



Dan Abraham Healthy Living Center - Publications
2011 – 2014

<i>Title</i>	<i>Citation Link</i>
Effectiveness of a Multidisciplinary Worksite Stress Reduction Programme for Women	Stress and Health 2011 Dec; 27:356-364
Validity of Weight Loss to Estimate Improvement in Body Composition in Individuals Attending a Wellness Center.	Obesity (Silver Spring). 2011 Nov; 19(11):2274-9.
Stress Level, Health Behaviors, and Quality of Life in Employees Joining a Wellness Center	Am J Health Promot. 2011 Sep-Oct; 26(1):21-5.
Effects of a Brief Comprehensive Yoga-Based Program on Quality of Life and Biometric Measures in an Employee Population: A Pilot Study	Explore 2011 Jan-Feb; 7(1):27-29
Integrating Health and Health Care	ACSM Health Fit Journal 2011 July-Aug; 15(4):29-34
The Effects of Incremental Costs of Smoking and Obesity on Health Care Costs Among Adults: A 7-Year Longitudinal Study	J. Occup. Environ. Med. 2012 Mar; 54(3):286-291
Explaining Obesity- and Smoking-Related Healthcare Costs Through Unconditional Quantile Regression	JHEOR 2013; 1(1):23-41
Is Usage of a Wellness Center Associated With Improved Quality of Life?	Am J Health Promot 2013 May-June; 27(5):316-322
The Integration of Studio Cycling into a Worksite Stress Management Program	Stress and Health 2014 April; 30(2):166-176.
Motivational Improvements for Health Behavior Change from Wellness Coaching	Am J Health Behav 2014;38(1):83-91
Understanding Participant Perspectives of Workplace Wellness Coaching	Health Behav Policy Rev 2014;1(3):218-228
The Effectiveness of Wellness Coaching for Improving Quality of Life, Depressive Symptoms, and Stress Level	Mayo Clin Proc. 2014 Nov;89(11):1537-44.
The Psychological and Physiological Effects of Acute Occupational Stress in New Anesthesiology Residents: A Pilot Trial	Anesthesiology. 2014 Oct;121(4):878-93.