

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	A dual process model to predict adolescents'™ screen time and physical activity. <i>Psychology and Health</i> , 2023, 38, 827-846.	2.2	4
2	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
3	Enhancing the translation of health behaviour change research into practice: a selective conceptual review of the synergy between implementation science and health psychology. <i>Health Psychology Review</i> , 2022, 16, 22-49.	8.6	17
4	Latent profile analysis as a method for process evaluations: Discovering response subgroups in a mindfulness intervention. <i>Social Science and Medicine</i> , 2022, 296, 114748.	3.8	3
5	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
6	Changing healthcare professionals' non-reflective processes to improve the quality of care. <i>Social Science and Medicine</i> , 2022, 298, 114840.	3.8	11
7	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
8	Promoting scientific integrity through open science in health psychology: results of the Synergy Expert Meeting of the European health psychology society. <i>Health Psychology Review</i> , 2021, 15, 333-349.	8.6	8
9	Participants'™ 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
10	Training programme for novice physical activity instructors using Teaching Personal and Social Responsibility (TPSR) model: A programme development and protocol. <i>International Journal of Sport and Exercise Psychology</i> , 2021, 19, 159-178.	2.1	8
11	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
12	Studying Behaviour Change Mechanisms under Complexity. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021, 11, 77.	2.1	36
13	Feasibility of a Responsibility-Based Leadership Training Program for Novice Physical Activity Instructors. <i>Frontiers in Psychology</i> , 2021, 12, 648235.	2.1	1
14	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
15	Healthy learning mind – 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
16	Changing Behavior Using Social Cognitive Theory. , 2020, , 32-45.		11
17	Changing Behavior Using the Model of Action Phases. , 2020, , 77-88.		106
18	Changing Behavior Using Habit Theory. , 2020, , 178-192.		11

#	ARTICLE	IF	CITATIONS
19	Changing Behavior by Changing Environments. , 2020, , 193-207.		7
20	Changing Behavior Using Social Identity Processes. , 2020, , 225-236.		6
21	Changing Behavior Using Ecological Models. , 2020, , 237-250.		17
22	Design, Implementation, and Evaluation of Behavior Change Interventions: A Ten-Task Guide. , 2020, , 269-284.		8
23	Moving from Theoretical Principles to Intervention Strategies: Applying the Experimental Medicine Approach. , 2020, , 285-299.		13
24	Developing Behavior Change Interventions. , 2020, , 300-317.		8
25	Evaluation of Behavior Change Interventions. , 2020, , 318-332.		1
26	Implementation Science and Translation in Behavior Change. , 2020, , 333-348.		3
27	Engagement of Stakeholders in the Design, Evaluation, and Implementation of Complex Interventions. , 2020, , 349-360.		6
28	Maximizing User Engagement with Behavior Change Interventions. , 2020, , 361-371.		3
29	Cost-Effectiveness Evaluations of Behavior Change Interventions. , 2020, , 372-384.		0
30	Addressing Underserved Populations and Disparities in Behavior Change. , 2020, , 385-400.		3
31	Behavior Change in Community Contexts. , 2020, , 401-415.		1
32	Changing Behavior in the Digital Age. , 2020, , 416-429.		0
33	Critical and Qualitative Approaches to Behavior Change. , 2020, , 430-442.		5
34	Attitudes and Persuasive Communication Interventions. , 2020, , 445-460.		22
35	Changing Behavior Using the Theory of Planned Behavior. , 2020, , 17-31.		69
36	Economic and Behavioral Economic Approaches to Behavior Change. , 2020, , 617-631.		0

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37	The Science of Behavior Change: The Road Ahead. , 2020, , 677-699.		4
38	Changing Behavior Using Control Theory. , 2020, , 120-135.		3
39	Changing Behavior Using the Reflective-Impulsive Model. , 2020, , 164-177.		10
40	Focusing on fidelity: narrative review and recommendations for improving intervention fidelity within trials of health behaviour change interventions. Health Psychology and Behavioral Medicine, 2020, 8, 132-151.	1.8	101
41	Self-Efficacy Interventions. , 2020, , 461-478.		17
42	Imagery, Visualization, and Mental Simulation Interventions. , 2020, , 479-494.		11
43	Affect-Based Interventions. , 2020, , 495-509.		2
44	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
45	Changing Behavior Using the Health Belief Model and Protection Motivation Theory. , 2020, , 46-59.		12
46	Changing Behavior Using the Common-Sense Model of Self-Regulation. , 2020, , 60-76.		11
47	Changing Behavior Using the Health Action Process Approach. , 2020, , 89-103.		42
48	Changing Behavior Using Self-Determination Theory. , 2020, , 104-119.		16
49	Changing Behavior Using the Transtheoretical Model. , 2020, , 136-149.		8
50	Changing Behavior Using Integrative Self-Control Theory. , 2020, , 150-163.		2
51	Changing Behavior Using Integrated Theories. , 2020, , 208-224.		15
52	Changing Behavior Using Theories at the Interpersonal, Organizational, Community, and Societal Levels. , 2020, , 251-266.		6
53	Autonomy-Supportive Interventions. , 2020, , 510-522.		4
54	Incentive-Based Interventions. , 2020, , 523-536.		5

#	ARTICLE	IF	CITATIONS
55	Goal Setting Interventions. , 2020, , 554-571.		2
56	Planning and Implementation Intention Interventions. , 2020, , 572-585.		13
57	Self-Control Interventions. , 2020, , 586-598.		5
58	Habit Interventions. , 2020, , 599-616.		28
59	Dyadic Behavior Change Interventions. , 2020, , 632-648.		7
60	Social Identity Interventions. , 2020, , 649-660.		10
61	Motivational Interviewing Interventions. , 2020, , 661-676.		1
62	Monitoring Interventions. , 2020, , 537-553.		6
63	Acceptability, reach and implementation of a training to enhance teachersâ€™ skills in physical activity promotion. BMC Public Health, 2020, 20, 1568.	2.9	14
64	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
65	Thematic analysis of acceptability and fidelity of engagement for behaviour change interventions: The Letâ€™s Move It intervention interview study. British Journal of Health Psychology, 2020, 25, 772-789.	3.5	15
66	Social Cognitions and Mental Health as Predictors of Adolescentsâ€™ Mindfulness Practice. Mindfulness, 2020, 11, 1204-1217.	2.8	8
67	Changing Behavior: A Theory- and Evidence-Based Approach. , 2020, , 1-14.		8
68	The compendium of self-enactable techniques to change and self-manage motivation and behaviour v.1.0. Nature Human Behaviour, 2020, 4, 215-223.	12.0	116
69	Intervention Theories. , 2020, , 1231-1234.		1
70	Visualisation and network analysis of physical activity and its determinants: Demonstrating opportunities in analysing baseline associations in the Letâ€™s Move It trial. Health Psychology and Behavioral Medicine, 2019, 7, 269-289.	1.8	10
71	What triggers changes in adolescentsâ€™ physical activity? Analysis of critical incidents during childhood and youth in student writings. Psychology of Sport and Exercise, 2019, 45, 101564.	2.1	7
72	Trait Selfâ€Control, Social Cognition Constructs, and Intentions: Correlational Evidence for Mediation and Moderation Effects in Diverse Health Behaviours. Applied Psychology: Health and Well-Being, 2019, 11, 407-437.	3.0	26

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73	Using the critical incident technique for qualitative process evaluation of interventions: The example of the "Let's Move It" trial. <i>Social Science and Medicine</i> , 2019, 232, 389-397.	3.8	13
74	Applying Behavioral Theory to Increase Mindfulness Practice Among Adolescents: an Exploratory Intervention Study Using a Within-Trial RCT Design. <i>Mindfulness</i> , 2019, 10, 312-324.	2.8	15
75	Using physical education to promote out-of school physical activity in lower secondary school students – a randomized controlled trial protocol. <i>BMC Public Health</i> , 2019, 19, 157.	2.9	25
76	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. <i>Journal of Experimental Social Psychology</i> , 2019, 81, 27-38.	2.2	9
77	Developing Behavior Change Interventions for Self-Management in Chronic Illness. <i>European Psychologist</i> , 2019, 24, 7-25.	3.1	135
78	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
79	Simple and rationale-providing SMS reminders to promote accelerometer use: a within-trial randomised trial comparing persuasive messages. <i>BMC Public Health</i> , 2018, 18, 1352.	2.9	3
80	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
81	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
82	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
83	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
84	Acceptability of Strategies to Reduce Student Sitting. <i>Health Promotion Practice</i> , 2017, 18, 44-53.	1.6	10
85	What Motivates Experts to Share? A Prospective Test of the Model of Knowledge-Sharing Motivation. <i>Human Resource Management</i> , 2017, 56, 871-885.	5.8	28
86	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
87	Healthy Learning Mind - a school-based mindfulness and relaxation program: a study protocol for a cluster randomized controlled trial. <i>BMC Psychology</i> , 2016, 4, 35.	2.1	15
88	"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
89	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
90	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

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91	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
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	Healthy eaters beat unhealthy eaters in prototype evaluation among men, but abstinence may pose a risk for social standing. <i>Health Psychology and Behavioral Medicine</i> , 2015, 3, 323-336.	1.8	3
94	Understanding knowledge sharing in the work context by applying a belief elicitation study. <i>Journal of Knowledge Management</i> , 2015, 19, 497-513.	5.1	15
95	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
96	Gender-related personality traits, self-efficacy, and social support: How do they relate to women's waist circumference change?. <i>Journal of Health Psychology</i> , 2014, 19, 1291-1301.	2.3	8
97	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
98	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
99	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
100	Self-Control is Associated with Physical Activity and Fitness among Young Males. <i>Behavioral Medicine</i> , 2012, 38, 83-89.	1.9	25
101	Dynamic psychological and behavioral changes in the adoption and maintenance of exercise.. <i>Health Psychology</i> , 2012, 31, 306-315.	1.6	87
102	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
103	What is setting the stage for abdominal obesity reduction? A comparison between personality and health-related social cognitions. <i>Journal of Behavioral Medicine</i> , 2010, 33, 415-422.	2.1	13
104	Gender differences in social cognitive determinants of exercise adoption. <i>Psychology and Health</i> , 2010, 25, 55-69.	2.2	83
105	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
106	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