

# Julia L Allan

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/1094936/publications.pdf>

Version: 2024-02-01

50  
papers

1,499  
citations

361413

20  
h-index

330143

37  
g-index

52  
all docs

52  
docs citations

52  
times ranked

2378  
citing authors

#	ARTICLE	IF	CITATIONS
1	A bidirectional relationship between physical activity and executive function in older adults. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 1044.	2.0	140
2	A Taxometric Analysis of Type-D Personality. <i>Psychosomatic Medicine</i> , 2009, 71, 981-986.	2.0	123
3	A Bidirectional Relationship between Executive Function and Health Behavior: Evidence, Implications, and Future Directions. <i>Frontiers in Neuroscience</i> , 2016, 10, 386.	2.8	121
4	Effect of Different Types of Physical Activity on Activities of Daily Living in Older Adults: Systematic Review and Meta-Analysis. <i>Journal of Aging and Physical Activity</i> , 2017, 25, 653-670.	1.0	97
5	The Best Laid Plans: Planning Skill Determines the Effectiveness of Action Plans and Implementation Intentions. <i>Annals of Behavioral Medicine</i> , 2013, 46, 114-120.	2.9	96
6	Missed by an inch or a mile? Predicting the size of intentionâ€“behaviour gap from measures of executive control. <i>Psychology and Health</i> , 2011, 26, 635-650.	2.2	84
7	Environmental interventions for altering eating behaviours of employees in the workplace: a systematic review. <i>Obesity Reviews</i> , 2017, 18, 214-226.	6.5	74
8	Unintentional eating. What determines goal-incongruent chocolate consumption?. <i>Appetite</i> , 2010, 54, 422-425.	3.7	61
9	Dietary Behavior: An Interdisciplinary Conceptual Analysis and Taxonomy. <i>Frontiers in Psychology</i> , 2018, 9, 1689.	2.1	56
10	Stressors, Appraisal of Stressors, Experienced Stress and Cardiac Response: A Real-Time, Real-Life Investigation of Work Stress in Nurses. <i>Annals of Behavioral Medicine</i> , 2016, 50, 187-197.	2.9	48
11	Stress amongst nurses working in a healthcare telephoneâ€“advice service: relationship with job satisfaction, intention to leave, sickness absence, and performance. <i>Journal of Advanced Nursing</i> , 2012, 68, 1624-1635.	3.3	43
12	Depression and perceived behavioral control are independent predictors of future activity and fitness after coronary syndrome events. <i>Journal of Psychosomatic Research</i> , 2007, 63, 501-508.	2.6	40
13	Does real time variability in inhibitory control drive snacking behavior? An intensive longitudinal study.. <i>Health Psychology</i> , 2017, 36, 356-364.	1.6	40
14	Nursing stress and patient care: realâ€“time investigation of the effect of nursing tasks and demands on psychological stress, physiological stress, and job performance: study protocol. <i>Journal of Advanced Nursing</i> , 2013, 69, 2327-2335.	3.3	36
15	Understanding perceived determinants of nursesâ€™ eating and physical activity behaviour: a theory-informed qualitative interview study. <i>BMC Obesity</i> , 2017, 4, 18.	3.1	35
16	Bedtime routines child wellbeing & development. <i>BMC Public Health</i> , 2018, 18, 386.	2.9	35
17	Why does work cause fatigue? A real-time investigation of fatigue, and determinants of fatigue in nurses working 12-hour shifts. <i>Annals of Behavioral Medicine</i> , 2019, 53, 551-562.	2.9	34
18	Snack purchasing is healthier when the cognitive demands of choice are reduced: A randomized controlled trial.. <i>Health Psychology</i> , 2015, 34, 750-755.	1.6	27

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19	Stress in telephone helpline nurses is associated with failures of concentration, attention and memory, and with more conservative referral decisions. <i>British Journal of Psychology</i> , 2014, 105, 200-213.	2.3	26
20	Total skin self-examination at home for people treated for cutaneous melanoma: development and pilot of a digital intervention. <i>BMJ Open</i> , 2015, 5, e007993.	1.9	23
21	Effects of workplace-based dietary and/or physical activity interventions for weight management targeting healthcare professionals: a systematic review of randomised controlled trials. <i>BMC Obesity</i> , 2014, 1, 23.	3.1	22
22	Activity and affect: Repeated within-participant assessment in people after joint replacement surgery.. <i>Rehabilitation Psychology</i> , 2009, 54, 83-90.	1.3	21
23	Frequency of nursing tasks in medical and surgical wards. <i>Journal of Nursing Management</i> , 2013, 21, 860-866.	3.4	21
24	Clinical decisions and time since rest break: An analysis of decision fatigue in nurses.. <i>Health Psychology</i> , 2019, 38, 318-324.	1.6	21
25	What do self-efficacy items measure? Examining the discriminant content validity of self-efficacy items. <i>British Journal of Health Psychology</i> , 2018, 23, 597-611.	3.5	19
26	What do Demand-Control and Effort-Reward work stress questionnaires really measure? A discriminant content validity study of relevance and representativeness of measures. <i>British Journal of Health Psychology</i> , 2017, 22, 295-329.	3.5	16
27	Why do people fail to turn good intentions into action? The role of executive control processes in the translation of healthy eating intentions into action in young Scottish adults. <i>BMC Public Health</i> , 2008, 8, 123.	2.9	15
28	“You Can't Always Get What You Want”: A Novel Research Paradigm to Explore the Relationship between Multiple Intentions and Behaviours. <i>Applied Psychology: Health and Well-Being</i> , 2016, 8, 258-275.	3.0	13
29	Prompting consumers to make healthier food choices in hospitals: a cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 86.	4.6	12
30	The Cyclical Relation Between Chronic Pain, Executive Functioning, Emotional Regulation, and Self-Management. <i>Journal of Pediatric Psychology</i> , 2021, 46, 286-292.	2.1	12
31	Employment contracts and stress: Experimental evidence. <i>Journal of Economic Behavior and Organization</i> , 2021, 187, 360-373.	2.0	10
32	Stress in telephone helpline nurses: research protocol for a study of theoretical determinants, physiological aspects and behavioural consequences. <i>Journal of Advanced Nursing</i> , 2009, 65, 2208-2215.	3.3	8
33	The SNAPSHOT study protocol: SNacking, Physical activity, Self-regulation, and Heart rate Over Time. <i>BMC Public Health</i> , 2014, 14, 1006.	2.9	8
34	Multilevel structural equation models for longitudinal data where predictors are measured more frequently than outcomes: an application to the effects of stress on the cognitive function of nurses. <i>Journal of the Royal Statistical Society Series A: Statistics in Society</i> , 2017, 180, 263-283.	1.1	6
35	Development of a behaviour change workplace-based intervention to improve nurses' eating and physical activity. <i>Pilot and Feasibility Studies</i> , 2021, 7, 53.	1.2	6
36	Achieving integrated self-directed Cancer aftercare (ASICA) for melanoma: how a digital intervention to support total skin self-examination was used by people treated for cutaneous melanoma. <i>BMC Cancer</i> , 2021, 21, 1217.	2.6	6

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37	Tracking snacking in real time: Time to look at individualised patterns of behaviour. <i>Nutrition and Health</i> , 2019, 25, 179-184.	1.5	5
38	How can we better prepare new doctors for the tasks and challenges of ward rounds?: An observational study of junior doctors's experiences. <i>Medical Teacher</i> , 2021, 43, 1294-1301.	1.8	5
39	Performance pay and low-grade stress: An experimental study. <i>Work</i> , 2020, 67, 449-457.	1.1	4
40	Bedtime Routines Intervention for Children (BRIC) using an automated text messaging system for behaviour change: study protocol for an early phase study. <i>Pilot and Feasibility Studies</i> , 2020, 6, 14.	1.2	4
41	Defining and measuring bedtime routines in families with young children – A DELPHI process for reaching wider consensus. <i>PLoS ONE</i> , 2021, 16, e0247490.	2.5	4
42	“Better” clinical decisions do not necessarily require more time to make. <i>Journal of Clinical Epidemiology</i> , 2017, 82, 173-174.	5.0	3
43	Antibiotic prescribing for respiratory tract infection: exploring drivers of cognitive effort and factors associated with inappropriate prescribing. <i>Family Practice</i> , 2021, 38, 740-750.	1.9	3
44	An Interactive Text Message Survey as a Novel Assessment for Bedtime Routines in Public Health Research: Observational Study. <i>JMIR Public Health and Surveillance</i> , 2020, 6, e15524.	2.6	3
45	Time Perspective and All-Cause Mortality: Evidence From the English Longitudinal Study of Ageing. <i>Annals of Behavioral Medicine</i> , 2019, 53, 486-492.	2.9	2
46	Healthy snacks in hospitals: Testing the potential effects of changes in availability. <i>Nutrition and Health</i> , 2021, 27, 321-327.	1.5	2
47	Perceived Barriers and Facilitators for Bedtime Routines in Families with Young Children. <i>Children</i> , 2021, 8, 50.	1.5	2
48	Bedtime Routines Intervention for Children (BRIC) project: results from a non-randomised feasibility, proof-of concept study. <i>Pilot and Feasibility Studies</i> , 2022, 8, 79.	1.2	2
49	Bedtime Routine Characteristics and Activities in Families with Young Children in the North of England. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8983.	2.6	1
50	How many calories do nurses burn at work? A real-time study of nurses' energy expenditure. <i>Journal of Research in Nursing</i> , 2019, 24, 488-497.	0.9	0