

Nelli Hankonen

List of Publications by Year in descending order

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Version: 2024-02-01

106
papers

2,829
citations

257450

24
h-index

233421

45
g-index

123
all docs

123
docs citations

123
times ranked

2953
citing authors

#	ARTICLE	IF	CITATIONS
1	How can interventions increase motivation for physical activity? A systematic review and meta-analysis. <i>Health Psychology Review</i> , 2018, 12, 211-230.	8.6	195
2	Implementation intention and planning interventions in Health Psychology: Recommendations from the Synergy Expert Group for research and practice. <i>Psychology and Health</i> , 2016, 31, 814-839.	2.2	159
3	Type 2 Diabetes Prevention in the Real World: Three-year results of the GOAL Lifestyle Implementation Trial. <i>Diabetes Care</i> , 2009, 32, 1418-1420.	8.6	141
4	Developing Behavior Change Interventions for Self-Management in Chronic Illness. <i>European Psychologist</i> , 2019, 24, 7-25.	3.1	135
5	A systematic review of school-based interventions targeting physical activity and sedentary behaviour among older adolescents. <i>International Review of Sport and Exercise Psychology</i> , 2016, 9, 22-44.	5.7	118
6	The compendium of self-enactable techniques to change and self-manage motivation and behaviour v.1.0. <i>Nature Human Behaviour</i> , 2020, 4, 215-223.	12.0	116
7	Changing Behavior Using the Model of Action Phases. , 2020, , 77-88.		106
8	Which Behavior Change Techniques are Associated with Changes in Physical Activity, Diet and Body Mass Index in People with Recently Diagnosed Diabetes?. <i>Annals of Behavioral Medicine</i> , 2015, 49, 7-17.	2.9	103
9	Focusing on fidelity: narrative review and recommendations for improving intervention fidelity within trials of health behaviour change interventions. <i>Health Psychology and Behavioral Medicine</i> , 2020, 8, 132-151.	1.8	101
10	What explains the socioeconomic status gap in activity? Educational differences in determinants of physical activity and screentime. <i>BMC Public Health</i> , 2017, 17, 144.	2.9	92
11	Dynamic psychological and behavioral changes in the adoption and maintenance of exercise.. <i>Health Psychology</i> , 2012, 31, 306-315.	1.6	87
12	Gender differences in social cognitive determinants of exercise adoption. <i>Psychology and Health</i> , 2010, 25, 55-69.	2.2	83
13	“Let’s Move It” a school-based multilevel intervention to increase physical activity and reduce sedentary behaviour among older adolescents in vocational secondary schools: a study protocol for a cluster-randomised trial. <i>BMC Public Health</i> , 2016, 16, 451.	2.9	81
14	Toward Identifying a Broader Range of Social Cognitive Determinants of Dietary Intentions and Behaviors. <i>Applied Psychology: Health and Well-Being</i> , 2013, 5, 118-135.	3.0	70
15	Changing Behavior Using the Theory of Planned Behavior. , 2020, , 17-31.		69
16	Why share expertise? A closer look at the quality of motivation to share or withhold knowledge. <i>Journal of Knowledge Management</i> , 2016, 20, 181-198.	5.1	56
17	Motivating voluntary compliance to behavioural restrictions: Self-determination theory-based checklist of principles for COVID-19 and other emergency communications. <i>European Review of Social Psychology</i> , 2021, 32, 305-347.	9.4	50
18	Why Do People High in Self-Control Eat More Healthily? Social Cognitions as Mediators. <i>Annals of Behavioral Medicine</i> , 2014, 47, 242-248.	2.9	45

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19	Socioeconomic Status and Psychosocial Mechanisms of Lifestyle Change in a Type 2 Diabetes Prevention Trial. <i>Annals of Behavioral Medicine</i> , 2009, 38, 160-165.	2.9	42
20	Changing Behavior Using the Health Action Process Approach. , 2020, , 89-103.		42
21	Healthy learning mind â€“ Effectiveness of a mindfulness program on mental health compared to a relaxation program and teaching as usual in schools: A cluster-randomised controlled trial. <i>Journal of Affective Disorders</i> , 2020, 260, 660-669.	4.1	41
22	Studying Behaviour Change Mechanisms under Complexity. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021, 11, 77.	2.1	36
23	Relations Between Autonomous Motivation and Leisure-Time Physical Activity Participation: The Mediating Role of Self-Regulation Techniques. <i>Journal of Sport and Exercise Psychology</i> , 2016, 38, 128-137.	1.2	35
24	What Motivates Experts to Share? A Prospective Test of the Model of Knowledgeâ€“Sharing Motivation. <i>Human Resource Management</i> , 2017, 56, 871-885.	5.8	28
25	Habit Interventions. , 2020, , 599-616.		28
26	Predicting changes in lifestyle and clinical outcomes in preventing diabetes: The Greater Green Triangle Diabetes Prevention Project. <i>Preventive Medicine</i> , 2012, 54, 157-161.	3.4	27
27	Randomised controlled feasibility study of a school-based multi-level intervention to increase physical activity and decrease sedentary behaviour among vocational school students. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 37.	4.6	27
28	National policies for the promotion of physical activity and healthy nutrition in the workplace context: a behaviour change wheel guided content analysis of policy papers in Finland. <i>BMC Public Health</i> , 2018, 18, 87.	2.9	26
29	Trait Selfâ€“Control, Social Cognition Constructs, and Intentions: Correlational Evidence for Mediation and Moderation Effects in Diverse Health Behaviours. <i>Applied Psychology: Health and Well-Being</i> , 2019, 11, 407-437.	3.0	26
30	Developing habit-based health behaviour change interventions: twenty-one questions to guide future research. <i>Psychology and Health</i> , 2023, 38, 518-540.	2.2	26
31	Self-Control is Associated with Physical Activity and Fitness among Young Males. <i>Behavioral Medicine</i> , 2012, 38, 83-89.	1.9	25
32	Using physical education to promote out-of school physical activity in lower secondary school students â€“ a randomized controlled trial protocol. <i>BMC Public Health</i> , 2019, 19, 157.	2.9	25
33	Attitudes and Persuasive Communication Interventions. , 2020, , 445-460.		22
34	Participantsâ€™ enactment of behavior change techniques: a call for increased focus on what people do to manage their motivation and behavior. <i>Health Psychology Review</i> , 2021, 15, 185-194.	8.6	19
35	Bayesian evaluation of behavior change interventions: a brief introduction and a practical example. <i>Health Psychology and Behavioral Medicine</i> , 2018, 6, 49-78.	1.8	18
36	Changing Behavior Using Ecological Models. , 2020, , 237-250.		17

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37	Self-Efficacy Interventions. , 2020, , 461-478.		17
38	Enhancing the translation of health behaviour change research into practice: a selective conceptual review of the synergy between implementation science and health psychology. Health Psychology Review, 2022, 16, 22-49.	8.6	17
39	Changing Behavior Using Self-Determination Theory. , 2020, , 104-119.		16
40	Understanding knowledge sharing in the work context by applying a belief elicitation study. Journal of Knowledge Management, 2015, 19, 497-513.	5.1	15
41	Healthy Learning Mind - a school-based mindfulness and relaxation program: a study protocol for a cluster randomized controlled trial. BMC Psychology, 2016, 4, 35.	2.1	15
42	Applying Behavioral Theory to Increase Mindfulness Practice Among Adolescents: an Exploratory Intervention Study Using a Within-Trial RCT Design. Mindfulness, 2019, 10, 312-324.	2.8	15
43	Changing Behavior Using Integrated Theories. , 2020, , 208-224.		15
44	Thematic analysis of acceptability and fidelity of engagement for behaviour change interventions: The Let's Move It intervention interview study. British Journal of Health Psychology, 2020, 25, 772-789.	3.5	15
45	Acceptability, reach and implementation of a training to enhance teachers' skills in physical activity promotion. BMC Public Health, 2020, 20, 1568.	2.9	14
46	What is setting the stage for abdominal obesity reduction? A comparison between personality and health-related social cognitions. Journal of Behavioral Medicine, 2010, 33, 415-422.	2.1	13
47	Using the critical incident technique for qualitative process evaluation of interventions: The example of the 'Let's Move It' trial. Social Science and Medicine, 2019, 232, 389-397.	3.8	13
48	Moving from Theoretical Principles to Intervention Strategies: Applying the Experimental Medicine Approach. , 2020, , 285-299.		13
49	Planning and Implementation Intention Interventions. , 2020, , 572-585.		13
50	Changing Behavior Using the Health Belief Model and Protection Motivation Theory. , 2020, , 46-59.		12
51	Testing a physical education-delivered autonomy supportive intervention to promote leisure-time physical activity in lower secondary school students: the PETALS trial. BMC Public Health, 2020, 20, 1438.	2.9	12
52	Changing Behavior Using Social Cognitive Theory. , 2020, , 32-45.		11
53	Changing Behavior Using Habit Theory. , 2020, , 178-192.		11
54	Imagery, Visualization, and Mental Simulation Interventions. , 2020, , 479-494.		11

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55	Changing Behavior Using the Common-Sense Model of Self-Regulation. , 2020, , 60-76.		11
56	Changing healthcare professionals' non-reflective processes to improve the quality of care. Social Science and Medicine, 2022, 298, 114840.	3.8	11
57	Acceptability of Strategies to Reduce Student Sitting. Health Promotion Practice, 2017, 18, 44-53.	1.6	10
58	Visualisation and network analysis of physical activity and its determinants: Demonstrating opportunities in analysing baseline associations in the Let's Move It trial. Health Psychology and Behavioral Medicine, 2019, 7, 269-289.	1.8	10
59	Changing Behavior Using the Reflective-Impulsive Model. , 2020, , 164-177.		10
60	Social Identity Interventions. , 2020, , 649-660.		10
61	Combining the reasoned action approach and habit formation to reduce sitting time in classrooms: Outcome and process evaluation of the Let's Move It teacher intervention. Journal of Experimental Social Psychology, 2019, 81, 27-38.	2.2	9
62	Gender-related personality traits, self-efficacy, and social support: How do they relate to women's waist circumference change?. Journal of Health Psychology, 2014, 19, 1291-1301.	2.3	8
63	Design, Implementation, and Evaluation of Behavior Change Interventions: A Ten-Task Guide. , 2020, , 269-284.		8
64	Developing Behavior Change Interventions. , 2020, , 300-317.		8
65	Changing Behavior Using the Transtheoretical Model. , 2020, , 136-149.		8
66	Promoting scientific integrity through open science in health psychology: results of the Synergy Expert Meeting of the European health psychology society. Health Psychology Review, 2021, 15, 333-349.	8.6	8
67	Social Cognitions and Mental Health as Predictors of Adolescents' Mindfulness Practice. Mindfulness, 2020, 11, 1204-1217.	2.8	8
68	Changing Behavior: A Theory- and Evidence-Based Approach. , 2020, , 1-14.		8
69	Training programme for novice physical activity instructors using Teaching Personal and Social Responsibility (TPSR) model: A programme development and protocol. International Journal of Sport and Exercise Psychology, 2021, 19, 159-178.	2.1	8
70	What triggers changes in adolescents' physical activity? Analysis of critical incidents during childhood and youth in student writings. Psychology of Sport and Exercise, 2019, 45, 101564.	2.1	7
71	Changing Behavior by Changing Environments. , 2020, , 193-207.		7
72	Dyadic Behavior Change Interventions. , 2020, , 632-648.		7

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73	Changing Behavior Using Social Identity Processes. , 2020, , 225-236.		6
74	Engagement of Stakeholders in the Design, Evaluation, and Implementation of Complex Interventions. , 2020, , 349-360.		6
75	Changing activity behaviours in vocational school students: the stepwise development and optimised content of the "let's move it" intervention. Health Psychology and Behavioral Medicine, 2020, 8, 440-460.	1.8	6
76	Changing Behavior Using Theories at the Interpersonal, Organizational, Community, and Societal Levels. , 2020, , 251-266.		6
77	Monitoring Interventions. , 2020, , 537-553.		6
78	Critical and Qualitative Approaches to Behavior Change. , 2020, , 430-442.		5
79	Incentive-Based Interventions. , 2020, , 523-536.		5
80	Self-Control Interventions. , 2020, , 586-598.		5
81	The Science of Behavior Change: The Road Ahead. , 2020, , 677-699.		4
82	Autonomy-Supportive Interventions. , 2020, , 510-522.		4
83	A dual process model to predict adolescents' screen time and physical activity. Psychology and Health, 2023, 38, 827-846.	2.2	4
84	Healthy eaters beat unhealthy eaters in prototype evaluation among men, but abstinence may pose a risk for social standing. Health Psychology and Behavioral Medicine, 2015, 3, 323-336.	1.8	3
85	Simple and rationale-providing SMS reminders to promote accelerometer use: a within-trial randomised trial comparing persuasive messages. BMC Public Health, 2018, 18, 1352.	2.9	3
86	Implementation Science and Translation in Behavior Change. , 2020, , 333-348.		3
87	Maximizing User Engagement with Behavior Change Interventions. , 2020, , 361-371.		3
88	Addressing Underserved Populations and Disparities in Behavior Change. , 2020, , 385-400.		3
89	Changing Behavior Using Control Theory. , 2020, , 120-135.		3
90	Latent profile analysis as a method for process evaluations: Discovering response subgroups in a mindfulness intervention. Social Science and Medicine, 2022, 296, 114748.	3.8	3

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91	School-based mindfulness intervention for depressive symptoms in adolescence: For whom is it most effective?. <i>Journal of Adolescence</i> , 2022, 94, 118-132.	2.4	3
92	Genetic causal beliefs about morbidity: associations with health behaviors and health outcome beliefs about behavior changes between 1982-2002 in the Finnish population. <i>BMC Public Health</i> , 2015, 15, 389.	2.9	2
93	Affect-Based Interventions. , 2020, , 495-509.		2
94	Changing Behavior Using Integrative Self-Control Theory. , 2020, , 150-163.		2
95	Goal Setting Interventions. , 2020, , 554-571.		2
96	Predictors of school students' leisure-time physical activity: An extended trans-contextual model using Bayesian path analysis. <i>PLoS ONE</i> , 2021, 16, e0258829.	2.5	2
97	Evaluation of Behavior Change Interventions. , 2020, , 318-332.		1
98	Behavior Change in Community Contexts. , 2020, , 401-415.		1
99	Motivational Interviewing Interventions. , 2020, , 661-676.		1
100	Feasibility of a Responsibility-Based Leadership Training Program for Novice Physical Activity Instructors. <i>Frontiers in Psychology</i> , 2021, 12, 648235.	2.1	1
101	Intervention Theories. , 2020, , 1231-1234.		1
102	Uptake of planning as a self-regulation strategy: Adolescents' reasons for (not) planning physical activity in an intervention trial. <i>British Journal of Health Psychology</i> , 2022, 27, 1209-1225.	3.5	1
103	Is Trust in Health Information Related to Better Hand Hygiene Among Military Conscripts?. <i>Military Behavioral Health</i> , 2014, 2, 82-88.	0.8	0
104	Cost-Effectiveness Evaluations of Behavior Change Interventions. , 2020, , 372-384.		0
105	Changing Behavior in the Digital Age. , 2020, , 416-429.		0
106	Economic and Behavioral Economic Approaches to Behavior Change. , 2020, , 617-631.		0