

# Marieke A Adriaanse

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/3457616/publications.pdf>

Version: 2024-02-01

62  
papers

3,800  
citations

172457

29  
h-index

133252

59  
g-index

64  
all docs

64  
docs citations

64  
times ranked

3264  
citing authors

#	ARTICLE	IF	CITATIONS
1	Do implementation intentions help to eat a healthy diet? A systematic review and meta-analysis of the empirical evidence. <i>Appetite</i> , 2011, 56, 183-193.	3.7	361
2	When planning is not enough: Fighting unhealthy snacking habits by mental contrasting with implementation intentions (MCII). <i>European Journal of Social Psychology</i> , 2010, 40, 1277-1293.	2.4	202
3	Breaking Habits With Implementation Intentions: A Test of Underlying Processes. <i>Personality and Social Psychology Bulletin</i> , 2011, 37, 502-513.	3.0	194
4	Bedtime procrastination: introducing a new area of procrastination. <i>Frontiers in Psychology</i> , 2014, 5, 611.	2.1	175
5	Healthy diet: Health impact, prevalence, correlates, and interventions. <i>Psychology and Health</i> , 2017, 32, 907-941.	2.2	172
6	Effortless inhibition: habit mediates the relation between self-control and unhealthy snack consumption. <i>Frontiers in Psychology</i> , 2014, 5, 444.	2.1	165
7	Unresolved questions in nudging research: Putting the psychology back in nudging. <i>Social and Personality Psychology Compass</i> , 2017, 11, e12297.	3.7	160
8	Finding the Critical Cue: Implementation Intentions to Change One's Diet Work Best When Tailored to Personally Relevant Reasons for Unhealthy Eating. <i>Personality and Social Psychology Bulletin</i> , 2009, 35, 60-71.	3.0	158
9	Good mood food. Positive emotion as a neglected trigger for food intake. <i>Appetite</i> , 2013, 68, 1-7.	3.7	146
10	Dieting and the self-control of eating in everyday environments: An experience sampling study. <i>British Journal of Health Psychology</i> , 2014, 19, 523-539.	3.5	139
11	Breaking Habits Using Implementation Intentions. , 2018, , 169-188.		139
12	Bedtime procrastination: A self-regulation perspective on sleep insufficiency in the general population. <i>Journal of Health Psychology</i> , 2016, 21, 853-862.	2.3	136
13	Emotional eating: Eating when emotional or emotional about eating?. <i>Psychology and Health</i> , 2011, 26, 23-39.	2.2	127
14	Planning What Not to Eat: Ironic Effects of Implementation Intentions Negating Unhealthy Habits. <i>Personality and Social Psychology Bulletin</i> , 2011, 37, 69-81.	3.0	126
15	Health on impulse: When low self-control promotes healthy food choices.. <i>Health Psychology</i> , 2014, 33, 103-109.	1.6	107
16	Assessing yourself as an emotional eater: Mission impossible?. <i>Health Psychology</i> , 2009, 28, 717-725.	1.6	99
17	The power of habits: Unhealthy snacking behaviour is primarily predicted by habit strength. <i>British Journal of Health Psychology</i> , 2012, 17, 758-770.	3.5	97
18	Identifying the "if" for "if-then" plans: Combining implementation intentions with cue-monitoring targeting unhealthy snacking behaviour. <i>Psychology and Health</i> , 2014, 29, 1476-1492.	2.2	91

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19	Self-control Predicts Exercise Behavior by Force of Habit, a Conceptual Replication of Adriaanse et al. (2014). <i>Frontiers in Psychology</i> , 2017, 8, 190.	2.1	75
20	Bridging the intention-behavior gap: Inducing implementation intentions through persuasive appeals. <i>Journal of Consumer Psychology</i> , 2011, 21, 302-311.	4.5	72
21	It's my party and I eat if I want to. Reasons for unhealthy snacking. <i>Appetite</i> , 2015, 84, 20-27.	3.7	61
22	Explaining unexplainable food choices. <i>European Journal of Social Psychology</i> , 2018, 48, O15.	2.4	58
23	Social proof in the supermarket: Promoting healthy choices under low self-control conditions. <i>Food Quality and Preference</i> , 2015, 45, 113-120.	4.6	55
24	Coping Under Pressure: Employing Emotion Regulation Strategies to Enhance Performance Under Pressure. <i>Journal of Sport and Exercise Psychology</i> , 2013, 35, 408-418.	1.2	52
25	Obesity, overconsumption and self-regulation failure: the unsung role of eating appropriateness standards. <i>Health Psychology Review</i> , 2013, 7, 146-165.	8.6	49
26	Who diets? Most people and especially when they worry about food. <i>Appetite</i> , 2014, 80, 103-108.	3.7	46
27	Less is more: The effect of multiple implementation intentions targeting unhealthy snacking habits. <i>European Journal of Social Psychology</i> , 2013, 43, 344-354.	2.4	45
28	Instant Success. <i>Personality and Social Psychology Bulletin</i> , 2011, 37, 1389-1397.	3.0	43
29	When the going gets tough, who keeps going? Depletion sensitivity moderates the ego-depletion effect. <i>Frontiers in Psychology</i> , 2014, 5, 647.	2.1	41
30	Always Gamble on an Empty Stomach: Hunger Is Associated with Advantageous Decision Making. <i>PLoS ONE</i> , 2014, 9, e111081.	2.5	35
31	I ate too much so I must have been sad™: Emotions as a confabulated reason for overeating. <i>Appetite</i> , 2016, 103, 318-323.	3.7	30
32	Improving diabetes self-management by mental contrasting. <i>Psychology and Health</i> , 2013, 28, 1-12.	2.2	28
33	Looking cool or attaining self-rule. Different motives for autonomy and their effects on unhealthy snack purchase. <i>Appetite</i> , 2010, 54, 607-610.	3.7	25
34	The influence of nudge transparency on the experience of autonomy. <i>Comprehensive Results in Social Psychology</i> , 2021, 5, 49-63.	1.8	24
35	The effectiveness of a proactive coping intervention targeting self-management in diabetes patients. <i>Psychology and Health</i> , 2014, 29, 110-125.	2.2	21
36	Body esteem and eating disorder symptomatology: The mediating role of appearance-motivated exercise in a non-clinical adult female sample. <i>Eating Behaviors</i> , 2012, 13, 214-218.	2.0	19

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37	Do nudges make use of automatic processing? Unraveling the effects of a default nudge under type 1 and type 2 processing. <i>Comprehensive Results in Social Psychology</i> , 2021, 5, 4-24.	1.8	17
38	The shaping role of hunger on self-reported external eating status. <i>Appetite</i> , 2011, 57, 318-320.	3.7	16
39	The Effects of Nudges: One-Shot Only? Exploring the Temporal Spillover Effects of a Default Nudge. <i>Frontiers in Psychology</i> , 2021, 12, 683262.	2.1	16
40	Making plans for healthy diet: The role of motivation and action orientation. <i>European Journal of Social Psychology</i> , 2009, 39, 622-630.	2.4	14
41	Boosters, anyone? Exploring the added value of booster sessions in a self-management intervention. <i>Health Education Research</i> , 2012, 27, 825-833.	1.9	14
42	Efficacy of a self-management intervention for weight control in overweight and obese adults: a randomized controlled trial. <i>Journal of Behavioral Medicine</i> , 2013, 37, 781-92.	2.1	14
43	Why did I do that? Explaining actions activated outside of awareness. <i>Psychonomic Bulletin and Review</i> , 2017, 24, 1563-1572.	2.8	13
44	Who accepts nudges? nudge acceptability from a self-regulation perspective. <i>PLoS ONE</i> , 2021, 16, e0260531.	2.5	13
45	Depletion sensitivity predicts unhealthy snack purchases. <i>Appetite</i> , 2016, 96, 25-31.	3.7	11
46	In it for the long haul: characteristics of early and late drop out in a self-management intervention for weight control. <i>Journal of Behavioral Medicine</i> , 2013, 36, 520-530.	2.1	9
47	Confabulating reasons for behaving bad: The psychological consequences of unconsciously activated behaviour that violates one's standards. <i>European Journal of Social Psychology</i> , 2014, 44, 255-266.	2.4	9
48	Adequately predicting emotional eating with self-reports: Not as easy as pie.. <i>Health Psychology</i> , 2010, 29, 344-345.	1.6	8
49	Better sorry than safe: Making a Plan B reduces effectiveness of implementation intentions in healthy eating goals. <i>Psychology and Health</i> , 2015, 30, 821-838.	2.2	8
50	And How Would That Make You Feel? How People Expect Nudges to Influence Their Sense of Autonomy. <i>Frontiers in Psychology</i> , 2020, 11, 607894.	2.1	8
51	The effect of nudges on autonomy in hypothetical and real life settings. <i>PLoS ONE</i> , 2021, 16, e0256124.	2.5	8
52	Investigating sex differences in psychological predictors of snack intake among a large representative sample. <i>Public Health Nutrition</i> , 2016, 19, 625-632.	2.2	7
53	Commentary: Why Don't You Go to Bed on Time? A Daily Diary Study on the Relationships Between Chronotype, Self-Control Resources and the Phenomenon of Bedtime Procrastination. <i>Frontiers in Psychology</i> , 2018, 9, 915.	2.1	7
54	Beyond Discrete Choices – Investigating the Effectiveness of a Proximity Nudge With Multiple Alternative Options. <i>Frontiers in Psychology</i> , 2020, 11, 1211.	2.1	7

#	ARTICLE	IF	CITATIONS
55	Are Self-Management Interventions Suitable for All? Comparing Obese Versus Nonobese Type 2 Diabetes Patients. <i>Health Education and Behavior</i> , 2013, 40, 552-558.	2.5	6
56	Beyond prevention: Regulating responses to self-regulation failure to avoid a setback effect. <i>Applied Psychology: Health and Well-Being</i> , 2022, 14, 278-293.	3.0	5
57	Motivated by default—How nudges facilitate people to act in line with their motivation.. <i>Motivation Science</i> , 2021, 7, 319-333.	1.6	4
58	Self-control in health and well-being. , 2017, , 1-7.		4
59	Erratum to “The shaping role of hunger on self-reported external eating status” [Appetite 57 (2) (2011) 318–320]. <i>Appetite</i> , 2013, 63, 142-145.	3.7	2
60	The role of pre-treatment proactive coping skills in successful weight management. <i>Eating Behaviors</i> , 2014, 15, 515-518.	2.0	2
61	Does default organ donation registration compromise autonomous choice? Public responses to a new donor registration system. <i>Health Policy</i> , 2022, 126, 899-905.	3.0	2
62	Appropriateness standards can help to curb the epidemic of overweight: response to Dewitte and to Herman and Polivy. <i>Health Psychology Review</i> , 2013, 7, 173-176.	8.6	0