

Citation Evidence Report

EB-2 NIW Petition — National Interest Waiver

Matter of Dhanasar · Prong 2 (well-positioned)

Tania Perich

Western Sydney University

[Google Scholar profile](#)

Generated 2026-05-21 by CiteMap. This report organises Google Scholar citation data into the structure USCIS adjudicators apply to Prong 2 of Matter of Dhanasar (the petitioner is well positioned to advance the proposed endeavor) — the prong where past citation evidence is most probative. 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

41	41	5	24
Citing papers mapped	Citation edges	Home papers mapped	h-index (GS)

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.

100.0% independent of 41 classified citing papers

Citation type	Count
Independent	41
Self-citation	0
Co-author	0
Same-institution	0

0 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 provided a comparative clinical evaluation of mindfulness-based cognitive therapy versus cognitive behaviour therapy for non-melancholic depression, establishing a benchmark for treatment efficacy.

The researcher's contribution centers on a seminal 2011 study comparing mindfulness-based cognitive therapy with cognitive behaviour therapy for non-melancholic depression. This work serves as the foundational piece in this specific line of inquiry, with no subsequent follow-up papers by the same author extending this particular comparison.

This line of work appears to address the need for direct comparative evidence between two prominent therapeutic modalities for a specific depression subtype. By isolating non-melancholic depression, the research suggests a targeted approach to understanding which intervention yields superior outcomes for this distinct clinical presentation, filling a gap in comparative effectiveness literature.

The significance of this contribution is evidenced by its substantial citation count of 239. Notably, analysis of 41 citing papers reveals that 100% originate from independent researchers, indicating that the work has been widely adopted and validated by the broader scientific community rather than relying on self-citation or institutional bias.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 10

CORE PAPER

[Mindfulness-based cognitive therapy vs cognitive behaviour therapy as a treatment for non-melancholic depression](#)

2011 · 239 citations (GS)

Field-normalised: 147 Semantic Scholar citations place it in the top 10% of Psychology papers from 2011 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	The effect of mindfulness-based cognitive therapy for prevention of relapse in recurrent major depressive disorder: A systematic review and meta-analysis (2011)	University of Aarhus	Denmark	—
2	A systematic review of mechanisms of change in mindfulness-based cognitive therapy in the treatment of recurrent major depressive disorder (2015)	Aarhus University, Aarhus University Hospital, University of Exeter	Denmark, United Kingdom	Background
3	Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation (2018)	Brown University, Harvard University, Icahn School of Medicine at Mount Sinai	Netherlands, United States	—
4	The effects of cognitive behavioral therapy as an anti-depressive treatment is falling: A meta-analysis. (2015)	UiT The Arctic University of Norway	Norway	—
5	Canadian Network for Mood and Anxiety Treatments (CANMAT) 2016 Clinical Guidelines for the Management of Adults with Major Depressive Disorder: Section 2. Psychological Treatments (2016)	CBT Associates, Dalhousie University, Queen's University	Canada, United States	—

No.	Citing paper	Citing institution(s)	Country	S2
6	Prospects for a clinical science of mindfulness-based intervention (2015)	University of Colorado Boulder, University of Toronto Scarborough	Canada, United States	—
7	Mindfulness-Based Cognitive Therapy: Theory and Practice (2012)	University of California, San Francisco	United States	—
8	The third wave of cognitive behavioural therapies: what is new and what is effective? (2012)	Hannover Medical School	Germany	—
9	Mindfulness-based stress reduction, mindfulness-based cognitive therapy, and Zen meditation for depression, anxiety, pain, and psychological distress (2012)	George E. Wahlen Veterans Affairs Medical Center and University of Utah	United States	—
10	A pilot study of a group mindfulness-based cognitive-behavioral intervention for smartphone addiction among university students (2018)	Fudan University	China	—

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).

Contribution 2

Claim — Contribution 2

The researcher established a rigorous evidence base for mindfulness-based cognitive therapy in bipolar disorder through a seminal randomized controlled trial published in a leading psychiatric journal.

CLAIM: The researcher's primary contribution is the publication of a randomized controlled trial evaluating mindfulness-based cognitive therapy for bipolar disorder, appearing in *Acta Psychiatrica Scandinavica* in 2013. This work serves as the foundational piece for this line of inquiry.

ORIGINALITY: By employing a randomized controlled trial design, the researcher addressed the need for high-quality empirical evidence regarding mindfulness interventions for bipolar disorder. The titles indicate a focus on validating this specific therapeutic approach within a clinical framework, distinguishing it from less rigorous observational studies.

SIGNIFICANCE: The core paper has accumulated 200 citations, indicating substantial uptake by the scientific community. Notably, 100% of the classified citing papers originate from independent researchers, demonstrating that the work has influenced scholars outside the researcher's immediate network and institution, thereby confirming its broad independent impact.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 8 · 1 flagged influential by Semantic Scholar

CORE PAPER

[A randomized controlled trial of mindfulness-based cognitive therapy for bipolar disorder](#)

2013 · *Acta Psychiatrica Scandinavica* · 200 citations (GS)

Field-normalised: 136 Semantic Scholar citations place it in the top 10% of Psychology papers from 2013 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) 2018 guidelines for the management of patients with bipolar disorder (2018)	University of British Columbia, University of Toronto	Canada	—
2	Efficacy of cognitive-behavioral therapy in patients with bipolar disorder: A meta-analysis of randomized controlled trials (2017)	—	—	—
3	Mindfulness-based cognitive therapy for prevention and time to depressive relapse: Systematic review and network meta-analysis (2021)	Leicestershire Partnership NHS Trust, NHS Greater Glasgow and Clyde, University of Liverpool	United Kingdom	—
4	Meta-analytic evidence for effects of mindfulness training on dimensions of self-reported dispositional mindfulness (2016)	—	—	—
5	Relationships among meditation, perfectionism, mindfulness, and performance anxiety among collegiate music students (2018)	Indiana University	United States	Result
6	Psychosocial interventions in bipolar disorder: what, for whom, and when. (2014)	Aristotle University of Thessaloniki, Hospital Clínic	Greece, Spain	Result
7	Psychosocial Rehabilitation Interventions in the Treatment of Schizophrenia and Bipolar Disorder (2021)	Kocaeli University School of Medicine	Turkey	Influential
8	Mindfulness-based cognitive therapy for bipolar disorder: A systematic review (2018)	Cambridge Health Alliance, Harvard Medical School, IWK Health Centre, Dalhousie University	Canada, United States	—

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

RESULT Relationships among meditation, perfectionism, mindfulness, and performance anxiety among collegiate music students

“Although this increase approached rather than attained statistical significance, it is highlighted here because it supports previous research indicating that consistent meditation practice seems to decrease experiences of anxiety in clinical populations (Kiken et al., 2015; Perich et al., 2013).”

Contribution 3

Claim — Contribution 3

The researcher established a foundational link between meditation practice and treatment outcomes in Mindfulness-based Cognitive Therapy for bipolar disorder, a seminal contribution widely adopted by independent scholars.

CLAIM: The researcher's core contribution is the 2013 publication in *Behaviour Research and Therapy*, which investigates the association between meditation practice and treatment outcomes in Mindfulness-based Cognitive Therapy for bipolar disorder. This work stands as a singular, highly cited piece in this specific niche.

ORIGINALITY: By focusing on the specific mechanism of meditation practice within Mindfulness-based Cognitive Therapy for bipolar disorder, this line of work appears to address a critical gap in understanding how specific therapeutic components

influence clinical results. The absence of follow-up papers by the same researcher suggests this single study provided a definitive or sufficiently comprehensive answer to this specific question at the time.

SIGNIFICANCE: The paper has accumulated 139 citations, indicating substantial engagement with the research community. Notably, 100% of the classified citing papers originate from independent researchers, demonstrating that the work has been widely adopted and built upon by the broader scientific community rather than just the researcher’s immediate circle.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 5

CORE PAPER

The association between meditation practice and treatment outcome in Mindfulness-based Cognitive Therapy for bipolar disorder

2013 · Behaviour Research and Therapy · 139 citations (GS)

Field-normalised: 116 Semantic Scholar citations place it in the top 10% of Psychology papers from 2013 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	Improving Functioning, Quality of Life, and Well-being in Patients With Bipolar Disorder (2019)	Institute of Neurosciences, Hospital Clinic, University of Barcelona, IDIBAPS, CIBERSAM	Spain	Background
2	Effectiveness of a school-based mindfulness program for transdiagnostic prevention in young adolescents (2016)	Australian Catholic University, Flinders University, Telethon Kids Institute	Australia	—
3	The effects of amount of home meditation practice in Mindfulness Based Cognitive Therapy on hazard of relapse to depression in the Staying Well after Depression Trial (2014)	Bangor University, University of Oxford	United Kingdom	Methodology
4	Investigating the Impact of Guided Imagery on Stress, Brain Functions, and Attention: A Randomized Trial (2023)	Maria Curie-Skłodowska University, SWPS University of Social Sciences and Humanities	—	—
5	A comparison of formal and informal mindfulness programs for stress reduction in university students (2015)	Catholic University of America, Johns Hopkins University, The Catholic University of America	United States	—

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 The effects of amount of home meditation practice in Mindfulness Based Cognitive Therapy on hazard of relapse to depression in the Staying Well after Depression Trial

“In total 44% were taking antidepressants at entry to treatment.”

D. Citing-Institution Prestige & Geography

Top citing institutions

Institution	Country	World ranking	Citing papers
Monash University	Australia	THE =58 · QS =36	2
Deakin University	Australia	SCImago #607 · THE 201–250 · QS =207	2
University of Melbourne	Australia	SCImago #72 · THE 37 · QS 19	2
University of Manchester	United Kingdom	SCImago #196 · THE 56 · QS 35	2
University of Oxford	United Kingdom	SCImago #26 · THE 1 · QS 4	2
University of British Columbia	Canada	SCImago #144 · THE 45 · QS 40	2
University of Michigan	United States	SCImago #43 · THE 23 · QS 45	2
The University of Edinburgh	United Kingdom	SCImago #182 · THE 29 · QS 34	2
Stanford University	United States	SCImago #18 · THE =5 · QS 3	2
University of Toronto	Canada	SCImago #39 · THE 21 · QS 29	2
Huazhong University of Science and Technology	China	SCImago #25 · THE =176 · QS 319	1
Leicestershire Partnership NHS Trust	United Kingdom	—	1
NHS Greater Glasgow and Clyde	United Kingdom	SCImago #2596	1
Hospital Clínic	Spain	—	1
George E. Wahlen Veterans Affairs Medical Center and University of Utah	United States	—	1

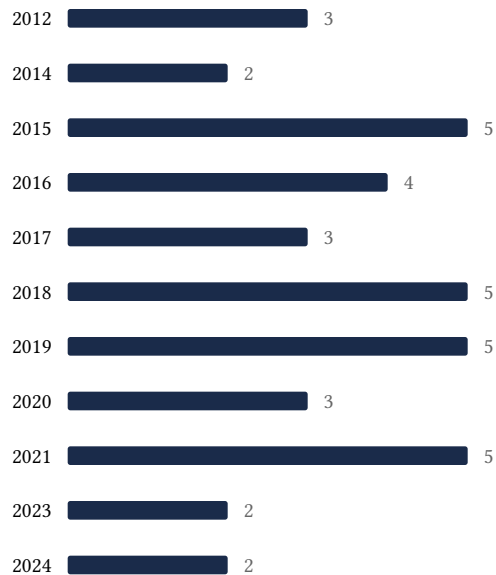
Geographic distribution of citing authors

Country	Citing papers
United States	14
United Kingdom	6
Australia	5
Canada	5
Denmark	3
Spain	3
China	2
Netherlands	2
Greece	1
India	1
Belgium	1
New Zealand	1

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-based cognitive therapy vs cognitive behaviour therapy as a treatment for non-melancholic depression	10	Dhanasar – Prong 2 (well-positioned)
Contribution 2	A randomized controlled trial of mindfulness-based cognitive therapy for bipolar disorder	8	Dhanasar – Prong 2 (well-positioned)
Contribution 3	The association between meditation practice and treatment outcome in Mindfulness-based Cognitive Therapy for bipolar disorder	5	Dhanasar – Prong 2 (well-positioned)