

# Thomas L Webb

## List of Publications by Year in descending order

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Version: 2024-02-01

101  
papers

13,672  
citations

70961

41  
h-index

33814

99  
g-index

103  
all docs

103  
docs citations

103  
times ranked

14714  
citing authors

#	ARTICLE	IF	CITATIONS
1	Do people choose the same strategies to regulate other people's emotions as they choose to regulate their own?. <i>Emotion</i> , 2022, 22, 1723-1738.	1.5	10
2	Using social cognition models to understand why people, such as perfectionists, struggle to respond with self-compassion. <i>British Journal of Social Psychology</i> , 2022, 61, 1160-1182.	1.8	5
3	This has already been used! A paradigm to measure the point at which people become unwilling to use reusable containers. <i>Journal of Cleaner Production</i> , 2022, 363, 132321.	4.6	7
4	Understanding the effects of time perspective: A meta-analysis testing a self-regulatory framework.. <i>Psychological Bulletin</i> , 2021, 147, 233-267.	5.5	43
5	The effect of direct and extended contact on attitudes towards social robots. <i>Heliyon</i> , 2021, 7, e06418.	1.4	8
6	Identifying the determinants of emotion regulation choice: a systematic review with meta-analysis. <i>Cognition and Emotion</i> , 2021, 35, 1056-1084.	1.2	28
7	Many Happy Returns: Combining insights from the environmental and behavioural sciences to understand what is required to make reusable packaging mainstream. <i>Sustainable Production and Consumption</i> , 2021, 27, 1688-1702.	5.7	53
8	What is the best way to promote cycling? A systematic review and meta-analysis. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2021, 81, 144-157.	1.8	16
9	Improving sleep quality leads to better mental health: A meta-analysis of randomised controlled trials. <i>Sleep Medicine Reviews</i> , 2021, 60, 101556.	3.8	240
10	The relationship between individual differences in spontaneous self-affirmation and affect associated with self-weighing. <i>Journal of Research in Personality</i> , 2020, 89, 104020.	0.9	2
11	Assessing and promoting the use of implementation intentions in clinical practice. <i>Social Science and Medicine</i> , 2020, 265, 113490.	1.8	13
12	Monitoring Interventions. , 2020, , 537-553.		6
13	A Systematic Review of Attitudes, Anxiety, Acceptance, and Trust Towards Social Robots. <i>International Journal of Social Robotics</i> , 2020, 12, 1179-1201.	3.1	157
14	A meta-analysis of the effects of training clinicians in exposure therapy on knowledge, attitudes, intentions, and behavior. <i>Clinical Psychology Review</i> , 2020, 80, 101887.	6.0	25
15	Understanding obesity among companion dogs: New measures of owner's beliefs and behaviour and associations with body condition scores. <i>Preventive Veterinary Medicine</i> , 2020, 180, 105029.	0.7	7
16	The Effect of an Online Self-Help Cognitive Behavioural Intervention for Insomnia on Negative Affect and Paranoia: A Randomised Controlled Trial. <i>Health Psychology Bulletin</i> , 2020, 4, 39.	0.3	0
17	The Relationship Between a Balanced Time Perspective and Self-monitoring of Blood Glucose Among People With Type 1 Diabetes. <i>Annals of Behavioral Medicine</i> , 2019, 53, 196-209.	1.7	9
18	Does the structure (tunneled vs. free-roam) and content (if-then plans vs. choosing strategies) of a brief online alcohol intervention effect engagement and effectiveness? A randomized controlled trial. <i>Translational Behavioral Medicine</i> , 2019, 9, 1122-1130.	1.2	3

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19	Self-regulatory consequences of observing others making goal progress: A longitudinal field study in weight loss groups. <i>British Journal of Health Psychology</i> , 2019, 24, 970-981.	1.9	3
20	The impact of post-migration stressors on refugees' emotional distress and health: A longitudinal analysis. <i>European Journal of Social Psychology</i> , 2019, 49, 1359-1367.	1.5	28
21	Using the theory of planned behaviour and implementation intentions to reduce binge drinking in new university students. <i>Psychology and Health</i> , 2019, 34, 478-496.	1.2	26
22	Athletes' retirement from elite sport: A qualitative study of parents and partners' experiences. <i>Psychology of Sport and Exercise</i> , 2019, 40, 51-60.	1.1	16
23	Athletes' experiences of social support during their transition out of elite sport: An interpretive phenomenological analysis. <i>Psychology of Sport and Exercise</i> , 2018, 36, 71-80.	1.1	49
24	Feeling bad about progress does not lead people want to change their health behaviour. <i>Psychology and Health</i> , 2018, 33, 275-291.	1.2	62
25	The Role of Compensatory Beliefs in Rationalizing Environmentally Detrimental Behaviors. <i>Environment and Behavior</i> , 2018, 50, 401-425.	2.1	48
26	Situation selection is a particularly effective emotion regulation strategy for people who need help regulating their emotions. <i>Cognition and Emotion</i> , 2018, 32, 231-248.	1.2	32
27	A randomized controlled trial of a brief online intervention to reduce alcohol consumption in new university students: Combining self-affirmation, theory of planned behaviour messages, and implementation intentions. <i>British Journal of Health Psychology</i> , 2018, 23, 108-127.	1.9	93
28	How effective are interventions designed to help owners to change their behaviour so as to manage the weight of their companion dogs? A systematic review and meta-analysis. <i>Preventive Veterinary Medicine</i> , 2018, 159, 40-50.	0.7	7
29	Using research on self-regulation to understand and tackle the challenges that owners face helping their (overweight) dogs lose weight. <i>Preventive Veterinary Medicine</i> , 2018, 159, 227-231.	0.7	5
30	A cluster randomized controlled trial of a theory-based sleep hygiene intervention for adolescents. <i>Sleep</i> , 2018, 41, .	0.6	42
31	Using Temporal Self-Regulation Theory to understand healthy and unhealthy eating intentions and behaviour. <i>Appetite</i> , 2017, 116, 357-364.	1.8	40
32	Monitoring personal finances: Evidence that goal progress and regulatory focus influence when people check their balance. <i>Journal of Economic Psychology</i> , 2017, 62, 33-49.	1.1	7
33	Can a Multifaceted Intervention Including Motivational Interviewing Improve Medication Adherence, Quality of Life, and Mortality Rates in Older Patients Undergoing Coronary Artery Bypass Surgery? A Multicenter, Randomized Controlled Trial with 18-Month Follow-Up. <i>Drugs and Aging</i> , 2017, 34, 143-156.	1.3	25
34	Does improving sleep lead to better mental health? A protocol for a meta-analytic review of randomised controlled trials. <i>BMJ Open</i> , 2017, 7, e016873.	0.8	45
35	Young people's beliefs about the risk of bowel cancer and its link with physical activity. <i>British Journal of Health Psychology</i> , 2017, 22, 449-462.	1.9	2
36	The relationship between time perspective and self-regulatory processes, abilities and outcomes: a protocol for a meta-analytical review. <i>BMJ Open</i> , 2017, 7, e017000.	0.8	9

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37	A cluster randomised controlled trial of an intervention based on the Health Action Process Approach for increasing fruit and vegetable consumption in Iranian adolescents. <i>Psychology and Health</i> , 2017, 32, 1-20.	1.2	23
38	Why Do People Act Like the Proverbial Ostrich? Investigating the Reasons That People Provide for Not Monitoring Their Goal Progress. <i>Frontiers in Psychology</i> , 2017, 8, 152.	1.1	15
39	Which Factors Are Associated with Monitoring Goal Progress?. <i>Frontiers in Psychology</i> , 2017, 8, 434.	1.1	7
40	A structural equation model of the relationship between insomnia, negative affect, and paranoid thinking. <i>PLoS ONE</i> , 2017, 12, e0186233.	1.1	18
41	Using Persuasive Technology to Increase Physical Activity in People With Chronic Obstructive Pulmonary Disease by Encouraging Regular Walking: A Mixed-Methods Study Exploring Opinions and Preferences. <i>Journal of Medical Internet Research</i> , 2017, 19, e124.	2.1	43
42	Attitudes and Preferences towards Self-help Treatments for Depression in Comparison to Psychotherapy and Antidepressant Medication. <i>Behavioural and Cognitive Psychotherapy</i> , 2016, 44, 129-139.	0.9	35
43	The Intentionâ€Behavior Gap. <i>Social and Personality Psychology Compass</i> , 2016, 10, 503-518.	2.0	1,020
44	Does monitoring goal progress promote goal attainment? A meta-analysis of the experimental evidence.. <i>Psychological Bulletin</i> , 2016, 142, 198-229.	5.5	349
45	Visualizing actions from a thirdâ€person perspective: effects on health behavior and the moderating role of behavior difficulty. <i>Journal of Applied Social Psychology</i> , 2016, 46, 724-731.	1.3	9
46	Does forming implementation intentions help people with mental health problems to achieve goals? A metaâ€analysis of experimental studies with clinical and analogue samples. <i>British Journal of Clinical Psychology</i> , 2016, 55, 69-90.	1.7	112
47	Does self-control improve with practice? Evidence from a six-week training program.. <i>Journal of Experimental Psychology: General</i> , 2016, 145, 1075-1091.	1.5	101
48	The Effects of Two Planning Interventions on the Oral Health Behavior of Iranian Adolescents: A Cluster Randomized Controlled Trial. <i>Annals of Behavioral Medicine</i> , 2016, 50, 409-418.	1.7	13
49	What is the psychological impact of self-weighing? A meta-analysis. <i>Health Psychology Review</i> , 2016, 10, 187-203.	4.4	33
50	Which Combinations of Techniques and Modes of Delivery in Internet-Based Interventions Effectively Change Health Behavior? A Meta-Analysis. <i>Journal of Medical Internet Research</i> , 2016, 18, e155.	2.1	70
51	A theory-based online health behaviour intervention for new university students (U@Uni:LifeGuide): results from a repeat randomized controlled trial. <i>Trials</i> , 2015, 16, 555.	0.7	51
52	The Neural Correlates of Emotion Regulation by Implementation Intentions. <i>PLoS ONE</i> , 2015, 10, e0119500.	1.1	102
53	A Meta-Analytic Review of Stand-Alone Interventions to Improve Body Image. <i>PLoS ONE</i> , 2015, 10, e0139177.	1.1	205
54	Using Public Transport Can Make Up for Flying Abroad on Holiday. <i>Environment and Behavior</i> , 2015, 47, 184-204.	2.1	72

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55	Self-help interventions for psychosis: A meta-analysis. <i>Clinical Psychology Review</i> , 2015, 39, 96-112.	6.0	22
56	Development of theory-based health messages: three-phase programme of formative research. <i>Health Promotion International</i> , 2015, 30, 756-768.	0.9	42
57	Automatic control of negative emotions: Evidence that structured practice increases the efficiency of emotion regulation. <i>Cognition and Emotion</i> , 2015, 29, 319-331.	1.2	38
58	Implicit emotion regulation: feeling better without knowing why. <i>Current Opinion in Psychology</i> , 2015, 3, 6-10.	2.5	65
59	What information do consumers consider, and how do they look for it, when shopping for groceries online?. <i>Appetite</i> , 2015, 89, 265-273.	1.8	85
60	Using theory to develop and test interventions to promote changes in health behaviour: evidence, issues, and recommendations. <i>Current Opinion in Psychology</i> , 2015, 5, 1-5.	2.5	187
61	Foundations and Extensions for the Extended Model: More on Implicit and Explicit Forms of Emotion Regulation. <i>Psychological Inquiry</i> , 2015, 26, 123-129.	0.4	5
62	The neural correlates of regulating another person's emotions: an exploratory fMRI study. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 376.	1.0	34
63	The neural basis of monitoring goal progress. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 688.	1.0	27
64	The impact of perspective in visualizing health-related behaviors: first-person perspective increases motivation to adopt health-related behaviors. <i>Journal of Applied Social Psychology</i> , 2014, 44, 806-812.	1.3	66
65	What do people living in deprived communities in the UK think about household energy efficiency interventions?. <i>Energy Policy</i> , 2014, 66, 335-349.	4.2	28
66	The impact of household energy efficiency measures on health: A meta-analysis. <i>Energy Policy</i> , 2014, 65, 583-593.	4.2	93
67	"I deserve a treat!": Justifications for indulgence undermine the translation of intentions into action. <i>British Journal of Social Psychology</i> , 2014, 53, 501-520.	1.8	36
68	Antecedents and consequences of monitoring domestic electricity consumption. <i>Journal of Environmental Psychology</i> , 2014, 40, 228-238.	2.3	76
69	A theory-based online health behaviour intervention for new university students (U@Uni): results from a randomised controlled trial. <i>BMC Public Health</i> , 2014, 14, 563.	1.2	71
70	A theory-based online health behavior intervention for new university students: study protocol. <i>BMC Public Health</i> , 2013, 13, 107.	1.2	23
71	Meta-analytic estimates predict the effectiveness of emotion regulation strategies in the "real world". Reply to Augustine and Hemenover (2013).. <i>Psychological Bulletin</i> , 2013, 139, 730-734.	5.5	4
72	The Effectiveness of Mindfulness-Based Interventions for Supporting People With Intellectual Disabilities. <i>Behavior Modification</i> , 2013, 37, 431-453.	1.1	35

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73	Evaluative conditioning makes slim models less desirable as standards for comparison and increases body satisfaction.. Health Psychology, 2013, 32, 433-438.	1.3	20
74	Achieving the same for less: Improving mood depletes blood glucose for people with poor (but not) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 5	1.2	18
75	â€˜The Ostrich Problemâ€™: Motivated Avoidance or Rejection of Information About Goal Progress. Social and Personality Psychology Compass, 2013, 7, 794-807.	2.0	109
76	Effective regulation of affect: An action control perspective on emotion regulation. European Review of Social Psychology, 2012, 23, 143-186.	5.8	183
77	Gaining control over responses to implicit attitude tests: Implementation intentions engender fast responses on attitudeâ€“congruent trials. British Journal of Social Psychology, 2012, 51, 13-32.	1.8	27
78	Using implementation intentions to overcome the effect of mood on risky behaviour. British Journal of Social Psychology, 2012, 51, 330-345.	1.8	24
79	Dealing with feeling: A meta-analysis of the effectiveness of strategies derived from the process model of emotion regulation.. Psychological Bulletin, 2012, 138, 775-808.	5.5	1,353
80	Strategic Control Over the Unhelpful Effects of Primed Social Categories and Goals. Zeitschrift Fur Psychologie / Journal of Psychology, 2012, 220, 187-193.	0.7	14
81	Making self-help more helpful: A randomized controlled trial of the impact of augmenting self-help materials with implementation intentions on promoting the effective self-management of anxiety symptoms.. Journal of Consulting and Clinical Psychology, 2011, 79, 123-128.	1.6	40
82	Advice-taking as an unobtrusive measure of prejudice. Behavior Research Methods, 2011, 43, 953-963.	2.3	4
83	Self-Regulation of Priming Effects on Behavior. Psychological Science, 2011, 22, 901-907.	1.8	52
84	Using theories of behaviour change to inform interventions for addictive behaviours. Addiction, 2010, 105, 1879-1892.	1.7	252
85	THE IMPORTANCE OF MAKING EXPLICIT LINKS BETWEEN THEORETICAL CONSTRUCTS AND BEHAVIOUR CHANGE TECHNIQUES. Addiction, 2010, 105, 1897-1898.	1.7	75
86	Using Implementation Intentions to Overcome the Effects of Social Anxiety on Attention and Appraisals of Performance. Personality and Social Psychology Bulletin, 2010, 36, 612-627.	1.9	37
87	A viable, integrative framework for contemporary research in health psychology: commentary on Hall and Fong's Temporal Self-regulation Theory. Health Psychology Review, 2010, 4, 79-82.	4.4	8
88	Using the Internet to Promote Health Behavior Change: A Systematic Review and Meta-analysis of the Impact of Theoretical Basis, Use of Behavior Change Techniques, and Mode of Delivery on Efficacy. Journal of Medical Internet Research, 2010, 12, e4.	2.1	2,049
89	Communicating Stereotype-Relevant Information: Is Factual Information Subject to the Same Communication Biases as Fictional Information?. Personality and Social Psychology Bulletin, 2009, 35, 836-852.	1.9	14
90	Commentary on Shahab & McEwen (2009): Understanding and preventing attrition in online smoking cessation interventions: a selfâ€“regulatory perspective. Addiction, 2009, 104, 1805-1806.	1.7	12

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91	Planning to break unwanted habits: Habit strength moderates implementation intention effects on behaviour change. <i>British Journal of Social Psychology</i> , 2009, 48, 507-523.	1.8	192
92	Mechanisms of implementation intention effects: The role of goal intentions, self-efficacy, and accessibility of plan components. <i>British Journal of Social Psychology</i> , 2008, 47, 373-395.	1.8	283
93	What Factors Predict Scientists' Intentions to Participate in Public Engagement of Science Activities?. <i>Science Communication</i> , 2007, 29, 242-263.	1.8	250
94	How do implementation intentions promote goal attainment? A test of component processes. <i>Journal of Experimental Social Psychology</i> , 2007, 43, 295-302.	1.3	357
95	Helping students turn up for class: Does personality moderate the effectiveness of an implementation intention intervention?. <i>Learning and Individual Differences</i> , 2007, 17, 316-327.	1.5	65
96	Does changing behavioral intentions engender behavior change? A meta-analysis of the experimental evidence.. <i>Psychological Bulletin</i> , 2006, 132, 249-268.	5.5	2,730
97	The goal-dependent automaticity of drinking habits. <i>British Journal of Social Psychology</i> , 2005, 44, 47-63.	1.8	101
98	Integrating concepts from goal theories to understand the achievement of personal goals. <i>European Journal of Social Psychology</i> , 2005, 35, 69-96.	1.5	56
99	The Interplay Between Goal Intentions and Implementation Intentions. <i>Personality and Social Psychology Bulletin</i> , 2005, 31, 87-98.	1.9	485
100	Identifying good opportunities to act: Implementation intentions and cue discrimination. <i>European Journal of Social Psychology</i> , 2004, 34, 407-419.	1.5	157
101	Can implementation intentions help to overcome ego-depletion?. <i>Journal of Experimental Social Psychology</i> , 2003, 39, 279-286.	1.3	309