

# Jo L Barton

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/8879891/publications.pdf>

Version: 2024-02-01

31  
papers

3,870  
citations

279487

23  
h-index

433756

31  
g-index

31  
all docs

31  
docs citations

31  
times ranked

3859  
citing authors

#	ARTICLE	IF	CITATIONS
1	What is the Best Dose of Nature and Green Exercise for Improving Mental Health? A Multi-Study Analysis. <i>Environmental Science &amp; Technology</i> , 2010, 44, 3947-3955.	4.6	1,002
2	Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity Indoors? A Systematic Review. <i>Environmental Science &amp; Technology</i> , 2011, 45, 1761-1772.	4.6	911
3	Viewing Nature Scenes Positively Affects Recovery of Autonomic Function Following Acute-Mental Stress. <i>Environmental Science &amp; Technology</i> , 2013, 47, 5562-5569.	4.6	244
4	The great outdoors: how a green exercise environment can benefit all. <i>Extreme Physiology and Medicine</i> , 2013, 2, 3.	2.5	229
5	Exercise-, nature- and socially interactive-based initiatives improve mood and self-esteem in the clinical population. <i>Perspectives in Public Health</i> , 2012, 132, 89-96.	0.8	175
6	The effects of views of nature on autonomic control. <i>European Journal of Applied Physiology</i> , 2012, 112, 3379-3386.	1.2	123
7	Visual Color Perception in Green Exercise: Positive Effects on Mood and Perceived Exertion. <i>Environmental Science &amp; Technology</i> , 2012, 46, 8661-8666.	4.6	121
8	The importance of greenspace for mental health. <i>BJPsych International</i> , 2017, 14, 79-81.	0.8	115
9	Walks4Work: Assessing the role of the natural environment in a workplace physical activity intervention. <i>Scandinavian Journal of Work, Environment and Health</i> , 2014, 40, 390-399.	1.7	89
10	Influences of Green Outdoors versus Indoors Environmental Settings on Psychological and Social Outcomes of Controlled Exercise. <i>International Journal of Environmental Research and Public Health</i> , 2016, 13, 363.	1.2	88
11	Physical activity levels of children living in different built environments. <i>Preventive Medicine</i> , 2010, 50, 193-198.	1.6	86
12	Age and connection to nature: when is engagement critical?. <i>Frontiers in Ecology and the Environment</i> , 2019, 17, 265-269.	1.9	82
13	A comparison of four typical green exercise environments and prediction of psychological health outcomes. <i>Perspectives in Public Health</i> , 2016, 136, 171-180.	0.8	65
14	The Wilderness Expedition. <i>Journal of Experiential Education</i> , 2016, 39, 59-72.	0.6	60
15	Green Mind Theory: How Brain-Body-Behaviour Links into Natural and Social Environments for Healthy Habits. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 706.	1.2	52
16	The effect of playground- and nature-based playtime interventions on physical activity and self-esteem in UK school children. <i>International Journal of Environmental Health Research</i> , 2015, 25, 196-206.	1.3	45
17	Regular Doses of Nature: The Efficacy of Green Exercise Interventions for Mental Wellbeing. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1526.	1.2	42
18	Effects of the Visual Exercise Environments on Cognitive Directed Attention, Energy Expenditure and Perceived Exertion. <i>International Journal of Environmental Research and Public Health</i> , 2015, 12, 7321-7336.	1.2	41

#	ARTICLE	IF	CITATIONS
19	A Repeated Measures Experiment of Green Exercise to Improve Self-Esteem in UK School Children. PLoS ONE, 2013, 8, e69176.	1.1	38
20	A randomised control trial of physical activity in a perceived environment on self-esteem and mood in UK adolescents. International Journal of Environmental Health Research, 2013, 23, 311-320.	1.3	35
21	Improving health and well-being independently of GDP: dividends of greener and prosocial economies. International Journal of Environmental Health Research, 2016, 26, 11-36.	1.3	34
22	Nature-Based Interventions and Mind-Body Interventions: Saving Public Health Costs Whilst Increasing Life Satisfaction and Happiness. International Journal of Environmental Research and Public Health, 2020, 17, 7769.	1.2	29
23	Can Simulated Green Exercise Improve Recovery From Acute Mental Stress?. Frontiers in Psychology, 2018, 9, 2167.	1.1	27
24	Psychological benefits of outdoor physical activity in natural versus urban environments: A systematic review and meta-analysis of experimental studies. Applied Psychology: Health and Well-Being, 2022, 14, 1037-1061.	1.6	27
25	A Repeated Measures Experiment of School Playing Environment to Increase Physical Activity and Enhance Self-Esteem in UK School Children. PLoS ONE, 2014, 9, e108701.	1.1	26
26	Occlusion of sight, sound and smell during Green Exercise influences mood, perceived exertion and heart rate. International Journal of Environmental Health Research, 2016, 26, 267-280.	1.3	22
27	Walks4work: Rationale and study design to investigate walking at lunchtime in the workplace setting. BMC Public Health, 2012, 12, 550.	1.2	20
28	Interactions between physical activity and the environment to improve adolescent self-esteem: a randomised controlled trial. International Journal of Environment and Health, 2014, 7, 144.	0.3	16
29	A cross-sectional study of physical activity behaviour and associations with wellbeing during the UK coronavirus lockdown. Journal of Health Psychology, 2022, 27, 1432-1444.	1.3	13
30	Modification of the Rosenberg Scale to Assess Self-Esteem in Children. Frontiers in Public Health, 2021, 9, 655892.	1.3	9
31	Operationalization of One Health Burnout Prevention and Recovery: Participatory Action Research-Design of Nature-Based Health Promotion Interventions for Employees. Frontiers in Public Health, 2021, 9, 720761.	1.3	4