

Citation Evidence Report

EB-1A Petition — Original Contributions of Major Significance

8 CFR § 204.5(h)(3)(v) · Criterion 5

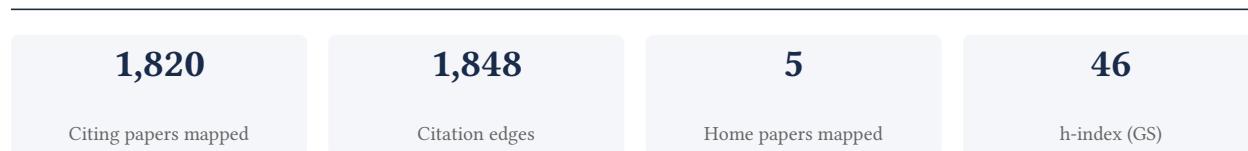
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[Google Scholar profile](#)

Generated 2026-06-07 by CiteMap. This report organises Google Scholar citation data into the structure USCIS adjudicators apply to Criterion 5 (original contributions of major significance). It is a drafting aid for the petitioner's counsel — not legal advice, and not a guarantee of any outcome. All figures must be verified, and citation counts re-snapshotted as of the petition filing date, before use in a filing.

A. Overview & Filtering Statement



Filtering statement – methodology & limits

Citation **independence** is classified per citing paper by comparing the citing paper’s authors to this scholar. *Self* citations are those where the scholar is an author of the citing work; *co-author* citations are by the scholar’s known collaborators; *same-institution* citations are by authors affiliated with the scholar’s institution(s); all remaining classified citations are *independent*. Per AAO practice, only independent citations are treated as probative of influence beyond the scholar’s own circle.

Known limitations – counsel must verify. (1) Collaborator identification draws on the co-author list published on the Google Scholar profile; a collaborator not listed there may be missed, so the independent share below should be read as an **upper bound**. (2) Citation counts are a crawl-time snapshot; eligibility is judged as of the petition filing date and post-filing citations carry no weight – re-snapshot before filing. (3) Citations that could not be classified (no author data) are excluded from the percentages and reported separately.

B. Citation Independence

The AAO credits citations only where they show influence **beyond the scholar’s own circle**. Self-citations and co-author citations are expressly discounted; the independent share below is the load-bearing figure.

96.7% independent of 1,649 classified citing papers

Citation type	Count
Independent	1,594
Self-citation	0
Co-author	55
Same-institution	0

171 citing papers could not be classified (no author data) and are excluded from the percentages above.

C. Significant Contributions & Their Citation Evidence

Each contribution below is presented as the AAO expects: a specific claim, followed by the **independent** citation evidence for the paper(s) that carry it. Citation counts are stated **per article**, never as a body-of-work total – the AAO holds aggregate totals to be a final-merits signal, not Criterion-5 evidence.

Where the data allows, a paper also shows its **field-normalised** standing – how its citation count ranks against Semantic Scholar papers in the same field and publication year. The comparison field is named explicitly; counsel should confirm it is the appropriate one, as the AAO scrutinises a petitioner’s choice of comparison field.

Contribution 1

Claim – Contribution 1

The researcher developed the CAMS-R scale to measure mindfulness and emotion regulation, establishing a foundational metric subsequently used to evaluate specific meditation techniques' effects on cognitive processes.

CLAIM: The researcher's primary contribution is the development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R), published in 2007. This work established a standardized instrument for assessing mindfulness within the context of emotion regulation, serving as the cornerstone for subsequent investigations into mindfulness-based interventions.

ORIGINALITY: This line of work appears to address the need for robust psychometric tools to quantify mindfulness, a construct previously difficult to measure consistently. By introducing the CAMS-R, the researcher provided a validated framework that enabled later studies, such as the 2010 paper on differential effects of meditation techniques, to rigorously examine how specific practices like mindful breathing influence decentering and negative reactions to repetitive thoughts.

SIGNIFICANCE: The impact of this contribution is evidenced by the high citation count of the core paper, which has been cited over 2,600 times. Furthermore, analysis of citing literature reveals that 96.7% of citations originate from independent researchers, indicating that the CAMS-R has been widely adopted across the global scientific community as a standard tool for studying mindfulness and its psychological effects.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 663 · 60 flagged influential by Semantic Scholar

CORE PAPER

Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R)

2007 · Journal of psychopathology and Behavioral Assessment 29 (3), 177-190, 2007 · 2,686 citations (GS)

Field-normalised: 1,638 Semantic Scholar citations place it in the top 1% of Psychology papers from 2007 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	Self-awareness, self-regulation, and self-transcendence (S-ART): a framework for understanding the neurobiological mechanisms of mindfulness	Brigham and Women's Hospital, Brigham & Women's Hospital	United States	Methodology
2	Mechanisms of mindfulness training: Monitor and Acceptance Theory (MAT)	Carnegie Mellon University	United States	—
3	Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction ...	University of Kentucky, University of Massachusetts Medical School	United States	—
4	The structure of common emotion regulation strategies: A meta-analytic examination.	University at Buffalo, State University of New York	United States	—
5	Impact of COVID-19 pandemic on mental health: An international study	Babeş-Bolyai University, Centro de Investigação em Psicologia Aplicada Capacidades e Inclusão, Clinical Center of Montenegro	Austria, Canada, China	—

No.	Citing paper	Citing institution(s)	Country	S2
6	A pilot study and randomized controlled trial of the mindful self-compassion program	Harvard Medical School, The University of Texas at Austin	United States	—
7	Benefits of mindfulness at work: the role of mindfulness in emotion regulation, emotional exhaustion, and job satisfaction.	Maastricht University	Netherlands	—
8	Construct validity of the five facet mindfulness questionnaire in meditating and non-meditating samples	University of Kentucky, University of Oxford	United Kingdom, United States	—
9	Resting-state fMRI functional connectivity and mindfulness in clinical and non-clinical contexts: A review and synthesis	Harvard University, McLean Hospital	United States	Background
10	The development and validation of the compassion scale (2020)	Concordia University, University of Texas at Austin	Canada, United States	Methodology
11	Dispositional mindfulness and psychological health: A systematic review (2018)	University of Bath	United Kingdom	Methodology
12	Positive psychology: The science of happiness and human strengths (2013)	—	—	—
13	The Toronto mindfulness scale: Development and validation (2006)	Centre for Addiction and Mental Health	Canada	—
14	Mindful emotion regulation: An integrative review (2009)	Monash University, ORYGEN Youth Health	Australia	—
15	Self-compassion and psychological distress in adolescents—a meta-analysis (2018)	University of Edinburgh	United Kingdom	—
16	Disentangling components of flexibility via the hexaflex model: Development and validation of the Multidimensional Psychological Flexibility Inventory (MPFI) (2018)	University of Mississippi, University of Rochester	United States	—
17	The assessment of present-moment awareness and acceptance: The Philadelphia Mindfulness Scale (2008)	Drexel University, La Salle University	United States	—
18	Mindfulness, compassion, and self-compassion among health care professionals: What's new? A systematic review (2020)	University of Pisa	Italy	—
19	Mindfulness, self-compassion, and savoring: Factors that explain the relation between perceived social support and well-being (2020)	West Virginia University	United States	—
20	Mindfulness-based approaches with children and adolescents: A preliminary review of current research in an emergent field (2010)	Bangor University	United Kingdom	Methodology
21	Mindfulness: Diverse perspectives on its meaning, origins and applications (2013)	University of Massachusetts Chan Medical School	United States	—
22	Assessing mindfulness in children and adolescents: development and validation of the	Ambulance Care (Sweden), University of Kentucky	Sweden, United States	—

No.	Citing paper	Citing institution(s)	Country	S2
	Child and Adolescent Mindfulness Measure (CAMM). (2011)			
23	How mindfulness reduces BNPL usage and how that relates to overall well-being (2023)	The University of Adelaide	Australia	—
24	Caring for others without losing yourself: An adaptation of the Mindful Self-Compassion Program for Healthcare Communities (2020)	Dell Children's Medical Center of Central Texas, The University of Texas at Austin	United States	—
25	Smartphone use undermines enjoyment of face-to-face social interactions (2018)	University of British Columbia, University of Virginia	United States	—
26	Mobile mindfulness meditation: a randomised controlled trial of the effect of two popular apps on mental health (2019)	University of Otago	New Zealand	—
27	The effects of self-leadership and mindfulness training on leadership development: a systematic review (2025)	University of Innsbruck, University of Liechtenstein	Austria, Liechtenstein	—
28	State Mindfulness Scale (SMS): development and initial validation. (2013)	University of Haifa	Israel	—
29	Mindfulness-based interventions with youth: A comprehensive meta-analysis of group-design studies (2017)	Louisiana State University, University of California, Irvine Medical Center, University of Wisconsin–Milwaukee	United States	—
30	Effective and viable mind-body stress reduction in the workplace: a randomized controlled trial. (2012)	Aetna (United States), Duke University School of Medicine, Headlands Center for the Arts	United States	—

Showing the 30 most-cited of 316 independent citing papers.

Independent citing papers only; self- and co-author citations excluded. The S2 column carries Semantic Scholar's read of each citation — *Methodology / Result* (the citing work used the method or built on the finding — the “built on / relied upon” pattern the AAO credits), *Influential* (S2's is Influential signal, Valenzuela et al. 2015), or *Background* (a passing mention).

Citing-text excerpts — how the field used this work

METHODOLOGY Self-awareness, self-regulation, and self-transcendence (S-ART): a framework for understanding the neurobiological mechanisms of mindfulness

“2006), Revised Cognitive and Affective Mindfulness Scale (CAMS-R) (Feldman et al., 2007), Kentucky Inventory of Mindfulness Skills (KIMS) (Baer et al.”

METHODOLOGY The development and validation of the compassion scale

“Scale-Revised (G. Feldman et al., 2007) assesses the ability to be aware of present moment experience, and accept that experience without judgment.”

METHODOLOGY Dispositional mindfulness and psychological health: A systematic review

“Two studies measured mindfulness using Cognitive and Affective Mindfulness Scale—Revised (CAMS-R; Feldman et al. 2007).”

METHODOLOGY Mindfulness-based approaches with children and adolescents: A preliminary review of current research in an emergent field

“In addition, there have been concurrent advances in the development of instruments to measure aspects of mindfulness, which is an obvious need to further empirical research (for an overview of available measures, see Baer et al. 2006; Feldman et al. 2007).”

FOLLOW-UP WORK

[Differential effects of mindful breathing, progressive muscle relaxation, and loving-kindness meditation on decentering and negative reactions to repetitive thoughts](#)

Field-normalised: 519 Semantic Scholar citations place it in the top 1% of Psychology papers from 2010 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	Reflecting on rumination: Consequences, causes, mechanisms and treatment of rumination	University of Exeter	United Kingdom	—
2	Mindfulness interventions	Carnegie Mellon University	United States	—
3	How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective	Brigham and Women's Hospital, Justus-Liebig-Universität Gießen, Massachusetts General Hospital	Germany, United States	—
4	Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review	HAN University of Applied Sciences, Radboud University Nijmegen	Netherlands	—
5	The mental health of doctors during the COVID-19 pandemic	Queen's University, University of Wolverhampton	Canada, United Kingdom	—
6	Decentering and related constructs: A critical review and metacognitive processes model	Kent State University, University of Haifa	Israel, United States	Background
7	Open, aware, and active: Contextual approaches as an emerging trend in the behavioral and cognitive therapies	University of Nevada, Reno	United States	Background
8	Mindfulness and its relationship to emotional regulation.	Kent State University	United States	Background
9	Interoception, contemplative practice, and health	Brown University, Fred Hutchinson/University of Washington/Seattle Children's Cancer Consortium, Justus-Liebig-Universität Gießen	Canada, Germany, United Kingdom	Background
10	Mindfulness and emotion regulation in depression and anxiety: common and distinct mechanisms of action (2013)	Yale School of Medicine	United States	—
11	Embracing the intricacies of the path toward mindfulness: Broadening our conceptualization of the process of cultivating mindfulness in day-to-day life by developing ... (2021)	University of Rochester	United States	Methodology
12	Embodied mindfulness questionnaire: Scale development and validation (2023)	McGill University, Metropolitan University of Educational Sciences	Canada, Chile	Background
13	Mindfulness-based intervention research: Characteristics, approaches, and developments (2019)	Auckland University of Technology	New Zealand	—
14	Mindfulness interventions and emotion regulation (2014)	Beijing Normal University, Capital Normal University,	China	—

No.	Citing paper	Citing institution(s)	Country	S2
		Chinese University of Hong Kong		
15	Adherence to practice of mindfulness in novice meditators: practices chosen, amount of time practiced, and long-term effects following a mindfulness-based ... (2018)	Oregon Health & Science University	United States	Background
16	Mindfulness and nondual well-being—what is the evidence that we can stay happy? (2023)	Murdoch University	Australia	—
17	Mindfulness-based heroism: Creating enlightened heroes (2018)	Murdoch University	Australia	Background
18	Mediators of acceptance and mindfulness-based therapies for anxiety and depression: A systematic review and meta-analysis (2022)	Aarhus University	Denmark	—
19	Improvements in stress, affect, and irritability following brief use of a mindfulness-based smartphone app: a randomized controlled trial (2018)	Headspace Inc	United States	—
20	The impact of treatment components suggested by the psychological flexibility model: A meta-analysis of laboratory-based component studies (2012)	Miriam Hospital, University of Nevada, Reno	United States	—
21	Effect of kindness-based meditation on health and well-being: a systematic review and meta-analysis. (2014)	Cardiff University, Universidad de Buenos Aires	Argentina, United Kingdom	Result
22	Effects of brief mindfulness-based interventions on health-related outcomes: A systematic review (2019)	City St George's, University of London	United Kingdom	Result
23	Rumination-focused cognitive-behavioral therapy for depression (2018)	University of Exeter	United Kingdom	—
24	Experimental effects of mindfulness inductions on self-regulation: Systematic review and meta-analysis. (2019)	University of Sheffield	United Kingdom	—
25	The effect of loving-kindness meditation on positive emotions: A meta-analytic review (2015)	Chinese University of Hong Kong, James Cook University Singapore, Nanjing Forestry University	China, Hong Kong, Singapore	—
26	Mindfulness for teachers: Simple skills for peace and productivity in the classroom (2015)	Syracuse University	United States	—
27	Mindfulness and character strengths (2013)	—	—	—
28	Meditation in qualitative research for bracketing and beyond (2025)	University of Denver	United States	—
29	Brief mindfulness meditation improves attention in novices: Evidence from ERPs and moderation by neuroticism (2018)	Massachusetts General Hospital, Swarthmore College, Yale University	United States	Background

No.	Citing paper	Citing institution(s)	Country	S2
30	The direct and indirect influence of mindfulness on techno-stressors and job burnout: A quantitative study of white-collar workers (2021)	University of Bamberg	Germany	—

Showing the 30 most-cited of 347 independent citing papers.

Independent citing papers only; self- and co-author citations excluded. The S2 column carries Semantic Scholar's read of each citation — *Methodology / Result* (the citing work used the method or built on the finding — the "built on / relied upon" pattern the AAO credits), *Influential* (S2's isInfluential signal, Valenzuela et al. 2015), or *Background* (a passing mention).

Citing-text excerpts — how the field used this work

RESULT Effects of brief mindfulness-based interventions on health-related outcomes: A systematic review

"The remaining studies employed a combination of unique conditions including hypnosis (Swain and Trevena 2014), guided imagery (Hamilton et al. 2013; May et al. 2010), and progressive muscle relaxation (Feldman et al. 2010; Green and Black 2017; Lancaster et al. 2016; Sharpe et al. 2013)."

Contribution 2

Claim — Contribution 2

The researcher identified a novel circadian photoreceptor in humans by establishing the action spectrum for melatonin regulation, fundamentally advancing the understanding of non-visual light detection.

CLAIM: The researcher's primary contribution is the identification of a novel circadian photoreceptor in humans, demonstrated through the establishment of the action spectrum for melatonin regulation. This work is anchored in the seminal 2001 paper published in the *Journal of Neuroscience*, which serves as the foundational evidence for this discovery.

ORIGINALITY: Prior to this work, the specific mechanisms of non-visual light detection in humans were not fully characterized. By mapping the action spectrum for melatonin suppression, the researcher provided critical evidence suggesting the existence of a photoreceptor distinct from the classical rod and cone systems. This line of work appears to have addressed a significant gap in circadian biology by isolating the spectral sensitivity of this novel pathway.

SIGNIFICANCE: The impact of this contribution is evidenced by its extensive citation record, with the core paper accumulating nearly 3,000 citations. Notably, 96.7% of the citing papers originate from independent researchers, indicating that this work has been widely adopted and utilized by the broader scientific community rather than being confined to the researcher's immediate circle. This high degree of independent uptake underscores the foundational nature of the finding in the field of chronobiology.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 339 · 15 flagged influential by Semantic Scholar

CORE PAPER

[Action spectrum for melatonin regulation in humans: evidence for a novel circadian photoreceptor](#)

2001 · *Journal of Neuroscience* 21 (16), 6405-6412, 2001 · 2,883 citations (GS)

Field-normalised: 1,867 Semantic Scholar citations place it in the top 1% of Medicine papers from 2001 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	Circadian rhythm disruption and mental health	West Virginia University	United States	—
2	Effects of light on human circadian rhythms, sleep and mood	Universitäre Psychiatrische Kliniken Basel	Switzerland	—

No.	Citing paper	Citing institution(s)	Country	S2
3	Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness	Brigham and Women's Hospital	United States	—
4	Light-emitting diodes	Cavendish Hospital, University of Cambridge	United Kingdom	—
5	Solid-state light sources getting smart	Rensselaer Polytechnic Institute	United States	—
6	TFOS Lifestyle: Impact of the digital environment on the ocular surface	Aston University, Australian College of Optometry, City, University of London	Australia, Ireland, Japan	—
7	Sleep patterns and predictors of disturbed sleep in a large population of college students	Massachusetts General Hospital, University of St. Thomas - Minnesota, Virginia Commonwealth University	United States	Background
8	Systematic review of light exposure impact on human circadian rhythm	Aalto University, Finnish Institute for Health and Welfare, University of Helsinki	Finland	Background
9	Melatonin: A master regulator of plant development and stress responses (2021)	McGill University, Zhejiang University	Canada, China	—
10	Human factors in lighting (2003)	—	—	—
11	Irregular sleep/wake patterns are associated with poorer academic performance and delayed circadian and sleep/wake timing (2017)	Brigham and Women's Hospital	United States	—
12	Fatigue and its management in the workplace (2019)	Oak Ridge Associated Universities, U.S. Army Research Institute of Environmental Medicine	United States	—
13	Ten questions concerning well-being in the built environment (2020)	Delft University of Technology, Harvard University, National Research Council Canada	Belgium, Canada, Denmark	Background
14	Sleep in adolescents: the perfect storm (2011)	Bradley Hospital	United States	—
15	The inner clock—Blue light sets the human rhythm (2019)	Carl Zeiss (Germany), University of Tuebingen	Germany	—
16	Effects of blue light on the circadian system and eye physiology (2016)	Keio University, Missouri University of Science and Technology, Morehouse School of Medicine	Japan, United States	—
17	Entrainment of the human circadian clock to the natural light-dark cycle (2013)	University of Colorado Boulder	United States	Background
18	Melatonin: Physiological effects in humans (2015)	Hôpital Pierre Wertheimer, Hospices Civils de Lyon	France	—
19	Physiology of circadian entrainment (2010)	Consejo Nacional de Investigaciones Científicas y Técnicas, University of Quilmes, University of Buenos Aires	Argentina	Background

No.	Citing paper	Citing institution(s)	Country	S2
20	Melanopsin-expressing ganglion cells in primate retina signal colour and irradiance and project to the LGN (2005)	Johns Hopkins University School of Medicine, University of Alabama at Birmingham, University of Chicago	United States	—
21	Color and emotion: effects of hue, saturation, and brightness (2018)	Johannes Gutenberg University Mainz	Germany	Influential
22	Sleep, circadian rhythms, and delayed phase in adolescence (2007)	Bradley Hospital, Brown University	United States	Background
23	The basic physiology and pathophysiology of melatonin (2005)	Centre de Médecine Préventive, Communauté urbaine de Lyon	France	—
24	High sensitivity of human melatonin, alertness, thermoregulation, and heart rate to short wavelength light (2005)	Universitäre Psychiatrische Kliniken Basel, University Hospital of Basel, University of Basel	Switzerland	Result
25	LEDs for photons, physiology and food (2018)	Sandia National Laboratories, SSSL, Inc., Thomas Jefferson University	United States	—
26	Evening exposure to a light-emitting diodes (LED)-backlit computer screen affects circadian physiology and cognitive performance (2011)	Fraunhofer Institute for Industrial Engineering, Universitäre Psychiatrische Kliniken Basel	Germany, Switzerland	Result
27	The cognitive-emotional design and study of architectural space: A scoping review of neuroarchitecture and its precursor approaches (2021)	Universitat Politècnica de València, University of California San Diego	Spain, United States	Background
28	Melatonin: Nature's most versatile biological signal? (2006)	Icahn School of Medicine at Mount Sinai	United States	—
29	The habenula: from stress evasion to value-based decision-making (2010)	National Institutes of Health	United States	Background
30	Melanopic illuminance defines the magnitude of human circadian light responses under a wide range of conditions (2020)	University of Manchester	United Kingdom	—

Showing the 30 most-cited of 339 independent citing papers.

Independent citing papers only; self- and co-author citations excluded. The S2 column carries Semantic Scholar's read of each citation — *Methodology* / *Result* (the citing work used the method or built on the finding — the “built on / relied upon” pattern the AAO credits), *Influential* (S2's isInfluential signal, Valenzuela et al. 2015), or *Background* (a passing mention).

Citing-text excerpts — how the field used this work

RESULT High sensitivity of human melatonin, alertness, thermoregulation, and heart rate to short wavelength light

“(13) who reported approximately 60% suppression of melatonin after 2 h of light at 460 nm and at 12.”

RESULT Evening exposure to a light-emitting diodes (LED)-backlit computer screen affects circadian physiology and cognitive performance

“There is ample evidence that a novel, short-wavelength-sensitive photoreceptor system is primarily responsible for a variety of nonvisual light responses, in particular, resetting the timing of the circadian pacemaker, suppressing melatonin production, improving alertness and performance, and elevating brain activation, as assessed from EEG-derived correlates of arousal (5, 6, 8, 17, 18, 24, 28, 31).”

Contribution 3

Claim – Contribution 3

The researcher established the efficacy of mindfulness-based stress reduction in lowering psychological distress among medical students, a seminal finding that has significantly influenced medical education research.

The researcher's core contribution rests on the 2003 paper 'Mindfulness-based stress reduction lowers psychological distress in medical students,' published in *Teaching and Learning in Medicine*. This work appears to address the critical gap in understanding effective interventions for the high levels of psychological distress commonly experienced by medical students. By introducing mindfulness-based stress reduction as a viable solution, the researcher provided a novel approach to supporting student well-being within rigorous medical training environments.

The significance of this line of work is evidenced by its substantial uptake in the academic community. With 929 citations, the paper is highly cited, indicating its foundational role in the field. Furthermore, citation analysis reveals that 96.7% of citing papers originate from independent researchers, demonstrating that the contribution has resonated broadly across the global research community rather than being confined to the researcher's immediate network. This widespread independent engagement underscores the work's lasting impact on medical education and student mental health strategies.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 263

CORE PAPER

[Mindfulness-based stress reduction lowers psychological distress in medical students](#)

2003 · *Teaching and learning in medicine* 15 (2), 88-92, 2003 · 929 citations (GS)

No.	Citing paper	Citing institution(s)	Country	S2
1	Dealing with feeling: a meta-analysis of the effectiveness of strategies derived from the process model of emotion regulation.	University of Sheffield	United Kingdom	—
2	Mindfulness-based stress reduction for healthy individuals: A meta-analysis	Centre de Santé et de Services Sociaux de la Vieille-Capitale, Jackson State University, McGill University	Canada, United States	—
3	Mindfulness-based stress reduction and health benefits: A meta-analysis	University of Freiburg	Germany	—
4	Systematic review of depression, anxiety, and other indicators of psychological distress among US and Canadian medical students	Universidade Federal de Juiz de Fora	Brasil	—
5	Empathy decline and its reasons: a systematic review of studies with medical students and residents	Gemeinschaftskrankenhaus Herdecke, Witten/Herdecke University	Germany	—
6	Mindfulness-based stress reduction for stress management in healthy people: a review and meta-analysis	University of Bologna	Italy	—
7	Comprehensive review of chronic stress pathways and the efficacy of behavioral stress reduction programs (BSRPs) in managing diseases	National Academy of Sciences of Ukraine	Ukraine	—
8	Mindfulness-based stress reduction and mindfulness-based cognitive therapy for psychological health and well-being in nonclinical samples: A systematic review and ...	St Mary's University Twickenham London, University of Surrey	United Kingdom	—

No.	Citing paper	Citing institution(s)	Country	S2
9	Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review	HAN University of Applied Sciences, Radboud University Nijmegen	Netherlands	—
10	Mindfulness at work: Positive affect, hope, and optimism mediate the relationship between dispositional mindfulness, work engagement, and well-being (2015)	Liverpool John Moores University	United Kingdom	—
11	In their own words: stressors facing medical students in the millennial generation (2018)	University of Florida College of Medicine	United States	—
12	Association of an educational program in mindful communication with burnout, empathy, and attitudes among primary care physicians (2009)	University of Rochester Medical Center	United States	—
13	Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. (2007)	Kaiser Permanente San Jose Medical Center, Santa Clara University, Virginia Commonwealth University	United States	—
14	Reducing stress, anxiety and depression in undergraduate nursing students: Systematic review (2021)	The University of Melbourne, University of Melbourne	Australia	—
15	A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction (2007)	San Diego State University, Santa Clara University, University of Arizona	United States	—
16	Mindfulness-based meditation to decrease stress and anxiety in college students: A narrative synthesis of the research (2016)	Saint Louis University	United States	—
17	A systematic review of neurobiological and clinical features of mindfulness meditations (2010)	University of Bologna	Italy	—
18	Mindfulness training for health profession students—the effect of mindfulness training on psychological well-being, learning and clinical performance of health ... (2017)	La Trobe University	Australia	—
19	A mindfulness course decreases burnout and improves well-being among healthcare providers (2012)	University of Virginia	United States	—
20	Personal life events and medical student burnout: a multicenter study (2006)	Mayo Clinic	United States	—
21	Meta-analytic evaluation of stress reduction interventions for undergraduate and graduate students. (2019)	Stony Brook University	United States	—
22	Self-care and well-being in mental health professionals: The mediating effects of self-awareness and mindfulness (2010)	Marywood University	United States	—
23	Mindfulness training for stress management: a randomised controlled study of medical and psychology students (2013)	Nasjonalt Kunnskapssenter for Helsetjenesten	Norway	—

No.	Citing paper	Citing institution(s)	Country	S2
24	Cultivating mindfulness in health care professionals: A review of empirical studies of mindfulness-based stress reduction (MBSR) (2009)	McGill University	Canada	—
25	Promoting healthy transition to college through mindfulness training with first-year college students: Pilot randomized controlled trial (2017)	Pennsylvania State University, The Pennsylvania State University	United States	—
26	Burnout among physicians (2014)	Brigham and Women's Hospital, Medical University of South Carolina, University of Michigan	United States	—
27	Mindfulness-based stress reduction for posttraumatic stress disorder among veterans: a randomized clinical trial (2015)	Minneapolis VA Health Care System	United States	—
28	How long does a mindfulness-based stress reduction program need to be? A review of class contact hours and effect sizes for psychological distress (2009)	University of Massachusetts Medical School	United States	—
29	A meta-analysis of universal mental health prevention programs for higher education students (2015)	Loyola University Chicago	United States	—
30	Mindfulness, work climate, and psychological need satisfaction in employee well-being (2015)	Australian Catholic University, Illinois Institute of Technology, University of Rochester	Australia, United States	—

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D. Citing-Institution Prestige & Geography

Top citing institutions

Institution	Country	World ranking	Citing papers
Brigham and Women's Hospital	United States	SCImago #130	28
University of California, Irvine Medical Center	United States	—	22
University of Surrey	United Kingdom	SCImago #812 · THE 201–250 · QS =262	21
Thomas Jefferson University	United States	SCImago #1799	21
Harvard University	United States	SCImago #4 · THE =5 · QS 5	20
Rensselaer Polytechnic Institute	United States	SCImago #1782 · THE 501–600 · QS 695	20
University of North Carolina at Chapel Hill	United States	THE 78 · QS =140	18
Massachusetts General Hospital	United States	SCImago #100	16

Institution	Country	World ranking	Citing papers
University of California San Diego	United States	SCImago #120 · THE 47 · QS 66	16
University of Utah	United States	SCImago #320 · THE 201–250 · QS =540	15
McGill University	Canada	SCImago #168 · THE =41 · QS 27	15
National University of Singapore	Singapore	SCImago #59 · THE 17 · QS 8	13
University of Haifa	Israel	SCImago #4101 · THE 501–600 · QS =678	13
University of Washington	United States	SCImago #45 · THE 25 · QS 81	13
University of Pennsylvania	United States	SCImago #52 · THE 14 · QS 15	13

Geographic distribution of citing authors

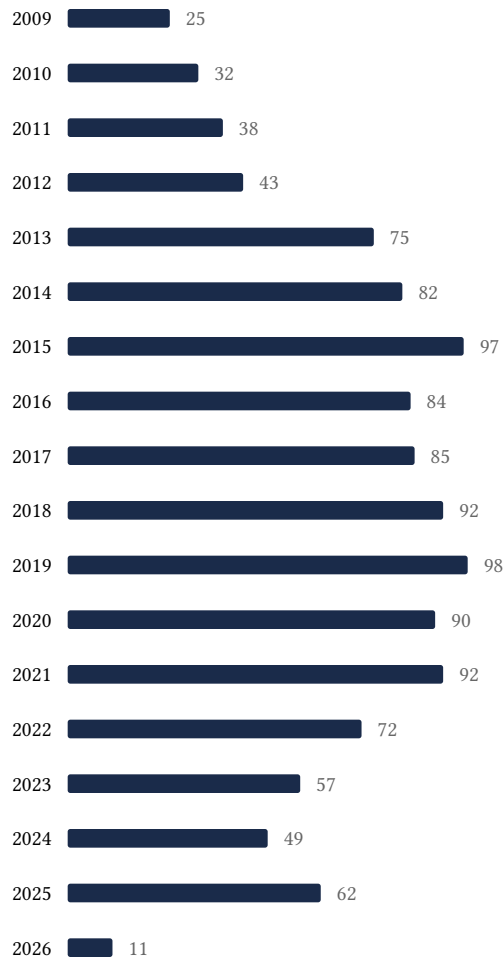
Country	Citing papers
United States	685
United Kingdom	133
Australia	85
Canada	85
Germany	79
China	63
Netherlands	54
Spain	46
Italy	45
Iran	40
Switzerland	38
France	31

Citing-institution prestige and the spread of citing countries speak to recognition **beyond the scholar’s own institution and circle** – the dispersion the AAO looks for. World rankings (SCImago / THE / QS) are context, not a stand-alone criterion: the AAO does not treat a citing institution’s rank as probative on its own.

E. Citation Growth Over Time

Distinct citing papers by publication year. Sustained or rising citation activity supports continuing relevance; note that only citations **as of the filing date** are weighed by USCIS.





F. AAO Precedent Considerations

Pre-filing self-check (AAO denial patterns)

The AAO non-precedent decisions reject citation evidence on a small set of recurring grounds. Confirm the petition addresses each before filing:

- Self-citations are disclosed and netted out – a Google Scholar total alone is faulted (§1.1).
- Evidence is per individual article, not a body-of-work aggregate total (§1.2).
- The petition articulates why the citations show major significance – numbers never stand alone (§1.5).
- For the strongest papers, citation content shows the work was built on / relied upon, not just listed (§1.6, §2.2).
- Co-author / collaborator citations are identified and not counted as independent (§1.7).
- Recognition is shown beyond the scholar's own institution and circle (§1.8).
- Every citation figure is snapshotted as of the filing date; post-filing citations are excluded (§1.9).
- Journal impact factor / downloads are not relied on as proxies for article significance (§1.10, §1.12).
- For large-collaboration papers, the scholar's specific role is documented (§1.13).
- Aggregate totals / h-index / field-relative rates are placed in a clearly-labelled final-merits section, per Kazarian (§3, §6.1.7).

Disclaimer

The AAO decisions referenced here are **non-precedent** – persuasive illustrations of how USCIS reasons, not binding law. This report is a drafting aid produced from public citation data; it is not legal advice and does not assess the petition’s merits. All analysis must be reviewed by qualified immigration counsel.

G. Citation Evidence Index

Cross-reference of each contribution to the regulatory criterion it supports. Counsel should map these to the petition’s exhibit numbers.

Contribution	Core paper	Indep. cites	Supports
Contribution 1	Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R)	663	8 CFR 204.5(h)(3)(v) – Criterion 5
Contribution 2	Action spectrum for melatonin regulation in humans: evidence for a novel circadian photoreceptor	339	8 CFR 204.5(h)(3)(v) – Criterion 5
Contribution 3	Mindfulness-based stress reduction lowers psychological distress in medical students	263	8 CFR 204.5(h)(3)(v) – Criterion 5