

List of publications

2019

- **Hertenstein E**, Waibel E, Frase L, Riemann D, Feige B, Nitsche MA, Kaller C, Nissen C. Nissen (2019). Modulation of creativity by transcranial direct current stimulation. *Brain Stimulation*, doi: 10.1016/j.brs.2019.06.004. [Epub ahead of print]
- **Hertenstein E**, Feige B, Gmeiner T, Kienzler C, Spiegelhalder K, Johann A, Jansson-Fröjmark M, Palagini L, Rücker G, Riemann D, Baglioni C. (2019). Insomnia as a predictor of mental disorders: A systematic review and meta-analysis. *Sleep Medicine Reviews* 43: 96-105.
- Gabryelska A, Feige B, Riemann D, Spiegelhalder K, Johann AF, Białasiewicz P, **Hertenstein E**. (2019). Can spectral power predict subjective sleep quality in healthy individuals? *Journal of Sleep Research*, e12848. doi: 10.1111/jsr.12848. [Epub ahead of print]
- Vochem J, Strobel C, Maier L, Spiegelhalder K, **Hertenstein E**, Riemann D, Feige B. (2019). Pre-Sleep Arousal Scale (PSAS) and the Time Monitoring Behavior-10 scale (TMB-10) in good sleepers and patients with insomnia. *Sleep Medicine* 56: 98-103.
- Mikutta C, Feige B, Maier JG, **Hertenstein E**, Holz J, Riemann D, Nissen C. (2019). Phase-amplitude coupling of sleep slow oscillatory and spindle activity correlates with overnight memory consolidation. *J Sleep Res*. doi: 10.1111/jsr.12835. [Epub ahead of print].

2018

- **Hertenstein E**, Gabryelska A, Spiegelhalder K, Nissen C, Johann AF, Umarova R, Riemann D, Baglioni C, Feige B. (2018). Reference data for polysomnography-measured and subjective sleep in healthy adults. *Journal of Clinical Sleep Medicine*, 14(4):523-532.
- Kuhn M, **Hertenstein E**, Feige B, Landmann N, Spiegelhalder K, Baglioni C, Hemmerling J, Durand D, Frase L, Klöppel S, Riemann D, Nissen C. (2018) Declarative virtual water maze learning and emotional fear conditioning in primary insomnia. *Journal of Sleep Research* 27 (6): e12693.

2017

- Riemann D, Baglioni C, Bassetti C, Bjorvan B, ... **Hertenstein E**, ... Spiegelhalder K (2017). European guideline for the diagnosis and treatment of insomnia. *Journal of Sleep Research*, 26(6):675-700. doi: 10.1111/jsr.12594. Epub 2017 Sep 5.
- Johann AF, **Hertenstein E**, Kyle D, Baglioni C, Feige B, Nissen C, McGinness A, Riemann D, Spiegelhalder K. (2017). Insomnia with objective short sleep duration is associated with longer duration of insomnia in the Freiburg Insomnia Cohort compared to insomnia with normal sleep duration, but not with hypertension. *PlosOne*, 12(7):e0180339. doi: 10.1371/journal.pone.0180339. eCollection 2017.
- Johann AF, **Hertenstein E**, Kyle S, Baglioni C, Feige B, Nissen C, Riemann D, Spiegelhalder K. (2017). Perfectionism and polysomnography-determined markers of poor sleep. *Journal of Clinical Sleep Medicine*, 15;13(11):1319-1326. doi: 10.5664/jcsm.6806.

2015-2016

- Thiel N, Jacob GA, Tuschen-Caffier B., Herbst N, Külz AK, **Hertenstein E**, Nissen C, Voderholzer U. (2016). Schema therapy augmented exposure and response prevention in patients with obsessive-compulsive disorder: Feasibility and efficacy of a pilot study. *J Behav Ther Exp Psychiatry*, 52:59-67. *Journal of behavior therapy and experimental psychiatry*, 52: 59-67.
- Herbst N, Franzen G, Voderholzer U, Thiel N, Knaevelsrud C, **Hertenstein E**, Nissen C, Kuelz, AK. (2016). Working Alliance in Internet-Based Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder. *Psychotherapy and Psychosomatics*, 85,117-118.

2014

- Regen W, **Hertenstein E**, Weil P, Kyle S, Holz J, Baglioni C, Nissen C, Feige B, Riemann D, Spiegelhalder K. (2014). Perfectionistic tendencies in insomnia patients' behavior during psychometric testing. *Behavioral Sleep Medicine*, 12, 1-8.
- Herbst N, Voderholzer U, Thiel N, Schaub R, Knaevelsrud C, Stracke S, **Hertenstein E**, Nissen C, Kuelz AK (2014). No talking, just writing! Efficacy of an Internet-based Cognitive Behavioral Therapy with Exposure and Response Prevention in Obsessive Compulsive Disorder. *Psychotherapy and Psychosomatics*, 83, 165-175.
- **Hertenstein E**, Thiel N, Lueking M, Kuelz AK, Schramm E, Spiegelhalder K, Baglioni C, Riemann D, Nissen C (2014). Quality of Life Improvements after Acceptance and Commitment Therapy (ACT) in Nonresponders to Cognitive Behavioral Therapy for Primary Insomnia (CBT-I). *Psychotherapy and Psychosomatics*, 83, 371-373.
- Thiel N, Tuschen-Caffier, B, Herbst N, Külz AK, Nissen C, **Hertenstein E**, Gross E, Voderholzer U. (2014). The prediction of treatment outcomes by early maladaptive schemas and schema modes in obsessive- compulsive disorder. *BMC Psychiatry*, 14,1689.

2012-2013

- Thiel N, **Hertenstein E**, Nissen C, Herbst N, Külz AK, Voderholzer, U. (2013). The Effect of Personality Disorders on Treatment Outcomes in Patients with Obsessive-Compulsive Disorders. *Journal of personality disorders*, 27, 697-715.
- **Hertenstein E**, Thiel N, Herbst N, Freyer T, Nissen C, Külz AK, Voderholzer, U. (2013). Quality of life changes following inpatient and outpatient treatment in obsessive-compulsive disorder: a study with 12 months follow- up. *Annals of General Psychiatry*, 12, 4.
- **Hertenstein E**, Rose N, Voderholzer, U, Heidenreich T, Nissen C, Thiel N, Herbst N, Külz, AK (2012). Mindfulness Based Cognitive Therapy in Obsessive-Compulsive Disorder – A qualitative study on patients' experiences. *BMC Psychiatry*, 12,185.

Other Publications

Books and Book Chapters

- Nissen C, Kuhn M, **Hertenstein E**, Nissen C. (2017). Sleep-related interventions to improve psychotherapy. In: Axmacher, N. & Rasch, B. (Eds.). *Cognitive Neuroscience of Memory Consolidation, Studies in Neuroscience, Psychology and Behavioral Economics*, Springer International Publishing Switzerland.
- **Hertenstein E**, Voinescu B, Riemann D. (2018). Insomnia. In: David, D., Montgomery, G., and Lynn, S. (Eds). *Evidence-based psychotherapy: The state of the science and practice*. Hoboken, NJ: John Wiley Blackwell.
- **Hertenstein E**, Nissen C, Riemann D (2017). Pharmacologic and non-pharmacologic treatments of insomnia. In: Chokroverty, S. and Ferrini-Strambi, L. (Eds.). *Sleep Disorders (Oxford Textbooks in Clinical Neurology)*. Oxford, UK: Oxford University Press.
- **Hertenstein E**, Johann AF, Spiegelhalder K, Riemann D (2015). *Prävention und Therapie von Schlafstörungen – die Freiburger Schlafschule*. Kohlhammer, Stuttgart.

Others

- **Hertenstein E**, Riemann D, Nissen C (2019). Insomnie bei Erwachsenen - Aktuelle Entwicklungen in der Diagnostik, Pathophysiologie und Behandlung. *Info Neurologie & Psychiatrie* (07/2019, in press).
- **Hertenstein E**, Riemann D, Nissen C. (2018): Sleep duration in the United States: A letter to the editor commenting on the recent publication by M. Basner and D. Dinges. *Sleep* 04/2018; 41(4)., DOI:10.1093/sleep/zsy036
- **Hertenstein E**, Riemann D. (2017): Online KVT-I: eine eierlegende Wollmilchsau? *InFo Neurologie & Psychiatrie*, 19 (12): 18.
- **Hertenstein E**, Doerr JP, Riemann, D. (2016): Warum schläft Ihr Patient so schlecht?. *MMW Fortschritte der Medizin* 158(13): 54-63.
- Frase L, **Hertenstein E**, Nissen C. (2016): : Wie kann die State-of-the-Art-Therapie für Insomnie verbessert werden? *DNP - Der Neurologe und Psychiater*, 17 (4): 23–24.
- Riemann D, **Hertenstein E**, Schramm E. (2016): Mindfulness-based cognitive therapy for

depression. (Comment). *The Lancet* 387(10023):1054.

- **Hertenstein E**, Riemann D, Johann AF, Nissen C. (2016): Achtsamkeitsbasierte Therapie für Patienten mit Insomnie. *Schlaf* 05(03):130-135.
- **Hertenstein E**, Johann AF, Spiegelhalder K, Riemann D, Nissen C (2015): Verbesserung der Lebensqualität durch Akzeptanz und CommitmentTherapie. *NeuroTransmitter* 26(12):28-33.
- **Hertenstein E**, Nissen C (2015): Comment on: A Meta-Analysis of the Efficacy of Acceptance and Commitment Therapy for Clinically Relevant Mental and Physical Health Problems'. *Psychotherapy and Psychosomatics*, 84(4):250-251.
- **Hertenstein E**, Voderholzer U (2014): Zwangsstörungen und Zwangsspektrumsstörungen im DSM-5. *Info Neurologie & Psychiatrie*, 16(6):42-50.