

# Robert B Saper

## List of Publications by Year in Descending Order

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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.

68  
papers

2,846  
citations

25  
h-index

53  
g-index

75  
ext. papers

3,319  
ext. citations

4.3  
avg, IF

4.97  
L-index

#	Paper	IF	Citations
68	Beyond the pain: A qualitative study exploring the physical therapy experience in patients with chronic low back pain.. <i>Physiotherapy Theory and Practice</i> , <b>2022</b> , 1-11	1.5	1
67	Do physical therapy and yoga improve pain and disability through psychological mechanisms? A causal mediation analysis of adults with chronic low back pain.. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , <b>2022</b> , 1-31	4.2	0
66	Individual-Level and Neighborhood-Level Factors Associated with Longitudinal Changes in Cardiometabolic Measures in Participants of a Clinic-Based Care Coordination Program: A Secondary Data Analysis. <i>Journal of Clinical Medicine</i> , <b>2022</b> , 11, 2897	5.1	
65	Changes in Pain Self-Efficacy, Coping Skills and Fear Avoidance Beliefs in a Randomized Controlled Trial of Yoga, Physical Therapy, and Education for Chronic Low Back Pain. <i>Pain Medicine</i> , <b>2021</b> ,	2.8	3
64	Stratified care to prevent chronic low back pain in high-risk patients: The TARGET trial. A multi-site pragmatic cluster randomized trial. <i>EClinicalMedicine</i> , <b>2021</b> , 34, 100795	11.3	8
63	Resident Outcomes and Perspectives Over 2 Years of a New Scholarship Curriculum. <i>Family Medicine</i> , <b>2021</b> , 53, 461-466	0.8	1
62	Can Yoga or Physical Therapy for Chronic Low Back Pain Improve Depression and Anxiety Among Adults From a Racially Diverse, Low-Income Community? A Secondary Analysis of a Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2021</b> , 102, 1049-1058	2.8	3
61	Which Chronic Low Back Pain Patients Respond Favorably to Yoga, Physical Therapy, and a Self-care Book? Responder Analyses from a Randomized Controlled Trial. <i>Pain Medicine</i> , <b>2021</b> , 22, 165-180	2.8	4
60	Risk Factors Associated With Transition From Acute to Chronic Low Back Pain in US Patients Seeking Primary Care. <i>JAMA Network Open</i> , <b>2021</b> , 4, e2037371	10.4	25
59	Changes in Perceived Stress After Yoga, Physical Therapy, and Education Interventions for Chronic Low Back Pain: A Secondary Analysis of a Randomized Controlled Trial. <i>Pain Medicine</i> , <b>2020</b> , 21, 2529-2537	2.8	6
58	Unrestricted Direct Access to Physical Therapist Services Is Associated With Lower Health Care Utilization and Costs in Patients With New-Onset Low Back Pain. <i>Physical Therapy</i> , <b>2020</b> , 100, 107-115	3.3	8
57	Yoga, Physical Therapy, and Back Pain Education for Sleep Quality in Low-Income Racially Diverse Adults with Chronic Low Back Pain: a Secondary Analysis of a Randomized Controlled Trial. <i>Journal of General Internal Medicine</i> , <b>2020</b> , 35, 167-176	4	13
56	Implementing stratified care for acute low back pain in primary care using the STarT Back instrument: a process evaluation within the context of a large pragmatic cluster randomized trial. <i>BMC Musculoskeletal Disorders</i> , <b>2020</b> , 21, 776	2.8	2
55	Association of Initial Provider Type on Opioid Fills for Individuals With Neck Pain. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2020</b> , 101, 1407-1413	2.8	1
54	Blood Lead Levels of Children Using Traditional Indian Medicine and Cosmetics: A Feasibility Study. <i>Global Advances in Health and Medicine</i> , <b>2019</b> , 8, 2164956119870988	1.9	3
53	Study protocol for targeted interventions to prevent chronic low back pain in high-risk patients: A multi-site pragmatic cluster randomized controlled trial (TARGET Trial). <i>Contemporary Clinical Trials</i> , <b>2019</b> , 82, 66-76	2.3	6
52	Targeted interventions to prevent transitioning from acute to chronic low back pain in high-risk patients: development and delivery of a pragmatic training course of psychologically informed physical therapy for the TARGET trial. <i>Trials</i> , <b>2019</b> , 20, 256	2.8	13

51	Lessons Learned and Strategies for Recruitment of Diverse, Low-income Patients into an Integrative Medical Group Visit Clinical Trial. <i>Explore: the Journal of Science and Healing</i> , <b>2019</b> , 15, 215-221 <sup>4</sup>		
50	Matching Our Mission: A Strategic Plan to Create a Diverse Family Medicine Residency. <i>Family Medicine</i> , <b>2019</b> , 51, 31-36	0.8	16
49	Association of Back Pain with All-Cause and Cause-Specific Mortality Among Older Women: a Cohort Study. <i>Journal of General Internal Medicine</i> , <b>2019</b> , 34, 90-97	4	16
48	Blood Lead Levels and Potential Risk Factors for Lead Exposures Among South Asians in New York City. <i>Journal of Immigrant and Minority Health</i> , <b>2017</b> , 19, 1322-1329	2.2	8
47	Yoga, Physical Therapy, or Education for Chronic Low Back Pain: A Randomized Noninferiority Trial. <i>Annals of Internal Medicine</i> , <b>2017</b> , 167, 85-94	8	86
46	Design of the integrative medical group visits randomized control trial for underserved patients with chronic pain and depression. <i>Contemporary Clinical Trials</i> , <b>2017</b> , 54, 25-35	2.3	18
45	Enhancing yoga participation: A qualitative investigation of barriers and facilitators to yoga among predominantly racial/ethnic minority, low-income adults. <i>Complementary Therapies in Clinical Practice</i> , <b>2017</b> , 29, 97-104	3.5	34
44	Inpatient Massage Therapy Versus Music Therapy Versus Usual Care: A Mixed-methods Feasibility Randomized Controlled Trial. <i>Global Advances in Health and Medicine</i> , <b>2017</b> , 6, 2164957X17735816	1.9	2
43	Yoga versus education for Veterans with chronic low back pain: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2016</b> , 17, 224	2.8	12
42	"We're all in this together": A qualitative study of predominantly low income minority participants in a yoga trial for chronic low back pain. <i>Complementary Therapies in Medicine</i> , <b>2016</b> , 24, 34-9	3.5	29
41	Novel peer review method for improving controlled substance prescribing in primary care. <i>Journal of Opioid Management</i> , <b>2016</b> , 12, 269-79	0.8	3
40	Integrative Medicine and Health Disparities. <i>Global Advances in Health and Medicine</i> , <b>2016</b> , 5, 5-8	1.9	22
39	Meeting the Challenge of a More Person-centered Future for US Healthcare. <i>Global Advances in Health and Medicine</i> , <b>2016</b> , 5, 51-60	1.9	11
38	The Safety of Yoga: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>American Journal of Epidemiology</i> , <b>2015</b> , 182, 281-93	3.8	99
37	Stress Management and Relaxation Techniques use among underserved inpatients in an inner city hospital. <i>Complementary Therapies in Medicine</i> , <b>2015</b> , 23, 405-12	3.5	8
36	The role of academic health centres to inform evidence-based integrative oncology practice. <i>Nature Reviews Cancer</i> , <b>2015</b> , 15, 247	31.3	2
35	Preference and Expectation for Treatment Assignment in a Randomized Controlled Trial of Once- vs Twice-weekly Yoga for Chronic Low Back Pain. <i>Global Advances in Health and Medicine</i> , <b>2015</b> , 4, 34-9	1.9	9
34	Integrative Medicine in a Preventive Medicine Residency: A Program for the Urban Underserved. <i>American Journal of Preventive Medicine</i> , <b>2015</b> , 49, S290-5	6.1	2

33	Interprofessional Competencies in Integrative Primary Healthcare. <i>Global Advances in Health and Medicine</i> , <b>2015</b> , 4, 33-9	1.9	25
32	Kelp use in patients with thyroid cancer. <i>Endocrine</i> , <b>2014</b> , 46, 123-30	4	7
31	Yoga vs. physical therapy vs. education for chronic low back pain in predominantly minority populations: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2014</b> , 15, 67	2.8	40
30	Inter-method reliability of paper surveys and computer assisted telephone interviews in a randomized controlled trial of yoga for low back pain. <i>BMC Research Notes</i> , <b>2014</b> , 7, 227	2.3	10
29	Participant Characteristics Associated with Symptomatic Improvement from Yoga for Chronic Low Back Pain. <i>Journal of Yoga &amp; Physical Therapy</i> , <b>2014</b> , 4, 151		10
28	Medical group visits: a feasibility study to manage patients with chronic pain in an underserved urban clinic. <i>Global Advances in Health and Medicine</i> , <b>2014</b> , 3, 20-6	1.9	31
27	Is Yoga Really Dangerous? A Systematic Review of Adverse Events Reported in the Medical Literature. <i>Journal of Alternative and Complementary Medicine</i> , <b>2014</b> , 20, A21-A21	2.4	4
26	Qualitative Study in a Randomized Trial Comparing Yoga, Physical Therapy, and Education for Low Back Pain in a Predominantly Minority Population. <i>Journal of Alternative and Complementary Medicine</i> , <b>2014</b> , 20, A59-A59	2.4	3
25	Developing and implementing core competencies for integrative medicine fellowships. <i>Academic Medicine</i> , <b>2014</b> , 89, 421-8	3.9	25
24	Bioaccessibility of mercury in selected Ayurvedic medicines. <i>Science of the Total Environment</i> , <b>2013</b> , 454-455, 9-15	10.2	19
23	Comparing Once- versus Twice-Weekly Yoga Classes for Chronic Low Back Pain in Predominantly Low Income Minorities: A Randomized Dosing Trial. <i>Evidence-based Complementary and Alternative Medicine</i> , <b>2013</b> , 2013, 658030	2.3	57
22	Embodied health: the effects of a mind-body course for medical students. <i>Medical Education Online</i> , <b>2013</b> , 18, 1-8	4.4	67
21	Complementary and alternative medicine use among patients with thyroid cancer. <i>Thyroid</i> , <b>2013</b> , 23, 1238-46	6.2	22
20	A systematic review of the reporting of adverse events associated with medical herb use among children. <i>Global Advances in Health and Medicine</i> , <b>2013</b> , 2, 46-55	1.9	17
19	Yoga in the Real World: Perceptions, Motivators, Barriers, and patterns of Use. <i>Global Advances in Health and Medicine</i> , <b>2013</b> , 2, 44-9	1.9	47
18	Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. <i>Medical Hypotheses</i> , <b>2012</b> , 78, 571-9	3.8	305
17	Profile of minority and under-served patients using acupuncture. <i>Complementary Therapies in Medicine</i> , <b>2012</b> , 20, 70-2	3.5	8
16	Bioaccessibility of lead and arsenic in traditional Indian medicines. <i>Science of the Total Environment</i> , <b>2011</b> , 409, 4545-52	10.2	36

15	Determination of in vitro bioaccessibility of Pb, As, Cd and Hg in selected traditional Indian medicines. <i>Journal of Analytical Atomic Spectrometry</i> , <b>2010</b> , 25, 1275-1282	3.7	25
14	Three cases of lead toxicity associated with consumption of ayurvedic medicines. <i>Indian Journal of Clinical Biochemistry</i> , <b>2010</b> , 25, 326-9	1.3	24
13	Ayurvedic lead poisoning: an under-recognized, international problem. <i>Indian Journal of Medical Sciences</i> , <b>2009</b> , 63, 379-81		16
12	Yoga for chronic low back pain in a predominantly minority population: a pilot randomized controlled trial. <i>Alternative Therapies in Health and Medicine</i> , <b>2009</b> , 15, 18-27	2.5	41
11	Zinc: an essential micronutrient. <i>American Family Physician</i> , <b>2009</b> , 79, 768-72	1.3	88
10	Lead, mercury, and arsenic in US- and Indian-manufactured Ayurvedic medicines sold via the Internet. <i>JAMA - Journal of the American Medical Association</i> , <b>2008</b> , 300, 915-23	27.4	305
9	If you build it, will they come? A free-care acupuncture clinic for minority adolescents in an urban hospital. <i>Journal of Alternative and Complementary Medicine</i> , <b>2008</b> , 14, 629-36	2.4	13
8	Treating survivors of torture and refugee trauma: a preliminary case series using qigong and t'ai chi. <i>Journal of Alternative and Complementary Medicine</i> , <b>2008</b> , 14, 801-6	2.4	38
7	Lead encephalopathy due to traditional medicines. <i>Current Drug Safety</i> , <b>2008</b> , 3, 54-9	1.4	81
6	Characteristics of yoga users: results of a national survey. <i>Journal of General Internal Medicine</i> , <b>2008</b> , 23, 1653-8	4	227
5	Hematopoietic toxicity from lead-containing Ayurvedic medications. <i>Medical Science Monitor</i> , <b>2007</b> , 13, CR295-8	3.2	25
4	Heavy metal content of ayurvedic herbal medicine products. <i>JAMA - Journal of the American Medical Association</i> , <b>2004</b> , 292, 2868-73	27.4	413
3	Prevalence and patterns of adult yoga use in the United States: results of a national survey. <i>Alternative Therapies in Health and Medicine</i> , <b>2004</b> , 10, 44-9	2.5	158
2	Common dietary supplements for weight loss. <i>American Family Physician</i> , <b>2004</b> , 70, 1731-8	1.3	104
1	Inability to demonstrate physiologic correlates of subjective improvement among patients taught the relaxation response. <i>Journal of General Internal Medicine</i> , <b>1991</b> , 6, 64-70	4	3