

# Julia L Allan

## List of Publications by Year in Descending Order

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**Version:** 2024-04-27

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

50  
papers

1,038  
citations

18  
h-index

31  
g-index

52  
ext. papers

1,297  
ext. citations

3.9  
avg, IF

4.6  
L-index

#	Paper	IF	Citations
50	Bedtime Routines Intervention for Children (BRIC) project: results from a non-randomised feasibility, proof-of concept study.. <i>Pilot and Feasibility Studies</i> , <b>2022</b> , 8, 79	1.9	
49	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> , <b>2021</b> , 21, 1217	4.8	2
48	Healthy snacks in hospitals: Testing the potential effects of changes in availability. <i>Nutrition and Health</i> , <b>2021</b> , 27, 321-327	2.1	1
47	Antibiotic prescribing for respiratory tract infection: exploring drivers of cognitive effort and factors associated with inappropriate prescribing. <i>Family Practice</i> , <b>2021</b> , 38, 740-750	1.9	2
46	How can we better prepare new doctors for the tasks and challenges of ward rounds?: An observational study of junior doctorsSexperiences. <i>Medical Teacher</i> , <b>2021</b> , 43, 1294-1301	3	1
45	The Cyclical Relation Between Chronic Pain, Executive Functioning, Emotional Regulation, and Self-Management. <i>Journal of Pediatric Psychology</i> , <b>2021</b> , 46, 286-292	3.2	1
44	Defining and measuring bedtime routines in families with young children-A DELPHI process for reaching wider consensus. <i>PLoS ONE</i> , <b>2021</b> , 16, e0247490	3.7	1
43	Development of a behaviour change workplace-based intervention to improve nursesSeating and physical activity. <i>Pilot and Feasibility Studies</i> , <b>2021</b> , 7, 53	1.9	1
42	Employment contracts and stress: Experimental evidence. <i>Journal of Economic Behavior and Organization</i> , <b>2021</b> , 187, 360-373	1.6	2
41	Perceived Barriers and Facilitators for Bedtime Routines in Families with Young Children. <i>Children</i> , <b>2021</b> , 8,	2.8	1
40	Prompting consumers to make healthier food choices in hospitals: a cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2020</b> , 17, 86	8.4	3
39	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> , <b>2020</b> , 6, 14	1.9	4
38	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> , <b>2020</b> , 6, e15524	11.4	1
37	Performance pay and low-grade stress: An experimental study. <i>Work</i> , <b>2020</b> , 67, 449-457	1.6	3
36	Time Perspective and All-Cause Mortality: Evidence From the English Longitudinal Study of Ageing. <i>Annals of Behavioral Medicine</i> , <b>2019</b> , 53, 486-492	4.5	2
35	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> , <b>2019</b> , 53, 551-562	4.5	20
34	Tracking snacking in real time: Time to look at individualised patterns of behaviour. <i>Nutrition and Health</i> , <b>2019</b> , 25, 179-184	2.1	2

33	How many calories do nurses burn at work? A real-time study of nurses energy expenditure. <i>Journal of Research in Nursing</i> , <b>2019</b> , 24, 488-497	0.9	
32	Clinical decisions and time since rest break: An analysis of decision fatigue in nurses. <i>Health Psychology</i> , <b>2019</b> , 38, 318-324	5	10
31	What do self-efficacy items measure? Examining the discriminant content validity of self-efficacy items. <i>British Journal of Health Psychology</i> , <b>2018</b> , 23, 597-611	8.3	12
30	Bedtime routines child wellbeing & development. <i>BMC Public Health</i> , <b>2018</b> , 18, 386	4.1	18
29	Dietary Behavior: An Interdisciplinary Conceptual Analysis and Taxonomy. <i>Frontiers in Psychology</i> , <b>2018</b> , 9, 1689	3.4	22
28	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> , <b>2017</b> , 180, 263-283	2.1	6
27	Does real time variability in inhibitory control drive snacking behavior? An intensive longitudinal study. <i>Health Psychology</i> , <b>2017</b> , 36, 356-364	5	21
26	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> , <b>2017</b> , 25, 653-670	1.6	51
25	Environmental interventions for altering eating behaviours of employees in the workplace: a systematic review. <i>Obesity Reviews</i> , <b>2017</b> , 18, 214-226	10.6	51
24	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> , <b>2017</b> , 22, 295-329	8.3	9
23	Understanding perceived determinants of nurses Seating and physical activity behaviour: a theory-informed qualitative interview study. <i>BMC Obesity</i> , <b>2017</b> , 4, 18	3.6	24
22	"Better" clinical decisions do not necessarily require more time to make. <i>Journal of Clinical Epidemiology</i> , <b>2017</b> , 82, 173-174	5.7	2
21	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> , <b>2016</b> , 50, 187-97	4.5	35
20	A Bidirectional Relationship between Executive Function and Health Behavior: Evidence, Implications, and Future Directions. <i>Frontiers in Neuroscience</i> , <b>2016</b> , 10, 386	5.1	73
19	"You Can 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> , <b>2016</b> , 8, 258-75	6.8	10
18	Snack purchasing is healthier when the cognitive demands of choice are reduced: A randomized controlled trial. <i>Health Psychology</i> , <b>2015</b> , 34, 750-755	5	23
17	Total skin self-examination at home for people treated for cutaneous melanoma: development and pilot of a digital intervention. <i>BMJ Open</i> , <b>2015</b> , 5, e007993	3	17
16	A bidirectional relationship between physical activity and executive function in older adults. <i>Frontiers in Human Neuroscience</i> , <b>2014</b> , 8, 1044	3.3	90

15	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> , <b>2014</b> , 1, 23	3.6	14
14	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> , <b>2014</b> , 105, 200-13	4	16
13	The SNAPSHOT study protocol: SNacking, Physical activity, Self-regulation, and Heart rate Over Time. <i>BMC Public Health</i> , <b>2014</b> , 14, 1006	4.1	4
12	The best laid plans: planning skill determines the effectiveness of action plans and implementation intentions. <i>Annals of Behavioral Medicine</i> , <b>2013</b> , 46, 114-20	4.5	88
11	Nursing stress and patient care: real-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> , <b>2013</b> , 69, 2327-35	3.1	25
10	Frequency of nursing tasks in medical and surgical wards. <i>Journal of Nursing Management</i> , <b>2013</b> , 21, 860-69	4.9	16
9	Stress amongst nurses working in a healthcare telephone-advice service: relationship with job satisfaction, intention to leave, sickness absence, and performance. <i>Journal of Advanced Nursing</i> , <b>2012</b> , 68, 1624-35	3.1	36
8	Missed by an inch or a mile? Predicting the size of intention-behaviour gap from measures of executive control. <i>Psychology and Health</i> , <b>2011</b> , 26, 635-50	2.9	71
7	Unintentional eating. What determines goal-incongruent chocolate consumption?. <i>Appetite</i> , <b>2010</b> , 54, 422-5	4.5	56
6	Stress in telephone helpline nurses: research protocol for a study of theoretical determinants, physiological aspects and behavioural consequences. <i>Journal of Advanced Nursing</i> , <b>2009</b> , 65, 2208-15	3.1	8
5	A taxometric analysis of type-D personality. <i>Psychosomatic Medicine</i> , <b>2009</b> , 71, 981-6	3.7	110
4	Activity and affect: repeated within-participant assessment in people after joint replacement surgery. <i>Rehabilitation Psychology</i> , <b>2009</b> , 54, 83-90	2.7	19
3	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> , <b>2008</b> , 8, 123	4.1	11
2	Depression and perceived behavioral control are independent predictors of future activity and fitness after coronary syndrome events. <i>Journal of Psychosomatic Research</i> , <b>2007</b> , 63, 501-8	4.1	39
1	Mapping the snack and drink landscape in a large UK hospital site		4