Meghan L Butryn

List of Publications by Year in descending order

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143 papers 7,088 citations

66343 42 h-index 79 g-index

146 all docs

146
docs citations

146 times ranked

6725 citing authors

#	Article	IF	CITATIONS
1	Hedonic hunger: A new dimension of appetite?. Physiology and Behavior, 2007, 91, 432-439.	2.1	515
2	The Power of Food Scale. A new measure of the psychological influence of the food environment. Appetite, 2009, 53, 114-118.	3.7	404
3	Consistent Selfâ€monitoring of Weight: A Key Component of Successful Weight Loss Maintenance. Obesity, 2007, 15, 3091-3096.	3.0	402
4	Efficacy of Lifestyle Modification for Longâ€Term Weight Control. Obesity, 2004, 12, 151S-62S.	4.0	400
5	Behavioral Treatment of Obesity. Psychiatric Clinics of North America, 2011, 34, 841-859.	1.3	368
6	Lifestyle Modification for the Management of Obesity. Gastroenterology, 2007, 132, 2226-2238.	1.3	328
7	Behavioral Treatment of Obesity in Patients Encountered in Primary Care Settings. JAMA - Journal of the American Medical Association, 2014, 312, 1779.	7.4	207
8	Lifestyle modification approaches for the treatment of obesity in adults American Psychologist, 2020, 75, 235-251.	4.2	199
9	A new look at the science of weight control: How acceptance and commitment strategies can address the challenge of self-regulation. Appetite, 2015, 84, 171-180.	3.7	164
10	An Open Trial of an Acceptance-Based Behavioral Intervention for Weight Loss. Cognitive and Behavioral Practice, 2009, 16, 223-235.	1.5	154
11	Predictors of attrition and weight loss success: Results from a randomized controlled trial. Behaviour Research and Therapy, 2009, 47, 685-691.	3.1	133
12	Behavioral treatment of obesity. Endocrinology and Metabolism Clinics of North America, 2003, 32, 981-1003.	3.2	128
13	A Pilot Study of Acceptance and Commitment Therapy for Promotion of Physical Activity. Journal of Physical Activity and Health, 2011, 8, 516-522.	2.0	120
14	Acceptanceâ€based versus standard behavioral treatment for obesity: Results from the mind your health randomized controlled trial. Obesity, 2016, 24, 2050-2056.	3.0	120
15	Acceptance and Commitment Therapy as a Novel Treatment for Eating Disorders. Behavior Modification, 2013, 37, 459-489.	1.6	116
16	Prevalence and correlates of sexual morbidity in long-term breast cancer survivors. Psychology and Health, 2014, 29, 632-650.	2.2	115
17	Review of Smartphone Applications for the Treatment of Eating Disorders. European Eating Disorders Review, 2015, 23, 1-11.	4.1	114
18	Executive Functioning in Overweight Individuals with and without Lossâ€ofâ€Control Eating. European Eating Disorders Review, 2014, 22, 373-377.	4.1	96

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19	Efficacy of an acceptance-based behavioral intervention for weight gain prevention in young adult women. Journal of Contextual Behavioral Science, 2014, 3, 45-50.	2.6	94
20	Project HELP: a Remotely Delivered Behavioral Intervention for Weight Regain after Bariatric Surgery. Obesity Surgery, 2017, 27, 586-598.	2.1	92
21	Weight suppression is a robust predictor of outcome in the cognitive-behavioral treatment of bulimia nervosa Journal of Abnormal Psychology, 2006, 115, 62-67.	1.9	88
22	An intervention study targeting energy and nutrient intake in worksite cafeterias. Eating Behaviors, 2010, 11, 144-151.	2.0	84
23	Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women. Eating Behaviors, 2013, 14, 64-68.	2.0	80
24	Do executive functioning deficits underpin binge eating disorder? A comparison of overweight women with and without binge eating pathology. International Journal of Eating Disorders, 2015, 48, 677-683.	4.0	80
25	An effectiveness trial of a new enhanced dissonance eating disorder prevention program among female college students. Behaviour Research and Therapy, 2013, 51, 862-871.	3.1	77
26	Treatment of overweight in children and adolescents: Does dieting increase the risk of eating disorders?. International Journal of Eating Disorders, 2005, 37, 285-293.	4.0	76
27	Ecological Momentary Assessment of Dietary Lapses Across Behavioral Weight Loss Treatment: Characteristics, Predictors, and Relationships with Weight Change. Annals of Behavioral Medicine, 2017, 51, 741-753.	2.9	75
28	Can evaluative conditioning decrease soft drink consumption?. Appetite, 2016, 105, 60-70.	3.7	66
29	Perceptions of the feasibility and acceptability of a smartphone application for the treatment of binge eating disorders: Qualitative feedback from a user population and clinicians. International Journal of Medical Informatics, 2015, 84, 808-816.	3.3	65
30	Comparison of psychosocial status in treatment-seeking women with class III vs. class I–II obesity. Surgery for Obesity and Related Diseases, 2006, 2, 138-145.	1.2	60
31	The development and validation of the food craving acceptance and action questionnaire (FAAQ). Eating Behaviors, 2011, 12, 182-187.	2.0	60
32	A Pilot Study Examining the Initial Effectiveness of a Brief Acceptance-Based Behavior Therapy for Modifying Diet and Physical Activity Among Cardiac Patients. Behavior Modification, 2012, 36, 199-217.	1.6	60
33	Effectiveness trial of a selective dissonance-based eating disorder prevention program with female college students: Effects at 2- and 3-year follow-up. Behaviour Research and Therapy, 2015, 71, 20-26.	3.1	58
34	Weight suppression predicts weight gain during inpatient treatment of bulimia nervosa. Physiology and Behavior, 2006, 87, 487-492.	2.1	57
35	Mindfulness and its relationship with eating disorders symptomatology in women receiving residential treatment. Eating Behaviors, 2013, 14, 13-16.	2.0	57
36	Slowing down and taking a second look: Inhibitory deficits associated with binge eating are not food-specific. Appetite, 2016, 96, 555-559.	3.7	57

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37	The relationship of weight suppression and dietary restraint to binge eating in bulimia nervosa. International Journal of Eating Disorders, 2007, 40, 640-644.	4.0	56
38	Mindful decision making and inhibitory control training as complementary means to decrease snack consumption. Appetite, 2016, 103, 176-183.	3.7	55
39	Hedonic hunger prospectively predicts onset and maintenance of loss of control eating among college women Health Psychology, 2016, 35, 238-244.	1.6	50
40	A Pilot Study of an Acceptance-Based Behavioral Intervention for Weight Regain After Bariatric Surgery. Obesity Surgery, 2016, 26, 2433-2441.	2.1	50
41	OnTrack: development and feasibility of a smartphone app designed to predict and prevent dietary lapses. Translational Behavioral Medicine, 2019, 9, 236-245.	2.4	50
42	Reductions in Internal Disinhibition During Weight Loss Predict Better Weight Loss Maintenance. Obesity, 2009, 17, 1101-1103.	3.0	47
43	Randomized controlled trial of OnTrack, a just-in-time adaptive intervention designed to enhance weight loss. Translational Behavioral Medicine, 2019, 9, 989-1001.	2.4	46
44	Efficacy of environmental and acceptanceâ€based enhancements to behavioral weight loss treatment: The ENACT trial. Obesity, 2017, 25, 866-872.	3.0	45
45	The relation of weight suppression and BMI to bulimic symptoms. International Journal of Eating Disorders, 2011, 44, 612-617.	4.0	44
46	The independent and interacting effects of hedonic hunger and executive function on binge eating. Appetite, 2015, 89, 16-21.	3.7	44
47	Enhancing physical activity promotion in midlife women with technology-based self-monitoring and social connectivity: A pilot study. Journal of Health Psychology, 2016, 21, 1548-1555.	2.3	41
48	Computerized neurocognitive training for improving dietary health and facilitating weight loss. Journal of Behavioral Medicine, 2019, 42, 1029-1040.	2.1	40
49	Implicit internalization of the thin ideal as a predictor of increases in weight, body dissatisfaction, and disordered eating. Eating Behaviors, 2011, 12, 207-213.	2.0	39
50	The BestFIT trial: A SMART approach to developing individualized weight loss treatments. Contemporary Clinical Trials, 2016, 47, 209-216.	1.8	37
51	Application of Machine Learning to Predict Dietary Lapses During Weight Loss. Journal of Diabetes Science and Technology, 2018, 12, 1045-1052.	2.2	37
52	Acceptance-based behavioral treatment for weight control: a review and future directions. Current Opinion in Psychology, 2015, 2, 87-90.	4.9	35
53	Executive functioning and dietary intake: Neurocognitive correlates of fruit, vegetable, and saturated fat intake in adults with obesity. Appetite, 2017, 111, 79-85.	3.7	35
54	Measuring the Ability to Tolerate Activity-Related Discomfort: Initial Validation of the Physical Activity Acceptance Questionnaire (PAAQ). Journal of Physical Activity and Health, 2015, 12, 717-726.	2.0	34

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55	Randomized Controlled Pilot Trial of a Novel Dissonance-Based Group Treatment for Eating Disorders. Behaviour Research and Therapy, 2015, 65, 67-75.	3.1	33
56	Maintenance of Weight Loss in Adolescents: Current Status and Future Directions. Journal of Obesity, 2010, 2010, 1-12.	2.7	32
57	Do hunger and exposure to food affect scores on a measure of hedonic hunger? An experimental study. Appetite, 2014, 74, 1-5.	3.7	29
58	Can the artificial intelligence technique of reinforcement learning use continuously-monitored digital data to optimize treatment for weight loss?. Journal of Behavioral Medicine, 2019, 42, 276-290.	2.1	28
59	Longâ€Term Followâ€up of the Mind Your Health Project: Acceptanceâ€Based versus Standard Behavioral Treatment for Obesity. Obesity, 2019, 27, 565-571.	3.0	28
60	Digital selfâ€monitoring: Does adherence or association with outcomes differ by selfâ€monitoring target?. Obesity Science and Practice, 2020, 6, 126-133.	1.9	28
61	Treatment of Obesity in Primary Care. Medical Clinics of North America, 2018, 102, 35-47.	2.5	24
62	Using ecological momentary assessment to better understand dietary lapse types. Appetite, 2018, 129, 198-206.	3.7	24
63	The discrepancy between implicit and explicit attitudes in predicting disinhibited eating. Eating Behaviors, 2014, 15, 164-170.	2.0	23
64	Not so fast: The impact of impulsivity on weight loss varies by treatment type. Appetite, 2017, 113, 193-199.	3.7	23
65	Refining an algorithm-powered just-in-time adaptive weight control intervention: A randomized controlled trial evaluating model performance and behavioral outcomes. Health Informatics Journal, 2020, 26, 2315-2331.	2.1	23
66	A Survey of Bariatric Surgery Patients' Interest in Postoperative Interventions. Obesity Surgery, 2016, 26, 332-338.	2.1	21
67	Stigmatizing weight experiences in health care: Associations with BMI and eating behaviours. Obesity Science and Practice, 2019, 5, 555-563.	1.9	21
68	Perceived deprivation, restrained eating and susceptibility to weight gain. Appetite, 2008, 51, 720-722.	3.7	20
69	Do Food Provisions Packaged in Single-Servings Reduce Energy Intake at Breakfast during a Brief Behavioral Weight-Loss Intervention?. Journal of the American Dietetic Association, 2009, 109, 1922-1925.	1.1	20
70	Ecological momentary assessment of self-attitudes in response to dietary lapses Health Psychology, 2018, 37, 148-152.	1.6	19
71	A prospective test of the relation between weight change and risk for bulimia nervosa. International Journal of Eating Disorders, 2011, 44, 295-303.	4.0	18
72	Executive Functioning as a Predictor of Weight Loss and Physical Activity Outcomes. Annals of Behavioral Medicine, 2019, 53, 909-917.	2.9	17

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73	Acceptance and Commitment Therapy for eating disorders: Clinical applications of a group treatment. Journal of Contextual Behavioral Science, 2013, 2, 85-94.	2.6	16
74	Pilot Trial of an Acceptance-Based Behavioral Intervention to Promote Physical Activity Among Adolescents. Journal of School Nursing, 2019, 35, 449-461.	1.4	16
75	The role of negative reinforcement eating expectancies in the relation between experiential avoidance and disinhibition. Eating Behaviors, 2016, 21, 129-134.	2.0	15
76	Daily self-weighing and weight gain prevention: a longitudinal study of college-aged women. Journal of Behavioral Medicine, 2017, 40, 846-853.	2.1	15
77	A multimodal investigation of impulsivity as a moderator of the relation between momentary elevations in negative internal states and subsequent dietary lapses. Appetite, 2018, 127, 52-58.	3.7	15
78	Examination of Nutrition Literacy and Quality of Self-monitoring in Behavioral Weight Loss. Annals of Behavioral Medicine, 2018, 52, 809-816.	2.9	14
79	Evaluation of meal replacements and a home food environment intervention for long-term weight loss: a randomized controlled trial. American Journal of Clinical Nutrition, 2018, 107, 12-19.	4.7	14
80	Pilot Test of an Acceptance-Based Behavioral Intervention to Promote Physical Activity During Weight Loss Maintenance. Behavioral Medicine, 2018, 44, 77-87.	1.9	14
81	Promotion of physical activity during weight loss maintenance: A randomized controlled trial Health Psychology, 2021, 40, 178-187.	1.6	14
82	Do participant, facilitator, or group factors moderate effectiveness of the Body Project? Implications for dissemination. Behaviour Research and Therapy, 2014, 61, 142-149.	3.1	13
83	Predicting Change in Physical Activity: a Longitudinal Investigation Among Weight-Concerned College Women. Annals of Behavioral Medicine, 2016, 50, 629-641.	2.9	13
84	Are individuals with lossâ€ofâ€control eating more prone to dietary lapse in behavioural weight loss treatment? An ecological momentary assessment study. European Eating Disorders Review, 2018, 26, 259-264.	4.1	13
85	Evaluation of intervention components to maximize outcomes of behavioral obesity treatment delivered online: A factorial experiment following the multiphase optimization strategy framework. Contemporary Clinical Trials, 2021, 100, 106217.	1.8	13
86	Is physical activity a risk or protective factor for subsequent dietary lapses among behavioral weight loss participants?. Health Psychology, 2020, 39, 240-244.	1.6	13
87	Addressing barriers to physical activity among women: A feasibility study using social networking-enabled technology. Digital Health, 2015, 1, 205520761558356.	1.8	12
88	Assessing program sustainability in an eating disorder prevention effectiveness trial delivered by college clinicians. Behaviour Research and Therapy, 2015, 72, 1-8.	3.1	12
89	The association between negative affect and physical activity among adults in a behavioral weight loss treatment. Psychology of Sport and Exercise, 2020, 47, 101507.	2.1	12
90	Counselor Surveillance of Digital Selfâ€Monitoring Data: A Pilot Randomized Controlled Trial. Obesity, 2020, 28, 2339-2346.	3.0	12

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91	Daily weight monitoring as a method of weight gain prevention in healthy weight and overweight young adult women. Journal of Health Psychology, 2016, 21, 2955-2965.	2.3	11
92	Cost-effectiveness of achieving clinical improvement with a dissonance-based eating disorder prevention program. Eating Disorders, 2017, 25, 263-272.	3.0	11
93	Change in domain-specific but not general psychological flexibility relates to greater weight loss in acceptance-based behavioral treatment for obesity. Journal of Contextual Behavioral Science, 2019, 12, 59-65.	2.6	11
94	Weight-Related Information Avoidance Prospectively Predicts Poorer Self-Monitoring and Engagement in a Behavioral Weight Loss Intervention. Annals of Behavioral Medicine, 2021, 55, 103-111.	2.9	11
95	The relationship of alcohol use to weight loss in the context of behavioral weight loss treatment. Appetite, 2016, 99, 105-111.	3.7	10
96	Trusting homeostatic cues versus accepting hedonic cues: A randomized controlled trial comparing two distinct mindfulness-based intervention components. Journal of Contextual Behavioral Science, 2017, 6, 409-417.	2.6	10
97	Acceptance-based therapy: the potential to augment behavioral interventions in the treatment of type 2 diabetes. Nutrition and Diabetes, 2020, 10, 3.	3.2	10
98	Enhancing efficacy of a dissonance-based obesity and eating disorder prevention program: Experimental therapeutics Journal of Consulting and Clinical Psychology, 2021, 89, 793-804.	2.0	10
99	The Effects of Physical Activity on Cancer Patients Undergoing Treatment with Immune Checkpoint Inhibitors: A Scoping Review. Cancers, 2021, 13, 6364.	3.7	10
100	The association between previous success with weight loss through dietary change and success in a lifestyle modification program. Journal of Behavioral Medicine, 2018, 41, 152-159.	2.1	9
101	Gender differences in the effect of gamification on weight loss during a daily, neurocognitive training program. Translational Behavioral Medicine, 2021, 11, 1015-1022.	2.4	9
102	Baseline eating disorder severity predicts response to an acceptance and commitment therapy-based group treatment. Journal of Contextual Behavioral Science, 2013, 2, 74-78.	2.6	8
103	From last supper to selfâ€initiated weight loss: Pretreatment weight change may be more important than previously thought. Obesity, 2016, 24, 843-849.	3.0	8
104	Associations between change in sedentary behavior and outcome in standard behavioral weight loss treatment. Translational Behavioral Medicine, 2018, 8, 299-304.	2.4	8
105	Differential Programming Needs of College Students Preferring Web-Based Versus In-Person Physical Activity Programs. Health Communication, 2018, 33, 1509-1515.	3.1	8
106	Prospective Relations between Social Comparison Orientation and Weight Loss Outcomes. Behavioral Medicine, 2019, 45, 249-254.	1.9	8
107	Evaluating the efficacy of mindfulness and acceptance-based treatment components for weight loss: Protocol for a multiphase optimization strategy trial. Contemporary Clinical Trials, 2021, 110, 106573.	1.8	8
108	Energy intake highs and lows: how much does consistency matter in weight control?. Clinical Obesity, 2016, 6, 193-201.	2.0	6

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109	The relationship of weight suppression to treatment outcomes during behavioral weight loss. Journal of Behavioral Medicine, 2019, 42, 365-375.	2.1	6
110	Differences between accelerometer cut point methods among midlife women with cardiovascular risk markers. Menopause, 2020, 27, 559-567.	2.0	6
111	Feasibility/acceptability of an acceptanceâ€based therapy intervention for diverse adolescent girls with overweight/obesity. Obesity Science and Practice, 2021, 7, 291-301.	1.9	6
112	Depressive symptoms, psychological flexibility, and binge eating in individuals seeking behavioral weight loss treatment. Journal of Contextual Behavioral Science, 2019, 14, 50-54.	2.6	5
113	Perceived barriers to physical activity during and after a behavioural weight loss programme. Obesity Science and Practice, 2020, 6, 10-18.	1.9	5
114	Does attrition during follow-up bias outcome data in studies of eating disorders?. Eating Behaviors, 2010, 11, 40-44.	2.0	4
115	Behavioral Treatment of Obesity in Patients Encountered in Primary Care Settings. Obstetrical and Gynecological Survey, 2015, 70, 174-175.	0.4	4
116	Do participants with children age 18 and under have suboptimal weight loss?. Eating Behaviors, 2018, 29, 68-74.	2.0	4
117	BestFIT Sequential Multiple Assignment Randomized Trial Results: A SMART Approach to Developing Individualized Weight Loss Treatment Sequences. Annals of Behavioral Medicine, 2022, 56, 291-304.	2.9	4
118	Real-time fluctuations in mindful awareness, willingness, and values clarity, and their associations with craving and dietary lapse among those seeking weight loss. Journal of Contextual Behavioral Science, 2021, 22, 87-92.	2.6	4
119	The Role of Physical Activity in Long-term Weight Loss: 36-month Results From a Randomized Controlled Trial. Annals of Behavioral Medicine, 2023, 57, 146-154.	2.9	4
120	Small weight gains during obesity treatment: normative or cause for concern?. Obesity Science and Practice, 2016, 2, 366-375.	1.9	3
121	Physical Activity Intentions and Behavior Mediate Treatment Response in an Acceptance-Based Weight Loss Intervention. Annals of Behavioral Medicine, 2019, 53, 1009-1019.	2.9	3
122	Binge eating predicts adherence to digital self-monitoring during behavioral weight loss. Eating Behaviors, 2020, 39, 101448.	2.0	3
123	Physical activity assessment among men undergoing genetic counseling for inherited prostate cancer: a teachable moment for improved survivorship. Supportive Care in Cancer, 2021, 29, 2145-2151.	2.2	3
124	Subjective Experiences of Physical Activity and Forecasting Bias During Behavioral Weight Loss. Obesity Science and Practice, 0, , .	1.9	3
125	Evaluating the Feasibility, Acceptability, and Effects of Deposit Contracts With and Without Daily Feedback to Promote Physical Activity. Journal of Physical Activity and Health, 2020, 17, 29-36.	2.0	3
126	Time to Peak Weight Loss During Extended Behavioral Treatment. Obesity, 2018, 26, 658-664.	3.0	2

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127	Physical discomfort intolerance as a predictor of weight loss and physical activity in a lifestyle modification program. Journal of Behavioral Medicine, 2020, 43, 1041-1046.	2.1	2
128	Project Step: A Randomized Controlled Trial Investigating the Effects of Frequent Feedback and Contingent Incentives on Physical Activity. Journal of Physical Activity and Health, 2021, 18, 247-253.	2.0	2
129	Examining weight suppression as a predictor and moderator of intervention outcomes in an eating disorder and obesity prevention trial: A replication and extension study. Behaviour Research and Therapy, 2021, 141, 103850.	3.1	2
130	Obesity in early onset breast cancer in African American patients. Breast Journal, 2021, 27, 603-607.	1.0	2
131	Social comparisons between group members during behavioural weight loss treatment: comparison direction, scale, and associations with weight loss maintenance. Psychology and Health, 2023, 38, 429-444.	2.2	2
132	An Acceptance Based Lifestyle Intervention in Black Breast Cancer Survivors with Obesity. Journal of Immigrant and Minority Health, 2022, 24, 645-655.	1.6	2
133	A Pilot Study to Assess Feasibility, Acceptability, and Effectiveness of a Remotely-Delivered Intervention to Address Weight Regain after Bariatric Surgery. Surgery for Obesity and Related Diseases, 2015, 11, S55.	1.2	1
134	Acceptance-based behavioral counseling. Current Opinion in Endocrine and Metabolic Research, 2019, 4, 70-74.	1.4	1
135	Participant and interventionist perceptions of challenges during behavioral weight loss treatment. Journal of Behavioral Medicine, 2019, 42, 353-364.	2.1	1
136	Discrepancies Between Clinician and Participant Intervention Adherence Ratings Predict Percent Weight Change During a Six-Month Behavioral Weight Loss Intervention. Translational Behavioral Medicine, 2021, 11, 1006-1014.	2.4	1
137	Validation of the food craving Acceptance and action questionnaire (FAAQ) in a weight loss-seeking sample. Appetite, 2021, 168, 105680.	3.7	1
138	The relation of grit to weight loss maintenance outcomes. Journal of Contextual Behavioral Science, 2022, 24, 60-64.	2.6	1
139	Remotely Delivered Behavioral Weight Loss Intervention Using an Ad Libitum Plant-Based Diet: Pilot Acceptability, Feasibility, and Preliminary Results. JMIR Formative Research, 2022, 6, e37414.	1.4	1
140	Communication between patients and primary care physicians after behavioural weight loss: an observational study. Primary Health Care Research and Development, 2019, 20, e75.	1.2	0
141	I think therefore I Am? Examining the relationship between exercise identity and exercise behavior during behavioral weight loss treatment. Psychology of Sport and Exercise, 2019, 43, 123-127.	2.1	0
142	Optimizing an mHealth Intervention to Change Food Purchasing Behaviors for Cancer Prevention: Protocol for a Pilot Randomized Controlled Trial. JMIR Research Protocols, 2022, 11, e39669.	1.0	0
143	Efficacy and mechanisms of a brief adaptive goal-setting intervention for physical activity: A randomised pilot trial. International Journal of Sport and Exercise Psychology, 2023, 21, 894-916.	2.1	0