

# Benjamin D Sylvester

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/12189553/publications.pdf>

Version: 2024-02-01

13  
papers

586  
citations

933447

10  
h-index

1125743

13  
g-index

13  
all docs

13  
docs citations

13  
times ranked

984  
citing authors

#	ARTICLE	IF	CITATIONS
1	The effectiveness of multi-component goal setting interventions for changing physical activity behaviour: a systematic review and meta-analysis. <i>Health Psychology Review</i> , 2016, 10, 67-88.	8.6	172
2	Framework for the design and delivery of organized physical activity sessions for children and adolescents: rationale and description of the "SAAFE"™ teaching principles. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 24.	4.6	99
3	Understanding for whom, under what conditions, and how group-based physical activity interventions are successful: a realist review. <i>BMC Public Health</i> , 2015, 15, 958.	2.9	60
4	Variety support and exercise adherence behavior: experimental and mediating effects. <i>Journal of Behavioral Medicine</i> , 2016, 39, 214-224.	2.1	50
5	Perceived variety, psychological needs satisfaction and exercise-related well-being. <i>Psychology and Health</i> , 2014, 29, 1044-1061.	2.2	45
6	Predicting exercise motivation and exercise behavior: A moderated mediation model testing the interaction between perceived exercise variety and basic psychological needs satisfaction. <i>Psychology of Sport and Exercise</i> , 2018, 36, 50-56.	2.1	40
7	Is Variety a Spice of (an Active) Life?: Perceived Variety, Exercise Behavior, and the Mediating Role of Autonomous Motivation. <i>Journal of Sport and Exercise Psychology</i> , 2014, 36, 516-527.	1.2	36
8	Changes in light-, moderate-, and vigorous-intensity physical activity and changes in depressive symptoms in breast cancer survivors: a prospective observational study. <i>Supportive Care in Cancer</i> , 2017, 25, 3305-3312.	2.2	26
9	Effects of Variety Support on Exercise-Related Well-Being. <i>Applied Psychology: Health and Well-Being</i> , 2016, 8, 213-231.	3.0	20
10	The Effects of Variety and Novelty on Physical Activity and Healthy Nutritional Behaviors. <i>Advances in Motivation Science</i> , 2018, 5, 169-202.	3.7	14
11	Sampling sports during adolescence, exercise behaviour in adulthood, and the mediating role of perceived variety in exercise. <i>Psychology and Health</i> , 2020, 35, 1368-1383.	2.2	11
12	Changes in physical activity behavior and C-reactive protein in breast cancer patients. <i>Annals of Behavioral Medicine</i> , 2018, 52, 545-551.	2.9	8
13	Associations between resistance training motivation, behaviour and strength. <i>International Journal of Sport and Exercise Psychology</i> , 2022, 20, 965-980.	2.1	5