

Sat Bir S Khalsa

List of Publications by Year in descending order

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Version: 2024-02-01

89
papers

5,885
citations

108046

37
h-index

87275

74
g-index

89
all docs

89
docs citations

89
times ranked

4920
citing authors

#	ARTICLE	IF	CITATIONS
1	A systematic review of in vivo stretching regimens on inflammation and its relevance to translational yoga research. PLoS ONE, 2022, 17, e0269300.	1.1	6
2	Impact of preference for yoga or cognitive behavioral therapy in patients with generalized anxiety disorder on treatment outcomes and engagement. Journal of Psychiatric Research, 2022, 153, 109-115.	1.5	2
3	Efficacy of Yoga vs Cognitive Behavioral Therapy vs Stress Education for the Treatment of Generalized Anxiety Disorder. JAMA Psychiatry, 2021, 78, 13.	6.0	50
4	Evaluation of a Yoga-Based Mind-Body Intervention for Resident Physicians: A Randomized Clinical Trial. Global Advances in Health and Medicine, 2021, 10, 216495612110010.	0.7	8
5	A Non-randomized Trial of Kundalini Yoga for Emotion Regulation within an After-school Program for Adolescents. Journal of Child and Family Studies, 2021, 30, 711-722.	0.7	8
6	Treatment of chronic primary sleep onset insomnia with Kundalini yoga: a randomized controlled trial with active sleep hygiene comparison. Journal of Clinical Sleep Medicine, 2021, 17, 1841-1852.	1.4	6
7	A 3-Day residential yoga-based program improves education professionals' psychological and occupational health in a single arm trial. Explore: the Journal of Science and Healing, 2020, 17, 513-520.	0.4	1
8	A Yoga-Based Program Decreases Physician Burnout in Neonatologists and Obstetricians at an Academic Medical Center. Workplace Health and Safety, 2020, 68, 560-566.	0.7	11
9	A Pragmatic Controlled Trial of a Brief Yoga and Mindfulness-Based Program for Psychological and Occupational Health in Education Professionals. Complementary Therapies in Medicine, 2020, 52, 102470.	1.3	9
10	Systematic Review of Randomized Controlled Trials Testing the Effects of Yoga with Youth. Mindfulness, 2020, 11, 1336-1353.	1.6	16
11	A sleep hygiene and yoga intervention conducted in affordable housing communities: Pilot study results and lessons for a future trial. Complementary Therapies in Clinical Practice, 2020, 39, 101121.	0.7	9
12	Long-Term Improvements in Psychological Health Following a Yoga-Based Program for Professionals. Journal of Alternative and Complementary Medicine, 2020, 26, 154-157.	2.1	3
13	Improvements in Psychological and Occupational Well-being Following a Brief Yoga-Based Program for Education Professionals. Global Advances in Health and Medicine, 2019, 8, 216495611985685.	0.7	9
14	Improvements in Psychological and Occupational Well-Being in a Pragmatic Controlled Trial of a Yoga-Based Program for Professionals. Journal of Alternative and Complementary Medicine, 2019, 25, 593-605.	2.1	15
15	Improvements in Psychological Health Following a Residential Yoga-Based Program for Frontline Professionals. Journal of Occupational and Environmental Medicine, 2018, 60, 357-367.	0.9	18
16	Kripalu Yoga for Military Veterans With PTSD: A Randomized Trial. Journal of Clinical Psychology, 2018, 74, 93-108.	1.0	33
17	Kundalini Yoga for Generalized Anxiety Disorder: An Exploration of Treatment Efficacy and Possible Mechanisms. International Journal of Yoga Therapy, 2018, 28, 97-105.	0.4	10
18	Evaluation of Yoga for Preventing Adolescent Substance Use Risk Factors in a Middle School Setting: A Preliminary Group-Randomized Controlled Trial. Journal of Youth and Adolescence, 2017, 46, 603-632.	1.9	66

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19	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> , 2017, 29, 97-104.	0.7	50
20	A qualitative examination of yoga for middle school adolescents. <i>Advances in School Mental Health Promotion</i> , 2017, 10, 195-219.	0.9	30
21	Yoga Enhances Positive Psychological States in Young Adult Musicians. <i>Applied Psychophysiology Biofeedback</i> , 2016, 41, 191-202.	1.0	20
22	Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes. <i>Journal of Children's Services</i> , 2016, 11, 3-24.	0.5	47
23	Yoga in school settings: a research review. <i>Annals of the New York Academy of Sciences</i> , 2016, 1373, 45-55.	1.8	69
24	Yoga for military service personnel with PTSD: A single arm study.. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i> , 2015, 7, 555-562.	1.4	30
25	Yoga May Mitigate Decreases in High School Grades. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-8.	0.5	22
26	A Yoga Intervention for Posttraumatic Stress: A Preliminary Randomized Control Trial. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-8.	0.5	62
27	Yoga in Public School Improves Adolescent Mood and Affect. <i>Contemporary School Psychology</i> , 2015, 19, 184-192.	0.9	46
28	Effects of a Classroom-Based Yoga Intervention on Cortisol and Behavior in Second- and Third-Grade Students. <i>Journal of Evidence-Based Complementary & Alternative Medicine</i> , 2015, 20, 41-49.	1.5	38
29	Yoga as a Therapeutic Intervention: A Bibliometric Analysis of Published Research Studies from 1967 to 2013. <i>Journal of Alternative and Complementary Medicine</i> , 2015, 21, 586-592.	2.1	174
30	Yoga for generalized anxiety disorder: design of a randomized controlled clinical trial. <i>Contemporary Clinical Trials</i> , 2015, 44, 70-76.	0.8	15
31	Yoga-Enhanced Cognitive Behavioural Therapy (Y-ECBT) for Anxiety Management: A Pilot Study. <i>Clinical Psychology and Psychotherapy</i> , 2015, 22, 364-371.	1.4	46
32	School-based Yoga Programs in the United States: A Survey. <i>Advances in Mind-Body Medicine</i> , 2015, 29, 18-26.	0.3	13
33	A Randomized Controlled Trial Comparing the Effects of Yoga With an Active Control on Ambulatory Blood Pressure in Individuals With Prehypertension and Stage 1 Hypertension. <i>Journal of Clinical Hypertension</i> , 2014, 16, 54-62.	1.0	58
34	Author Response to manuscript: "Religious Behavior, Sleep Quantity, Sleep Quality, and Sleep Disorders in American Adults". <i>Journal of Behavioral Health Services and Research</i> , 2013, 40, 135-135.	0.6	0
35	Qualitative Evaluation of a High School Yoga Program: Feasibility and Perceived Benefits. <i>Explore: the Journal of Science and Healing</i> , 2013, 9, 171-180.	0.4	65
36	Human phase response curve to a single 6.5Å pulse of short-wavelength light. <i>Journal of Physiology</i> , 2013, 591, 353-363.	1.3	125

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37	Yoga in the Real World: Perceptions, Motivators, Barriers, and Patterns of Use. <i>Global Advances in Health and Medicine</i> , 2013, 2, 44-49.	0.7	63
38	Evaluation of the Benefits of a Kripalu Yoga Program for Police Academy Trainees: A Pilot Study. <i>International Journal of Yoga Therapy</i> , 2013, 23, 24-30.	0.4	22
39	Yoga experience as a predictor of psychological wellness in women over 45 years. <i>International Journal of Yoga</i> , 2013, 6, 11.	0.4	13
40	Yoga reduces performance anxiety in adolescent musicians. <i>Alternative Therapies in Health and Medicine</i> , 2013, 19, 34-45.	0.0	21
41	Evaluation of the benefits of a kripalu yoga program for police academy trainees: a pilot study. <i>International Journal of Yoga Therapy</i> , 2013, 23, 24-30.	0.4	7
42	Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews. <i>Evidence-based Complementary and Alternative Medicine</i> , 2012, 2012, 1-7.	0.5	268
43	Yoga as a Therapeutic Intervention. <i>Evidence-based Complementary and Alternative Medicine</i> , 2012, 2012, 1-1.	0.5	10
44	Development of Specific Aspects of Spirituality during a 6-Month Intensive Yoga Practice. <i>Evidence-based Complementary and Alternative Medicine</i> , 2012, 2012, 1-7.	0.5	42
45	Benefits of Yoga for Psychosocial Well-Being in a US High School Curriculum. <i>Journal of Developmental and Behavioral Pediatrics</i> , 2012, 33, 193-201.	0.6	170
46	A Yoga Intervention for Music Performance Anxiety in Conservatory Students. <i>Medical Problems of Performing Artists</i> , 2012, 27, 123-128.	0.2	19
47	Human phase response curve to a 1 h pulse of bright white light. <i>Journal of Physiology</i> , 2012, 590, 3035-3045.	1.3	213
48	Evaluation of the Mental Health Benefits of Yoga in a Secondary School: A Preliminary Randomized Controlled Trial. <i>Journal of Behavioral Health Services and Research</i> , 2012, 39, 80-90.	0.6	166
49	Respiratory, Physical, and Psychological Benefits of Breath-Focused Yoga for Adults with Severe Traumatic Brain Injury (TBI): A Brief Pilot Study Report. <i>International Journal of Yoga Therapy</i> , 2012, 22, 47-52.	0.4	46
50	Bridging Yoga Therapy and Scientific Research. <i>International Journal of Yoga Therapy</i> , 2012, 22, 5-6.	0.4	1
51	A yoga intervention for music performance anxiety in conservatory students. <i>Medical Problems of Performing Artists</i> , 2012, 27, 123-8.	0.2	9
52	Exposure to Room Light before Bedtime Suppresses Melatonin Onset and Shortens Melatonin Duration in Humans. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2011, 96, E463-E472.	1.8	393
53	Increased Hatha yoga experience predicts lower body mass index and reduced medication use in women over 45 years. <i>International Journal of Yoga</i> , 2011, 4, 77.	0.4	27
54	The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace. <i>Scandinavian Journal of Work, Environment and Health</i> , 2011, 37, 70-76.	1.7	119

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55	Sex Differences in Phase Angle of Entrainment and Melatonin Amplitude in Humans. <i>Journal of Biological Rhythms</i> , 2010, 25, 288-296.	1.4	230
56	Acute Effects of Bright Light Exposure on Cortisol Levels. <i>Journal of Biological Rhythms</i> , 2010, 25, 208-216.	1.4	133
57	Yoga Ameliorates Performance Anxiety and Mood Disturbance in Young Professional Musicians. <i>Applied Psychophysiology Biofeedback</i> , 2009, 34, 279-289.	1.0	95
58	Evaluation of a Residential Kundalini Yoga Lifestyle Pilot Program for Addiction in India. <i>Journal of Ethnicity in Substance Abuse</i> , 2008, 7, 67-79.	0.6	81
59	Initial Evaluation of the LifeForce Yoga Program as a Therapeutic Intervention for Depression. <i>International Journal of Yoga Therapy</i> , 2008, 18, 49-57.	0.4	7
60	Perceived Benefits of Kripalu Yoga Classes in Diverse and Underserved Populations. <i>International Journal of Yoga Therapy</i> , 2008, 18, 65-71.	0.4	9
61	Addition of a non-photoc component to a light-based mathematical model of the human circadian pacemaker. <i>Journal of Theoretical Biology</i> , 2007, 247, 583-599.	0.8	89
62	A Perennial Debate. <i>International Journal of Yoga Therapy</i> , 2006, 16, 5-6.	0.4	0
63	Effects of a yoga lifestyle intervention on performance-related characteristics of musicians: a preliminary study. <i>Medical Science Monitor</i> , 2006, 12, CR325-31.	0.5	23
64	Temporal dynamics of late-night photic stimulation of the human circadian timing system. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2005, 289, R839-R844.	0.9	60
65	Treatment of Chronic Insomnia with Yoga: A Preliminary Study with Sleep/Wake Diaries. <i>Applied Psychophysiology Biofeedback</i> , 2004, 29, 269-278.	1.0	160
66	Yoga as a therapeutic intervention: a bibliometric analysis of published research studies. <i>Indian Journal of Physiology and Pharmacology</i> , 2004, 48, 269-85.	0.4	131
67	A Phase Response Curve to Single Bright Light Pulses in Human Subjects. <i>Journal of Physiology</i> , 2003, 549, 945-952.	1.3	849
68	Sleep- and circadian-dependent modulation of REM density. <i>Journal of Sleep Research</i> , 2002, 11, 53-59.	1.7	51
69	The Timing of the Human Circadian Clock Is Accurately Represented by the Core Body Temperature Rhythm following Phase Shifts to a Three-Cycle Light Stimulus Near the Critical Zone. <i>Journal of Biological Rhythms</i> , 2000, 15, 524-530.	1.4	42
70	EEG and ocular correlates of circadian melatonin phase and human performance decrements during sleep loss. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 1999, 277, R640-R649.	0.9	201
71	Time course of sleep inertia dissipation in human performance and alertness. <i>Journal of Sleep Research</i> , 1999, 8, 1-8.	1.7	367
72	The Role of Extracellular Sodium in the Mechanism of A Neuronal in Vitro Circadian Pacemaker. <i>Chronobiology International</i> , 1997, 14, 1-8.	0.9	4

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73	Circadian rhythms in mouse suprachiasmatic nucleus explants on multimicroelectrode plates. <i>Brain Research</i> , 1997, 757, 285-290.	1.1	121
74	Chapter 7 Circadian rhythm generation, expression and entrainment in a molluscan model system. <i>Progress in Brain Research</i> , 1996, 111, 93-102.	0.9	12
75	The anesthetic agents pentobarbital and chloralose block phase shifts of a neuronal in vitro circadian pacemaker. <i>Neuroscience Letters</i> , 1995, 187, 41-44.	1.0	1
76	Circadian rhythms. <i>Brain Research Reviews</i> , 1993, 18, 315-333.	9.1	59
77	Biological Clocks in the Retina: Cellular Mechanisms of Biological Timekeeping. <i>International Review of Cytology</i> , 1993, 146, 83-144.	6.2	81
78	The Effects of Lithium on a Neuronal in Vitro Circadian Pacemaker. <i>Chronobiology International</i> , 1993, 10, 321-330.	0.9	7
79	The Role of Extracellular Calcium in Generating and in Phase-Shifting the Bulla Ocular Circadian Rhythm. <i>Journal of Biological Rhythms</i> , 1993, 8, 125-139.	1.4	23
80	Cellular Mechanisms of Entrainment. <i>Chronobiology International</i> , 1992, 9, 163-179.	0.9	20
81	Stopping the circadian pacemaker with inhibitors of protein synthesis.. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 1992, 89, 10862-10866.	3.3	66
82	Phase shifting of the circadian rhythm in the eye of Bulla by inhibition of chloride conductance. <i>Neuroscience Letters</i> , 1992, 146, 219-222.	1.0	11
83	Cyclic nucleotides and circadian rhythm generation in Bulla gouldiana. <i>Comparative Biochemistry and Physiology A, Comparative Physiology</i> , 1992, 101, 813-817.	0.7	10
84	FMRFamide modulates the action of phase shifting agents on the ocular circadian pacemakers of Aplysia and Bulla. <i>Journal of Comparative Physiology A: Neuroethology, Sensory, Neural, and Behavioral Physiology</i> , 1992, 170, 211-5.	0.7	19
85	Phase-shifting of a neuronal circadian pacemaker in Bulla gouldiana by pentylenetetrazol. <i>Comparative Biochemistry and Physiology Part C: Comparative Pharmacology</i> , 1992, 101, 557-560.	0.2	4
86	Calcium in phase control of the Bulla circadian pacemaker. <i>Brain Research</i> , 1990, 506, 40-45.	1.1	37
87	Chloride conductance contributes to period determination of a neuronal circadian pacemaker. <i>Brain Research</i> , 1990, 520, 166-169.	1.1	29
88	Calcium channels mediate phase shifts of the Bulla circadian pacemaker. <i>Journal of Comparative Physiology A: Neuroethology, Sensory, Neural, and Behavioral Physiology</i> , 1988, 164, 195-206.	0.7	45
89	Phase-shifts of the ocular circadian pacemaker in the presence of calmodulin antagonists. <i>Life Sciences</i> , 1988, 43, 1551-1556.	2.0	9