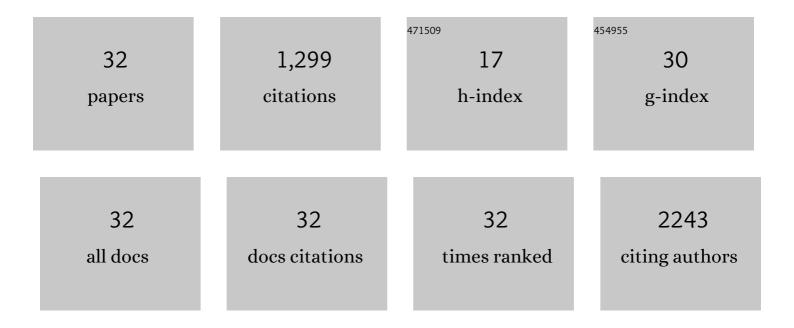
Emily L Mailey

List of Publications by Year in descending order

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FMILY | MAILEY

#	Article	IF	CITATIONS
1	BDNF mediates improvements in executive function following a 1-year exercise intervention. Frontiers in Human Neuroscience, 2014, 8, 985.	2.0	214
2	Physical activity barriers and facilitators among working mothers and fathers. BMC Public Health, 2014, 14, 657.	2.9	130
3	White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. NeuroImage, 2016, 131, 91-101.	4.2	110
4	Growth trajectories of exercise self-efficacy in older adults: Influence of measures and initial status Health Psychology, 2011, 30, 75-83.	1.6	106
5	Objectively measured physical activity and sedentary behavior and quality of life indicators in survivors of breast cancer. Cancer, 2015, 121, 4044-4052.	4.1	78
6	Construct validation of a non-exercise measure of cardiorespiratory fitness in older adults. BMC Public Health, 2010, 10, 59.	2.9	73
7	Internet-delivered physical activity intervention for college students with mental health disorders: A randomized pilot trial. Psychology, Health and Medicine, 2010, 15, 646-659.	2.4	70
8	Effects of an Intervention to Reduce Sitting at Work on Arousal, Fatigue, and Mood Among Sedentary Female Employees. Journal of Occupational and Environmental Medicine, 2017, 59, 1166-1171.	1.7	70
9	Effects of a DVD-Delivered Exercise Intervention on Physical Function in Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2013, 68, 1076-1082.	3.6	68
10	Brain activation during dual-task processing is associated with cardiorespiratory fitness and performance in older adults. Frontiers in Aging Neuroscience, 2015, 7, 154.	3.4	52
11	Impact of a brief intervention on physical activity and social cognitive determinants among working mothers: a randomized trial. Journal of Behavioral Medicine, 2014, 37, 343-355.	2.1	45
12	Comparing the effects of two different break strategies on occupational sedentary behavior in a real world setting: A randomized trial. Preventive Medicine Reports, 2016, 4, 423-428.	1.8	44
13	Workplace Sedentary Behavior and Productivity: A Cross-Sectional Study. International Journal of Environmental Research and Public Health, 2020, 17, 6535.	2.6	39
14	Influence of Allowable Interruption Period on Estimates of Accelerometer Wear Time and Sedentary Time in Older Adults. Journal of Aging and Physical Activity, 2014, 22, 255-260.	1.0	29
15	Physical Activity Intervention Effects on Perceived Stress in Working Mothers: The Role of Self-Efficacy. Women and Health, 2014, 54, 552-568.	1.0	22
16	Motives and Barriers for Physical Activity among Low-Income Black Single Mothers. Sex Roles, 2017, 77, 379-392.	2.4	21
17	Overcoming barriers to exercise among parents: a social cognitive theory perspective. Journal of Behavioral Medicine, 2016, 39, 599-609.	2.1	20
18	"Everything else comes first― a mixed-methods analysis of barriers to health behaviors among military spouses. BMC Public Health, 2018, 18, 1013.	2.9	20

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#	Article	IF	CITATIONS
19	Feasibility and Effectiveness of a Web-Based Physical Activity Intervention for Working Mothers. Journal of Physical Activity and Health, 2016, 13, 822-829.	2.0	18
20	From sedentary to active: Shifting the movement paradigm in workplaces. Work, 2016, 54, 481-487.	1.1	14
21	ls a general or specific exercise recommendation more effective for promoting physical activity among postpartum mothers?. Journal of Health Psychology, 2019, 24, 964-978.	2.3	14
22	Goals Matter: Exercising for Well-Being But Not Health or Appearance Predicts Future Exercise Among Parents. Journal of Physical Activity and Health, 2018, 15, 857-865.	2.0	13
23	InDependent but not Alone: A Webâ€Based Intervention to Promote Physical and Mental Health among Military Spouses. Applied Psychology: Health and Well-Being, 2019, 11, 562-583.	3.0	6
24	Effects of Sedentary Behavior Interventions on Mental Well-Being and Work Performance While Working from Home during the COVID-19 Pandemic: A Pilot Randomized Controlled Trial. International Journal of Environmental Research and Public Health, 2022, 19, 6401.	2.6	6
25	Acceptability and Feasibility of Best Practice School Lunches by Elementary School-Aged Children in a Serve Setting: A Randomized Crossover Trial. International Journal of Environmental Research and Public Health, 2020, 17, 6299.	2.6	4
26	Reducing Occupational Sitting While Working From Home. Journal of Occupational and Environmental Medicine, 2022, 64, 91-98.	1.7	4
27	Mental health practitioners represent a promising pathway to promote park-based physical activity. Mental Health and Physical Activity, 2022, 22, 100439.	1.8	4
28	Why and How Should I Exercise? A Content Analysis of Popular Magazines. American Journal of Health Behavior, 2019, 43, 349-360.	1.4	3
29	Does dietary intake change during an intervention to reduce sedentary behavior and cardiovascular disease risk? A randomized comparative effectiveness trial. BMC Nutrition, 2018, 4, 16.	1.6	1
30	Promoting Strength Training Among Baby Boomers: Message Framing Effects on Motivation and Behavior. International Journal of Behavioral Medicine, 2020, 28, 499-510.	1.7	1
31	Reduced Sedentary Time and Associated Changes in Dietary Quality and Caloric Intake. FASEB Journal, 2015, 29, LB296.	0.5	0
32	Effects of a single message exposure on exercise motivation and behavior among adults aged 30-45. International Journal of Health Promotion and Education, 2023, 61, 83-97.	0.9	0