

# 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	Psychedelics and health behaviour change. <i>Journal of Psychopharmacology</i> , 2022, 36, 12-19.	4.0	40
2	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
3	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
4	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
5	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
6	Evidence-Based Digital Tools for Weight Loss Maintenance: The NoHoW Project. <i>Obesity Facts</i> , 2021, 14, 320-333.	3.4	7
7	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
8	Systematic Review of Psychological and Behavioral Correlates of Recreational Running. <i>Frontiers in Psychology</i> , 2021, 12, 624783.	2.1	21
9	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
10	Running prevalence in Portugal: Socio-demographic, behavioral and psychosocial characteristics. <i>PLoS ONE</i> , 2021, 16, e0245242.	2.5	7
11	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
12	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
13	– 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
14	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
15	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
16	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
17	Successful weight loss maintenance: A systematic review of weight control registries. <i>Obesity Reviews</i> , 2020, 21, e13003.	6.5	84
18	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

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19	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
20	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
21	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
22	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
23	Psychosocial Pretreatment Predictors of Weight Control: A Systematic Review Update. <i>Obesity Facts</i> , 2018, 11, 67-82.	3.4	32
24	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
25	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
26	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
27	“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
28	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
29	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
30	Understanding the Motivational Strategies Used by Exercise Professionals. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 550.	0.4	0
31	Health Behavior Change for Obesity Management. <i>Obesity Facts</i> , 2017, 10, 666-673.	3.4	68
32	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
33	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
34	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
35	National Food, Nutrition and Physical Activity Survey of the Portuguese general population. <i>EFSA Supporting Publications</i> , 2017, 14, 1341E.	0.7	27
36	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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37	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
38	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
39	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
40	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
41	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
42	Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. <i>Obesity</i> , 2015, 23, 957-964.	3.0	22
43	Tentativas de Controlo do Peso na Popula��o Adulta Portuguesa: Preval��ncia, Motivos e Comportamentos. <i>Acta Medica Portuguesa</i> , 2015, 28, 77-86.	0.4	3
44	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
45	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
46	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
47	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
48	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
49	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
50	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
51	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
52	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
53	Sucesso na manuten��o do peso perdido em Portugal e nos Estados Unidos: compara��o de 2 Registos Nacionais de Controlo do Peso. <i>Revista Portuguesa De Saude Publica</i> , 2012, 30, 115-124.	0.3	3
54	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

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55	Does eating slowly influence appetite and energy intake when water intake is controlled?. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 135.	4.6	30
56	The role of self-determination theory and motivational interviewing in behavioral nutrition, physical activity, and health: an introduction to the IJBNPA special series. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 17.	4.6	90
57	Promoting physical activity: development and testing of self-determination theory-based interventions. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 20.	4.6	237
58	Exercise, physical activity, and self-determination theory: A systematic review. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 78.	4.6	1,613
59	Self-Regulation, Motivation, and Psychosocial Factors in Weight Management. Journal of Obesity, 2012, 2012, 1-4.	2.7	26
60	Motivational dynamics of eating regulation: a self-determination theory perspective. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 21.	4.6	129
61	Motivation, self-determination, and long-term weight control. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 22.	4.6	274
62	The role of lean body mass and physical activity in bone health in children. Journal of Bone and Mineral Metabolism, 2012, 30, 100-108.	2.7	55
63	Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. Journal of Obesity, 2011, 2011, 1-8.	2.7	25
64	Exercise Autonomous Motivation Predicts 3-yr Weight Loss in Women. Medicine and Science in Sports and Exercise, 2011, 43, 728-737.	0.4	226
65	Why we eat what we eat: the role of autonomous motivation in eating behaviour regulation. Nutrition Bulletin, 2011, 36, 102-107.	1.8	60
66	Ethics and prevention of overweight and obesity: an inventory. Obesity Reviews, 2011, 12, 669-679.	6.5	61
67	Problems in identifying predictors and correlates of weight loss and maintenance: implications for weight control therapies based on behaviour change. Obesity Reviews, 2011, 12, 688-708.	6.5	159
68	How many steps/day are enough? for adults. International Journal of Behavioral Nutrition and Physical Activity, 2011, 8, 79.	4.6	733
69	Dysfunctional body investment versus body dissatisfaction: Relations with well-being and controlled motivations for obesity treatment. Motivation and Emotion, 2011, 35, 423-434.	1.3	14
70	Body image change and improved eating self-regulation in a weight management intervention in women. International Journal of Behavioral Nutrition and Physical Activity, 2011, 8, 75.	4.6	39
71	Visceral Abdominal and Subfascial Femoral Adipose Tissue Have Opposite Associations with Liver Fat in Overweight and Obese Premenopausal Caucasian Women. Journal of Lipids, 2011, 2011, 1-11.	4.8	15
72	Physical Wellness, Health Care, and Personal Autonomy. Cross-cultural Advancements in Positive Psychology, 2011, 133-162.	0.2	7

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73	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
74	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
75	Mediators of Weight Loss and Weight Loss Maintenance in Middle-aged Women. <i>Obesity</i> , 2010, 18, 725-735.	3.0	323
76	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
77	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
78	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
79	ACP1 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
80	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
81	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
82	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
83	Maintenance of Weight Loss in Overweight Middle-aged Women Through the Internet. <i>Obesity</i> , 2008, 16, 1052-1060.	3.0	100
84	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
85	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
86	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
87	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
88	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
89	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
90	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

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91	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
92	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
93	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
94	The Psychosocial and Behavioral Characteristics Related to Energy Misreporting. <i>Nutrition Reviews</i> , 2006, 64, 53-66.	5.8	200
95	Body fat measurement in adolescent athletes: multicompartiment molecular model comparison. <i>European Journal of Clinical Nutrition</i> , 2006, 60, 955-964.	2.9	53
96	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
97	The Psychosocial and Behavioral Characteristics Related to Energy Misreporting. <i>Nutrition Reviews</i> , 2006, 64, 53-66.	5.8	93
98	Environmental and psychosocial correlates of physical activity in Portuguese and Belgian adults. <i>Public Health Nutrition</i> , 2005, 8, 886-895.	2.2	133
99	A review of psychosocial pre-treatment predictors of weight control. <i>Obesity Reviews</i> , 2005, 6, 43-65.	6.5	366
100	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
101	Pretreatment predictors of attrition and successful weight management in women. <i>International Journal of Obesity</i> , 2004, 28, 1124-1133.	3.4	304
102	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
103	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
104	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
105	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
106	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
107	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
108	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

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109	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
110	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
111	Assessing the Validity of Body Mass Index Standards in Early Postmenopausal Women. <i>Obesity</i> , 2002, 10, 799-808.	4.0	87
112	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
113	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
114	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
115	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
116	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
117	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