Data from Google Scholar		
	All	Since 2017
Citations	3081	1394
h-indeks	28	19
i10-indeks	53	35

Erlingur Jóhannsson, professor
University of Iceland

Education

1988-1990	M.Sc. The Norwegian Uni. of Sport and Physical Education, Oslo, Norway.
1991-1995	PhD. The Norwegian Uni. of Sport and Physical Education, Oslo, Norway.
1995-1997	„Post doc“ Dep. of Anatomy, IMB, Uni.of Oslo, Norway.
2004- 2005	Visiting researcher - Department of Nutrition, Uni.of Oslo, Norway.
2012-2014	Visiting researcher (part time) - National Institutes of Health, Bethesda, USA.
2018	Veiting researcher (part time) - National Institutes of Health, Bethesda, USA.
2023	Visiting researcher (part time) – Univeristy ogf Porto, Portogal.

University Position

1997 – 2008	Assistant Professor and Director, Center for Sport and Health Sciences, University of Iceland.
2008 – 2012	Head of faculty, School of Education, University of Iceland.
2006 - current	Current, Professor in Sport and Health Sciences, School of Education, University of Iceland.
2015 – current	Professor II, Faculty of Education, Arts and Sports, Department of Sport, Food and Natural Sciences, Western Norway University of Applied Sciences, Bergen, Norway.

International research projects, fonds and grants

Erlingur Jóhannsson is a principal investigator in the following research projects.

2024 – current	Health Journey – Icelandic 1988 cohort stody. Webside: https://www.unak.is/is/rannsoknir/rannsoknir-vid-ha/heilsuferdalagid
2015 – current	Longitudinal study of physical health status in a young Icelandic cohort (born 1999): Interrelations between sleep and cognitive function. Webside: https://heilsuhegdun.hi.is/
2015 – 2019:	The Association of Physical Activity and Fitness with Academic Achievements in Children and adolescents.
2011 – 2016:	Physical attainment, social factors and mental health of adolescents and young adults (EYHS).
2008 – 2015:	Training Schemes on Elderly People in Iceland - intervention study to promote health and quality of life.

2006 – 2016: Lifestyle of 7 to 9 year old children – intervention promoting physical activity and healthy diet.

2003 – 2010: Lifestyle of 9 and 15 year old Icelandic children (EYHS).

All these research projects has been awards number of different grants from both from international research fonds and the Icelandic Centre for Research.

Supervision PhD - candidate

Completed PhD - Main supervisor

Óttar Birgisson (2025): Adolescent mental health and screen time: Long-term effect and predictors over time.

Rúna Sif Stefánsdóttir (2022): Associations between objectively measured sleep and cognition in olderIcelandic adolescents.

Vaka Rögnvaldsdóttir (2020): Sleeping Behavior and Physsical Health of Icelandic Adolescents. University of Iceland.

Elvar S. Sævarsson (2019): The Association of Physical Activity and Fitness with Academic Achievements in Children and adolescents. University of Iceland.

Sunna Gestsdottir (2016): Physical attainment, social factors and mental health of adolescents and young adults (EYHS). University of Iceland.

Janus Guðlaugsson (2014): Training Schemes on Elderly People in Iceland - intervention study to promote health and quality of life. University of Iceland.

Hannes Hrafnkelsson (2012): Lifestyle of 7 to 9 year old children – intervention promoting physical activity and healthy diet. University of Iceland.

Kristján Þór Magnússon (2011): Lifestyle of 7 to 9 year old children – intervention promoting physical activity and healthy diet. University of Iceland.

Linda Bergersen (2001): Monocarboxylate transporters in excitable tissues: Expression patterns and activity dependence. Norwegian School of Sport Sciences.

Ingi Þór Einarsson (2018): Physical Activity, Aerobic Fitness, Adiposity, and Metabolic Health in Icelandic Children with Intellectual Disability (HEALTH-ID).

Current supervison PhD

Þuríður Ingvarsdóttir (2022): Longitudinal study of physical- and mental health status in a young Icelandic cohort.

Agnar Steinarsson (2023): The metabolic effect of feeding and exercise (METFIT).

Kristrún María Björnsdóttir (2024): Bridging the Gaps of Mental and Physical Health from Adolescence to Adulthood: The 1988 Icelandic Birth Cohort Study

Sæunn Rut Sævarsdóttir (2024): Bridging the Gaps of Mental and Physical Health from Adolescence to Adulthood: The 1988 Icelandic Birth Cohort Study.

Supervision Master´s students

Completed: 50 Master´s students.

Publications 2021 - 2025

Birgisson O, Johannsson E, Eriksen HR, Hysing M, Gestsdottir S. The relationship between online communication and mental health and cardiorespiratory fitness from ages 15 to 17: a longitudinal cohort study. BMC Public Health. 2025 Feb 12;25(1):587. doi: 10.1186/s12889-025-21833-1.

Stefansdottir R, Gundersen H, Benediktsson S, Vestbøstad M, Johannsson E, Rognvaldsdottir V. Associations Between Bone Age, Body Composition and Physical Performance in Icelandic 12-Year-Old Female Soccer Players. Eur J Sport Sci. 2025 Sep;25(9):e70029. doi: 10.1002/ejsc.70029

Runa Stefansdottir, Vaka Rognvaldsdottir, Alda O. Arnarsdottir, Thordis Gisladottir, Erlingur Johannsson, Sunna Gestsdottir, Greta Jakobsdottir. (2024) Sleep and physical activity characteristics in university students during the COVID-19 pandemic: A descriptive cross-sectional wrist actigraphy study. Sleep Epidemiology. Volume 4, December 2024, 100087.

Benediktsson S, Johannsson E, Rygh CB, Gundersen H. (2024) Norwegian male U14 soccer players have superior running capacity compared to Icelandic players. Front Sports Act Living. (2024) Jul 1;6: 1407842. doi: 10.3389/fspor.2024.1407842. eCollection 2024. PMID: 39011347.

Birgisson O, Eriksen HR, Hysing M, Johannsson E, Gestsdottir S. (2024). Adolescent mental health and cardiorespiratory fitness: A comparison of two cohorts 12 years apart. PLoS One. (2024). May 15;19(5): e0300810. doi: 10.1371/journal.pone.0300810. eCollection 2024. PMID: 38748628 Free PMC article.

Ingvarsdottir TH, Johannsson E, Rognvaldsdottir V, Stefansdottir RS, Arnardottir NY. Longitudinal development and tracking of cardiorespiratory fitness from childhood to adolescence. (2024) PLoS One. 2024 Mar 29;19(3): e0299941. doi: 10.1371/journal.pone.0299941. eCollection 2024. PMID: 38551951 Free PMC article.

Lisa Mazzonetto, Euripedes Barsanulfo Gonçalves Gomide, Alcivandro de Sousa Oliveira, Leonardo Santos Lopes da Silva, Jéssica Fernanda Correa Cordeiro, Pedro Pugliesi Abdalla, Márcio Fernando Tasinafo Júnior, Ana Cláudia Rossini Venturini, Átila Alexandre Trapé, Jorge Mota, Erlingur Jóhannsson, Lucimere Bohn, Dalmo Roberto Lopes Machado, André Pereira dos Santos. (2024). Increased risk for signs and clinical symptoms associated with sedentary behaviour in people diagnosed with COVID-19: a retrospective observational study. Motricidade. Vol. 20. No. 3. 2024. https://revistas.rcaap.pt/motricidade/article/view/33199.

Birgisson O, Hysing M, Eriksen HR, Johannsson E, Gestsdottir S. (2023) The relationship between online communication and adolescents' mental health: Long-term evaluation between genders. Scand J Public Health. Mar 24:14034948231161382.

Greta Jakobsdottir, Runa Sif Stefansdottir, Sunna Gestsdottir, Vignir Stefansson, Erlingur Johannsson, Vaka Rognvaldsdottir, Thordis Lilja Gisladottir. (2023). Changes in health-related lifestyle choices of university students before and during the COVID-19 pandemic: associations between food choices, physical activity and health. PLoS One. 2023 Jun 23;18(6):e0286345.

Soffia M. Hrafnkelsdottir, Robert J. Brychta, Vaka Rognvaldsdottir, Kong Y. Chen, Erlingur Johannsson, Sigridur L. Guðmundsdottir and Sigurbjorn A. Arngrimsson. Screen Time and Body Image in Icelandic Adolescents: Sex-Specific Cross-Sectional and Longitudinal Associations. Int. J. Environ. Res. Public Health 2022, 19, 1308.

Runa Stefansdottir, Vaka Rognvaldsdottir, Kong Y. Chen, Erlingur Johannsson, Robert J. Brychta. Sleep timing, duration, and consistency are associated with the standardized test performance of Icelandic adolescents. J Sleep Res. 2022 Feb;31(1)

Gestsdottir S, Gisladottir T, Stefansdottir R, Johannsson E, Jakobsdottir G, Rognvaldsdottir V. Health and well-being of university students before and during COVID-19 pandemic: A gender comparison. PLoS One. 2021 Dec 14;16(12)

Saevarsson ES, Rognvaldsdottir V, Stefansdottir R, Johannsson E. Organized Sport Participation, Physical Activity, Sleep and Screen Time in 16-Year-Old Adolescents.
Int J Environ Res Public Health. 2021 Mar 18;18(6):3162.

Publication and book chapter prior to 2021 (1996-2021)

70 scientific publications and books chapter.