Mark R Beauchamp

List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/1873198/publications.pdf

Version: 2024-02-01

145 papers 5,010 citations

35 h-index 61 g-index

154 all docs

154 docs citations

154 times ranked

4939 citing authors

#	Article	IF	Citations
1	Physical Activity for Cognitive and Mental Health in Youth: A Systematic Review of Mechanisms. Pediatrics, 2016, 138, .	1.0	702
2	The Effectiveness of Teamwork Training on Teamwork Behaviors and Team Performance: A Systematic Review and Meta-Analysis of Controlled Interventions. PLoS ONE, 2017, 12, e0169604.	1.1	201
3	The effectiveness of multi-component goal setting interventions for changing physical activity behaviour: a systematic review and meta-analysis. Health Psychology Review, 2016, 10, 67-88.	4.4	172
4	Social cognitive theory and physical activity: Mechanisms of behavior change, critique, and legacy. Psychology of Sport and Exercise, 2019, 42, 110-117.	1.1	143
5	Examining the active ingredients of physical activity interventions underpinned by theory versus no stated theory: a meta-analysis. Health Psychology Review, 2019, 13, 1-17.	4.4	133
6	High-Intensity Interval Training as an Efficacious Alternative to Moderate-Intensity Continuous Training for Adults with Prediabetes. Journal of Diabetes Research, 2015, 2015, 1-9.	1.0	122
7	Teamwork in sport: a theoretical and integrative review. International Review of Sport and Exercise Psychology, 2014, 7, 229-250.	3.1	111
8	Role ambiguity, role efficacy, and role performance: Multidimensional and mediational relationships within interdependent sport teams Group Dynamics, 2002, 6, 229-242.	0.7	109
9	Older adults' preferences for exercising alone versus in groups: Considering contextual congruence. Annals of Behavioral Medicine, 2007, 33, 200-206.	1.7	107
10	The effectiveness of motivational interviewing for health behaviour change in primary care settings: a systematic review. Health Psychology Review, 2015, 9, 205-223.	4.4	106
11	Framework for the design and delivery of organized physical activity sessions for children and adolescents: rationale and description of the  SAAFE' teaching principles. International Journal of Behavioral Nutrition and Physical Activity, 2017, 14, 24.	2.0	99
12	Pre-competition imagery, self-efficacy and performance in collegiate golfers. Journal of Sports Sciences, 2001, 20, 697-705.	1.0	83
13	Affective responses of inactive women to a maximal incremental exercise test: A test of the dual-mode model. Psychology of Sport and Exercise, 2007, 8, 401-423.	1.1	83
14	Role Ambiguity and Role Conflict Within Interdependent Teams. Small Group Research, 2001, 32, 133-157.	1.8	73
15	Development and Psychometric Properties of the Transformational Teaching Questionnaire. Journal of Health Psychology, 2010, 15, 1123-1134.	1.3	70
16	Group-based physical activity for older adults (GOAL) randomized controlled trial: Exercise adherence outcomes Health Psychology, 2018, 37, 451-461.	1.3	68
17	Mediators of Psychological Well-being in Adolescent Boys. Journal of Adolescent Health, 2016, 58, 230-236.	1.2	64
18	Understanding for whom, under what conditions, and how group-based physical activity interventions are successful: a realist review. BMC Public Health, 2015, 15, 958.	1.2	60

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#	Article	IF	CITATIONS
19	Predictors of stationary cycling exergame use among inactive children in the family home. Psychology of Sport and Exercise, 2019, 41, 181-190.	1.1	57
20	Relational Efficacy Beliefs in Athlete Dyads: An Investigation Using Actor–Partner Interdependence Models. Journal of Sport and Exercise Psychology, 2007, 29, 170-189.	0.7	53
21	Variety support and exercise adherence behavior: experimental and mediating effects. Journal of Behavioral Medicine, 2016, 39, 214-224.	1.1	50
22	Conceptualizing physical activity parenting practices using expert informed concept mapping analysis. BMC Public Health, 2017, 17, 574.	1,2	47
23	Prediction of Depot-Based Specialty Recycling Behavior Using an Extended Theory of Planned Behavior. Environment and Behavior, 2015, 47, 1001-1023.	2.1	46
24	Perceived variety, psychological needs satisfaction and exercise-related well-being. Psychology and Health, 2014, 29, 1044-1061.	1,2	45
25	Informal roles on sport teams. International Journal of Sport and Exercise Psychology, 2011, 9, 19-30.	1.1	44
26	Athletes' Perceptions of the Sources of Role Ambiguity. Small Group Research, 2005, 36, 383-403.	1.8	43
27	Role ambiguity and athlete satisfaction. Journal of Sports Sciences, 2003, 21, 391-401.	1.0	42
28	The Effect of Role Ambiguity on Competitive State Anxiety. Journal of Sport and Exercise Psychology, 2003, 25, 77-92.	0.7	41
29	Origins and Consequences of Tripartite Efficacy Beliefs Within Elite Athlete Dyads. Journal of Sport and Exercise Psychology, 2008, 30, 512-540.	0.7	41
30	Examining the origins of team building in sport: A citation network and genealogical approach Group Dynamics, 2013, 17, 30-42.	0.7	41
31	Does similarity make a difference? Predicting cohesion and attendance behaviors within exercise group settings Group Dynamics, 2011, 15, 258-266.	0.7	40
32	Physical Inactivity and Mental Health in Late Adolescence. JAMA Psychiatry, 2018, 75, 543.	6.0	40
33	Predicting exercise motivation and exercise behavior: A moderated mediation model testing the interaction between perceived exercise variety and basic psychological needs satisfaction. Psychology of Sport and Exercise, 2018, 36, 50-56.	1.1	40
34	Efficacy Beliefs in Coach–Athlete Dyads: Prospective Relationships Using Actor–Partner Interdependence Models. Applied Psychology, 2010, 59, 220-242.	4.4	39
35	The Relationship between Task Cohesion and Competitive State Anxiety. Journal of Sport and Exercise Psychology, 2003, 25, 66-76.	0.7	37
36	Affect and Self-Efficacy Responses During Moderate-Intensity Exercise Among Low-Active Women: The Effect of Cognitive Appraisal. Journal of Sport and Exercise Psychology, 2010, 32, 154-175.	0.7	36

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37	Assessment of tripartite efficacy beliefs within school-based physical education: Instrument development and reliability and validity evidence. Psychology of Sport and Exercise, 2012, 13, 108-117.	1.1	36
38	Is Variety a Spice of (an Active) Life?: Perceived Variety, Exercise Behavior, and the Mediating Role of Autonomous Motivation. Journal of Sport and Exercise Psychology, 2014, 36, 516-527.	0.7	36
39	Leadership Behaviors and Multidimensional Role Ambiguity Perceptions in Team Sports. Small Group Research, 2005, 36, 5-20.	1.8	35
40	The Coach-Athlete Relationship: A Tripartite Efficacy Perspective. Sport Psychologist, 2009, 23, 203-232.	0.4	34
41	Transformational Teaching and Adolescent Self-Determined Motivation, Self-Efficacy, and Intentions to Engage in Leisure Time Physical Activity: A Randomised Controlled Pilot Trial. Applied Psychology: Health and Well-Being, 2011, 3, 127-150.	1.6	34
42	Food parenting practices for 5 to 12Âyear old children: a concept map analysis of parenting and nutrition experts input. International Journal of Behavioral Nutrition and Physical Activity, 2017, 14, 122.	2.0	34
43	Physical activity and negative affective reactivity in daily life Health Psychology, 2017, 36, 1186-1194.	1.3	34
44	Self-Efficacy and Other-Efficacy in Dyadic Performance: Riding as One in Equestrian Eventing. Journal of Sport and Exercise Psychology, 2005, 27, 245-252.	0.7	33
45	Assessed and distressed: White-coat effects on clinical balance performance. Journal of Psychosomatic Research, 2011, 70, 45-51.	1.2	33
46	The Application of Transformational Leadership Theory to Parenting: Questionnaire Development and Implications for Adolescent Self-Regulatory Efficacy and Life Satisfaction. Journal of Sport and Exercise Psychology, 2011, 33, 688-709.	0.7	33
47	What Happens When the Party is Over?: Sustaining Physical Activity Behaviors after Intervention Cessation. Behavioral Medicine, 2022, 48, 1-9.	1.0	30
48	Birds of a Feather Stay Active Together: A Case Study of an All-Male Older Adult Exercise Program. Journal of Aging and Physical Activity, 2013, 21, 222-232.	0.5	29
49	Transformational teaching and child psychological needs satisfaction, motivation, and engagement in elementary school physical education Sport, Exercise, and Performance Psychology, 2012, 1, 215-230.	0.6	28
50	Role Ambiguity in Sport Teams. Journal of Sport and Exercise Psychology, 2003, 25, 534-550.	0.7	27
51	Peer mentoring of adults with spinal cord injury: a transformational leadership perspective. Disability and Rehabilitation, 2016, 38, 1884-1892.	0.9	27
52	En-Gendering Choice: Preferences for Exercising in Gender-Segregated and Gender-Integrated Groups and Consideration of Overweight Status. International Journal of Behavioral Medicine, 2011, 18, 216-220.	0.8	26
53	Older adults' experiences of group-based physical activity: A qualitative study from the â€~GOAL' randomized controlled trial. Psychology of Sport and Exercise, 2018, 39, 184-192.	1.1	26
54	A multilevel investigation of the relationship between role ambiguity and role efficacy in sport. Psychology of Sport and Exercise, 2005, 6, 289-302.	1.1	25

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55	Coaching competency and satisfaction with the coach: A multi-level structural equation model. Journal of Sports Sciences, 2011, 29, 411-422.	1.0	25
56	Promoting Exercise Adherence Through Groups: A Self-Categorization Theory Perspective. Exercise and Sport Sciences Reviews, 2019, 47, 54-61.	1.6	25
57	Examining the Influence of Other-Efficacy and Self-Efficacy on Personal Performance. Journal of Sport and Exercise Psychology, 2011, 33, 586-593.	0.7	24
58	High-Intensity Interval or Continuous Moderate Exercise: A 24-Week Pilot Trial. Medicine and Science in Sports and Exercise, 2018, 50, 2067-2075.	0.2	24
59	Online-Delivered Group and Personal Exercise Programs to Support Low Active Older Adults' Mental Health During the COVID-19 Pandemic: Randomized Controlled Trial. Journal of Medical Internet Research, 2021, 23, e30709.	2.1	24
60	Experiential Versus Genetic Accounts of Inactivity: Implications for Inactive Individuals' Self-Efficacy Beliefs and Intentions to Exercise. Behavioral Medicine, 2011, 37, 8-14.	1.0	23
61	Transformational Teaching and Physical Activity Engagement Among Adolescents. Exercise and Sport Sciences Reviews, 2011, 39, 133-139.	1.6	23
62	Transformational teaching and physical activity. Journal of Health Psychology, 2010, 15, 248-257.	1.3	22
63	How dynamic are exercise group dynamics? Examining changes in cohesion within class-based exercise programs Health Psychology, 2013, 32, 1240-1243.	1.3	22
64	Relational Efficacy Beliefs in Physical Activity Classes: A Test of the Tripartite Model. Journal of Sport and Exercise Psychology, 2012, 34, 285-304.	0.7	20
65	Group-Based Lifestyle Sessions for Gestational Weight Gain Management: A Mixed Method Approach. American Journal of Health Behavior, 2014, 38, 560-569.	0.6	20
66	Effects of Variety Support on Exerciseâ€Related Wellâ€Being. Applied Psychology: Health and Well-Being, 2016, 8, 213-231.	1.6	20
67	Team building: conceptual, methodological, and applied considerations. Current Opinion in Psychology, 2017, 16, 114-117.	2.5	20
68	Changes in self-determination during an exercise referral scheme. Public Health, 2008, 122, 1257-1260.	1.4	19
69	Self-efficacy as a metaperception within coach–athlete and athlete–athlete relationships. Psychology of Sport and Exercise, 2010, 11, 188-196.	1.1	19
70	Motives for adherence to a glutenâ€free diet: a qualitative investigation involving adults with coeliac disease. Journal of Human Nutrition and Dietetics, 2014, 27, 542-549.	1.3	19
71	Editor's Choice: Consistency tendency and the theory of planned behavior: a randomized controlled crossover trial in a physical activity context. Psychology and Health, 2020, 35, 665-684.	1.2	19
72	Transformational and Transactional Leadership and Exercise-related Self-efficacy. Journal of Health Psychology, 2007, 12, 83-88.	1.3	18

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73	The relationship between transformational teaching and adolescent physical activity: The mediating roles of personal and relational efficacy beliefs. Journal of Health Psychology, 2015, 20, 132-143.	1.3	18
74	Prediction of adherence to a glutenâ€free diet using protection motivation theory among adults with coeliac disease. Journal of Human Nutrition and Dietetics, 2016, 29, 391-398.	1.3	18
75	Teamwork Training in Sport: A Pilot Intervention Study. Journal of Applied Sport Psychology, 2020, 32, 220-236.	1.4	18
76	Effects of Social Belonging and Task Framing on Exercise Cognitions and Behavior. Journal of Sport and Exercise Psychology, 2014, 36, 80-92.	0.7	17
77	School Physical Activity Intervention Effect on Adolescents' Performance in Mathematics. Medicine and Science in Sports and Exercise, 2018, 50, 2442-2450.	0.2	17
78	Multidimensional Role Ambiguity and Role Satisfaction: A Prospective Examination Using Interdependent Sport Teams. Journal of Applied Social Psychology, 2005, 35, 2560-2576.	1.3	16
79	Effects of a Print-mediated Intervention on Physical Activity during Transition to the First Year of University. Behavioral Medicine, 2011, 37, 60-69.	1.0	16
80	Health-enhancing physical activity, psychological needs satisfaction, and well-being: Is it how often, how long, or how much effort that matters?. Mental Health and Physical Activity, 2012, 5, 141-147.	0.9	16
81	"Go Girls!†psychological and behavioral outcomes associated with a group-based healthy lifestyle program for adolescent girls. Translational Behavioral Medicine, 2015, 5, 77-86.	1.2	16
82	The Relationship Between Role Ambiguity and Intention to Return the Following Season. Journal of Applied Sport Psychology, 2005, 17, 255-261.	1.4	15
83	Does the Need for Role Clarity Moderate the Relationship between Role Ambiguity and Athlete Satisfaction?. Journal of Applied Sport Psychology, 2005, 17, 306-318.	1.4	15
84	Extending transformational leadership theory to parenting and adolescent health behaviours: an integrative and theoretical review. Health Psychology Review, 2010, 4, 128-157.	4.4	15
85	Intervention effects and mediators of well-being in a school-based physical activity program for adolescents: The †Resistance Training for Teens' cluster RCT. Mental Health and Physical Activity, 2018, 15, 88-94.	0.9	15
86	Promoting Health-Enhancing Physical Activity: a State-of-the-art Review of Peer-Delivered Interventions. Current Obesity Reports, 2019, 8, 341-353.	3.5	15
87	Are mere instructions enough? Evaluation of four types of messaging on community depot recycling. Resources, Conservation and Recycling, 2014, 90, 1-8.	5.3	14
88	GrOup based physical Activity for oLder adults (GOAL) randomized controlled trial: study protocol. BMC Public Health, 2015, 15, 592.	1.2	14
89	Are the Physical Activity Parenting Practices Reported by US and Canadian Parents Captured in Currently Published Instruments?. Journal of Physical Activity and Health, 2016, 13, 1070-1078.	1.0	14
90	Stationary cycling exergame use among inactive children in the family home: a randomized trial. Journal of Behavioral Medicine, 2017, 40, 978-988.	1.1	14

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91	The Effects of Variety and Novelty on Physical Activity and Healthy Nutritional Behaviors. Advances in Motivation Science, 2018, 5, 169-202.	2.2	14
92	The Development and Psychometric Properties of the Multidimensional Assessment of Teamwork in Sport. Journal of Sport and Exercise Psychology, 2018, 40, 60-72.	0.7	14
93	The Relationship Between Intra-Group Age Similarity and Exercise Adherence. American Journal of Preventive Medicine, 2012, 42, 53-55.	1.6	13
94	Transformational Teaching and Adolescent Physical Activity: Multilevel and Mediational Effects. International Journal of Behavioral Medicine, 2014, 21, 537-546.	0.8	13
95	Disentangling motivation from self-efficacy: implications for measurement, theory-development, and intervention. Health Psychology Review, 2016, 10, 129-132.	4.4	13
96	Brief Exercise Counseling and High-Intensity Interval Training on Physical Activity Adherence and Cardiometabolic Health in Individuals at Risk of Type 2 Diabetes: Protocol for a Randomized Controlled Trial. JMIR Research Protocols, 2019, 8, e11226.	0.5	13
97	Communication Within Sport Teams: Jungian Preferences and Group Dynamics. Sport Psychologist, 2005, 19, 203-220.	0.4	12
98	Efficacy Beliefs and Human Performance: From Independent Action to Interpersonal Functioning. , 0, , 273-293.		12
99	Development of an item bank for food parenting practices based on published instruments and reports from Canadian and US parents. Appetite, 2016, 103, 386-395.	1.8	12
100	Feasibility and efficacy of the Great Leaders Active StudentS (GLASS) program on children's physical activity and object control skill competency: A non-randomised trial. Journal of Science and Medicine in Sport, 2017, 20, 1081-1086.	0.6	12
101	Efficacy of Online Multi-Player Versus Single-Player Exergames on Adherence Behaviors Among Children: A Nonrandomized Control Trial. Annals of Behavioral Medicine, 2018, 52, 878-889.	1.7	12
102	Overweight and obese men's experiences in a sport-based weight loss intervention for men. Psychology of Sport and Exercise, 2020, 50, 101750.	1.1	12
103	First impressions count: Perceptions of surface-level and deep-level similarity within postnatal exercise classes and implications for program adherence. Journal of Health Psychology, 2012, 17, 68-76.	1.3	11
104	Myths, Presumptions, and Facts about Obesity. New England Journal of Medicine, 2013, 368, 2234-2237.	13.9	11
105	The physical activity parenting practices (PAPP) item Bank: a psychometrically validated tool for improving the measurement of physical activity parenting practices of parents of 5–12-year-old children. International Journal of Behavioral Nutrition and Physical Activity, 2020, 17, 134.	2.0	11
106	Predicting the physical activity of new parents who participated in a physical activity intervention. Social Science and Medicine, 2021, 284, 114221.	1.8	11
107	A Tutorial on Centering in Cross-Sectional Two-Level Models. Measurement in Physical Education and Exercise Science, 2010, 14, 275-294.	1.3	10
108	Family leadership styles and adolescent dietary and physical activity behaviors: a cross-sectional study. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 48.	2.0	10

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109	Scarred for the Rest of My Career? Career-Long Effects of Abusive Leadership on Professional Athlete Aggression and Task Performance. Journal of Sport and Exercise Psychology, 2016, 38, 409-422.	0.7	10
110	Psychological mediators of exercise adherence among older adults in a group-based randomized trial Health Psychology, 2021, 40, 166-177.	1.3	10
111	Tailored physical activity behavior change interventions: challenges and opportunities. Translational Behavioral Medicine, 2021, , .	1.2	10
112	Affective mental contrasting to enhance physical activity: A randomized controlled trial Health Psychology, 2018, 37, 51-60.	1.3	10
113	Continuous-Time Modeling of the Bidirectional Relationship Between Incidental Affect and Physical Activity. Annals of Behavioral Medicine, 2022, 56, 1284-1299.	1.7	10
114	Physical activity for children in elementary schools: time for a rethink?. Translational Behavioral Medicine, 2017, 7, 64-68.	1.2	9
115	COVID-19 Pandemic and Exercise (COPE) trial: a multigroup pragmatic randomised controlled trial examining effects of app-based at-home exercise programs on depressive symptoms. British Journal of Sports Medicine, 2022, 56, 546-552.	3.1	9
116	Analysis of dynamic psychological processes to understand and promote physical activity behaviour using intensive longitudinal methods: a primer. Health Psychology Review, 2022, 16, 492-525.	4.4	9
117	Are self-efficacy measures confounded with motivation? An experimental test. Psychology and Health, 2020, 35, 685-700.	1.2	8
118	Calibration of the food parenting practice (FPP) item bank: tools for improving the measurement of food parenting practices of parents of 5–12-year-old children. International Journal of Behavioral Nutrition and Physical Activity, 2020, 17, 140.	2.0	8
119	A Group-Mediated Approach to Precision Medicine—Social Identification, Prevention, and Treatment. JAMA Psychiatry, 2020, 77, 555.	6.0	8
120	Use of in-home stationary cycling equipment among parents in a family-based randomized trial intervention. Journal of Science and Medicine in Sport, 2018, 21, 1050-1056.	0.6	7
121	Adolescent Girls' Experiences in the <l>Go Girls!</l> Group-Based Lifestyle Mentoring Program. American Journal of Health Behavior, 2015, 39, 267-276.	0.6	6
122	What do US and Canadian parents do to encourage or discourage physical activity among their 5-12ÂYear old children?. BMC Public Health, 2017, 17, 920.	1.2	6
123	Parents and children active together: a randomized trial protocol examining motivational, regulatory, and habitual intervention approaches. BMC Public Health, 2020, 20, 1436.	1.2	6
124	Effects of Groupâ€Based Exercise on Flourishing and Stigma Consciousness among Older Adults: Findings from a Randomised Controlled Trial. Applied Psychology: Health and Well-Being, 2020, 12, 559-583.	1.6	6
125	The tripartite efficacy framework in high school physical education: Trans-contextual generality and direct and indirect prospective relations with leisure-time exercise Sport, Exercise, and Performance Psychology, 2013, 2, 1-14.	0.6	5
126	Evaluation of a physical activity intervention for new parents: protocol paper for a randomized trial. BMC Public Health, 2017, 17, 875.	1.2	5

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127	Testing the effects of an expectancy-based intervention among adolescents: Can placebos be used to enhance physical health? Psychology, Health and Medicine, 2011, 16, 405-417.	1.3	4
128	Response Processes and Measurement Validity in Health Psychology. Social Indicators Research Series, 2017, , 13-30.	0.3	4
129	Supporting Healthy Lifestyles among Adolescent Girls: Mentors' Perceptions of the '<1>Go Girls! 1 ' Program. American Journal of Health Behavior, 2015, 39, 698-708.	0.6	3
130	A Pilot Study on In-Task Affect Predicting Free-Living Adherence to HIIT and MICT. Research Quarterly for Exercise and Sport, 2020, , 1-10.	0.8	3
131	Looking back to move forward: Recently retired Olympians' perspectives of factors that contribute to and undermine athlete well-being Sport, Exercise, and Performance Psychology, 2022, 11, 44-60.	0.6	3
132	Exercise Preferences and Environmental Contexts: A Response to King and Wilcox. Annals of Behavioral Medicine, 2008, 35, 370-372.	1.7	2
133	Making sense of humour among men in a weight-loss program: A dialogical narrative approach. Qualitative Research in Sport, Exercise and Health, 2022, 14, 1098-1112.	3.3	2
134	Self-regulatory efficacy and long-term physical activity engagement: Examining mediators from a randomized trial. Psychology of Sport and Exercise, 2021, 56, 102001.	1.1	2
135	Teamwork in youth sport. , 2020, , 183-202.		2
136	Psychosocial predictors of changes in adolescent girls' physical activity and dietary behaviors over the course of theGo Girls!group-based mentoring program. Health Education Research, 2016, 31, 478-491.	1.0	1
137	â€~Active'ating thoughts about affect: elicitation of physical activity judgements in insufficiently active women. Psychology and Health, 2019, 34, 590-608.	1.2	1
138	Shared success begets success. Nature Human Behaviour, 2019, 3, 22-23.	6.2	1
139	Effects of social anxiety on static and dynamic balance task assessment in older women. Gait and Posture, 2021, 86, 174-179.	0.6	1
140	An Examination of Dweck's Psychological Needs Model in Relation to Exercise-Related Well-Being. Journal of Sport and Exercise Psychology, 2021, 43, 323-334.	0.7	1
141	Couple-Based Physical Activity Planning for New Parents: A Randomized Trial. American Journal of Preventive Medicine, 2021, 61, 518-528.	1.6	1
142	Not All Promotion Is Good Promotion: The Pitfalls of Overexaggerated Claims and Controlling Language in Exercise Messaging. Journal of Sport and Exercise Psychology, 2020, 42, 1-14.	0.7	1
143	Family-based habit intervention to promote parent support for child physical activity in Canada: protocol for a randomised trial. BMJ Open, 2020, 10, e033732.	0.8	1
144	You are the Weakest Link, Goodbye (to Physical Inactivity!): A Comment on Irwin et al Annals of Behavioral Medicine, 2012, 44, 143-144.	1.7	0

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145	Purpose after service through sport: A social identity-informed program to support military veteran well-being Sport, Exercise, and Performance Psychology, 2021, 10, 423-437.	0.6	O