

# Emily L Mailey

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/1279521/publications.pdf>

Version: 2024-02-01

32  
papers

1,299  
citations

471509

17  
h-index

454955

30  
g-index

32  
all docs

32  
docs citations

32  
times ranked

2243  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of a single message exposure on exercise motivation and behavior among adults aged 30-45. <i>International Journal of Health Promotion and Education</i> , 2023, 61, 83-97.	0.9	0
2	Reducing Occupational Sitting While Working From Home. <i>Journal of Occupational and Environmental Medicine</i> , 2022, 64, 91-98.	1.7	4
3	Mental health practitioners represent a promising pathway to promote park-based physical activity. <i>Mental Health and Physical Activity</i> , 2022, 22, 100439.	1.8	4
4	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. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 6401.	2.6	6
5	Promoting Strength Training Among Baby Boomers: Message Framing Effects on Motivation and Behavior. <i>International Journal of Behavioral Medicine</i> , 2020, 28, 499-510.	1.7	1
6	Workplace Sedentary Behavior and Productivity: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6535.	2.6	39
7	Acceptability and Feasibility of Best Practice School Lunches by Elementary School-Aged Children in a Serve Setting: A Randomized Crossover Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6299.	2.6	4
8	InDependent but not Alone: A Web-Based Intervention to Promote Physical and Mental Health among Military Spouses. <i>Applied Psychology: Health and Well-Being</i> , 2019, 11, 562-583.	3.0	6
9	Why and How Should I Exercise? A Content Analysis of Popular Magazines. <i>American Journal of Health Behavior</i> , 2019, 43, 349-360.	1.4	3
10	Is a general or specific exercise recommendation more effective for promoting physical activity among postpartum mothers?. <i>Journal of Health Psychology</i> , 2019, 24, 964-978.	2.3	14
11	Does dietary intake change during an intervention to reduce sedentary behavior and cardiovascular disease risk? A randomized comparative effectiveness trial. <i>BMC Nutrition</i> , 2018, 4, 16.	1.6	1
12	Goals Matter: Exercising for Well-Being But Not Health or Appearance Predicts Future Exercise Among Parents. <i>Journal of Physical Activity and Health</i> , 2018, 15, 857-865.	2.0	13
13	“Everything else comes first”: a mixed-methods analysis of barriers to health behaviors among military spouses. <i>BMC Public Health</i> , 2018, 18, 1013.	2.9	20
14	Motives and Barriers for Physical Activity among Low-Income Black Single Mothers. <i>Sex Roles</i> , 2017, 77, 379-392.	2.4	21
15	Effects of an Intervention to Reduce Sitting at Work on Arousal, Fatigue, and Mood Among Sedentary Female Employees. <i>Journal of Occupational and Environmental Medicine</i> , 2017, 59, 1166-1171.	1.7	70
16	From sedentary to active: Shifting the movement paradigm in workplaces. <i>Work</i> , 2016, 54, 481-487.	1.1	14
17	Comparing the effects of two different break strategies on occupational sedentary behavior in a real world setting: A randomized trial. <i>Preventive Medicine Reports</i> , 2016, 4, 423-428.	1.8	44
18	Feasibility and Effectiveness of a Web-Based Physical Activity Intervention for Working Mothers. <i>Journal of Physical Activity and Health</i> , 2016, 13, 822-829.	2.0	18

#	ARTICLE	IF	CITATIONS
19	Overcoming barriers to exercise among parents: a social cognitive theory perspective. <i>Journal of Behavioral Medicine</i> , 2016, 39, 599-609.	2.1	20
20	White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. <i>NeuroImage</i> , 2016, 131, 91-101.	4.2	110
21	Objectively measured physical activity and sedentary behavior and quality of life indicators in survivors of breast cancer. <i>Cancer</i> , 2015, 121, 4044-4052.	4.1	78
22	Brain activation during dual-task processing is associated with cardiorespiratory fitness and performance in older adults. <i>Frontiers in Aging Neuroscience</i> , 2015, 7, 154.	3.4	52
23	Reduced Sedentary Time and Associated Changes in Dietary Quality and Caloric Intake. <i>FASEB Journal</i> , 2015, 29, LB296.	0.5	0
24	BDNF mediates improvements in executive function following a 1-year exercise intervention. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 985.	2.0	214
25	Impact of a brief intervention on physical activity and social cognitive determinants among working mothers: a randomized trial. <i>Journal of Behavioral Medicine</i> , 2014, 37, 343-355.	2.1	45
26	Physical Activity Intervention Effects on Perceived Stress in Working Mothers: The Role of Self-Efficacy. <i>Women and Health</i> , 2014, 54, 552-568.	1.0	22
27	Physical activity barriers and facilitators among working mothers and fathers. <i>BMC Public Health</i> , 2014, 14, 657.	2.9	130
28	Influence of Allowable Interruption Period on Estimates of Accelerometer Wear Time and Sedentary Time in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2014, 22, 255-260.	1.0	29
29	Effects of a DVD-Delivered Exercise Intervention on Physical Function in Older Adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2013, 68, 1076-1082.	3.6	68
30	Growth trajectories of exercise self-efficacy in older adults: Influence of measures and initial status.. <i>Health Psychology</i> , 2011, 30, 75-83.	1.6	106
31	Construct validation of a non-exercise measure of cardiorespiratory fitness in older adults. <i>BMC Public Health</i> , 2010, 10, 59.	2.9	73
32	Internet-delivered physical activity intervention for college students with mental health disorders: A randomized pilot trial. <i>Psychology, Health and Medicine</i> , 2010, 15, 646-659.	2.4	70