

# Pedro J Teixeira

## List of Publications by Year in descending order

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Version: 2024-02-01

117  
papers

10,564  
citations

38742

50  
h-index

33894

99  
g-index

126  
all docs

126  
docs citations

126  
times ranked

11685  
citing authors

#	ARTICLE	IF	CITATIONS
1	Exercise, physical activity, and self-determination theory: A systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 78.	4.6	1,613
2	How many steps/day are enough? for adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011, 8, 79.	4.6	733
3	Successful behavior change in obesity interventions in adults: a systematic review of self-regulation mediators. <i>BMC Medicine</i> , 2015, 13, 84.	5.5	472
4	A review of psychosocial pre-treatment predictors of weight control. <i>Obesity Reviews</i> , 2005, 6, 43-65.	6.5	366
5	Using self-determination theory to promote physical activity and weight control: a randomized controlled trial in women. <i>Journal of Behavioral Medicine</i> , 2010, 33, 110-122.	2.1	359
6	Mediators of Weight Loss and Weight Loss Maintenance in Middle-aged Women. <i>Obesity</i> , 2010, 18, 725-735.	3.0	323
7	Pretreatment predictors of attrition and successful weight management in women. <i>International Journal of Obesity</i> , 2004, 28, 1124-1133.	3.4	304
8	Motivation, self-determination, and long-term weight control. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 22.	4.6	274
9	Interventions with potential to reduce sedentary time in adults: systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2015, 49, 1056-1063.	6.7	254
10	Motivational "spill-over" during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation.. <i>Health Psychology</i> , 2009, 28, 709-716.	1.6	239
11	A classification of motivation and behavior change techniques used in self-determination theory-based interventions in health contexts.. <i>Motivation Science</i> , 2020, 6, 438-455.	1.6	239
12	Promoting physical activity: development and testing of self-determination theory-based interventions. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 20.	4.6	237
13	Maintenance of weight loss after lifestyle interventions for overweight and obesity, a systematic review. <i>Obesity Reviews</i> , 2010, 11, 899-906.	6.5	233
14	Exercise Autonomous Motivation Predicts 3-yr Weight Loss in Women. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 728-737.	0.4	226
15	The Psychosocial and Behavioral Characteristics Related to Energy Misreporting. <i>Nutrition Reviews</i> , 2006, 64, 53-66.	5.8	200
16	Receiver operating characteristic analysis of body mass index, triceps skinfold thickness, and arm girth for obesity screening in children and adolescents. <i>American Journal of Clinical Nutrition</i> , 1999, 70, 1090-1095.	4.7	176
17	Problems in identifying predictors and correlates of weight loss and maintenance: implications for weight control therapies based on behaviour change. <i>Obesity Reviews</i> , 2011, 12, 688-708.	6.5	159
18	Total and Regional Fat and Serum Cardiovascular Disease Risk Factors in Lean and Obese Children and Adolescents. <i>Obesity</i> , 2001, 9, 432-442.	4.0	146

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19	Exercise Motivation, Eating, and Body Image Variables as Predictors of Weight Control. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 179-188.	0.4	141
20	A randomized controlled trial to evaluate self-determination theory for exercise adherence and weight control: rationale and intervention description. <i>BMC Public Health</i> , 2008, 8, 234.	2.9	140
21	Effects of exercise on bone mineral density in calcium-replete postmenopausal women with and without hormone replacement therapy. <i>Osteoporosis International</i> , 2003, 14, 637-643.	3.1	133
22	Environmental and psychosocial correlates of physical activity in Portuguese and Belgian adults. <i>Public Health Nutrition</i> , 2005, 8, 886-895.	2.2	133
23	Motivational dynamics of eating regulation: a self-determination theory perspective. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 21.	4.6	129
24	Weight loss readiness in middle-aged women: psychosocial predictors of success for behavioral weight reduction. <i>Journal of Behavioral Medicine</i> , 2002, 25, 499-523.	2.1	121
25	Predicting short-term weight loss using four leading health behavior change theories. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2007, 4, 14.	4.6	119
26	Assessing Body Composition and Changes in Body Composition: Another Look at Dual-Energy X-ray Absorptiometry. <i>Annals of the New York Academy of Sciences</i> , 2000, 904, 45-54.	3.8	108
27	Maintenance of Weight Loss in Overweight Middle-aged Women Through the Internet. <i>Obesity</i> , 2008, 16, 1052-1060.	3.0	100
28	Helping overweight women become more active: Need support and motivational regulations for different forms of physical activity. <i>Psychology of Sport and Exercise</i> , 2010, 11, 591-601.	2.1	98
29	The Psychosocial and Behavioral Characteristics Related to Energy Misreporting. <i>Nutrition Reviews</i> , 2006, 64, 53-66.	5.8	93
30	The role of self-determination theory and motivational interviewing in behavioral nutrition, physical activity, and health: an introduction to the IJBNPA special series. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 17.	4.6	90
31	Who will lose weight? A reexamination of predictors of weight loss in women. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2004, 1, 12.	4.6	89
32	A bifactor exploratory structural equation modeling representation of the structure of the basic psychological needs at work scale. <i>Journal of Vocational Behavior</i> , 2017, 98, 173-187.	3.4	89
33	Assessing the Validity of Body Mass Index Standards in Early Postmenopausal Women. <i>Obesity</i> , 2002, 10, 799-808.	4.0	87
34	The effect of physical activity on weight loss is mediated by eating self-regulation. <i>Patient Education and Counseling</i> , 2010, 79, 320-326.	2.2	84
35	Successful weight loss maintenance: A systematic review of weight control registries. <i>Obesity Reviews</i> , 2020, 21, e13003.	6.5	84
36	One-year health-related quality of life outcomes in weight loss trial participants: comparison of three measures. <i>Health and Quality of Life Outcomes</i> , 2009, 7, 53.	2.4	81

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37	Reciprocal effects among changes in weight, body image, and other psychological factors during behavioral obesity treatment: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009, 6, 9.	4.6	76
38	Weight Lifted in Strength Training Predicts Bone Change in Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 10-17.	0.4	74
39	National Food, Nutrition, and Physical Activity Survey of the Portuguese General Population (2015-2016): Protocol for Design and Development. <i>JMIR Research Protocols</i> , 2018, 7, e42.	1.0	71
40	Effects of Exercise Training and Hormone Replacement Therapy on Lean and Fat Mass in Postmenopausal Women. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2003, 58, M266-M270.	3.6	69
41	Resistance Training in Postmenopausal Women with and without Hormone Therapy. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 555-562.	0.4	69
42	Health Behavior Change for Obesity Management. <i>Obesity Facts</i> , 2017, 10, 666-673.	3.4	68
43	Sustainable prevention of obesity through integrated strategies: The SPOTLIGHT project's conceptual framework and design. <i>BMC Public Health</i> , 2012, 12, 793.	2.9	66
44	Change in body image and psychological well-being during behavioral obesity treatment: Associations with weight loss and maintenance. <i>Body Image</i> , 2010, 7, 187-193.	4.3	65
45	Ethics and prevention of overweight and obesity: an inventory. <i>Obesity Reviews</i> , 2011, 12, 669-679.	6.5	61
46	The effect of a programme to improve men's sedentary time and physical activity: The European Fans in Training (EuroFIT) randomised controlled trial. <i>PLoS Medicine</i> , 2019, 16, e1002736.	8.4	61
47	Usefulness of different techniques for measuring body composition changes during weight loss in overweight and obese women. <i>British Journal of Nutrition</i> , 2008, 99, 432-441.	2.3	60
48	Why we eat what we eat: the role of autonomous motivation in eating behaviour regulation. <i>Nutrition Bulletin</i> , 2011, 36, 102-107.	1.8	60
49	The role of lean body mass and physical activity in bone health in children. <i>Journal of Bone and Mineral Metabolism</i> , 2012, 30, 100-108.	2.7	55
50	Body fat measurement in adolescent athletes: multicompartiment molecular model comparison. <i>European Journal of Clinical Nutrition</i> , 2006, 60, 955-964.	2.9	53
51	A qualitative assessment of COPD patients' experiences of pulmonary rehabilitation and guidance by healthcare professionals. <i>Respiratory Medicine</i> , 2014, 108, 500-510.	2.9	47
52	Stirring the motivational soup: within-person latent profiles of motivation in exercise. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 4.	4.6	46
53	Attribution of weight regain to emotional reasons amongst European adults with overweight and obesity who regained weight following a weight loss attempt. <i>Eating and Weight Disorders</i> , 2019, 24, 351-361.	2.5	45
54	Subcutaneous central fat is associated with cardiovascular risk factors in men independently of total fatness and fitness. <i>Metabolism: Clinical and Experimental</i> , 2000, 49, 1379-1385.	3.4	42

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55	Psychedelics and health behaviour change. <i>Journal of Psychopharmacology</i> , 2022, 36, 12-19.	4.0	40
56	Psychosocial and Behavioral Profile and Predictors of Self-Reported Energy Underreporting in Obese Middle-Aged Women. <i>Journal of the American Dietetic Association</i> , 2008, 108, 114-119.	1.1	39
57	Body image change and improved eating self-regulation in a weight management intervention in women. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011, 8, 75.	4.6	39
58	What is the effect of diet and/or exercise interventions on behavioural compensation in non-exercise physical activity and related energy expenditure of free-living adults? A systematic review. <i>British Journal of Nutrition</i> , 2018, 119, 1327-1345.	2.3	38
59	A RE-AIM evaluation of evidence-based multi-level interventions to improve obesity-related behaviours in adults: a systematic review (the SPOTLIGHT project). <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 147.	4.6	36
60	Should We Be Looking at the Forest or the Trees? Overall Psychological Need Satisfaction and Individual Needs as Predictors of Physical Activity. <i>Journal of Sport and Exercise Psychology</i> , 2016, 38, 317-330.	1.2	36
61	Differences in Weight Loss Across Different BMI Classes: A Meta-analysis of the Effects of Interventions with Diet and Exercise. <i>International Journal of Behavioral Medicine</i> , 2014, 21, 784-793.	1.7	35
62	Psychosocial Pretreatment Predictors of Weight Control: A Systematic Review Update. <i>Obesity Facts</i> , 2018, 11, 67-82.	3.4	32
63	Study protocol of European Fans in Training (EuroFIT): a four-country randomised controlled trial of a lifestyle program for men delivered in elite football clubs. <i>BMC Public Health</i> , 2016, 16, 598.	2.9	31
64	Does eating slowly influence appetite and energy intake when water intake is controlled?. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 135.	4.6	30
65	Weight control behaviors of highly successful weight loss maintainers: the Portuguese Weight Control Registry. <i>Journal of Behavioral Medicine</i> , 2017, 40, 366-371.	2.1	30
66	National Food, Nutrition and Physical Activity Survey of the Portuguese general population. EFSA Supporting Publications, 2017, 14, 1341E.	0.7	27
67	Validity of air-displacement plethysmography in the assessment of body composition changes in a 16-month weight loss program. <i>Nutrition and Metabolism</i> , 2006, 3, 32.	3.0	26
68	Self-Regulation, Motivation, and Psychosocial Factors in Weight Management. <i>Journal of Obesity</i> , 2012, 2012, 1-4.	2.7	26
69	Independent and opposite associations of hip and waist circumference with metabolic syndrome components and with inflammatory and atherothrombotic risk factors in overweight and obese women. <i>Metabolism: Clinical and Experimental</i> , 2008, 57, 1315-1322.	3.4	25
70	Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. <i>Journal of Obesity</i> , 2011, 2011, 1-8.	2.7	25
71	Psychometric and cross-national evaluation of a Portuguese version of the Impact of Weight on Quality of Life-Lite (IWQOL-Lite) questionnaire. <i>European Eating Disorders Review</i> , 2005, 13, 133-143.	4.1	24
72	Motivation and Barriers for Leisure-Time Physical Activity in Socioeconomically Disadvantaged Women. <i>PLoS ONE</i> , 2016, 11, e0147735.	2.5	24

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73	The associations between domain-specific sedentary behaviours and dietary habits in European adults: a cross-sectional analysis of the SPOTLIGHT survey. <i>BMC Public Health</i> , 2016, 16, 1057.	2.9	24
74	Correlates of health-related quality of life, psychological well-being, and eating self-regulation after successful weight loss maintenance. <i>Journal of Behavioral Medicine</i> , 2013, 36, 601-610.	2.1	22
75	Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. <i>Obesity</i> , 2015, 23, 957-964.	3.0	22
76	The Association between Physical Activity and Eating Self-Regulation in Overweight and Obese Women. <i>Obesity Facts</i> , 2013, 6, 493-506.	3.4	21
77	Systematic Review of Psychological and Behavioral Correlates of Recreational Running. <i>Frontiers in Psychology</i> , 2021, 12, 624783.	2.1	21
78	Physical Activity Predicts Changes in Body Image during Obesity Treatment in Women. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1604-1612.	0.4	19
79	The Effects of the Type of Exercise and Physical Activity on Eating Behavior and Body Composition in Overweight and Obese Subjects. <i>Nutrients</i> , 2020, 12, 557.	4.1	19
80	Effect of body surface area calculations on body fat estimates in non-obese and obese subjects. <i>Physiological Measurement</i> , 2006, 27, 1197-1209.	2.1	16
81	ACPI genotype, glutathione reductase activity, and riboflavin uptake affect cardiovascular risk in the obese. <i>Metabolism: Clinical and Experimental</i> , 2009, 58, 1415-1423.	3.4	16
82	Obesity screening in older women with the body mass index: A receiver operating characteristic (ROC) analysis. <i>Science and Sports</i> , 2000, 15, 212-219.	0.5	15
83	Visceral Abdominal and Subfascial Femoral Adipose Tissue Have Opposite Associations with Liver Fat in Overweight and Obese Premenopausal Caucasian Women. <i>Journal of Lipids</i> , 2011, 2011, 1-11.	4.8	15
84	Dysfunctional body investment versus body dissatisfaction: Relations with well-being and controlled motivations for obesity treatment. <i>Motivation and Emotion</i> , 2011, 35, 423-434.	1.3	14
85	Physical Activity Promotion Tools in the Portuguese Primary Health Care: An Implementation Research. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 815.	2.6	14
86	Prevalence and Preferences of Self-Reported Physical Activity and Nonsedentary Behaviors in Portuguese Adults. <i>Journal of Physical Activity and Health</i> , 2019, 16, 251-258.	2.0	13
87	Usefulness of Standard BMI Cut-Offs for Quality of Life and Psychological Well-Being in Women. <i>Obesity Facts</i> , 2012, 5, 795-805.	3.4	12
88	Initial Validation of the Activity Choice Index Among Overweight Women. <i>Research Quarterly for Exercise and Sport</i> , 2016, 87, 174-181.	1.4	12
89	A Theory- and Evidence-Based Digital Intervention Tool for Weight Loss Maintenance (NoHoW Toolkit): Systematic Development and Refinement Study. <i>Journal of Medical Internet Research</i> , 2021, 23, e25305.	4.3	12
90	Changes in thoracic gas volume with air-displacement plethysmography after a weight loss program in overweight and obese women. <i>European Journal of Clinical Nutrition</i> , 2008, 62, 444-450.	2.9	11

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91	“What Goes Around Comes Around”: Antecedents, Mediators, and Consequences of Controlling vs. Need-Supportive Motivational Strategies Used by Exercise Professionals. <i>Annals of Behavioral Medicine</i> , 2017, 51, 707-717.	2.9	11
92	Efficient Allocation of Public Health and Behavior Change Resources: The “Difficulty by Motivation” Matrix. <i>American Journal of Public Health</i> , 2017, 107, 55-57.	2.7	11
93	Lack of interest in physical activity - individual and environmental attributes in adults across Europe: The SPOTLIGHT project. <i>Preventive Medicine</i> , 2018, 111, 41-48.	3.4	10
94	Workday Sitting Time and Marital Status: Novel Pretreatment Predictors of Weight Loss in Overweight and Obese Men. <i>American Journal of Men's Health</i> , 2018, 12, 1431-1438.	1.6	9
95	Neck circumference is associated with adipose tissue content in thigh skeletal muscle in overweight and obese premenopausal women. <i>Scientific Reports</i> , 2020, 10, 8324.	3.3	8
96	Health behavior change: a field just picking up speed. A comment on Ogden (2016). <i>Health Psychology Review</i> , 2016, 10, 269-273.	8.6	7
97	Evidence-Based Digital Tools for Weight Loss Maintenance: The NoHoW Project. <i>Obesity Facts</i> , 2021, 14, 320-333.	3.4	7
98	Running prevalence in Portugal: Socio-demographic, behavioral and psychosocial characteristics. <i>PLoS ONE</i> , 2021, 16, e0245242.	2.5	7
99	Physical Wellness, Health Care, and Personal Autonomy. <i>Cross-cultural Advancements in Positive Psychology</i> , 2011, , 133-162.	0.2	7
100	Usefulness of age-adjusted equations to estimate body fat with air displacement plethysmography in male adolescent athletes. <i>Acta Diabetologica</i> , 2003, 40, s63-s67.	2.5	6
101	Behavioural and psychological pretreatment predictors of short- and long-term weight loss among women with overweight and obesity. <i>Eating and Weight Disorders</i> , 2020, 25, 1377-1385.	2.5	6
102	Socio-demographic factors associated with physical activity and sitting time patterns in adults: An analysis based on the Portuguese Food, Nutrition and Physical Activity Survey. <i>European Journal of Sport Science</i> , 2021, 21, 250-260.	2.7	6
103	Body surface area estimation and its impact on predicting appendicular skeletal muscle mass with a mechanistic model based on the Reference Man. <i>Acta Diabetologica</i> , 2003, 40, s29-s31.	2.5	3
104	Sucesso na manutenção do peso perdido em Portugal e nos Estados Unidos: comparação de 2 Registos Nacionais de Controlo do Peso. <i>Revista Portuguesa De Saude Publica</i> , 2012, 30, 115-124.	0.3	3
105	Tentativas de Controlo do Peso na População Adulta Portuguesa: Prevalência, Motivos e Comportamentos. <i>Acta Medica Portuguesa</i> , 2015, 28, 77-86.	0.4	3
106	CHANGING THE QUALITY OF MOTIVATION OVER TIME IN HEALTH AND FITNESS SETTINGS. <i>ACSM's Health and Fitness Journal</i> , 2017, 21, 33-39.	0.6	3
107	The H2020 “NoHoW Project”: A Position Statement on Behavioural Approaches to Longer-Term Weight Management. <i>Obesity Facts</i> , 2021, 14, 246-258.	3.4	3
108	Development and cross-cultural validation of the Goal Content for Weight Maintenance Scale (GCWMS). <i>Eating and Weight Disorders</i> , 2021, 26, 2737-2748.	2.5	3

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109	“Follow the Whistle: Physical Activity Is Calling You” Evaluation of Implementation and Impact of a Portuguese Nationwide Mass Media Campaign to Promote Physical Activity. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8062.	2.6	2
110	Keep on running “ a randomized controlled trial to test a digital evidence-based intervention for sustained adoption of recreational running: rationale, design and pilot feasibility study. <i>Health Psychology and Behavioral Medicine</i> , 2021, 9, 149-164.	1.8	2
111	Active and sedentary behaviors in youth (6–14 years old): Data from the IAN-AF survey (2015–2016). <i>Porto Biomedical Journal</i> , 2022, 7, e161.	1.0	2
112	Relationship between absorptiometry and ultrasound measurements of abdominal subcutaneous fat tissue in postmenopausal women. <i>Acta Diabetologica</i> , 2003, 40, s76-s78.	2.5	1
113	Motivational Strategies Used by Exercise Professionals: A Latent Profile Analysis. <i>Journal of Physical Activity and Health</i> , 2021, 18, 895-903.	2.0	1
114	Understanding the Motivational Strategies Used by Exercise Professionals. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 550.	0.4	0
115	Prevention of Weight Gain after Weight Loss Using the Internet. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S242-S243.	0.4	0
116	Effects of Training Type on Regional Fat Mass Mobilization on Overweight Women. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S85.	0.4	0
117	Body Image and Quality of Life Predict Success in a 12-Month Weight Control Program. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S84.	0.4	0