

# Lenny R Vartanian

## List of Publications by Year in descending order

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Version: 2024-02-01

123  
papers

8,128  
citations

66234

42  
h-index

51492

86  
g-index

127  
all docs

127  
docs citations

127  
times ranked

7066  
citing authors

#	ARTICLE	IF	CITATIONS
1	Incorporating physical appearance into one's sense of self: Self-concept clarity, thin-ideal internalization, and appearance-self integration. <i>Self and Identity</i> , 2023, 22, 181-196.	1.0	5
2	Body Talk on Social Networking Sites and Cosmetic Surgery Consideration Among Chinese Young Adults: A Serial Mediation Model Based on Objectification Theory. <i>Psychology of Women Quarterly</i> , 2022, 46, 99-110.	1.3	13
3	Self-concept clarity and appearance-based social comparison to idealized bodies. <i>Body Image</i> , 2022, 40, 124-130.	1.9	16
4	People's intended serving behaviour at social vs. non-social meals. <i>Appetite</i> , 2022, , 106053.	1.8	0
5	Influence of social-normative information on the modeling of food-related decisions. <i>Appetite</i> , 2022, 176, 106095.	1.8	1
6	Social facilitation of energy intake in adult women is sustained over three days in a crossover laboratory experiment and is not compensated for under free-living conditions. <i>Appetite</i> , 2022, 176, 106141.	1.8	1
7	The longitudinal and reciprocal relationships between selfie-related behaviors and self-objectification and appearance concerns among adolescents. <i>New Media and Society</i> , 2021, 23, 56-77.	3.1	52
8	People serve themselves larger portions before a social meal. <i>Scientific Reports</i> , 2021, 11, 11072.	1.6	8
9	Targets of comparison and body image in women's everyday lives: The role of perceived attainability. <i>Body Image</i> , 2021, 38, 219-229.	1.9	13
10	The psychological effects of blind and open weighing in women with a high drive for thinness: A mixed method inquiry. <i>Body Image</i> , 2021, 39, 232-236.	1.9	0
11	Disgust, Prejudice, and Stigma. , 2021, , 173-190.		2
12	Dimensions of internalization relevant to the identity disruption model of body dissatisfaction. <i>Body Image</i> , 2020, 32, 1-4.	1.9	9
13	Investigating lay beliefs regarding the effect of weight loss on health. <i>Psychology and Health</i> , 2020, 36, 1-18.	1.2	0
14	Modeling of food intake among restrained and unrestrained eaters. <i>Appetite</i> , 2020, 155, 104811.	1.8	6
15	Blind versus open weighing from an eating disorder patient perspective. <i>Journal of Eating Disorders</i> , 2020, 8, 39.	1.3	8
16	Patient perspectives on psychological care after bariatric surgery: A qualitative study. <i>Clinical Obesity</i> , 2020, 10, e12399.	1.1	7
17	Efficacy and acceptability of a pilot dietary intervention focusing on self-compassion, goal-setting and self-monitoring. <i>Public Health Nutrition</i> , 2020, 23, 2746-2758.	1.1	9
18	What does it mean to overeat?. <i>Eating Behaviors</i> , 2020, 37, 101390.	1.1	4

#	ARTICLE	IF	CITATIONS
19	How might childhood adversity predict adult psychological distress? Applying the Identity Disruption Model to understanding depression and anxiety disorders. <i>Journal of Affective Disorders</i> , 2020, 265, 112-119.	2.0	34
20	Development of a scale to measure reasons for eating less healthily after exercise: the compensatory unhealthy eating scale. <i>Health Psychology and Behavioral Medicine</i> , 2020, 8, 110-131.	0.8	1
21	Discussing weight with patients with overweight: Supportive (not stigmatizing) conversations increase compliance intentions and health motivation.. <i>Stigma and Health</i> , 2020, 5, 53-68.	1.2	13
22	Potential unintended consequences of graphic warning labels on sugary drinks: do they promote obesity stigma?. <i>Obesity Science and Practice</i> , 2019, 5, 333-341.	1.0	23
23	A systematic review and meta-analysis of the social facilitation of eating. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 842-861.	2.2	60
24	Social Influences on Eating. , 2019, , .		9
25	Intolerance of uncertainty and eating disorder behaviour: Piloting a consumption task in a non-clinical sample. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2019, 65, 101492.	0.6	11
26	Selfie-viewing and facial dissatisfaction among Chinese adolescents: A moderated mediation model of general attractiveness internalization and body appreciation. <i>Body Image</i> , 2019, 30, 35-43.	1.9	49
27	An Experimental Test of the Effects of a Target Person's Body Weight and Engagement with Health Behaviours on Perceptions of Overall Health. <i>Applied Psychology: Health and Well-Being</i> , 2019, 11, 240-261.	1.6	2
28	Effects of Social Eating. , 2019, , 215-227.		4
29	A Theory of Normal Eating. , 2019, , 11-28.		1
30	Consumption Stereotypes and Impression Management: Food Intake. , 2019, , 79-94.		1
31	What Happens When We Overeat?. , 2019, , 163-179.		0
32	Modeling of Food Intake. , 2019, , 41-55.		0
33	Social Facilitation. , 2019, , 181-200.		0
34	Social Comparison. , 2019, , 147-162.		0
35	A Theory of Normal Eating“Reprise and Non-social Examples. , 2019, , 123-146.		0
36	Awareness of Social Cues. , 2019, , 201-213.		0

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37	Consumption Stereotypes and Impression Management: Food Choice. , 2019, , 95-121.		0
38	Risk and resiliency factors related to body dissatisfaction and disordered eating: The identity disruption model. <i>International Journal of Eating Disorders</i> , 2018, 51, 322-330.	2.1	58
39	Weight Stigma Predicts Poorer Psychological Well-Being Through Internalized Weight Bias and Maladaptive Coping Responses. <i>Obesity</i> , 2018, 26, 755-761.	1.5	67
40	A review of existing measures of attentional biases in body image and eating disorders research. <i>Australian Journal of Psychology</i> , 2018, 70, 3-17.	1.4	41
41	Physiological and self-reported disgust reactions to obesity. <i>Cognition and Emotion</i> , 2018, 32, 579-592.	1.2	9
42	Instagram use and young women's body image concerns and self-objectification: Testing mediational pathways. <i>New Media and Society</i> , 2018, 20, 1380-1395.	3.1	200
43	A Systematic Review of the Efficacy of Interventions that Aim to Increase Self-Compassion on Nutrition Habits, Eating Behaviours, Body Weight and Body Image. <i>Mindfulness</i> , 2018, 9, 388-400.	1.6	51
44	Experiences of weight stigma in everyday life: Implications for health motivation.. <i>Stigma and Health</i> , 2018, 3, 85-92.	1.2	56
45	Clutter, Chaos, and Overconsumption. <i>Environment and Behavior</i> , 2017, 49, 215-223.	2.1	11
46	Self-reported overeating and attributions for food intake. <i>Psychology and Health</i> , 2017, 32, 483-492.	1.2	11
47	Psychological need satisfaction, control, and disordered eating. <i>British Journal of Clinical Psychology</i> , 2017, 56, 53-68.	1.7	19
48	The impact of appearance comparisons made through social media, traditional media, and in person in women's everyday lives. <i>Body Image</i> , 2017, 20, 31-39.	1.9	271
49	Hunger, taste, and normative cues in predictions about food intake. <i>Appetite</i> , 2017, 116, 511-517.	1.8	14
50	Coping with weight stigma: development and validation of a Brief Coping Responses Inventory. <i>Obesity Science and Practice</i> , 2017, 3, 373-383.	1.0	15
51	Self-Concept Clarity and Body Dissatisfaction. , 2017, , 195-218.		5
52	The stigma of clean dieting and orthorexia nervosa. <i>Journal of Eating Disorders</i> , 2017, 5, 37.	1.3	40
53	The Influence of Ethnic and Mainstream Cultures on African Americans' Health Behaviors: A Qualitative Study. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2017, 7, 49.	1.0	54
54	Conflicting internal and external eating cues: Impact on food intake and attributions.. <i>Health Psychology</i> , 2017, 36, 365-369.	1.3	12

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55	Disgust predicts prejudice and discrimination toward individuals with obesity. <i>Journal of Applied Social Psychology</i> , 2016, 46, 369-375.	1.3	37
56	Prejudice toward individuals with obesity: Evidence for a pro-effort bias.. <i>Journal of Experimental Psychology: Applied</i> , 2016, 22, 184-195.	0.9	12
57	Social Media and Body Image Concerns: Current Research and Future Directions. <i>Current Opinion in Psychology</i> , 2016, 9, 1-5.	2.5	327
58	Weight stigma and eating behavior: A review of the literature. <i>Appetite</i> , 2016, 102, 3-14.	1.8	202
59	A serial mediation model testing early adversity, self-concept clarity, and thin-ideal internalization as predictors of body dissatisfaction. <i>Body Image</i> , 2016, 19, 98-103.	1.9	38
60	Portion size preference as a function of individuals' body mass index. <i>Obesity Science and Practice</i> , 2016, 2, 241-247.	1.0	5
61	What does it mean to eat an appropriate amount of food?. <i>Eating Behaviors</i> , 2016, 23, 24-27.	1.1	9
62	The portion size effect on food intake is robust to contextual size information. <i>Appetite</i> , 2016, 105, 439-448.	1.8	20
63	Dimensions of control and their relation to disordered eating behaviours and obsessive-compulsive symptoms. <i>Journal of Eating Disorders</i> , 2016, 4, 14.	1.3	47
64	The role of memory in the relationship between attention toward thin-ideal media and body dissatisfaction. <i>Eating and Weight Disorders</i> , 2016, 21, 57-64.	1.2	6
65	Are large portions responsible for the obesity epidemic?. <i>Physiology and Behavior</i> , 2016, 156, 177-181.	1.0	24
66	The relationship between weight stigma and eating behavior is explained by weight bias internalization and psychological distress. <i>Appetite</i> , 2016, 102, 70-76.	1.8	196
67	The parallel impact of episodic memory and episodic future thinking on food intake. <i>Appetite</i> , 2016, 101, 31-36.	1.8	68
68	Self-focused and other-focused resiliency: Plausible mechanisms linking early family adversity to health problems in college women. <i>Journal of American College Health</i> , 2016, 64, 85-95.	0.8	25
69	Development and validation of a brief version of the Stigmatizing Situations Inventory. <i>Obesity Science and Practice</i> , 2015, 1, 119-125.	1.0	54
70	Impression management and food intake. Current directions in research. <i>Appetite</i> , 2015, 86, 74-80.	1.8	112
71	Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood. <i>Body Image</i> , 2015, 13, 38-45.	1.9	417
72	Personality, perceived appropriateness, and acknowledgement of social influences on food intake. <i>Personality and Individual Differences</i> , 2015, 87, 110-115.	1.6	22

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73	The effect of portion size and unit size on food intake: Unit bias or segmentation effect?. <i>Health Psychology</i> , 2015, 34, 670-676.	1.3	55
74	The Mediating Role of Appearance Comparisons in the Relationship Between Media Usage and Self-Objectification in Young Women. <i>Psychology of Women Quarterly</i> , 2015, 39, 447-457.	1.3	79
75	Mechanisms underlying the portion-size effect. <i>Physiology and Behavior</i> , 2015, 144, 129-136.	1.0	96
76	Ethical Issues for Public Health Approaches to Obesity. <i>Current Obesity Reports</i> , 2015, 4, 324-329.	3.5	7
77	Modeling of food intake: a meta-analytic review. <i>Social Influence</i> , 2015, 10, 119-136.	0.9	101
78	Can serving-size labels reduce the portion-size effect? A pilot study. <i>Eating Behaviors</i> , 2015, 16, 40-42.	1.1	39
79	Negative comparisons about one's appearance mediate the relationship between Facebook usage and body image concerns. <i>Body Image</i> , 2015, 12, 82-88.	1.9	313
80	Early adversity, personal resources, body dissatisfaction, and disordered eating. <i>International Journal of Eating Disorders</i> , 2014, 47, 620-629.	2.1	32
81	The Effect of Effort and Weight Controllability on Perceptions of Obese Individuals. <i>Journal of Social Psychology</i> , 2014, 154, 515-526.	1.0	36
82	Reducing the stigma of bariatric surgery: Benefits of providing information about necessary lifestyle changes. <i>Obesity</i> , 2014, 22, 1233-1237.	1.5	34
83	An empirical examination of the mislabelling of fat as an emotion in sub-clinical eating disorder groups. <i>Journal of Eating Disorders</i> , 2014, 2, .	1.3	1
84	The effect of portion size on food intake is robust to brief education and mindfulness exercises. <i>Journal of Health Psychology</i> , 2014, 19, 730-739.	1.3	55
85	The phenomenology of weight stigma in everyday life. <i>Journal of Contextual Behavioral Science</i> , 2014, 3, 196-202.	1.3	86
86	Failure to report social influences on food intake: Lack of awareness or motivated denial?. <i>Health Psychology</i> , 2014, 33, 1487-1494.	1.3	25
87	The Stigma of Obesity Surgery: Negative Evaluations Based on Weight Loss History. <i>Obesity Surgery</i> , 2013, 23, 1545-1550.	1.1	49
88	Primum Non Nocere: Obesity Stigma and Public Health. <i>Journal of Bioethical Inquiry</i> , 2013, 10, 49-57.	0.9	102
89	Disgust, contempt, and anger and the stereotypes of obese people. <i>Eating and Weight Disorders</i> , 2013, 18, 377-382.	1.2	32
90	Obesity as a status cue: perceived social status and the stereotypes of obese individuals. <i>Journal of Applied Social Psychology</i> , 2013, 43, E319.	1.3	29

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91	Self-concept clarity, thin-ideal internalization, and appearance-related social comparison as predictors of body dissatisfaction. <i>Body Image</i> , 2013, 10, 495-500.	1.9	128
92	Social Models Provide a Norm of Appropriate Food Intake for Young Women. <i>PLoS ONE</i> , 2013, 8, e79268.	1.1	58
93	Serving size information on nutrition labels in Australia. <i>Australian and New Zealand Journal of Public Health</i> , 2012, 36, 493-494.	0.8	5
94	Is counter-regulation among restrained eaters a result of motivated overeating?. <i>Appetite</i> , 2012, 59, 488-493.	1.8	7
95	Attention and memory biases toward body-related images among restrained eaters. <i>Body Image</i> , 2012, 9, 503-509.	1.9	12
96	Appearance vs. health motives for exercise and for weight loss. <i>Psychology of Sport and Exercise</i> , 2012, 13, 251-256.	1.1	73
97	Obsessive-compulsive Symptoms and Body Checking in Women and Men. <i>Cognitive Therapy and Research</i> , 2012, 36, 367-374.	1.2	15
98	Changes in weight bias following weight loss: the impact of weight-loss method. <i>International Journal of Obesity</i> , 2012, 36, 314-319.	1.6	51
99	Accuracy in estimating the body weight of self and others: Impact of dietary restraint and BMI. <i>Body Image</i> , 2011, 8, 415-418.	1.9	13
100	Internalized Societal Attitudes Moderate the Impact of Weight Stigma on Avoidance of Exercise. <i>Obesity</i> , 2011, 19, 757-762.	1.5	296
101	Disgust and perceived control in attitudes toward obese people. <i>International Journal of Obesity</i> , 2010, 34, 1302-1307.	1.6	131
102	Social connectedness, conformity, and internalization of societal standards of attractiveness. <i>Body Image</i> , 2010, 7, 86-89.	1.9	24
103	“Obese people” vs “Fat people”: Impact of group label on weight bias. <i>Eating and Weight Disorders</i> , 2010, 15, e195-e198.	1.2	29
104	When the Body Defines the Self: Self-Concept Clarity, Internalization, and Body Image. <i>Journal of Social and Clinical Psychology</i> , 2009, 28, 94-126.	0.2	99
105	The relationship between eating disorder not otherwise specified (EDNOS) and officially recognized eating disorders: Meta-analysis and implications for DSM.. <i>Psychological Bulletin</i> , 2009, 135, 407-433.	5.5	209
106	Judgments of body weight based on food intake: A pervasive cognitive bias among restrained eaters. <i>International Journal of Eating Disorders</i> , 2008, 41, 64-71.	2.1	14
107	Examining the Nutritional Quality of Breakfast Cereals Marketed to Children. <i>Journal of the American Dietetic Association</i> , 2008, 108, 702-705.	1.3	106
108	Effects of Weight Stigma on Exercise Motivation and Behavior. <i>Journal of Health Psychology</i> , 2008, 13, 131-138.	1.3	324

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109	The role of familiarity on modeling of eating and food consumption in children. <i>Appetite</i> , 2008, 50, 514-518.	1.8	99
110	Are we aware of the external factors that influence our food intake?. <i>Health Psychology</i> , 2008, 27, 533-538.	1.3	108
111	Does hunger bias the estimation of food size and food weight?. <i>FASEB Journal</i> , 2008, 22, 875.7.	0.2	0
112	Effects of Soft Drink Consumption on Nutrition and Health: A Systematic Review and Meta-Analysis. <i>American Journal of Public Health</i> , 2007, 97, 667-675.	1.5	1,414
113	Consumption stereotypes and impression management: How you are what you eat. <i>Appetite</i> , 2007, 48, 265-277.	1.8	247
114	Intended and unintended effects of an eating disorder educational program: Impact of presenter identity. <i>International Journal of Eating Disorders</i> , 2007, 40, 187-192.	2.1	11
115	Beliefs about the determinants of body weight predict dieting and exercise behavior. <i>Eating Behaviors</i> , 2006, 7, 176-179.	1.1	7
116	Does regulatory focus play a role in dietary restraint?. <i>Eating Behaviors</i> , 2006, 7, 333-341.	1.1	23
117	The Influence of One's Own Body Weight on Implicit and Explicit Anti-fat Bias. <i>Obesity</i> , 2006, 14, 440-447.	1.5	299
118	Evaluating the effects of eating disorder memoirs on readers' eating attitudes and behaviors. <i>International Journal of Eating Disorders</i> , 2006, 39, 418-425.	2.1	26
119	Implicit and explicit attitudes toward fatness and thinness: The role of the internalization of societal standards. <i>Body Image</i> , 2005, 2, 373-381.	1.9	78
120	Implicit cognitions and eating disorders: Their application in research and treatment. <i>Cognitive and Behavioral Practice</i> , 2004, 11, 160-167.	0.9	36
121	Psychopathology of EDNOS patients: To whom do they compare?. <i>Clinical Psychologist</i> , 2004, 8, 70-75.	0.5	34
122	Accuracy in the estimation of body weight: An alternate test of the motivated-distortion hypothesis. <i>International Journal of Eating Disorders</i> , 2004, 36, 69-75.	2.1	16
123	A Status Account of Gender Stereotypes: Beyond Communality and Agency. , 2000, 43, 181-199.		46