services Research</i> , 2016, 16, 205.	0.9	39
26	Guidelines for Creating, Implementing, and Evaluating Mindâ€“Body Programs in a Military Healthcare Setting. <i>Explore: the Journal of Science and Healing</i> , 2016, 12, 18-33.	0.4	4
27	Integrative health coaching: a behavior skills approach that improves HbA1c and pharmacy claims-derived medication adherence. <i>BMJ Open Diabetes Research and Care</i> , 2016, 4, e000201.	1.2	38
28	National Training and Education Standards for Health and Wellness Coaching: The Path to National Certification. <i>Global Advances in Health and Medicine</i> , 2015, 4, 46-56.	0.7	31
29	Patients Receiving Integrative Medicine Effectiveness Registry (PRIMIÉR) of the BraveNet practice-based research network: study protocol. <i>BMC Complementary and Alternative Medicine</i> , 2015, 16, 53.	3.7	19
30	Complementary Therapies for Significant Dysfunction from Tinnitus: Treatment Review and Potential for Integrative Medicine. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-8.	0.5	6
31	Integrative Medicine Patients Have High Stress, Pain, and Psychological Symptoms. <i>Explore: the Journal of Science and Healing</i> , 2015, 11, 296-303.	0.4	11
32	Decreased Symptoms of Depression After Mindfulness-Based Stress Reduction: Potential Moderating Effects of Religiosity, Spirituality, Trait Mindfulness, Sex, and Age. <i>Journal of Alternative and Complementary Medicine</i> , 2015, 21, 166-174.	2.1	76
33	Effects of Mindfulness-Based Stress Reduction Across the Adult Lifespan. <i>American Journal of Geriatric Psychiatry</i> , 2015, 23, S168.	0.6	2
34	Mindfulness-Based Eating Awareness Training. , 2014, , 119-139.		4
35	Psychosocial Benefits of Cardiac Rehabilitation Among Women Compared With Men. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2014, 34, 21-28.	1.2	18
36	Characteristics of Cancer Patients Presenting to an Integrative Medicine Practice-Based Research Network. <i>Integrative Cancer Therapies</i> , 2014, 13, 405-410.	0.8	10

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37	Patient engagement as a risk factor in personalized health care: a systematic review of the literature on chronic disease. <i>Genome Medicine</i> , 2014, 6, 16.	3.6	134
38	Mindfulness-Based Eating Awareness Training (MB-EAT) for Binge Eating: A Randomized Clinical Trial. <i>Mindfulness</i> , 2014, 5, 282-297.	1.6	345
39	The BraveNet prospective observational study on integrative medicine treatment approaches for pain. <i>BMC Complementary and Alternative Medicine</i> , 2013, 13, 146.	3.7	32
40	Integrative Health Coach Training: A Model for Shifting the Paradigm toward Patient-centricity and Meeting New National Prevention Goals. <i>Global Advances in Health and Medicine</i> , 2013, 2, 66-74.	0.7	53
41	Integrative Health Coaching and Motivational Interviewing: Synergistic Approaches to Behavior Change in Healthcare. <i>Global Advances in Health and Medicine</i> , 2013, 2, 28-35.	0.7	60
42	Group Health Coaching: Strengths, Challenges, and Next Steps. <i>Global Advances in Health and Medicine</i> , 2013, 2, 95-102.	0.7	24
43	A Systematic Review of the Literature on Health and Wellness Coaching: Defining a Key Behavioral Intervention in Healthcare. <i>Global Advances in Health and Medicine</i> , 2013, 2, 38-57.	0.7	278
44	The Process of Patient Empowerment in Integrative Health Coaching: How does it Happen?. <i>Global Advances in Health and Medicine</i> , 2013, 2, 48-57.	0.7	45
45	Health Coaching and Genomics—Potential Avenues to Elicit Behavior Change in those at Risk for Chronic Disease: Protocol for Personalized Medicine Effectiveness Study in Air Force Primary Care. <i>Global Advances in Health and Medicine</i> , 2013, 2, 26-38.	0.7	49
46	Collaboration and Synergy in the Field of Health and Wellness Coaching: Naïve or Necessary?. <i>Global Advances in Health and Medicine</i> , 2013, 2, 8-9.	0.7	11
47	Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial.. <i>Journal of Occupational Health Psychology</i> , 2012, 17, 246-258.	2.3	386
48	Patients Seek Integrative Medicine for Preventive Approach to Optimize Health. <i>Explore: the Journal of Science and Healing</i> , 2012, 8, 348-352.	0.4	18
49	Mindfulness Based Approaches to Obesity and Weight Loss Maintenance. <i>Journal of Mental Health Counseling</i> , 2012, 34, 269-282.	0.6	42
50	Integrative Health Coaching: An Organizational Case Study. <i>Explore: the Journal of Science and Healing</i> , 2011, 7, 30-36.	0.4	44
51	Changes in spirituality partly explain health-related quality of life outcomes after Mindfulness-Based Stress Reduction. <i>Journal of Behavioral Medicine</i> , 2011, 34, 508-518.	1.1	123
52	What Is Health Coaching Anyway?: Standards Needed to Enable Rigorous Research. <i>Archives of Internal Medicine</i> , 2011, 171, 2017.	4.3	51
53	Modifiable disease risk, readiness to change, and psychosocial functioning improve with integrative medicine immersion model. <i>Alternative Therapies in Health and Medicine</i> , 2011, 17, 38-47.	0.0	17
54	Integrative Health Coaching for Patients With Type 2 Diabetes. <i>The Diabetes Educator</i> , 2010, 36, 629-639.	2.6	262

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55	Mindfulness-Based Eating Awareness Training for Treating Binge Eating Disorder: The Conceptual Foundation. <i>Eating Disorders</i> , 2010, 19, 49-61.	1.9	419
56	Derivation and Validation of the ASK-12 Adherence Barrier Survey. <i>Annals of Pharmacotherapy</i> , 2009, 43, 1621-1630.	0.9	96
57	The Role of Mindfulness in Healthcare Reform: A Policy Paper. <i>Explore: the Journal of Science and Healing</i> , 2009, 5, 313-323.	0.4	38
58	Mindfulness-Based Approaches to Eating Disorders. , 2009, , 259-287.		38
59	Further testing of the reliability and validity of the ASK-20 adherence barrier questionnaire in a medical center outpatient population. <i>Current Medical Research and Opinion</i> , 2008, 24, 3197-3206.	0.9	45
60	Managing Stress to Manage Heart Disease. , 2007, , 53-66.		0
61	A multidimensional integrative medicine intervention to improve cardiovascular risk. <i>Journal of General Internal Medicine</i> , 2006, 21, 728-734.	1.3	119
62	Cognitive Behavioral Therapy for Treatment of Chronic Primary Insomnia. <i>JAMA - Journal of the American Medical Association</i> , 2001, 285, 1856.	3.8	523
63	Patterns of immune, neuroendocrine, and cardiovascular stress responses in asymptomatic hiv seropositive and seronegative men. <i>International Journal of Behavioral Medicine</i> , 1996, 3, 135-162.	0.8	11
64	Resting parasympathetic status and cardiovascular response to orthostatic and behavioral challenges in type I insulin-dependent diabetes mellitus. <i>International Journal of Behavioral Medicine</i> , 1994, 1, 137-162.	0.8	2
65	An exploration of personal benefits reported by students of a health and wellness coach training programme. <i>Coaching</i> , 0, , 1-17.	0.8	1
66	A Systematic Review of the Literature on Health and Wellness Coaching: Defining a Key Behavioral intervention in Healthcare. <i>Global Advances in Health and Medicine</i> , 0, , 130712120243000.	0.7	5