

John Thomas

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/1220506/publications.pdf>

Version: 2024-02-01

77
papers

2,851
citations

186265

28
h-index

189892

50
g-index

78
all docs

78
docs citations

78
times ranked

3706
citing authors

#	ARTICLE	IF	CITATIONS
1	Associations of physical activity and sedentary behavior with appetite sensations and eating regulation behaviors before and during the initial year following bariatric surgery. <i>Obesity Science and Practice</i> , 2022, 8, 164-175.	1.9	9
2	Dietary lapses are associated with meaningful elevations in daily caloric intake and added sugar consumption during a lifestyle modification intervention. <i>Obesity Science and Practice</i> , 2022, 8, 442-454.	1.9	4
3	Preliminary evidence of contextual factorsâ€™ influence on weight loss treatment outcomes: implications for future research. <i>International Journal of Obesity</i> , 2022, , .	3.4	0
4	Contextual influences on implementation of online behavioral obesity treatment in primary care: formative evaluation guided by the consolidated framework for implementation research. <i>Translational Behavioral Medicine</i> , 2022, 12, 214-224.	2.4	3
5	Combining passive eating monitoring and ecological momentary assessment to characterize dietary lapses from a lifestyle modification intervention. <i>Appetite</i> , 2022, 175, 106090.	3.7	2
6	Examination of the relationship between lapses and weight loss in a smartphone-based just-in time adaptive intervention. <i>Translational Behavioral Medicine</i> , 2021, 11, 993-1005.	2.4	7
7	Strategies to manage weight during the holiday season among US adults: A descriptive study from the National Weight Control Registry. <i>Obesity Science and Practice</i> , 2021, 7, 232-238.	1.9	2
8	The Behavioral Intervention with Technology for E-Weight Loss Study (BITES): Incorporating Energy Balance Models and the Bite Counter into an Online Behavioral Weight Loss Program. <i>Journal of Technology in Behavioral Science</i> , 2021, 6, 406-418.	2.3	2
9	Evaluation of intervention components to maximize outcomes of behavioral obesity treatment delivered online: A factorial experiment following the multiphase optimization strategy framework. <i>Contemporary Clinical Trials</i> , 2021, 100, 106217.	1.8	13
10	Combining ecological momentary assessment, wrist-based eating detection, and dietary assessment to characterize dietary lapse: A multi-method study protocol. <i>Digital Health</i> , 2021, 7, 205520762098821.	1.8	9
11	Randomized Trial Examining the Effect of a 12-wk Exercise Program on Hedonic Eating. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1638-1647.	0.4	3
12	Ecological momentary assessment of gastrointestinal symptoms and risky eating behaviors in Roux-en-Y gastric bypass and sleeve gastrectomy patients. <i>Surgery for Obesity and Related Diseases</i> , 2021, 17, 475-483.	1.2	4
13	Study protocol for a randomized controlled trial comparing two low-intensity weight loss maintenance interventions based on acceptance and commitment therapy or self-regulation. <i>Contemporary Clinical Trials</i> , 2021, 103, 106327.	1.8	1
14	Primary Care Cliniciansâ€™ Perspectives on Clinical Decision Support to Enhance Outcomes of Online Obesity Treatment in Primary Care: a Qualitative Formative Evaluation. <i>Journal of Technology in Behavioral Science</i> , 2021, 6, 515-526.	2.3	3
15	Prediction of eating disorder treatment response trajectories via machine learning does not improve performance versus a simpler regression approach. <i>International Journal of Eating Disorders</i> , 2021, 54, 1250-1259.	4.0	10
16	Using Mobile Health to Improve Asthma Self-Management in Early Adolescence: A Pilot Randomized Controlled Trial. <i>Journal of Adolescent Health</i> , 2021, 69, 1032-1040.	2.5	10
17	Energy, Attentiveness, and Fatigue After Bariatric Surgery and Associations with Daily Physical Activity and Weight Loss: an Ecological Momentary Assessment Study. <i>Obesity Surgery</i> , 2021, 31, 4893-4900.	2.1	1
18	Comparing ecological momentary assessment to sensor-based approaches in predicting dietary lapse. <i>Translational Behavioral Medicine</i> , 2021, 11, 2099-2109.	2.4	8

#	ARTICLE	IF	CITATIONS
19	Identifying behavioral types of dietary lapse from a mobile weight loss program: Preliminary investigation from a secondary data analysis. <i>Appetite</i> , 2021, 166, 105440.	3.7	4
20	Sustaining Regular Exercise During Weight Loss Maintenance: The Role of Consistent Exercise Timing. <i>Journal of Physical Activity and Health</i> , 2021, 18, 1253-1260.	2.0	4
21	Optimizing a Just-in-Time Adaptive Intervention to Improve Dietary Adherence in Behavioral Obesity Treatment: Protocol for a Microrandomized Trial. <i>JMIR Research Protocols</i> , 2021, 10, e33568.	1.0	10
22	Prolonged sedentary time adversely relates to physical activity and obesity among preoperative bariatric surgery patients. <i>Surgery for Obesity and Related Diseases</i> , 2020, 16, 562-567.	1.2	7
23	Does sexual functioning improve with migraine improvements and/or weight loss?â€”A post hoc analysis in the Women's Health and Migraine (WHAM) trial. <i>Obesity Science and Practice</i> , 2020, 6, 596-604.	1.9	0
24	Consistent Morning Exercise May Be Beneficial for Individuals With Obesity. <i>Exercise and Sport Sciences Reviews</i> , 2020, 48, 201-208.	3.0	24
25	Webâ€based virtual reality to enhance behavioural skills training and weight loss in a commercial online weight management programme: The Experience Success randomized trial. <i>Obesity Science and Practice</i> , 2020, 6, 587-595.	1.9	9
26	Latent trajectories of eating disorder treatment response among female patients in residential care. <i>International Journal of Eating Disorders</i> , 2020, 53, 1647-1656.	4.0	8
27	Refining an algorithm-powered just-in-time adaptive weight control intervention: A randomized controlled trial evaluating model performance and behavioral outcomes. <i>Health Informatics Journal</i> , 2020, 26, 2315-2331.	2.1	23
28	DIAL now protocol: A randomized trial examining the provision of phone coaching to those with sub-optimal early weight loss during an Internet weight management program. <i>Contemporary Clinical Trials</i> , 2020, 90, 105953.	1.8	2
29	Conscientiousness in weight loss maintainers and regainers.. <i>Health Psychology</i> , 2020, 39, 421-429.	1.6	6
30	Relationship of Consistency in Timing of Exercise Performance and Exercise Levels Among Successful Weight Loss Maintainers. <i>Obesity</i> , 2019, 27, 1285-1291.	3.0	17
31	Rationale and design for a pragmatic effectiveness-implementation trial of online behavioral obesity treatment in primary care. <i>Contemporary Clinical Trials</i> , 2019, 82, 9-16.	1.8	13
32	Comparison of Smartphoneâ€Based Behavioral Obesity Treatment With Gold Standard Group Treatment and Control: A Randomized Trial. <i>Obesity</i> , 2019, 27, 572-580.	3.0	66
33	Examining the pattern of new foods and beverages consumed during obesity treatment to inform strategies for self-monitoring intake. <i>Appetite</i> , 2019, 132, 147-153.	3.7	3
34	Associations between self-monitoring and weight change in behavioral weight loss interventions.. <i>Health Psychology</i> , 2019, 38, 1128-1136.	1.6	38
35	Adolescent Loss-of-Control Eating and Weight Loss Maintenance After Bariatric Surgery. <i>Pediatrics</i> , 2018, 141, .	2.1	36
36	Applying Interactive Mobile health to Asthma Care in Teens (AIM2ACT): Development and design of a randomized controlled trial. <i>Contemporary Clinical Trials</i> , 2018, 64, 230-237.	1.8	26

#	ARTICLE	IF	CITATIONS
37	Behavioral Weight Loss Intervention for Migraine: A Randomized Controlled Trial. <i>Obesity</i> , 2018, 26, 81-87.	3.0	43
38	Prospective Evaluation of Internalized Weight Bias and Weight Change Among Successful Weight Loss Maintainers. <i>Obesity</i> , 2018, 26, 1888-1892.	3.0	20
39	Multi-sensor ecological momentary assessment of behavioral and psychosocial predictors of weight loss following bariatric surgery: study protocol for a multicenter prospective longitudinal evaluation. <i>BMC Obesity</i> , 2018, 5, 27.	3.1	9
40	Using ecological momentary assessment to better understand dietary lapse types. <i>Appetite</i> , 2018, 129, 198-206.	3.7	24
41	Remote assessments and behavioral interventions in post-bariatric surgery patients. <i>Surgery for Obesity and Related Diseases</i> , 2018, 14, 1632-1644.	1.2	22
42	Greater Adherence to Recommended Morning Physical Activity is Associated With Greater Total Intervention-Related Physical Activity Changes in Bariatric Surgery Patients. <i>Journal of Physical Activity and Health</i> , 2017, 14, 492-498.	2.0	16
43	Ecological Momentary Assessment of Dietary Lapses Across Behavioral Weight Loss Treatment: Characteristics, Predictors, and Relationships with Weight Change. <i>Annals of Behavioral Medicine</i> , 2017, 51, 741-753.	2.9	75
44	Weight loss in Weight Watchers Online with and without an activity tracking device compared to control: A randomized trial. <i>Obesity</i> , 2017, 25, 1014-1021.	3.0	72
45	Importance of Pain Acceptance in Relation to Headache Disability and Pain Interference in Women With Migraine and Overweight/Obesity. <i>Headache</i> , 2017, 57, 709-718.	3.9	22
46	Identifying the mechanisms through which behavioral weight-loss treatment improves food decision-making in obesity. <i>Appetite</i> , 2017, 114, 93-100.	3.7	18
47	Sexual Dysfunction in Women With Migraine and Overweight/Obesity: Relative Frequency and Association With Migraine Severity. <i>Headache</i> , 2017, 57, 417-427.	3.9	8
48	Weight loss and frequency of body weight self-monitoring in an online commercial weight management program with and without a cellular-connected "smart" scale: a randomized pilot study. <i>Obesity Science and Practice</i> , 2017, 3, 365-372.	1.9	38
49	Project HELP: a Remotely Delivered Behavioral Intervention for Weight Regain after Bariatric Surgery. <i>Obesity Surgery</i> , 2017, 27, 586-598.	2.1	92
50	Acceptance-based versus standard behavioral treatment for obesity: Results from the mind your health randomized controlled trial. <i>Obesity</i> , 2016, 24, 2050-2056.	3.0	120
51	Successful weight loss maintenance associated with morning chronotype and better sleep quality. <i>Journal of Behavioral Medicine</i> , 2016, 39, 465-471.	2.1	50
52	Associations between omega fatty acid consumption and depressive symptoms among individuals seeking behavioural weight loss treatment. <i>Obesity Science and Practice</i> , 2016, 2, 75-82.	1.9	2
53	Delayed reward discounting and grit in men and women with and without obesity. <i>Obesity Science and Practice</i> , 2015, 1, 131-135.	1.9	19
54	Behavioral response to a just-in-time adaptive intervention (JITAI) to reduce sedentary behavior in obese adults: Implications for JITAI optimization. <i>Health Psychology</i> , 2015, 34, 1261-1267.	1.6	97

#	ARTICLE	IF	CITATIONS
55	Clinical Pain Catastrophizing in Women With Migraine and Obesity. <i>Headache</i> , 2015, 55, 923-933.	3.9	54
56	Measurement and Intervention on Physical Activity and Sedentary Behaviours in Bariatric Surgery Patients: Emphasis on Mobile Technology. <i>European Eating Disorders Review</i> , 2015, 23, 470-478.	4.1	26
57	Development of and Feedback on a Fully Automated Virtual Reality System for Online Training in Weight Management Skills. <i>Journal of Diabetes Science and Technology</i> , 2015, 9, 145-148.	2.2	12
58	Objectively measured physical activity in obese women with and without migraine. <i>Cephalalgia</i> , 2015, 35, 886-893.	3.9	28
59	An Automated Internet Behavioral Weight-Loss Program by Physician Referral: A Randomized Controlled Trial. <i>Diabetes Care</i> , 2015, 38, 9-15.	8.6	76
60	Weight loss intervention for individuals with high internal disinhibition: design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. <i>BMC Psychology</i> , 2015, 3, 17.	2.1	22
61	Review of Innovations in Digital Health Technology to Promote Weight Control. <i>Current Diabetes Reports</i> , 2014, 14, 485.	4.2	93
62	Weight-Loss Maintenance for 10 Years in the National Weight Control Registry. <i>American Journal of Preventive Medicine</i> , 2014, 46, 17-23.	3.0	308
63	An open trial of videoconference-mediated exposure and ritual prevention for obsessive-compulsive disorder. <i>Journal of Anxiety Disorders</i> , 2014, 28, 460-462.	3.2	57
64	Dietary Habits and Weight Maintenance Success in High Versus Low Exercisers in the National Weight Control Registry. <i>Journal of Physical Activity and Health</i> , 2014, 11, 1540-1548.	2.0	52
65	Technology to Assess and Intervene on Weight-Related Behaviors with Bariatric Surgery Patients. , 2014, , 55-63.		0
66	Ecological Momentary Assessment of the Relationship between Intention and Physical Activity Behavior in Bariatric Surgery Patients. <i>International Journal of Behavioral Medicine</i> , 2013, 20, 82-87.	1.7	36
67	Self-reported and objectively measured sedentary behavior in bariatric surgery candidates. <i>Surgery for Obesity and Related Diseases</i> , 2013, 9, 123-128.	1.2	38
68	Can weight loss improve migraine headaches in obese women? Rationale and design of the Women's Health and Migraine (WHAM) randomized controlled trial. <i>Contemporary Clinical Trials</i> , 2013, 35, 133-144.	1.8	37
69	Health-E-Call, a Smartphone-Assisted Behavioral Obesity Treatment: Pilot Study. <i>JMIR MHealth and UHealth</i> , 2013, 1, e3.	3.7	57
70	Technology for behavioral assessment and intervention in bariatric surgery. <i>Surgery for Obesity and Related Diseases</i> , 2011, 7, 548-557.	1.2	44
71	Binge Eating Disorder and the Outcome of Bariatric Surgery at One Year: A Prospective, Observational Study. <i>Obesity</i> , 2011, 19, 1220-1228.	3.0	102
72	Ecological momentary assessment of recommended postoperative eating and activity behaviors. <i>Surgery for Obesity and Related Diseases</i> , 2011, 7, 206-212.	1.2	42

#	ARTICLE	IF	CITATIONS
73	Ecological Momentary Assessment of Obesogenic Eating Behavior: Combining Person-Specific and Environmental Predictors. <i>Obesity</i> , 2011, 19, 1574-1579.	3.0	86
74	A prospective test of the relation between weight change and risk for bulimia nervosa. <i>International Journal of Eating Disorders</i> , 2011, 44, 295-303.	4.0	18
75	Improving Weight Loss Outcomes of Community Interventions by Incorporating Behavioral Strategies. <i>American Journal of Public Health</i> , 2010, 100, 2513-2519.	2.7	53
76	Objective quantification of physical activity in bariatric surgery candidates and normal-weight controls. <i>Surgery for Obesity and Related Diseases</i> , 2010, 6, 72-78.	1.2	72
77	The Power of Food Scale. A new measure of the psychological influence of the food environment. <i>Appetite</i> , 2009, 53, 114-118.	3.7	404