Emely de Vet

List of Publications by Year
in descending order

93 papers	3,198 citations	136950 32 h-index	175258 52 g-index
100 all docs	100 docs citations	100 times ranked	3647 citing authors

#	Article	IF	Citations
1	Environmental correlates of physical activity and dietary behaviours among young people: a systematic review of reviews. Obesity Reviews, 2011, 12, e130-42.	6.5	228
2	Don't tell me what I should do, but what others do: The influence of descriptive and injunctive peer norms on fruit consumption in adolescents. British Journal of Health Psychology, 2014, 19, 52-64.	3.5	172
3	Predicting Fruit Consumption: Cognitions, Intention, and Habits. Journal of Nutrition Education and Behavior, 2006, 38, 73-81.	0.7	143
4	Does habit strength moderate the intentionâ€"behaviour relationship in the Theory of Planned Behaviour? The case of fruit consumption. Psychology and Health, 2007, 22, 899-916.	2.2	134
5	Determinants of forward stage transitions: a Delphi study. Health Education Research, 2004, 20, 195-205.	1.9	121
6	Health on impulse: When low self-control promotes healthy food choices.. Health Psychology, 2014, 33, 103-109.	1.6	107
7	The potential of peer social norms to shape food intake in adolescents and young adults: a systematic review of effects and moderators. Health Psychology Review, 2016, 10, 326-340.	8.6	93
8	Identifying the â€˜ifâ€™ for â€˜if-thenâ€™ plans: Combining implementation intentions with cue-monitoring targeting unhealthy snacking behaviour. Psychology and Health, 2014, 29, 1476-1492.	2.2	91
9	Eating by example. Effects of environmental cues on dietary decisions. Appetite, 2013, 70, 1-5.	3.7	87
10	Do distant foods decrease intake? The effect of food accessibility on consumption. Psychology and Health, 2012, 27, 59-73.	2.2	79
11	Minority talks: The influence of descriptive social norms on fruit intake. Psychology and Health, 2012, 27, 956-970.	2.2	76
12	More or better: Do the number and specificity of implementation intentions matter in increasing physical activity?. Psychology of Sport and Exercise, 2011, 12, 471-477.	2.1	74
13	Developing Embodied Conversational Agents for Coaching People in a Healthy Lifestyle: Scoping Review. Journal of Medical Internet Research, 2020, 22, e14058.	4.3	73
14	It's my party and I eat if I want to. Reasons for unhealthy snacking. Appetite, 2015, 84, 20-27.	3.7	61
15	Do Implementation Intentions Help to Turn Good Intentions into Higher Fruit Intakes?. Journal of Nutrition Education and Behavior, 2006, 38, 25-29.	0.7	59
16	Social proof in the supermarket: Promoting healthy choices under low self-control conditions. Food Quality and Preference, 2015, 45, 113-120.	4.6	55
17	How autonomy is understood in discussions on the ethics of nudging. Behavioural Public Policy, 2020, 4, 108-123.	2.4	54
18	Should implementation intentions interventions be implemented in obesity prevention: the impact of if-then plans on daily physical activity in Dutch adults. International Journal of Behavioral Nutrition and Physical Activity, 2009, 6, 11.	4.6	52

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19	At-Home Environment, Out-of-Home Environment, Snacks and Sweetened Beverages Intake in Preadolescence, Early and Mid-Adolescence: The Interplay Between Environment and Self-Regulation. Journal of Youth and Adolescence, 2013, 42, 1873-1883.	3.5	50
20	Obesity, overconsumption and self-regulation failure: the unsung role of eating appropriateness standards. Health Psychology Review, 2013, 7, 146-165.	8.6	49
21	How Norms Work: Selfâ€Identification, Attitude, and Selfâ€Efficacy Mediate the Relation between Descriptive Social Norms and Vegetable Intake. Applied Psychology: Health and Well-Being, 2014, 6, 230-250.	3.0	49
22	The proof is in the eating: subjective peer norms are associated with adolescentsâ€™ eating behaviour. Public Health Nutrition, 2015, 18, 1044-1051.	2.2	48
23	Less is more: The effect of multiple implementation intentions targeting unhealthy snacking habits. European Journal of Social Psychology, 2013, 43, 344-354.	2.4	45
24	Navigating the obesogenic environment: How psychological sensitivity to the food environment and self-regulatory competence are associated with adolescent unhealthy snacking. Eating Behaviors, 2015, 17, 19-22.	2.0	45
25	Hungry for an intervention? Adolescentsâ€™ ratings of acceptability of eating-related intervention strategies. BMC Public Health, 2015, 16, 5.	2.9	43
26	Ã¢â‚¬Å“When the going gets tough, who keeps going?Ã¢â‚¬Â•Depletion sensitivity moderates the ego-depletion effect. Frontiers in Psychology, 2014, 5, 647.	2.1	41
27	Access to excess: how do adolescents deal with unhealthy foods in their environment?. European Journal of Public Health, 2013, 23, 752-756.	0.3	39
28	Implementation intentions for buying, carrying, discussing and using condoms: the role of the quality of plans. Health Education Research, 2011, 26, 443-455.	1.9	37
29	PortionControl@HOME: Results of a Randomized Controlled Trial Evaluating the Effect of a Multi-Component Portion Size Intervention on Portion Control Behavior and Body Mass Index. Annals of Behavioral Medicine, 2015, 49, 18-28.	2.9	37
30	Determinants of Forward Stage Transition from Precontemplation and Contemplation for Fruit Consumption. American Journal of Health Promotion, 2005, 19, 278-285.	1.7	35
31	The Transtheoretical model for fruit, vegetable and fish consumption: associations between intakes, stages of change and stage transition determinants. International Journal of Behavioral Nutrition and Physical Activity, 2006, 3, 13.	4.6	35
32	Expert views on most suitable monetary incentives on food to stimulate healthy eating. European Journal of Public Health, 2010, 20, 325-331.	0.3	35
33	How stable are stages of change for nutrition behaviors in the Netherlands?. Health Promotion International, 2005, 20, 27-32.	1.8	33
34	The habitual nature of unhealthy snacking: How powerful are habits in adolescence?. Appetite, 2015, 95, 182-187.	3.7	31
35	Dutch children and parents' views on active and non-active video gaming. Health Promotion International, 2014, 29, 235-243.	1.8	28
36	Behavioural strategies to control the amount of food selected and consumed. Appetite, 2014, 72, 156-165.	3.7	28

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37	Replacing Non-Active Video Gaming by Active Video Gaming to Prevent Excessive Weight Gain in Adolescents. PLoS ONE, 2015, 10, e0126023.	2.5	28
38	Food Culture in the Home Environment: Family Meal Practices and Values Can Support Healthy Eating and Self-Regulation in Young People in Four European Countries. Applied Psychology: Health and Well-Being, 2015, 7, 22-40.	3.0	27
39	Communicating eating-related rules. Suggestions are more effective than restrictions. Appetite, 2015, 86, 45-53.	3.7	27
40	Neighbourhood fast food exposure and consumption: the mediating role of neighbourhood social norms. International Journal of Behavioral Nutrition and Physical Activity, 2020, 17, 61.	4.6	27
41	Anticipated emotions and effort allocation in weight goal striving. British Journal of Health Psychology, 2011, 16, 201-212.	3.5	26
42	Adolescents' Views on Active and Non-Active Videogames: A Focus Group Study. Games for Health Journal, 2012, 1, 211-218.	2.0	24
43	Motivational interviewing within the different stages of change: An analysis of practice nurse-patient consultations aimed at promoting a healthier lifestyle. Social Science and Medicine, 2013, 87, 60-67.	3.8	24
44	Active and non-active video gaming among Dutch adolescents: Who plays and how much?. Journal of Science and Medicine in Sport, 2014, 17, 597-601.	1.3	24
45	Testing the transtheoretical model for fruit intake: comparing web-based tailored stage-matched and stage-mismatched feedback. Health Education Research, 2007, 23, 218-227.	1.9	23
46	Assessing self-regulation strategies: development and validation of the tempest self-regulation questionnaire for eating (TESQ-E) in adolescents. International Journal of Behavioral Nutrition and Physical Activity, 2014, 11, 106.	4.6	23
47	How the Use of a Patient-Accessible Health Record Contributes to Patient-Centered Care: Scoping Review. Journal of Medical Internet Research, 2021, 23, e17655.	4.3	23
48	â€œI should remember I donâ€™t want to become fatâ€• Adolescentsâ€™ views on selfâ€regulatory strategies for healthy eating. Journal of Adolescence, 2012, 35, 67-75.	2.4	22
49	The Effects of Practicing Registration of Organ Donation Preference on Self-Efficacy and Registration Intention: An Enactive Mastery Experience. Psychology and Health, 2003, 18, 585-594.	2.2	21
50	Stages of change in fruit intake: A longitudinal examination of stability, stage transitions and transition profiles. Psychology and Health, 2005, 20, 415-428.	2.2	20
51	Predictors of Stage Transitions in the Precaution Adoption Process Model. American Journal of Health Promotion, 2008, 22, 282-290.	1.7	19
52	The One that I Want: Strong personal preferences render the center-stage nudge redundant. Food Quality and Preference, 2019, 78, 103744.	4.6	19
53	The association of eating styles with weight change after an intensive combined lifestyle intervention for children and adolescents with severe obesity. Appetite, 2016, 99, 82-90.	3.7	18
54	Ainâ€™t no mountain high enough? Setting high weight loss goals predict effort and short-term weight loss. Journal of Health Psychology, 2013, 18, 638-647.	2.3	17

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55	Active video games as a tool to prevent excessive weight gain in adolescents: rationale, design and methods of a randomized controlled trial. BMC Public Health, 2014, 14, 275.	2.9	17
56	Encouraging vegetable intake as a snack among children: the influence of portion and unit size. Public Health Nutrition, 2015, 18, 2736-2741.	2.2	17
57	The Development and Evaluation of an Internet-Based Intervention to Increase Awareness About Food Portion Sizes: A Randomized, Controlled Trial. Journal of Nutrition Education and Behavior, 2013, 45, 701-707.	0.7	16
58	Do the Transtheoretical Processes of Change Predict Transitions in Stages of Change for Fruit Intake?. Health Education and Behavior, 2008, 35, 603-618.	2.5	14
59	Served Portion Sizes Affect Later Food Intake Through Social Consumption Norms. Nutrients, 2019, 11, 2845.	4.1	14
60	Increasing the Proportion of Plant-Based Foods Available to Shift Social Consumption Norms and Food Choice among Non-Vegetarians. Sustainability, 2020, 12, 5371.	3.2	14
61	Comparing stage of change and behavioral intention to understand fruit intake. Health Education Research, 2006, 22, 599-608.	1.9	13
62	The role of self-regulating abilities in long-term weight loss in severely obese children and adolescents undergoing intensive combined lifestyle interventions (HELIOS); rationale, design and methods. BMC Pediatrics, 2013, 13, 41.	1.7	13
63	Depletion sensitivity predicts unhealthy snack purchases. Appetite, 2016, 96, 25-31.	3.7	11
64	Experiences and views of older people on their participation in a nurse-led health promotion intervention: â€œCommunity Health Consultation Offices for Seniorsâ€• PLoS ONE, 2019, 14, e0216494.	2.5	11
65	The effectiveness of workplace health promotion programs on self-perceived health of employees with a low socioeconomic position: An individual participant data meta-analysis. SSM - Population Health, 2021, 13, 100743.	2.7	11
66	Supporting eating behaviour of community-dwelling older adults: co-design of an embodied conversational agent. Design for Health, 2021, 5, 120-139.	0.8	11
67	Health Effects of Increasing Protein Intake Above the Current Population Reference Intake in Older Adults: A Systematic Review of the Health Council of the Netherlands. Advances in Nutrition, 2022, 13, 1083-1117.	6.4	11
68	Self-crafting vegetable snacks: testing the IKEA-effect in children. British Food Journal, 2017, 119, 1301-1312.	2.9	10
69	Towards a Behavioral Vaccine: Exposure to Accessible Temptation when Self-Regulation is Endorsed Enhances Future Resistance to Similar Temptations in Children. Applied Psychology: Health and Well-Being, 2015, 7, 63-84.	3.0	9
70	Associations between active video gaming and other energy-balance related behaviours in adolescents: a 24-hour recall diary study. International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 32.	4.6	9
71	Identifying social norms in physical aspects of food environments: A photo study. Appetite, 2019, 143, 104414.	3.7	9
72	Use and Effect of Web-Based Embodied Conversational Agents for Improving Eating Behavior and Decreasing Loneliness Among Community-Dwelling Older Adults: Protocol for a Randomized Controlled Trial. JMIR Research Protocols, 2021, 10, e22186.	1.0	9

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73	The effect of a brief mindfulness intervention on perception of bodily signals of satiation and hunger. Appetite, 2021, 164, 105280.	3.7	9
74	Dealing with Too Little: The Direct Experience of Scarcity does not Affect Snack Intake. Applied Psychology: Health and Well-Being, 2019, 11, 459-483.	3.0	8
75	Education or Provision? A Comparison of Two School-Based Fruit and Vegetable Nutrition Education Programs in the Netherlands. Nutrients, 2020, 12, 3280.	4.1	8
76	Internally regulated eating style: a comprehensive theoretical framework. British Journal of Nutrition, 2021, 126, 138-150.	2.3	8
77	The home food environment of overweight gatekeepers in the Netherlands. Public Health Nutrition, 2015, 18, 1815-1823.	2.2	7
78	The association of self-regulation with weight loss maintenance after an intensive combined lifestyle intervention for children and adolescents with severe obesity. BMC Obesity, 2017, 4, 13.	3.1	7
79	Nudging healthy eating in Dutch sports canteens: a multi-method case study. Public Health Nutrition, 2021, 24, 327-337.	2.2	7
80	Caregiversâ€™ Role in the Effectiveness of Two Dutch School-Based Nutrition Education Programmes for Children Aged 7â€“12 Years Old. Nutrients, 2021, 13, 140.	4.1	7
81	Development and validation of the Multidimensional Internally Regulated Eating Scale (MIRES). PLoS ONE, 2020, 15, e0239904.	2.5	6
82	Personal, Social, and Game-Related Correlates of Active and Non-Active Gaming Among Dutch Gaming Adolescents: Survey-Based Multivariable, Multilevel Logistic Regression Analyses. JMIR Serious Games, 2014, 2, e4.	3.1	6
83	Responsive evaluation of stakeholder dialogue as a worksite health promotion intervention to contribute to the reduction of SEP related health inequalities: a study protocol. BMC Health Services Research, 2020, 20, 196.	2.2	5
84	Implementation intentions and diet. Journal of Psychosomatic Research, 2007, 63, 499-500.	2.6	4
85	Short and Long-Term Innovations on Dietary Behavior Assessment and Coaching: Present Efforts and Vision of the Pride and Prejudice Consortium. International Journal of Environmental Research and Public Health, 2021, 18, 7877.	2.6	3
86	Use and Effect of Embodied Conversational Agents for Improving Eating Behavior and Decreasing Loneliness Among Community-Dwelling Older Adults: Randomized Controlled Trial. JMIR Formative Research, 2022, 6, e33974.	1.4	3
87	Editorial: Self-Regulation of Eating Behaviour among Adolescents. Applied Psychology: Health and Well-Being, 2015, 7, 1-3.	3.0	2
88	How physical cues surrounding foods influence snack consumption: The case of covering foods. Food Quality and Preference, 2021, 93, 104260.	4.6	2
89	Wired for harsh food environments: Human spatial memory favours the effortless location and consumption of high-calorie foods. Food Quality and Preference, 2022, 97, 104478.	4.6	2
90	The effect of personal relative deprivation on food choice: An experimental approach. PLoS ONE, 2022, 17, e0261317.	2.5	2

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91	Stakeholder dialogue on dilemmas at work as a workplace health promotion intervention including employees with a low SEP: a Responsive Evaluation. BMC Public Health, 2022, 22, 407.	2.9	2
92	Appropriateness standards can help to curb the epidemic of overweight: response to Dewitte and to Herman and Polivy. Health Psychology Review, 2013, 7, 173-176.	8.6	0
93	Assessing teaching quality in nutrition education: A study of two programs in the Netherlands and Australia. International Journal of Educational Research Open, 2021, 2-2, 100086.	2.0	0