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Peer-reviewed original articles:

- **Harmat, L.**, Takács, J., Bódizs, R.(2008): Music improves sleep quality in students. *Journal of Advanced Nursing* 62 (3), 327-335.
- de Manzano, O., Theorell, T., **Harmat, L.**, Ullén F.(2010): The psychophysiology of the Flow during piano playing. *Emotion*. 10 (3): 301-11.
- **Harmat L.**, Theorell, T.(2010): Heart rate variability during singing and flute playing. *Music and Medicine* 2 (1): 10-17.
- **Harmat L.**, Ullén F., de Manzano O., Olsson E., Elofsson U, von Scheele B, Theorell T (2011): Heart Rate variability during piano playing. *Music and Medicine* 3 (2): 102-107.
- Koenig, J., Jarczok, M.N., Warth, M., **Harmat, L.**, Hesse, N., Jespersen, K.V., Thayer J.F., Hillecke, T.K. (2013): Music listening has no positive or negative effects on sleep quality of normal sleepers: Results of a randomized controlled trial. *Nordic Journal of Music Therapy* 22 (3): 233-242.
- Juslin, P., **Harmat, L.**, Eerola, T. (2013): What makes music emotionally significant? Exploring the underlying mechanism. *Psychology of Music* 42: 559-623.
- Nagy, T., Kovács, J.K., Polyák, Á., **Harmat, L.**, Bárdos., Gy., Fülöp, M. (2015): The effect of reward on salivary testosterone level and performance in young adult males during competition: The role of hypercompetitiveness. *Hungarian Journal of Psychology* 70 (1/8): 121-141. (Article in Hungarian language, Abstract available in English)
- **Harmat, L.**, de Manzano, O., Theorell, T., Högman, L., Fischer, H., Ullén, F. (2015): Physiological correlates of the flow experience during computer game playing. *International Journal of Psychophysiology* 97(1):1-7.
- Takács, J., Bódizs, R., Ujma P., Horváth, K., Rajna, P., **Harmat, L.** (2016): Reliability and Validity of the Hungarian version of the Pittsburgh Sleep Quality Index (PSQI-HUN): comparing psychiatric patients with control subjects. *Sleep and Breathing* DOI 10.1007/s11325-016-1347-7

- Eriksson, H., **Harmat, L.**, Theorell, T., Ullén F. (2016) Similar but different: Interviewing monozygotic twins discordant for musical practice. doi: 10.1177/1029864916649791

Peer reviewed conference contribution

- Bódizs R., Simor P., Körmendi J., Csóka Sz., Újma P., Sándor P., Horváth K., **Harmat L.** (2011) REM sleep EEG theta activity is a negative correlate of attachment anxiety. *43th European Brain and Behavior Society Meeting*, Seville, Spain, Sept 9-12.
- **Harmat, L.**, Takács, J., Bódizs, R. (2006) Music improves sleep quality in students" *Journal of Sleep Research* 15 (1): 133
- **Harmat L.**, Takács J., Bódizs R. (2006): Music improves sleep quality in students. *International Journal of Behavioral Medicine* 13: 241.
- **Harmat L.**, Theorell T., (2010) Heart rate variability during singing and flute playing. *Mozart & Science, 3th International Conference* Krems, Austria, Nov 8-10.
- **Harmat L.**, de Manzano O., Theorell T., Ullén F. (2012): The psychophysiology of optimal experience. *12th International Congress of Behavioural Medicine* 2012 Budapest, Hungary.
- **Harmat L.**, de Manzano O., Theorell T., Ullén F. (2014): The biology of flow experience. *7th European Conference for positive Psychology* Amsterdam, The Holland, July 1-4.
- Johansson, A., Hellsing, A.N., **Harmat, L.**, Kristiansson, N. (2017) Severity of past aggression coupled to higher baseline oxygenated hemoglobin in right dorsolateral prefrontal cortex in schizophrenia. *13th World Congress of Biological Psychiatry*, 18-22 June 2017, Copenhagen, Denmark <http://su.diva-portal.org/smash/record.jsf?pid=diva2%3A1130180&dswid=4380>

Books and Book chapters:

- **Harmat, L., Tardy, J.:** A gyógyító zene (Music Therapy and Psychosomatic Medicine) Új Ember Kiadó, Budapest, Hungary (2013) (Book in Hungarian language)
- **Harmat, L.**, Orsted, F., Ullén, F., Sadlo, G., Wright, J. (eds): *Flow Experience: Empirical Research and Applications*. Springer, 2016.
- **Harmat, L. :** Music pedagogy and child development. In: Balázsne Szűcs Judit (szerk): *Barangolás a zene világában*. OVIZUÁL Kreatív Műhely, Budapest, 2005: 91-103. (Book chapter in Hungarian language)

- Ullén, F., de Manzano, O., Theorell, T., **Harmat, L.**: The physiology of effortless Attention: Correlates of state flow and flow proneness. In: Brian J. Bruya (ed.): *A New Perspective in the Cognitive Science of Attention and Action*, MIT Press Cambridge 2010: 205-219.
- Ullén F, **Harmat L**, Theorell T, Madison G: Flow and individual differences: - a phenotypic analysis of data from more than 10,000 twin individuals. In: Harmat, L., Orsted, F., Ullén, F., Sadlo, G., Wright, J. (eds): *Flow Experience: Empirical Research and Applications*. Springer (2016)

Popular science publications (Articles in Hungarian):

- **Harmat, L.** (2003): Music pedagogy in Hungary. *Köznevelés* 59 (40): 20-21.
- **Harmat, L.** (2003): Music education and developmental psychology. *Tanító (Journal of Pedagogy)* 10: 1-2.
- **Harmat, L.** (2011): Arts and education in the modern society. *Parlando* 53 (4)
- <http://www.parlando.hu/NEWPROBE/PARLANDO-Eng.html>
- **Harmat, L.** (2004): Music and Mental Health. *Embertárs (Hungarian Journal of Mental Hygiene)* 2.(1): 22-31. old.
- **Harmat, L.** (2007) Sleep and Music. *Komplementer Medicina* 11. (1): 47-50.
- **Harmat, L.** (2009): Music Improves Sleep Quality *Lege Artis Medicinae* 19 (2): 160-162.
- http://www.elitmed.hu/kiadvanyaink/lam_lege_artis_medicin/zeneterapia_az_alvaszavarokban-2761/
- **Harmat, L.** (2014): Are you a workaholic? How do you reach flow and intrinsic motivation at your work. *HVG Extra Pszichológia* (2014/2).
- **Harmat, L.** (2014): The Mozart Effect. *HVG Extra Pszichológia* (2014/3).
- **Harmat, L.** (2014): What is mind-wandering? How often your brain goes into default-mode. *HVG Extra Pszichológia* (2014/4).
- **Harmat, L.** (2015): Sleep and dreaming. *HVG Extra Pszichológia* (2015/1).
- **Harmat, L.** (2015): Music improves sleep quality *HVG Extra Pszichológia* (2015/1).
- **Harmat, L.** (2015): Father complex *HVG Extra Pszichológia* (2015/2).
- **Harmat L.** (2015): Midlife crisis: A new journey *HVG Extra Pszichológia* (2015/3).
- **Harmat L.** (2015): Peak experiences *HVG Extra Pszichológia* (2015/4).
- **Harmat L.** (2016): Dipoles of the personality: extroversion and introversion. *HVG Extra Pszichológia* (2016/1).
- **Harmat L.** (2017) How to become an expert on anything. *Pszichológia* (2017/3).
- <http://extra.hvg.hu/magazin/pszichologia>

Book reviews

Harmat, L.: The gift of therapy : an open letter to a new generation of therapists and their patients / Irvin D. Yalom. - New York [u.a.] : Harper Perennial, 2009

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Harmat, L.: Mindfulness and character strengths : a practical guide to flourishing / Ryan Niemiec. - Boston, : Hogrefe, 2014

In: A mentálhigiéné és pszichoszomatika 14. évf. 4. sz. (2013), p. 387-390.

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The Psychology Book (original edition, DK Publisher 2012) Scientific advisor of the Hungarian Edition at HVG Kiadó Zrt, Budapest, Hungary 2016 (in press).