

# Claudia Ferreira

## List of Publications by Year in descending order

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Version: 2024-02-01

123  
papers

2,255  
citations

279487

23  
h-index

288905

40  
g-index

131  
all docs

131  
docs citations

131  
times ranked

1732  
citing authors

#	ARTICLE	IF	CITATIONS
1	Validation of the Psychometric Properties of the Self-Compassion Scale. Testing the Factorial Validity and Factorial Invariance of the Measure among Borderline Personality Disorder, Anxiety Disorder, Eating Disorder and General Populations. <i>Clinical Psychology and Psychotherapy</i> , 2016, 23, 460-468.	1.4	196
2	Self-compassion in the face of shame and body image dissatisfaction: Implications for eating disorders. <i>Eating Behaviors</i> , 2013, 14, 207-210.	1.1	193
3	Expanding binge eating assessment: Validity and screening value of the Binge Eating Scale in women from the general population. <i>Eating Behaviors</i> , 2015, 18, 41-47.	1.1	95
4	Thinness in the Pursuit for Social Safeness: An Integrative Model of Social Rank Mentality to Explain Eating Psychopathology. <i>Clinical Psychology and Psychotherapy</i> , 2014, 21, 154-165.	1.4	90
5	Escaping from body image shame and harsh self-criticism: Exploration of underlying mechanisms of binge eating. <i>Eating Behaviors</i> , 2014, 15, 638-643.	1.1	79
6	Body Image as a Source of Shame: A New Measure for the Assessment of the Multifaceted Nature of Body Image Shame. <i>Clinical Psychology and Psychotherapy</i> , 2015, 22, 656-666.	1.4	78
7	Physical appearance as a measure of social ranking: The role of a new scale to understand the relationship between weight and dieting. <i>Clinical Psychology and Psychotherapy</i> , 2013, 20, 55-66.	1.4	60
8	Shame Memories and Eating Psychopathology: The Buffering Effect of Self-Compassion. <i>European Eating Disorders Review</i> , 2014, 22, 487-494.	2.3	56
9	Body image and college women's quality of life: The importance of being self-compassionate. <i>Journal of Health Psychology</i> , 2015, 20, 754-764.	1.3	52
10	At the core of eating disorders: Overvaluation, social rank, self-criticism and shame in anorexia, bulimia and binge eating disorder. <i>Comprehensive Psychiatry</i> , 2016, 66, 123-131.	1.5	52
11	The impact of body image-related cognitive fusion on eating psychopathology. <i>Eating Behaviors</i> , 2014, 15, 72-75.	1.1	47
12	Ashamed and Fused with Body Image and Eating: Binge Eating as an Avoidance Strategy. <i>Clinical Psychology and Psychotherapy</i> , 2017, 24, 195-202.	1.4	41
13	The buffer role of psychological flexibility against the impact of major life events on depression symptoms. <i>Clinical Psychologist</i> , 2020, 24, 82-90.	0.5	36
14	Turning eating psychopathology risk factors into action. The pervasive effect of body image-related cognitive fusion. <i>Appetite</i> , 2014, 80, 137-142.	1.8	34
15	BEfree: A new psychological program for binge eating that integrates psychoeducation, mindfulness, and compassion. <i>Clinical Psychology and Psychotherapy</i> , 2017, 24, 1090-1098.	1.4	33
16	What makes dietary restraint problematic? Development and validation of the Inflexible Eating Questionnaire. <i>Appetite</i> , 2017, 114, 146-154.	1.8	33
17	Exploring the effect of external shame on body appreciation among Portuguese young adults: The role of self-compassion. <i>Eating Behaviors</i> , 2016, 23, 174-179.	1.1	30
18	A new measure to assess external and internal shame: development, factor structure and psychometric properties of the External and Internal Shame Scale. <i>Current Psychology</i> , 2022, 41, 1892-1901.	1.7	30

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19	Clarity of Personal Values and Committed Action: Development of a Shorter Engaged Living Scale. <i>Journal of Psychopathology and Behavioral Assessment</i> , 2016, 38, 258-265.	0.7	28
20	The impact of illness-related shame on psychological health and social relationships: Testing a mediational model in students with chronic illness. <i>Clinical Psychology and Psychotherapy</i> , 2018, 25, 408-414.	1.4	28
21	Incorporating psychoeducation, mindfulness and self-compassion in a new programme for binge eating (BEfree): Exploring processes of change. <i>Journal of Health Psychology</i> , 2019, 24, 466-479.	1.3	28
22	Shame and emotion regulation in inflammatory bowel disease: Effects on psychosocial functioning. <i>Journal of Health Psychology</i> , 2020, 25, 511-521.	1.3	28
23	Eating disorders: When social rank perceptions are shaped by early shame experiences. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2015, 88, 38-53.	1.3	27
24	Explaining rigid dieting in normal-weight women: the key role of body image inflexibility. <i>Eating and Weight Disorders</i> , 2016, 21, 49-56.	1.2	26
25	Chronic Illness-Related Shame: Development of a New Scale and Novel Approach for IBD Patients' Depressive Symptomatology. <i>Clinical Psychology and Psychotherapy</i> , 2017, 24, 255-263.	1.4	26
26	Influence of fears of compassion on body image shame and disordered eating. <i>Eating and Weight Disorders</i> , 2020, 25, 99-106.	1.2	26
27	The effects of body image impairment on the quality of life of non-operated Portuguese female IBD patients. <i>Quality of Life Research</i> , 2017, 26, 429-436.	1.5	24
28	Getting entangled with body image: Development and validation of a new measure. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2015, 88, 304-316.	1.3	23
29	The longitudinal effects of emotion regulation on physical and psychological health: A latent growth analysis exploring the role of cognitive fusion in inflammatory bowel disease. <i>British Journal of Health Psychology</i> , 2018, 23, 171-185.	1.9	22
30	To further understand orthorexia nervosa: DOS validity for the Portuguese population and its relationship with psychological indicators, sex, BMI and dietary pattern. <i>Eating and Weight Disorders</i> , 2020, 26, 2127-2134.	1.2	22
31	Shame and eating psychopathology in Portuguese women: Exploring the roles of self-judgment and fears of receiving compassion. <i>Appetite</i> , 2017, 110, 80-85.	1.8	21
32	Normative body dissatisfaction and eating psychopathology in teenage girls: the impact of inflexible eating rules. <i>Eating and Weight Disorders</i> , 2016, 21, 41-48.	1.2	20
33	Chronic illness-related cognitive fusion explains the impact of body dissatisfaction and shame on depression symptoms in breast cancer patients. <i>Clinical Psychology and Psychotherapy</i> , 2018, 25, 886-893.	1.4	19
34	Inflammatory bowel disease: The harmful mechanism of experiential avoidance for patients' quality of life. <i>Journal of Health Psychology</i> , 2016, 21, 2882-2892.	1.3	18
35	The buffer effect of body compassion on the association between shame and body and eating difficulties. <i>Appetite</i> , 2018, 125, 118-123.	1.8	18
36	Experiential avoidance versus decentering abilities: the role of different emotional processes on disordered eating. <i>Eating and Weight Disorders</i> , 2017, 22, 467-474.	1.2	17

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37	An 18-month study of the effects of IBD symptomatology and emotion regulation on depressed mood. <i>International Journal of Colorectal Disease</i> , 2017, 32, 651-660.	1.0	17
38	Steps toward understanding the impact of early emotional experiences on disordered eating: The role of self-criticism, shame, and body image shame. <i>Appetite</i> , 2018, 125, 10-17.	1.8	16
39	Going beyond social support: Fear of receiving compassion from others predicts depression symptoms in breast cancer patients. <i>Journal of Psychosocial Oncology</i> , 2018, 36, 520-528.	0.6	16
40	Developments on committed action: Validity of the CAQ and analysis of committed action's role in depressive symptomatology in breast cancer patients and healthy individuals. <i>Clinical Psychology and Psychotherapy</i> , 2018, 25, e42-e50.	1.4	16
41	Behind women's body image-focused shame: Exploring the role of fears of compassion and self-criticism. <i>Eating Behaviors</i> , 2019, 32, 12-17.	1.1	16
42	Body image-related cognitive fusion as a main mediational process between body-related experiences and women's quality of life. <i>Eating and Weight Disorders</i> , 2015, 20, 91-97.	1.2	15
43	Negative and positive affect and disordered eating: The adaptive role of intuitive eating and body image flexibility. <i>Clinical Psychologist</i> , 2020, 24, 176-185.	0.5	15
44	Exploring Drive for Thinness as a Perfectionistic Strategy to Escape from Shame Experiences. <i>Spanish Journal of Psychology</i> , 2015, 18, E29.	1.1	14
45	Acceptability and preliminary test of efficacy of the Mind programme in women with breast cancer: An acceptance, mindfulness, and compassion-based intervention. <i>Journal of Contextual Behavioral Science</i> , 2020, 15, 162-171.	1.3	14
46	Caught in the struggle with food craving: Development and validation of a new cognitive fusion measure. <i>Appetite</i> , 2016, 101, 146-155.	1.8	13
47	Self-compassion: An adaptive link between early memories and women's quality of life. <i>Journal of Health Psychology</i> , 2018, 23, 929-938.	1.3	13
48	The link between external and internal shame and binge eating: the mediating role of body image-related shame and cognitive fusion. <i>Eating and Weight Disorders</i> , 2020, 25, 1703-1710.	1.2	13
49	Making the leap from healthy to disordered eating: the role of intuitive and inflexible eating attitudes in orthorexic behaviours among women. <i>Eating and Weight Disorders</i> , 2021, 26, 1793-1800.	1.2	13
50	Early Parental Eating Messages and Disordered Eating: The Role of Body Shame and Inflexible Eating. <i>Journal of Psychology: Interdisciplinary and Applied</i> , 2019, 153, 615-627.	0.9	12
51	A Theory- and Evidence-Based Digital Intervention Tool for Weight Loss Maintenance (NoHoW Toolkit): Systematic Development and Refinement Study. <i>Journal of Medical Internet Research</i> , 2021, 23, e25305.	2.1	12
52	Seeking a perfect body look: feeding the pathogenic impact of shame?. <i>Eating and Weight Disorders</i> , 2016, 21, 477-485.	1.2	10
53	How can the recall of early affiliative memories with peers influence on disordered eating behaviours?. <i>Eating and Weight Disorders</i> , 2017, 22, 133-139.	1.2	10
54	Social safeness and disordered eating: Exploring underlying mechanisms of body appreciation and inflexible eating. <i>Eating and Weight Disorders</i> , 2017, 22, 303-309.	1.2	10

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55	Assessment of Chronic Illness-Related Cognitive Fusion: Preliminary Development and Validation of a New Scale with an IBD Sample. <i>Journal of Clinical Psychology in Medical Settings</i> , 2018, 25, 356-366.	0.8	10
56	The Need to Present a Perfect Body Image: Development of a New Measure of Perfectionistic Self-Presentation. <i>Current Psychology</i> , 2018, 37, 559-567.	1.7	10
57	Turning self-compassionate engagement into action: Impact on body appreciation among Portuguese women. <i>Journal of Contextual Behavioral Science</i> , 2019, 11, 21-26.	1.3	10
58	Self-to-others and self-to-self relationships: paths to understanding the valence of body image and eating attitudes in emerging adult women. <i>Eating and Weight Disorders</i> , 2020, 25, 399-406.	1.2	10
59	Does the recall of caregiver eating messages exacerbate the pathogenic impact of shame on eating and weight-related difficulties?. <i>Eating and Weight Disorders</i> , 2020, 25, 471-480.	1.2	10
60	The Link Between Major Life Events and Quality of Life: The Role of Compassionate Abilities. <i>Community Mental Health Journal</i> , 2021, 57, 219-227.	1.1	10
61	Ulcerative Colitis Symptomatology and Depression: The Exacerbator Role of Maladaptive Psychological Processes. <i>Digestive Diseases and Sciences</i> , 2015, 60, 3756-3763.	1.1	9
62	How do warmth, safeness and connectedness-related memories and experiences explain disordered eating?. <i>Eating and Weight Disorders</i> , 2018, 23, 629-636.	1.2	9
63	Potential contributing roles of early affiliative memories, social safeness and body appreciation to adolescents' well-being. <i>Journal of Health Psychology</i> , 2022, 27, 445-455.	1.3	9
64	Socioeconomic inequalities in children's health-related quality of life according to weight status. <i>American Journal of Human Biology</i> , 2021, 33, e23453.	0.8	9
65	Exploring the paths between self-compassionate attributes and actions, body compassion and disordered eating. <i>Eating and Weight Disorders</i> , 2020, 25, 291-297.	1.2	8
66	Experiential avoidance, committed action and quality of life: Differences between college students with and without chronic illness. <i>Journal of Health Psychology</i> , 2021, 26, 1035-1045.	1.3	8
67	The compassionate coach scale as perceived by the athlete: development and initial validation in Portuguese athletes. <i>International Journal of Sport and Exercise Psychology</i> , 2022, 20, 794-812.	1.1	8
68	The LIFEwithIBD Intervention: Study Protocol for a Randomized Controlled Trial of a Face-to-Face Acceptance and Commitment Therapy and Compassion-Based Intervention Tailored to People With Inflammatory Bowel Disease. <i>Frontiers in Psychiatry</i> , 2021, 12, 699367.	1.3	8
69	How Compassionate Abilities Influence the Experience of Loneliness and Quality of Life of People with and without Chronic Physical Disease?. <i>Journal of Psychology: Interdisciplinary and Applied</i> , 2021, 155, 679-694.	0.9	8
70	Falling in the traps of your thoughts: The impact of body image-related cognitive fusion on inflexible eating. <i>Eating Behaviors</i> , 2015, 19, 49-52.	1.1	7
71	Defensive Responses to Early Memories with Peers: a Possible Pathway to Disordered Eating. <i>Spanish Journal of Psychology</i> , 2016, 19, E45.	1.1	7
72	The relation of early positive emotional memories to women's social safeness: The role of shame and fear of receiving compassion. <i>Women and Health</i> , 2019, 59, 420-432.	0.4	7

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73	A social rank approach to disordered eating: Exploring relationships between shame, fears of compassion, striving, and body shame. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2020, 93, 490-502.	1.3	7
74	Self-reported symptoms of depression, anxiety and stress in Portuguese primary school-aged children. <i>BMC Psychiatry</i> , 2020, 20, 87.	1.1	7
75	Development and initial validation of athletes'™ perceptions of coach-related critical attitudes scale. <i>Current Psychology</i> , 2022, 41, 7512-7521.	1.7	7
76	Early memories of warmth and safeness and eating psychopathology: The mediating role of social safeness and body appreciation. <i>Psychologica</i> , 2017, 59, 45-60.	0.2	7
77	Do shame and perfectionistic self-presentation explain the link between early affiliative memories and eating psychopathology?. <i>Psychology, Health and Medicine</i> , 2018, 23, 628-634.	1.3	6
78	Development of a measure for the assessment of peer-related positive emotional memories. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , 2018, 91, 79-94.	1.3	6
79	Body compassion safeguards against the impact of major life events on binge eating. <i>Appetite</i> , 2019, 134, 34-39.	1.8	6
80	Exploring eating and exercise-related indicators during COVID-19 quarantine in Portugal: concerns and routine changes in women with different BMI. <i>Eating and Weight Disorders</i> , 2022, 27, 225-232.	1.2	6
81	Measuring Shame in Adolescents: Validation Studies of the External and Internal Shame Scale in a Community Sample. <i>Child and Youth Care Forum</i> , 2021, 50, 971-989.	0.9	6
82	A necessidade de competir para evitar a inferioridade: Estudos de validação da versão portuguesa da SAIS. <i>Psychologica</i> , 2011, , 5-34.	0.2	6
83	Can the impact of body dissatisfaction on disordered eating be weakened by one's decentering abilities?. <i>Eating Behaviors</i> , 2014, 15, 392-396.	1.1	5
84	When thought suppression backfires: its moderator effect on eating psychopathology. <i>Eating and Weight Disorders</i> , 2015, 20, 355-362.	1.2	5
85	Understanding the Role of Self-Judgment in the Association between Body Dissatisfaction and Quality of Life on Normal-Weight and Overweight Portuguese Women. <i>Spanish Journal of Psychology</i> , 2016, 19, E15.	1.1	5
86	Explaining male body attitudes: the role of early peer emotional experiences and shame. <i>Eating and Weight Disorders</i> , 2018, 23, 807-815.	1.2	5
87	The influence of self-criticism on depression symptoms among ambulatory patients with inflammatory bowel disease. <i>Clinical Psychology and Psychotherapy</i> , 2019, 26, 743-750.	1.4	5
88	Gender differences in inflammatory bowel disease: Explaining body image dissatisfaction. <i>Journal of Health Psychology</i> , 2019, 24, 847-856.	1.3	5
89	Striving as a paradoxical strategy to deal with fears of compassion: impact on disordered eating. <i>Eating and Weight Disorders</i> , 2020, 25, 983-990.	1.2	5
90	Compassionate Coach and Psychological Quality of Life in Portuguese Athletes: Effect of Mediating Variables. <i>Journal of Clinical Sport Psychology</i> , 2022, 16, 182-198.	0.6	5

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91	The powerful effect of body image inflexibility on the explanation of eating psychopathology severity. <i>Eating and Weight Disorders</i> , 2021, , 1.	1.2	5
92	How psychological inflexibility mediates the association between general feelings of shame with body image-related shame and eating psychopathology severity?. <i>Appetite</i> , 2021, 163, 105228.	1.8	5
93	The roles of self-compassion and psychological flexibility in the psychological well-being of adolescent girls. <i>Current Psychology</i> , 0, , 1.	1.7	5
94	Assessing positive emotional memories with peers: The Early Memories of Warmth and Safeness with Peers Scale for adolescents. <i>Journal of Adolescence</i> , 2017, 54, 73-81.	1.2	4
95	Roles of body image-related experiential avoidance and uncommitted living in the link between body image and women's quality of life. <i>Women and Health</i> , 2018, 58, 38-50.	0.4	4
96	The central role of self-reassurance to explain body and eating attitudes. <i>Eating and Weight Disorders</i> , 2019, 24, 861-868.	1.2	4
97	The soothing-affiliation system and body appreciation: recollected and present affect. <i>Women and Health</i> , 2020, 60, 547-558.	0.4	4
98	A comprehensive model of disordered eating among aesthetic athletic girls: Exploring the role of body image-related cognitive fusion and perfectionistic self- presentation. <i>Current Psychology</i> , 2021, 40, 5727-5734.	1.7	4
99	Kindness toward One's Self and Body: Exploring Mediation Pathways between Early Memories and Disordered Eating. <i>Spanish Journal of Psychology</i> , 2017, 20, E47.	1.1	3
100	Measuring structural model invariance across internet-recruited and hospital-recruited IBD patients: Experiential avoidance's effect on psychopathological symptoms. <i>Current Psychology</i> , 2019, 40, 3459.	1.7	3
101	Insecure striving as an exacerbator of the toxic effect of shame feelings on disordered eating. <i>Eating and Weight Disorders</i> , 2020, 25, 659-666.	1.2	3
102	Further validation of the cognitive fusion questionnaire " chronic illness (CFQ-CI) in different health condition samples. <i>Journal of Contextual Behavioral Science</i> , 2020, 16, 45-48.	1.3	3
103	A longitudinal preliminary analysis on the role of experiential avoidance in breast cancer patients' reported health outcomes. <i>Psycho-Oncology</i> , 2020, 29, 812-814.	1.0	3
104	Regulaç~o emocional e comportamento alimentar perturbado: O impacto distinto da fus~o cognitiva e de uma atitude de apre~so em rela~o ~ a imagem corporal. <i>Psychologica</i> , 2017, 60, 11-25.	0.2	3
105	Challenges, burden and emotional impact on Portuguese athletes during COVID-19 pandemic. <i>Cuadernos De Psicologia Del Deporte</i> , 2022, 22, 44-56.	0.2	3
106	Can the lack of early memories of warmth and safeness explain loneliness and quality of life? A community sample study on young and middle-aged Portuguese adults. <i>Current Psychology</i> , 0, , 1.	1.7	2
107	Adolescent girls' body appreciation: influences of compassion and social safeness, and association with disordered eating. <i>Eating and Weight Disorders</i> , 2022, 27, 1359-1366.	1.2	2
108	Measuring shame across five countries: dimensionality and measurement invariance of the external and internal shame scale. <i>Current Psychology</i> , 0, , 1.	1.7	2

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109	The mediating role of shame and fear of compassion on the relationship between major life events and depressive symptoms. <i>Current Psychology</i> , 2019, 40, 4553.	1.7	1
110	Can body appreciation buffer the association between external and internal shame experiences with eating psychopathology?. <i>Clinical Psychologist</i> , 2022, 26, 53-62.	0.5	1
111	Early emotional memories and well-being in adolescence: The roles of shame and self-critical attitudes. <i>Journal of Child and Family Studies</i> , 0, , 1.	0.7	1
112	Affiliative interactions and body and eating-related difficulties in adolescent girls: The effects of fears of compassion and feelings of social safeness. <i>Appetite</i> , 2022, 168, 105715.	1.8	1
113	How do ACT core processes underlie loneliness and psychological health? A study among people with and without physical chronic disease. <i>Clinical Psychologist</i> , 2021, 25, 329-338.	0.5	1
114	O Traço de Mindfulness como Protector nos Comportamentos Bulmínicos. <i>Psychologica</i> , 2010, , 401-422.	0.2	1
115	Desenvolvimento de uma Escala de Comparação Social através da Aparência Física: Estudo exploratório da estrutura factorial e das propriedades psicométricas numa amostra feminina da população geral. <i>Psychologica</i> , 2011, , 309-330.	0.2	1
116	Internal and External Shame in Healthy and Chronically Ill Samples: Exploring Links to Psychological Health. <i>Journal of Clinical Psychology in Medical Settings</i> , 2022, , 1.	0.8	1
117	Assessing Psychological Inflexibility in Adolescents: A Validation Study of the Portuguese Short Version of the Avoidance and Fusion Questionnaire for Youth. <i>Child and Youth Care Forum</i> , 0, , 1.	0.9	1
118	Understanding the omnivore, vegetarian, vegan, and paleo dietary patterns: How they differ in disordered eating indicators. <i>Revista Portuguesa De Investigaçao Comportamental E Social</i> , 2021, 7, .	0.2	0
119	Comportamentos ortoróticos e experiências de vergonha: A sua relação e impacto no comportamento alimentar perturbado. <i>Revista Portuguesa De Investigaçao Comportamental E Social</i> , 2020, 6, 39-55.	0.2	0
120	A vergonha e o bem-estar psicológico dos adolescentes: O medo de receber compaixão e os sentimentos de segurança e ligação aos outros como processos mediadores. <i>Revista Portuguesa De Investigaçao Comportamental E Social</i> , 2020, 6, 56-68.	0.2	0
121	What Is Behind Disordered Eating Behaviors? An Exploratory Study With Female Adolescents From Individual Esthetic and Nonesthetic Sports. <i>Journal of Clinical Sport Psychology</i> , 2023, 17, 290-305.	0.6	0
122	How athletes' perception of coach-related critical attitudes affect their mental health? The role of self-criticism. <i>Current Psychology</i> , 0, , 1.	1.7	0
123	Early memories of warmth and safeness, and current social safeness: Longitudinal contributions for girls' body appreciation. <i>Current Psychology</i> , 0, , .	1.7	0