

Jason A Bennie

List of Publications by Year in descending order

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Version: 2024-02-01

72
papers

2,419
citations

270111

25
h-index

263392

45
g-index

74
all docs

74
docs citations

74
times ranked

3180
citing authors

#	ARTICLE	IF	CITATIONS
1	Dose-dependent associations of joint aerobic and muscle-strengthening exercise with obesity: A cross-sectional study of 280,605 adults. <i>Journal of Sport and Health Science</i> , 2023, 12, 186-193.	3.3	3
2	The epidemiology of muscle-strengthening activity among adolescents from 28 European countries. <i>Scandinavian Journal of Public Health</i> , 2022, 50, 295-302.	1.2	9
3	Association of meeting both muscle strengthening and aerobic exercise guidelines with prevalent overweight and obesity classes –results from a nationally representative sample of German adults. <i>European Journal of Sport Science</i> , 2022, 22, 436-446.	1.4	1
4	Longitudinal trends and predictors of muscle-strengthening activity guideline adherence among Canadian youths. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 230-234.	0.6	7
5	Using Wearable Cameras to Categorize the Type and Context of Screen-Based Behaviors Among Adolescents: Observational Study. <i>JMIR Pediatrics and Parenting</i> , 2022, 5, e28208.	0.8	10
6	Associations between muscle-strengthening exercise and prevalent chronic health conditions in 16,301 adults: Do session duration and weekly volume matter?. <i>Journal of Science and Medicine in Sport</i> , 2022, , .	0.6	0
7	Health-Enhancing Physical Activity in Europe – Combined Aerobic Physical Activity and Muscle-Strengthening Exercise Guideline Adherence Among 280,605 Adults From 28 European Countries. <i>Journal of Physical Activity and Health</i> , 2022, 19, 56-62.	1.0	5
8	Muscle-Strengthening Exercise Questionnaire (MSEQ): an assessment of concurrent validity and test-retest reliability. <i>BMJ Open Sport and Exercise Medicine</i> , 2022, 8, e001225.	1.4	8
9	Associations between duration and volume of muscle-strengthening exercise and clinically assessed hypertension among 10,519 UK adults. <i>Journal of Hypertension</i> , 2022, Publish Ahead of Print, .	0.3	0
10	Prevalence, Trends, and Correlates of Joint Patterns of Aerobic and Muscle-Strengthening Activity and Sleep Duration: A Pooled Analysis of 359,019 Adults in the National Health Interview Survey 2004–2018. <i>Journal of Physical Activity and Health</i> , 2022, 19, 246-255.	1.0	5
11	Resistance Training and Mortality Risk: A Systematic Review and Meta-Analysis. <i>American Journal of Preventive Medicine</i> , 2022, 63, 277-285.	1.6	25
12	Exploring contemporary screen time in Australian adolescents: A qualitative study. <i>Health Promotion Journal of Australia</i> , 2021, 32, 238-247.	0.6	17
13	Associations of muscle-strengthening and aerobic exercise with self-reported components of sleep health among a nationally representative sample of 47,564 US adults. <i>Sleep Health</i> , 2021, 7, 281-288.	1.3	13
14	Using the Behavior Change Wheel to Understand University Students – Prolonged Sitting Time and Identify Potential Intervention Strategies. <i>International Journal of Behavioral Medicine</i> , 2021, 28, 360-371.	0.8	13
15	Physical Activity Tracking Among Sri Lankan Adults: Findings From a 7-Year Follow-up of the Ragama Health Study. <i>Asia-Pacific Journal of Public Health</i> , 2021, 33, 205-212.	0.4	1
16	The epidemiology of muscle-strengthening and aerobic physical activity guideline adherence among 24,016 German adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1096-1104.	1.3	14
17	Is all activity equal? Associations between different domains of physical activity and depressive symptom severity among 261,121 European adults. <i>Depression and Anxiety</i> , 2021, 38, 950-960.	2.0	10
18	Resistance exercise, alone and in combination with aerobic exercise, and obesity in Dallas, Texas, US: A prospective cohort study. <i>PLoS Medicine</i> , 2021, 18, e1003687.	3.9	20

#	ARTICLE	IF	CITATIONS
19	Feasibility of Reducing and Breaking Up University Students' Sedentary Behaviour: Pilot Trial and Process Evaluation. <i>Frontiers in Psychology</i> , 2021, 12, 661994.	1.1	3
20	Assessment of muscle-strengthening exercise in public health surveillance for adults: A systematic review. <i>Preventive Medicine</i> , 2021, 148, 106566.	1.6	12
21	Run, lift, or both? Associations between concurrent aerobic and muscle strengthening exercise with adverse cardiometabolic biomarkers among Korean adults. <i>European Journal of Preventive Cardiology</i> , 2020, 27, 738-748.	0.8	19
22	A Descriptive Epidemiology of Screen-Based Devices by Children and Adolescents: a Scoping Review of 130 Surveillance Studies Since 2000. <i>Child Indicators Research</i> , 2020, 13, 935-950.	1.1	66
23	Muscle Strengthening, Aerobic Exercise, and Obesity: A Pooled Analysis of 1.7 Million US Adults. <i>Obesity</i> , 2020, 28, 371-378.	1.5	33
24	Joint and dose-dependent associations between aerobic and muscle strengthening activity with depression: A cross-sectional study of 1.48 million adults between 2011 and 2017. <i>Depression and Anxiety</i> , 2020, 37, 166-178.	2.0	30
25	Do we need physical activity guidelines for mental health: What does the evidence tell us?. <i>Mental Health and Physical Activity</i> , 2020, 18, 100315.	0.9	161
26	Factors associated with adherence to the muscle-strengthening activity guideline among adolescents. <i>Psychology of Sport and Exercise</i> , 2020, 51, 101747.	1.1	17
27	Muscle-strengthening exercise and prevalent hypertension among 1.5 million adults: a little is better than none. <i>Journal of Hypertension</i> , 2020, 38, 1466-1473.	0.3	7
28	Screen-based behaviors in Australian adolescents: Longitudinal trends from a 4-year follow-up study. <i>Preventive Medicine</i> , 2020, 141, 106258.	1.6	13
29	Muscle-strengthening exercise and sleep quality among a nationally representative sample of 23,635 German adults. <i>Preventive Medicine Reports</i> , 2020, 20, 101250.	0.8	5
30	Adherence to aerobic and muscle-strengthening exercise guidelines and associations with psychological distress: A cross-sectional study of 14,050 English adults. <i>Preventive Medicine</i> , 2020, 139, 106192.	1.6	11
31	Work-related physical activity and psychological distress among women in different occupations: a cross-sectional study. <i>BMC Public Health</i> , 2020, 20, 1007.	1.2	16
32	How Sedentary Are University Students? A Systematic Review and Meta-Analysis. <i>Prevention Science</i> , 2020, 21, 332-343.	1.5	133
33	Muscle-strengthening exercise and depressive symptom severity among a nationally representative sample of 23,635 German adults.. <i>Journal of Affective Disorders</i> , 2020, 266, 282-287.	2.0	19
34	Trends in Muscle-Strengthening Exercise Among Nationally Representative Samples of United States Adults Between 2011 and 2017. <i>Journal of Physical Activity and Health</i> , 2020, 17, 512-518.	1.0	17
35	Muscle-strengthening Exercise Epidemiology: a New Frontier in Chronic Disease Prevention. <i>Sports Medicine - Open</i> , 2020, 6, 40.	1.3	75
36	The epidemiology of muscle-strengthening exercise in Europe: A 28-country comparison including 280,605 adults. <i>PLoS ONE</i> , 2020, 15, e0242220.	1.1	29

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37	The epidemiology of aerobic physical activity and muscle-strengthening activity guideline adherence among 383,928 U.S. adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 34.	2.0	117
38	Associations between aerobic and muscle-strengthening exercise with depressive symptom severity among 17,839 U.S. adults. <i>Preventive Medicine</i> , 2019, 121, 121-127.	1.6	51
39	Controversies in the Science of Sedentary Behaviour and Health: Insights, Perspectives and Future directions from the 2018 Queensland Sedentary Behaviour Think Tank. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4762.	1.2	27
40	Effectiveness of interventions for reducing non-occupational sedentary behaviour in adults and older adults: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 1206-1213.	3.1	65
41	Participant characteristics of users of holistic movement practices in Australia. <i>Complementary Therapies in Clinical Practice</i> , 2018, 31, 181-187.	0.7	18
42	Reliability and validity of self-reported sitting and breaks from sitting in the workplace. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 697-701.	0.6	14
43	Does Strength-Promoting Exercise Confer Unique Health Benefits? A Pooled Analysis of Data on 11 Population Cohorts With All-Cause, Cancer, and Cardiovascular Mortality Endpoints. <i>American Journal of Epidemiology</i> , 2018, 187, 1102-1112.	1.6	132
44	Assessment and monitoring practices of Australian fitness professionals. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 433-438.	0.6	5
45	Muscle-Strengthening Exercise Among 397,423 U.S. Adults: Prevalence, Correlates, and Associations With Health Conditions. <i>American Journal of Preventive Medicine</i> , 2018, 55, 864-874.	1.6	71
46	Equity of a government subsidised exercise referral scheme: A population study. <i>Social Science and Medicine</i> , 2018, 216, 20-25.	1.8	3
47	Correlates of sedentary behaviour in university students: A systematic review. <i>Preventive Medicine</i> , 2018, 116, 194-202.	1.6	64
48	Physical activity and sedentary behaviour research in Thailand: a systematic scoping review. <i>BMC Public Health</i> , 2018, 18, 733.	1.2	23
49	From Evidence-Based Research to Practice-Based Evidence: Disseminating a Web-Based Computer-Tailored Workplace Sitting Intervention through a Health Promotion Organisation. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 1049.	1.2	6
50	Feasibility for the Use of a Standardized Fitness Testing Protocol Among Australian Fitness Industry Professionals. <i>Research Quarterly for Exercise and Sport</i> , 2018, 89, 380-385.	0.8	0
51	Australian fitness professionals' level of interest in engaging with high health-risk population subgroups: findings from a national survey. <i>Public Health</i> , 2018, 160, 108-115.	1.4	2
52	Self-reported health-enhancing physical activity recommendation adherence among 64,380 Finnish adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1842-1853.	1.3	41
53	Screen Time, Other Sedentary Behaviours, and Obesity Risk in Adults: A Review of Reviews. <i>Current Obesity Reports</i> , 2017, 6, 134-147.	3.5	141
54	Sources of practice knowledge among Australian fitness trainers. <i>Translational Behavioral Medicine</i> , 2017, 7, 741-750.	1.2	5

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55	Participation trends in holistic movement practices: a 10-year comparison of yoga/Pilates and tai chi/qigong use among a national sample of 195,926 Australians. <i>BMC Complementary and Alternative Medicine</i> , 2017, 17, 296.	3.7	38
56	Associations between multiple indicators of socio-economic status and muscle-strengthening activity participation in a nationally representative population sample of Australian adults. <i>Preventive Medicine</i> , 2017, 102, 44-48.	1.6	13
57	Fitness And Health Assessment And Monitoring Practices Of Fitness Trainers. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 518.	0.2	0
58	Editorial for Special Issue: Advances in Sedentary Behavior Research and Translation. <i>AIMS Public Health</i> , 2017, 4, 33-37.	1.1	6
59	Variations in area-level disadvantage of Australian registered fitness trainers usual training locations. <i>BMC Public Health</i> , 2016, 16, 551.	1.2	7
60	Too much sitting and all-cause mortality: is there a causal link?. <i>BMC Public Health</i> , 2016, 16, 635.	1.2	96
61	Pumping Iron in Australia: Prevalence, Trends and Sociodemographic Correlates of Muscle Strengthening Activity Participation from a National Sample of 195,926 Adults. <i>PLoS ONE</i> , 2016, 11, e0153225.	1.1	78
62	The descriptive epidemiology of total physical activity, muscle-strengthening exercises and sedentary behaviour among Australian adults – results from the National Nutrition and Physical Activity Survey. <i>BMC Public Health</i> , 2015, 16, 73.	1.2	125
63	Total and domain-specific sitting time among employees in desk-based work settings in Australia. <i>Australian and New Zealand Journal of Public Health</i> , 2015, 39, 237-242.	0.8	56
64	Workplace Sitting Breaks Questionnaire (SITBRQ): an assessment of concurrent validity and test-retest reliability. <i>BMC Public Health</i> , 2014, 14, 1249.	1.2	34
65	Unaccustomed Eccentric Contractions Impair Plasma K ⁺ Regulation in the Absence of Changes in Muscle Na ⁺ ,K ⁺ -ATPase Content. <i>PLoS ONE</i> , 2014, 9, e101039.	1.1	3
66	Policy and practice impacts of applied research: a case study analysis of the New South Wales Health Promotion Demonstration Research Grants Scheme 2000–2006. <i>Health Research Policy and Systems</i> , 2013, 11, 5.	1.1	39
67	Too Much Sitting and Cardio-Metabolic Risk: An Update of Epidemiological Evidence. <i>Current Cardiovascular Risk Reports</i> , 2013, 7, 293-298.	0.8	65
68	The prevalence and correlates of sitting in European adults - a comparison of 32 Eurobarometer-participating countries. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 107.	2.0	147
69	Associations between social ecological factors and self-reported short physical activity breaks during work hours among desk-based employees. <i>Preventive Medicine</i> , 2011, 53, 44-47.	1.6	20
70	Environmental correlates of physical activity in Australian workplaces. <i>International Journal of Workplace Health Management</i> , 2010, 3, 25-33.	0.8	7
71	Calpain-3 is autolyzed and hence activated in human skeletal muscle 24 h following a single bout of eccentric exercise. <i>Journal of Applied Physiology</i> , 2007, 103, 926-931.	1.2	65
72	Resistance Training Considerations for the Sport of Squash. <i>Strength and Conditioning Journal</i> , 2005, 27, 30-38.	0.7	5