

Ralf Schwarzer

List of Publications by Year in descending order

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Version: 2024-02-01

281
papers

25,546
citations

9775

73
h-index

8618

146
g-index

310
all docs

310
docs citations

310
times ranked

18195
citing authors

#	ARTICLE	IF	CITATIONS
1	Modeling Health Behavior Change: How to Predict and Modify the Adoption and Maintenance of Health Behaviors. <i>Applied Psychology</i> , 2008, 57, 1-29.	4.4	1,338
2	Is General Self-Efficacy a Universal Construct?1. <i>European Journal of Psychological Assessment</i> , 2002, 18, 242-251.	1.7	1,126
3	The General Self-Efficacy Scale: Multicultural Validation Studies. <i>Journal of Psychology: Interdisciplinary and Applied</i> , 2005, 139, 439-457.	0.9	1,100
4	Bridging the intention-behaviour gap: Planning, self-efficacy, and action control in the adoption and maintenance of physical exercise. <i>Psychology and Health</i> , 2005, 20, 143-160.	1.2	975
5	Applied Psychology: Health and Well-Being Editorial. <i>Applied Psychology</i> , 2008, 57, 1-2.	4.4	768
6	Action planning and coping planning for long-term lifestyle change: theory and assessment. <i>European Journal of Social Psychology</i> , 2005, 35, 565-576.	1.5	709
7	Social-cognitive predictors of health behavior: Action self-efficacy and coping self-efficacy.. <i>Health Psychology</i> , 2000, 19, 487-495.	1.3	627
8	Perceived Teacher Self-Efficacy as a Predictor of Job Stress and Burnout: Mediation Analyses. <i>Applied Psychology</i> , 2008, 57, 152-171.	4.4	619
9	The Assessment of Optimistic Self-beliefs: Comparison of the German, Spanish, and Chinese Versions of the General Self-efficacy Scale. <i>Applied Psychology</i> , 1997, 46, 69-88.	4.4	595
10	Mechanisms of health behavior change in persons with chronic illness or disability: The Health Action Process Approach (HAPA).. <i>Rehabilitation Psychology</i> , 2011, 56, 161-170.	0.7	514
11	Functional roles of social support within the stress and coping process: A theoretical and empirical overview. <i>International Journal of Psychology</i> , 2007, 42, 243-252.	1.7	433
12	Social Support and Health: A Theoretical and Empirical Overview. <i>Journal of Social and Personal Relationships</i> , 1991, 8, 99-127.	1.4	406
13	Action plans and coping plans for physical exercise: A longitudinal intervention study in cardiac rehabilitation. <i>British Journal of Health Psychology</i> , 2006, 11, 23-37.	1.9	377
14	Adoption and maintenance of four health behaviors: Theory-guided longitudinal studies on dental flossing, seat belt use, dietary behavior, and physical activity. <i>Annals of Behavioral Medicine</i> , 2007, 33, 156-166.	1.7	311
15	Planning and Self-Efficacy in the Adoption and Maintenance of Breast Self-Examination: A Longitudinal Study on Self-Regulatory Cognitions. <i>Psychology and Health</i> , 2003, 18, 93-108.	1.2	302
16	How to Overcome Health-Compromising Behaviors. <i>European Psychologist</i> , 2008, 13, 141-151.	1.8	289
17	A meta-analysis of the health action process approach.. <i>Health Psychology</i> , 2019, 38, 623-637.	1.3	273
18	Optimism, Vulnerability, and self-beliefs as health-related cognitions: A systematic overview. <i>Psychology and Health</i> , 1994, 9, 161-180.	1.2	272

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19	Social-Cognitive Factors in Changing Health-Related Behaviors. <i>Current Directions in Psychological Science</i> , 2001, 10, 47-51.	2.8	261
20	Assessment of perceived general self-efficacy on the internet: Data collection in cyberspace. <i>Anxiety, Stress and Coping</i> , 1999, 12, 145-161.	1.7	252
21	Predicting teacher burnout over time: Effects of work stress, social support, and self-doubts on burnout and its consequences. <i>Anxiety, Stress and Coping</i> , 1996, 9, 261-275.	1.7	242
22	I believe, therefore I achieve (and vice versa): A meta-analytic cross-lagged panel analysis of self-efficacy and academic performance. <i>Learning and Individual Differences</i> , 2018, 61, 136-150.	1.5	226
23	Predicting Physical Exercise in Cardiac Rehabilitation: The Role of Phase-Specific Self-Efficacy Beliefs. <i>Journal of Sport and Exercise Psychology</i> , 2005, 27, 135-151.	0.7	225
24	Adoption and maintenance of physical activity: Planning interventions in young, middle-aged, and older adults. <i>Psychology and Health</i> , 2006, 21, 145-163.	1.2	214
25	Self-regulatory Processes in the Adoption and Maintenance of Health Behaviors. <i>Journal of Health Psychology</i> , 1999, 4, 115-127.	1.3	213
26	Social support and health: A meta-analysis. <i>Psychology and Health</i> , 1989, 3, 1-15.	1.2	197
27	Beyond behavioural intentions: Planning mediates between intentions and physical activity. <i>British Journal of Health Psychology</i> , 2008, 13, 479-494.	1.9	195
28	Social-cognitive predictors of physical exercise adherence: Three longitudinal studies in rehabilitation.. <i>Health Psychology</i> , 2008, 27, S54-S63.	1.3	194
29	Coping as a mediator between personality and stress outcomes: a longitudinal study with cataract surgery patients. <i>European Journal of Personality</i> , 2005, 19, 229-247.	1.9	174
30	Improving fruit and vegetable consumption: a self-efficacy intervention compared with a combined self-efficacy and planning intervention. <i>Health Education Research</i> , 2006, 22, 630-638.	1.0	173
31	Self-efficacy as a moderator of the planning-behaviour relationship in interventions designed to promote physical activity. <i>Psychology and Health</i> , 2011, 26, 151-166.	1.2	171
32	Long-term effects of two psychological interventions on physical exercise and self-regulation following coronary rehabilitation. <i>International Journal of Behavioral Medicine</i> , 2005, 12, 244-255.	0.8	162
33	Complex Mental and Physical Activity in Older Women and Cognitive Performance: A 6-month Randomized Controlled Trial. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2010, 65A, 680-688.	1.7	158
34	Multidimensional Health Locus of Control: Comments on the Construct and its Measurement. <i>Journal of Health Psychology</i> , 2005, 10, 633-642.	1.3	156
35	Perceived Self-Efficacy and its Relationship to Resilience. <i>Plenum Series on Human Exceptionality</i> , 2013, , 139-150.	2.0	151
36	Tenacious Goal Pursuits and Striving Toward Personal Growth: Proactive Coping. , 2002, , 19-36.		150

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37	The role of action control in implementing intentions during the first weeks of behaviour change. <i>British Journal of Social Psychology</i> , 2006, 45, 87-106.	1.8	141
38	Changing risk behaviors and adopting health behaviors: The role of self-efficacy beliefs. , 1995, , 259-288.		140
39	Stigma Controllability and Coping as Predictors of Emotions and Social Support. <i>Journal of Social and Personal Relationships</i> , 1991, 8, 133-140.	1.4	126
40	A brief intervention changing oral self-care, self-efficacy, and self-monitoring. <i>British Journal of Health Psychology</i> , 2015, 20, 56-67.	1.9	121
41	Measuring one component of dispositional self-regulation: attention control in goal pursuit. <i>Personality and Individual Differences</i> , 2004, 37, 555-566.	1.6	120
42	Disentangling the relation between intentions, planning, and behaviour: A moderated mediation analysis. <i>Psychology and Health</i> , 2009, 24, 67-79.	1.2	120
43	Intervention effects of exercise self-regulation on physical exercise and eating fruits and vegetables: A longitudinal study in orthopedic and cardiac rehabilitation. <i>Preventive Medicine</i> , 2011, 53, 182-187.	1.6	118
44	The multidimensional nature of received social support in gay men at risk of HIV infection and AIDS. <i>American Journal of Community Psychology</i> , 1994, 22, 319-339.	1.2	115
45	Validity of stage assessment in the adoption and maintenance of physical activity and fruit and vegetable consumption.. <i>Health Psychology</i> , 2009, 28, 183-193.	1.3	114
46	Sources of self-efficacy for physical activity.. <i>Health Psychology</i> , 2014, 33, 1298-1308.	1.3	114
47	Positive coping: Mastering demands and searching for meaning.. , 2003, , 393-409.		114
48	Testing Stage-Specific Effects of a Stage-Matched Intervention: A Randomized Controlled Trial Targeting Physical Exercise and Its Predictors. <i>Health Education and Behavior</i> , 2010, 37, 533-546.	1.3	113
49	Does age make a difference? Predicting physical activity of South Koreans.. <i>Psychology and Aging</i> , 2007, 22, 482-493.	1.4	112
50	Initiation and Maintenance of Physical Exercise: Stage-Specific Effects of a Planning Intervention. <i>Research in Sports Medicine</i> , 2004, 12, 221-240.	0.7	111
51	Health Action Process Approach (HAPA) as a Theoretical Framework to Understand Behavior Change. <i>Actualidades En Psicologia: AP</i> , 2016, 30, 119.	0.5	109
52	Mental health outcomes of job stress among Chinese teachers: role of stress resource factors and burnout. <i>Journal of Organizational Behavior</i> , 2001, 22, 887-901.	2.9	108
53	Self-efficacy and social support predict benefit finding 12 months after cancer surgery: The mediating role of coping strategies. <i>Psychology, Health and Medicine</i> , 2005, 10, 365-375.	1.3	106
54	Behavioral Intentions and Action Plans Promote Physical Exercise: A Longitudinal Study with Orthopedic Rehabilitation Patients. <i>Journal of Sport and Exercise Psychology</i> , 2004, 26, 470-483.	0.7	103

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55	From intentions via planning and behavior to physical exercise habits. <i>Psychology of Sport and Exercise</i> , 2013, 14, 632-639.	1.1	103
56	Stage-specific adoption and maintenance of physical activity: testing a three-stage model. <i>Psychology of Sport and Exercise</i> , 2005, 6, 585-603.	1.1	102
57	Self-efficacy, planning and action control in an oral self-care intervention. <i>Health Education Research</i> , 2015, 30, 671-681.	1.0	100
58	Assessing Attention Control in Goal Pursuit: A Component of Dispositional Self-Regulation. <i>Journal of Personality Assessment</i> , 2006, 86, 306-317.	1.3	98
59	Coping and quality of life after tumor surgery: Personal and social resources promote different domains of quality of life. <i>Anxiety, Stress and Coping</i> , 2007, 20, 61-75.	1.7	97
60	Social-cognitive antecedents of hand washing: Action control bridges the planningâ€“behaviour gap. <i>Psychology and Health</i> , 2016, 31, 993-1004.	1.2	97
61	Self-efficacy Moderates the Mediation of Intentions Into Behavior via Plans. <i>American Journal of Health Behavior</i> , 2009, 33, 521-9.	0.6	94
62	Social-cognitive predictors of dietary behaviors in South Korean men and women. <i>International Journal of Behavioral Medicine</i> , 2008, 15, 4-13.	0.8	90
63	Medication beliefs predict medication adherence in older adults with multiple illnesses. <i>Journal of Psychosomatic Research</i> , 2011, 70, 179-187.	1.2	89
64	The Role of Social Support and Self-efficacy for Planning Fruit and Vegetable Intake. <i>Journal of Nutrition Education and Behavior</i> , 2017, 49, 100-106.e1.	0.3	89
65	Promoting exercise maintenance: How interventions with booster sessions improve long-term rehabilitation outcomes.. <i>Rehabilitation Psychology</i> , 2013, 58, 323-333.	0.7	88
66	Optimistic Self-Beliefs as a Resource Factor in Coping with Stress. , 1995, , 159-177.		87
67	Contextual and individual predictors of physical activity: Interactions between environmental factors and health cognitions.. <i>Health Psychology</i> , 2012, 31, 714-723.	1.3	86
68	Parental supervision for their children's toothbrushing: Mediating effects of planning, self-efficacy, and action control. <i>British Journal of Health Psychology</i> , 2018, 23, 387-406.	1.9	86
69	Turning Good Intentions Into Actions by Using the Health Action Process Approach to Predict Adherence to Internet-Based Depression Prevention: Secondary Analysis of a Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2018, 20, e9.	2.1	85
70	Dispositional self-efficacy as a personal resource factor in coping after surgery. <i>Personality and Individual Differences</i> , 2005, 39, 807-818.	1.6	84
71	Long-Term Effects of Spousal Support on Coping with Cancer After Surgery. <i>Journal of Social and Clinical Psychology</i> , 2004, 23, 716-732.	0.2	82
72	Maintaining autonomy despite multimorbidity: self-efficacy and the two faces of social support. <i>European Journal of Ageing</i> , 2011, 8, 3-12.	1.2	82

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73	Planning and self-efficacy can increase fruit and vegetable consumption: a randomized controlled trial. <i>Journal of Behavioral Medicine</i> , 2012, 35, 443-451.	1.1	80
74	Will is not enough: Coping planning and action control as mediators in the prediction of fruit and vegetable intake. <i>British Journal of Health Psychology</i> , 2014, 19, 856-870.	1.9	80
75	A brief intervention increases fruit and vegetable intake. A comparison of two intervention sequences. <i>Appetite</i> , 2014, 82, 103-110.	1.8	80
76	Unemployment, social support and health complaints: A longitudinal study of stress in East German refugees. <i>Journal of Community and Applied Social Psychology</i> , 1994, 4, 31-45.	1.4	76
77	Changes in Intentions, Planning, and Self-efficacy Predict Changes in Behaviors. <i>Journal of Health Psychology</i> , 2010, 15, 935-947.	1.3	76
78	Physical activity intervention in older adults: does a participating partner make a difference?. <i>European Journal of Ageing</i> , 2011, 8, 211-219.	1.2	75
79	Future Time Perspective and Health Behaviors: Temporal Framing of Self-Regulatory Processes in Physical Exercise and Dietary Behaviors. <i>Annals of Behavioral Medicine</i> , 2012, 43, 208-218.	1.7	75
80	Translating Dental Flossing Intentions into Behavior: a Longitudinal Investigation of the Mediating Effect of Planning and Self-Efficacy on Young Adults. <i>International Journal of Behavioral Medicine</i> , 2017, 24, 420-427.	0.8	75
81	Evaluating brief motivational and self-regulatory hand hygiene interventions: a cross-over longitudinal design. <i>BMC Public Health</i> , 2015, 15, 79.	1.2	74
82	Increasing Physical Exercise Levels. <i>Journal of Aging and Health</i> , 2007, 19, 851-866.	0.9	73
83	The Role of Self-Efficacy and Friend Support on Adolescent Vigorous Physical Activity. <i>Health Education and Behavior</i> , 2017, 44, 175-181.	1.3	73
84	Avoiding exposure to air pollution by using filtering facemask respirators: An application of the health action process approach.. <i>Health Psychology</i> , 2016, 35, 141-147.	1.3	72
85	Are goal intentions or implementation intentions better predictors of health behavior? A longitudinal study in orthopedic rehabilitation.. <i>Rehabilitation Psychology</i> , 2007, 52, 97-102.	0.7	71
86	Physical activity and depressive symptoms in cardiac rehabilitation: Long-term effects of a self-management intervention. <i>Social Science and Medicine</i> , 2006, 62, 3109-3120.	1.8	68
87	Changes in finding benefit after cancer surgery and the prediction of well-being one year later. <i>Social Science and Medicine</i> , 2006, 63, 1614-1624.	1.8	68
88	Cross-behavior associations and multiple health behavior change: A longitudinal study on physical activity and fruit and vegetable intake. <i>Journal of Health Psychology</i> , 2015, 20, 525-534.	1.3	68
89	Anxiety and self-concept as antecedents of stress and coping: A longitudinal study with German and Turkish adolescents. <i>Personality and Individual Differences</i> , 1989, 10, 785-792.	1.6	67
90	Longitudinal mental health impact among police responders to the 9/11 terrorist attack. <i>American Journal of Industrial Medicine</i> , 2012, 55, 297-312.	1.0	67

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91	A dietary planning intervention increases fruit consumption in Iranian women. <i>Appetite</i> , 2013, 63, 1-6.	1.8	66
92	Physical activity among adults with obesity: Testing the health action process approach.. <i>Rehabilitation Psychology</i> , 2014, 59, 42-49.	0.7	64
93	Stage-specific effects of an action control intervention on dental flossing. <i>Health Education Research</i> , 2006, 22, 332-341.	1.0	63
94	Social Cognitive Antecedents of Fruit and Vegetable Consumption in Truck Drivers: A Sequential Mediation Analysis. <i>Journal of Nutrition Education and Behavior</i> , 2015, 47, 379-384.e1.	0.3	63
95	Subjective Residual Life Expectancy in Health Self-Regulation. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i> , 2006, 61, P195-P201.	2.4	62
96	Combining self-management cues with incentives to promote interdental cleaning among Indian periodontal disease outpatients. <i>BMC Oral Health</i> , 2016, 16, 6.	0.8	62
97	Worry and emotionality as separate components in test anxiety. <i>Applied Psychology</i> , 1984, 33, 205-220.	4.4	61
98	Augmenting fruit and vegetable consumption by an online intervention: Psychological mechanisms. <i>Appetite</i> , 2018, 120, 348-355.	1.8	60
99	Synergistic Effect of Social Support and Self-Efficacy on Physical Exercise in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2011, 19, 249-261.	0.5	59
100	Coping planning as an intervention component: A commentary. <i>Psychology and Health</i> , 2016, 31, 903-906.	1.2	59
101	Age and body make a difference in optimistic health beliefs and nutrition behaviors. <i>International Journal of Behavioral Medicine</i> , 2000, 7, 143-159.	0.8	58
102	More Spousal Support for Men Than for Women: A Comparison of Sources and Types of Support. <i>Sex Roles</i> , 2005, 52, 523-532.	1.4	58
103	Social integration and social support in a life crisis: Effects of macrosocial change in east Germany. <i>American Journal of Community Psychology</i> , 1994, 22, 661-683.	1.2	57
104	Positive experience, self-efficacy, and action control predict physical activity changes: A moderated mediation analysis. <i>British Journal of Health Psychology</i> , 2013, 18, 395-406.	1.9	56
105	Communication Skills Training for Practitioners to Increase Patient Adherence to Home-Based Rehabilitation for Chronic Low Back Pain: Results of a Cluster Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2017, 98, 1732-1743.e7.	0.5	56
106	“Sticking to a healthy diet is easier for me when I exercise regularly”: Cognitive transfer between physical exercise and healthy nutrition. <i>Psychology and Health</i> , 2014, 29, 1361-1372.	1.2	55
107	Police officers who responded to 9/11: Comorbidity of PTSD, depression, and anxiety 10 years later. <i>American Journal of Industrial Medicine</i> , 2016, 59, 425-436.	1.0	55
108	Coping as a mediator in recovery from cardiac surgery. <i>Psychology and Health</i> , 1998, 13, 83-97.	1.2	54

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109	Emotional and uncontrolled eating styles and chocolate chip cookie consumption. A controlled trial of the effects of positive mood enhancement. <i>Appetite</i> , 2010, 54, 143-149.	1.8	54
110	Views on aging and emotional benefits of physical activity: Effects of an exercise intervention in older women. <i>Psychology of Sport and Exercise</i> , 2012, 13, 236-242.	1.1	54
111	Disentangling the stress labyrinth: Interpreting the meaning of the term stress as it is studied in health context. <i>Anxiety, Stress and Coping</i> , 1998, 11, 181-212.	1.7	52
112	Affective and health-related outcome expectancies for physical activity in older adults. <i>Psychology and Health</i> , 2012, 27, 816-828.	1.2	51
113	Chronic probable PTSD in police responders in the World Trade Center Health Registry ten to eleven years after 9/11. <i>American Journal of Industrial Medicine</i> , 2015, 58, 483-493.	1.0	51
114	Teacher Burnout in Hong Kong and Germany: A Cross-Cultural Validation of the Maslach Burnout Inventory. <i>Anxiety, Stress and Coping</i> , 2000, 13, 309-326.	1.7	49
115	Predicting transitions from preintentional, intentional and actional stages of change. <i>Health Education Research</i> , 2008, 24, 64-75.	1.0	49
116	Differential effects of planning and self-efficacy on fruit and vegetable consumption. <i>Appetite</i> , 2010, 54, 611-614.	1.8	49
117	A Mediator Model of Sunscreen Use: A Longitudinal Analysis of Social-Cognitive Predictors and Mediators. <i>International Journal of Behavioral Medicine</i> , 2012, 19, 65-72.	0.8	48
118	Recovery self-efficacy and intention as predictors of running or jogging behavior: A cross-lagged panel analysis over a two-year period. <i>Psychology of Sport and Exercise</i> , 2007, 8, 247-260.	1.1	47
119	The 8th International Congress on SLE. <i>Applied Psychology: Health and Well-Being</i> , 2007, 10, 167-167.	1.6	45
120	Negative affect in East German migrants: Longitudinal effects of unemployment and social support. <i>Anxiety, Stress and Coping</i> , 1993, 6, 57-69.	1.7	44
121	Predictors of Subjective Age Before and After Cataract Surgery: Conscientiousness Makes a Difference.. <i>Psychology and Aging</i> , 2004, 19, 676-688.	1.4	44
122	Long-term relations between intentions, planning, and exercise: A 3-year longitudinal study after orthopedic rehabilitation.. <i>Rehabilitation Psychology</i> , 2009, 54, 363-371.	0.7	44
123	Prediction of stage transitions in fruit and vegetable intake. <i>Health Education Research</i> , 2009, 24, 596-607.	1.0	43
124	The role of action control and action planning on fruit and vegetable consumption. <i>Appetite</i> , 2015, 91, 64-68.	1.8	43
125	Self-efficacy and quality of life among people with cardiovascular diseases: A meta-analysis.. <i>Rehabilitation Psychology</i> , 2018, 63, 295-312.	0.7	43
126	How planning facilitates behaviour change: Additive and interactive effects of a randomized controlled trial. <i>European Journal of Social Psychology</i> , 2011, 41, 42-51.	1.5	42

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127	Social integration buffers stress in New York police after the 9/11 terrorist attack. <i>Anxiety, Stress and Coping</i> , 2014, 27, 18-26.	1.7	42
128	Changing Behavior Using the Health Action Process Approach. , 2020, , 89-103.		42
129	Transmission of Depressive Symptoms. <i>European Psychologist</i> , 2009, 14, 7-17.	1.8	42
130	A combined planning and self-efficacy intervention to promote physical activity: A multiple mediation analysis. <i>Psychology, Health and Medicine</i> , 2012, 17, 488-498.	1.3	40
131	Synergistic Effects of Planning and Self-Efficacy on Physical Activity. <i>Health Education and Behavior</i> , 2012, 39, 152-158.	1.3	39
132	Multiple plans and memory performance: results of a randomized controlled trial targeting fruit and vegetable intake. <i>Journal of Behavioral Medicine</i> , 2012, 35, 387-392.	1.1	39
133	A Brief Self-Regulatory Intervention Increases Dental Flossing in Adolescent Girls. <i>International Journal of Behavioral Medicine</i> , 2015, 22, 645-651.	0.8	39
134	Exercise maintenance after rehabilitation: How experience can make a difference. <i>Psychology of Sport and Exercise</i> , 2011, 12, 293-299.	1.1	38
135	Inflammatory Biomarkers in 70 Depressed Inpatients With and Without the Metabolic Syndrome. <i>Journal of Clinical Psychiatry</i> , 2010, 71, 1007-1016.	1.1	38
136	Habitual self-control and the management of health behavior among heart patients. <i>Social Science and Medicine</i> , 2005, 60, 859-875.	1.8	37
137	Validity of a stage algorithm for physical activity in participants recruited from orthopedic and cardiac rehabilitation clinics.. <i>Rehabilitation Psychology</i> , 2010, 55, 398-408.	0.7	37
138	Interaction of employment status and self-efficacy on alcohol consumption: A two-wave study on stressful life transitions. <i>Psychology and Health</i> , 1993, 8, 77-87.	1.2	36
139	Emotional support for men and women with cancer: Do patients receive what their partners provide?. <i>International Journal of Behavioral Medicine</i> , 2007, 14, 156-163.	0.8	36
140	Facilitating Sunscreen Use in Women by a Theory-Based Online Intervention: A Randomized Controlled Trial. <i>Journal of Health Psychology</i> , 2012, 17, 207-216.	1.3	36
141	Models of health behaviour change: Intention as mediator or stage as moderator?. <i>Psychology and Health</i> , 2008, 23, 259-263.	1.2	35
142	Online intervention engagement predicts smoking cessation. <i>Preventive Medicine</i> , 2012, 55, 233-236.	1.6	35
143	Self-efficacy, planning, and preparatory behaviours as joint predictors of physical activity: A conditional process analysis. <i>Psychology and Health</i> , 2016, 31, 65-78.	1.2	35
144	â€œI do not need a flu shot because I lead a healthy lifestyleâ€™: Compensatory health beliefs make vaccination less likely. <i>Journal of Health Psychology</i> , 2013, 18, 825-836.	1.3	34

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145	Stage-Matched Minimal Interventions to Enhance Physical Activity in Chinese Adolescents. <i>Journal of Adolescent Health</i> , 2010, 47, 533-539.	1.2	33
146	Health-specific optimism mediates between objective and perceived physical functioning in older adults. <i>Journal of Behavioral Medicine</i> , 2012, 35, 400-406.	1.1	33
147	Teacher Burnout from a Social-Cognitive Perspective: A Theoretical Position Paper. , 1999, , 238-246.		32
148	Translating intentions into nutrition behaviors via planning requires self-efficacy: Evidence from Thailand and Germany. <i>International Journal of Psychology</i> , 2010, 45, 260-268.	1.7	32
149	Life and death of health behaviour theories. <i>Health Psychology Review</i> , 2014, 8, 53-56.	4.4	32
150	Revisiting self-regulatory techniques to promote physical activity in older adults: null-findings from a randomised controlled trial. <i>Psychology and Health</i> , 2016, 31, 1145-1165.	1.2	32
151	Changes in functional health, changes in medication beliefs, and medication adherence.. <i>Health Psychology</i> , 2011, 30, 31-39.	1.3	31
152	Teacher burnout in hong kong validation of the maslach burnout inventory and germany: A cross-cultural. <i>Anxiety, Stress and Coping</i> , 2000, 13, 309-326.	1.7	31
153	The enabling effect of social support on vaccination uptake via self-efficacy and planning. <i>Psychology, Health and Medicine</i> , 2015, 20, 239-246.	1.3	30
154	Preparatory Behavior for Condom Use Among Heterosexual Young Men. <i>Health Education and Behavior</i> , 2015, 42, 92-99.	1.3	30
155	A Computerized Lifestyle Application to Promote Multiple Health Behaviors at the Workplace: Testing Its Behavioral and Psychological Effects. <i>Journal of Medical Internet Research</i> , 2015, 17, e225.	2.1	30
156	Self-regulation prompts can increase fruit consumption: A one-hour randomised controlled online trial. <i>Psychology and Health</i> , 2013, 28, 533-545.	1.2	29
157	Resource loss, self-efficacy, and family support predict posttraumatic stress symptoms: a 3-year study of earthquake survivors. <i>Anxiety, Stress and Coping</i> , 2015, 28, 239-253.	1.7	29
158	Optimism, goals, and threats: How to conceptualize self-regulatory processes in the adoption and maintenance of health behaviors. <i>Psychology and Health</i> , 1998, 13, 759-766.	1.2	28
159	Long-term adherence to a physical activity intervention: The role of telephone-assisted vs. self-administered coping plans and strategy use. <i>Psychology and Health</i> , 2012, 27, 784-797.	1.2	28
160	Predicting Cardiac Patients' Quality of Life from the Characteristics of Their Spouses. <i>Journal of Health Psychology</i> , 1997, 2, 231-244.	1.3	27
161	Interactive effects of social support and social conflict on medication adherence in multimorbid older adults. <i>Social Science and Medicine</i> , 2013, 87, 23-30.	1.8	27
162	Predicting performance and performance satisfaction: mindfulness and beliefs about the ability to deal with social barriers in sport. <i>Anxiety, Stress and Coping</i> , 2014, 27, 270-287.	1.7	27

#	ARTICLE	IF	CITATIONS
163	Couples' daily self-regulation: The Health Action Process Approach at the dyadic level. <i>PLoS ONE</i> , 2018, 13, e0205887.	1.1	27
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