

# Mindfulness-Based Stress Reduction for Chronic Insomnia Randomized, Controlled, Single-Blind Clinical Trial

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Citation Report

#	ARTICLE	IF	CITATIONS
1	The value of mindfulness meditation in the treatment of insomnia. <i>Current Opinion in Pulmonary Medicine</i> , 2015, 21, 547-552.	1.2	19
2	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.	0.7	44
3	Advances in the management of chronic insomnia. <i>BMJ, The</i> , 2016, 354, i2123.	3.0	99
4	Mindfulness Training for Emotional and Cognitive Health in Late Life. <i>Current Behavioral Neuroscience Reports</i> , 2016, 3, 301-307.	0.6	6
5	Psychological and Behavioral Interventions for Managing Insomnia Disorder: An Evidence Report for a Clinical Practice Guideline by the American College of Physicians. <i>Annals of Internal Medicine</i> , 2016, 165, 113.	2.0	104
6	The Emerging Role of Mindfulness Meditation as Effective Self-Management Strategy, Part 2: Clinical Implications for Chronic Pain, Substance Misuse, and Insomnia. <i>Military Medicine</i> , 2016, 181, 969-975.	0.4	22
7	Personality Predicts Utilization of Mindfulness-Based Stress Reduction During and Post-Intervention in a Community Sample of Older Adults. <i>Journal of Alternative and Complementary Medicine</i> , 2016, 22, 390-395.	2.1	35
8	Effects of mindfulness-based stress reduction for adults with sleep disturbance: a protocol for an update of a systematic review and meta-analysis. <i>Systematic Reviews</i> , 2016, 5, 51.	2.5	13
9	A prospective, longitudinal study of sleep disturbance and comorbidity in opiate dependence (the ANRS Tj ETQq0 0.0 rgBT /Overlock 10	1.5	23
10	Effects of mindâ€‘body interventions on depressive symptoms among older Chinese adults: a systematic review and metaâ€‘analysis. <i>International Journal of Geriatric Psychiatry</i> , 2017, 32, 509-521.	1.3	20
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12	The relationship between chronic musculoskeletal pain, anxiety and mindfulness: Adjustments to the Fear-Avoidance Model of Chronic Pain. <i>Scandinavian Journal of Pain</i> , 2017, 17, 156-166.	0.5	23
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14	Comparing the Effects of Mindfulness-Based Cognitive Therapy and Sleep Psycho-Education with Exercise on Chronic Insomnia: A Randomised Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2017, 86, 241-253.	4.0	53
15	The empirical support for mindfulness-based interventions for common psychiatric disorders: a systematic review and meta-analysis. <i>Psychological Medicine</i> , 2018, 48, 2116-2129.	2.7	37
16	Mind-Body Therapies for Late-Life Mental and Cognitive Health. <i>Current Psychiatry Reports</i> , 2018, 20, 2.	2.1	33
17	Insomnia in the Older Adult. <i>Sleep Medicine Clinics</i> , 2018, 13, 13-19.	1.2	67
18	A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia: Effects on Daytime Symptoms and Cognitive-Emotional Arousal. <i>Mindfulness</i> , 2018, 9, 1702-1712.	1.6	34

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19	A Secondary Analysis of Sleep Quality Changes in Older Adults From a Randomized Trial of an MBSR Program. <i>Journal of Applied Gerontology</i> , 2018, 37, 1327-1343.	1.0	16
20	Prescripci3n de benzodicepinas y ca4das en mujeres y hombres ancianos. <i>Revista De Psiquiatr4a Y Salud Mental</i> , 2018, 11, 12-18.	1.0	22
21	Potential Mechanisms of Mindfulness in Improving Sleep and Distress. <i>Mindfulness</i> , 2018, 9, 547-555.	1.6	42
23	Psychological Interventions for Late-Life Insomnia: Current and Emerging Science. <i>Current Sleep Medicine Reports</i> , 2018, 4, 268-277.	0.7	14
24	The effects of mindfulness and relaxation training for insomnia (MRTI) on postmenopausal women: a pilot study. <i>Menopause</i> , 2018, 25, 992-1003.	0.8	45
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31	The Effect of Mind-Body Therapies on Insomnia: A Systematic Review and Meta-Analysis. <i>Evidence-based Complementary and Alternative Medicine</i> , 2019, 2019, 1-17.	0.5	41
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37	Mindfulness-Based Interventions for Insomnia: A Meta-Analysis of Randomized Controlled Trials. <i>Behavioral Sleep Medicine</i> , 2020, 18, 1-9.	1.1	58

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39	Effects of mindfulness meditation interventions on depression in older adults: A meta-analysis. <i>Aging and Mental Health</i> , 2021, 25, 1181-1190.	1.5	41
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51	The effects of a short-term meditation-based mindfulness protocol in patients receiving hemodialysis. <i>Psychology, Health and Medicine</i> , 2022, 27, 1286-1295.	1.3	8
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67	Insomnia in the Older Adult. <i>Sleep Medicine Clinics</i> , 2022, 17, 233-239.	1.2	10
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69	Mindfulness-Based Movement Intervention to Improve Sleep Quality: A Meta-Analysis and Moderator Analysis of Randomized Clinical Trials. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 10284.	1.2	5
70	Sleep Disturbances and Disorders in Patients with Knee Osteoarthritis and Total Knee Arthroplasty. <i>Journal of Bone and Joint Surgery - Series A</i> , 2022, 104, 1946-1955.	1.4	5
71	An Individual Mindfulness-Based Intervention for Residents of Long-Term Care Facilities: A Case Study. <i>Cognitive and Behavioral Practice</i> , 2024, 31, 109-118.	0.9	0
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79	Mindfulness-based therapy for insomnia alleviates insomnia, depression, and cognitive arousal in treatment-resistant insomnia: A single-arm telemedicine trial. , 0, 2, .		1