

Suzanne Phelan

List of Publications by Year in descending order

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Version: 2024-02-01

121
papers

8,884
citations

44069

48
h-index

42399

92
g-index

125
all docs

125
docs citations

125
times ranked

8807
citing authors

#	ARTICLE	IF	CITATIONS
1	Long-term weight loss maintenance. American Journal of Clinical Nutrition, 2005, 82, 222S-225S.	4.7	1,439
2	Randomized Trial of Lifestyle Modification and Pharmacotherapy for Obesity. New England Journal of Medicine, 2005, 353, 2111-2120.	27.0	746
3	Pregnancy: a teachable moment for weight control and obesity prevention. American Journal of Obstetrics and Gynecology, 2010, 202, 135.e1-135.e8.	1.3	465
4	Consistent Self-monitoring of Weight: A Key Component of Successful Weight Loss Maintenance. Obesity, 2007, 15, 3091-3096.	3.0	402
5	Randomized trial of a behavioral intervention to prevent excessive gestational weight gain: the Fit for Delivery Study. American Journal of Clinical Nutrition, 2011, 93, 772-779.	4.7	312
6	Weight-Loss Maintenance for 10 Years in the National Weight Control Registry. American Journal of Preventive Medicine, 2014, 46, 17-23.	3.0	308
7	Effects of antenatal diet and physical activity on maternal and fetal outcomes: individual patient data meta-analysis and health economic evaluation. Health Technology Assessment, 2017, 21, 1-158.	2.8	214
8	Obese Patients' Perceptions of Treatment Outcomes and the Factors That Influence Them. Archives of Internal Medicine, 2001, 161, 2133.	3.8	161
9	Becoming Physically Active After Bariatric Surgery is Associated With Improved Weight Loss and Health-related Quality of Life. Obesity, 2009, 17, 78-83.	3.0	160
10	Physical Activity Patterns in the National Weight Control Registry. Obesity, 2008, 16, 153-161.	3.0	158
11	Dieting and the development of eating disorders in obese women: results of a randomized controlled trial. American Journal of Clinical Nutrition, 2004, 80, 560-568.	4.7	155
12	Maintaining large weight losses: The role of behavioral and psychological factors.. Journal of Consulting and Clinical Psychology, 2008, 76, 1015-1021.	2.0	145
13	Differential functional magnetic resonance imaging response to food pictures in successful weight-loss maintainers relative to normal-weight and obese controls. American Journal of Clinical Nutrition, 2009, 90, 928-934.	4.7	134
14	Weight-loss maintenance in successful weight losers: surgical vs non-surgical methods. International Journal of Obesity, 2009, 33, 173-180.	3.4	128
15	The role of adherence in mediating the relationship between depression and health outcomes. Journal of Psychosomatic Research, 2002, 53, 877-881.	2.6	119
16	Lifestyle Interventions Limit Gestational Weight Gain in Women with Overweight or Obesity: LIFE Moms Prospective Meta-Analysis. Obesity, 2018, 26, 1396-1404.	3.0	110
17	Television Viewing and Long-term Weight Maintenance: Results from the National Weight Control Registry. Obesity, 2006, 14, 1816-1824.	3.0	102
18	Effect of an Internet-Based Program on Weight Loss for Low-Income Postpartum Women. JAMA - Journal of the American Medical Association, 2017, 317, 2381.	7.4	102

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19	Are the Eating and Exercise Habits of Successful Weight Losers Changing?. <i>Obesity</i> , 2006, 14, 710-716.	3.0	101
20	Involving Support Partners in Obesity Treatment.. <i>Journal of Consulting and Clinical Psychology</i> , 2005, 73, 341-343.	2.0	98
21	Aerobic exercise reduces neuronal responses in food reward brain regions. <i>Journal of Applied Physiology</i> , 2012, 112, 1612-1619.	2.5	98
22	Dietary interventions in overweight and obese pregnant women: a systematic review of the content, delivery, and outcomes of randomized controlled trials. <i>Nutrition Reviews</i> , 2016, 74, 312-328.	5.8	98
23	Amount of Food Group Variety Consumed in the Diet and Long-Term Weight Loss Maintenance. <i>Obesity</i> , 2005, 13, 883-890.	4.0	96
24	Recovery from relapse among successful weight maintainers. <i>American Journal of Clinical Nutrition</i> , 2003, 78, 1079-1084.	4.7	94
25	Internal Disinhibition Predicts Weight Regain Following Weight Loss and Weight Loss Maintenance. <i>Obesity</i> , 2007, 15, 2485-2494.	3.0	94
26	Weight Loss Prevents Urinary Incontinence in Women With Type 2 Diabetes: Results From the Look AHEAD Trial. <i>Journal of Urology</i> , 2012, 187, 939-944.	0.4	94
27	Medical triggers are associated with better short- and long-term weight loss outcomes. <i>Preventive Medicine</i> , 2004, 39, 612-616.	3.4	89
28	Practitioner Advice and Gestational Weight Gain. <i>Journal of Women's Health</i> , 2011, 20, 585-591.	3.3	89
29	Promoting long-term weight control: does dieting consistency matter?. <i>International Journal of Obesity</i> , 2004, 28, 278-281.	3.4	87
30	Gestational weight gain outside the Institute of Medicine recommendations and adverse pregnancy outcomes: analysis using individual participant data from randomised trials. <i>BMC Pregnancy and Childbirth</i> , 2019, 19, 322.	2.4	87
31	Does behavioral intervention in pregnancy reduce postpartum weight retention? Twelve-month outcomes of the Fit for Delivery randomized trial. <i>American Journal of Clinical Nutrition</i> , 2014, 99, 302-311.	4.7	86
32	Weight-loss maintenance in overweight individuals one to five years following successful completion of a commercial weight loss program. <i>International Journal of Obesity</i> , 2001, 25, 325-331.	3.4	84
33	Physical Activity Patterns Using Accelerometry in the National Weight Control Registry. <i>Obesity</i> , 2011, 19, 1163-1170.	3.0	84
34	Assessment of Quality of Life in Obese Individuals. <i>Obesity</i> , 2002, 10, 50S-57S.	4.0	74
35	Impact of weight loss on the metabolic syndrome. <i>International Journal of Obesity</i> , 2007, 31, 1442-1448.	3.4	74
36	The National Weight Control Registry: Is it Useful in Helping Deal with Our Obesity Epidemic?. <i>Journal of Nutrition Education and Behavior</i> , 2005, 37, 206-210.	0.7	73

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37	Long-term weight loss maintenance. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 222S-225S.	4.7	68
38	What Distinguishes Weight-Loss Maintainers from the Treatment-Seeking Obese? Analysis of Environmental, Behavioral, and Psychosocial Variables in Diverse Populations. <i>Annals of Behavioral Medicine</i> , 2009, 38, 94-104.	2.9	62
39	Prevalence and Risk Factors for Urinary Incontinence in Overweight and Obese Diabetic Women: Action for Health in Diabetes (Look AHEAD) study. <i>Diabetes Care</i> , 2009, 32, 1391-1397.	8.6	59
40	Combining Behavioral and Pharmacological Treatments for Obesity. <i>Obesity</i> , 2002, 10, 560-574.	4.0	56
41	Promoting More Modest Weight Losses: A Pilot Study. <i>Obesity</i> , 2004, 12, 1271-1277.	4.0	56
42	Use of artificial sweeteners and fat-modified foods in weight loss maintainers and always-normal weight individuals. <i>International Journal of Obesity</i> , 2009, 33, 1183-1190.	3.4	54
43	Design of lifestyle intervention trials to prevent excessive gestational weight gain in women with overweight or obesity. <i>Obesity</i> , 2016, 24, 305-313.	3.0	53
44	Cognitive Interference From Food Cues in Weight Loss Maintainers, Normal Weight, and Obese Individuals. <i>Obesity</i> , 2011, 19, 69-73.	3.0	52
45	Dietary Habits and Weight Maintenance Success in High Versus Low Exercisers in the National Weight Control Registry. <i>Journal of Physical Activity and Health</i> , 2014, 11, 1540-1548.	2.0	52
46	Prevalence and Predictors of Weight-Loss Maintenance in a Biracial Cohort. <i>American Journal of Preventive Medicine</i> , 2010, 39, 546-554.	3.0	51
47	Dietary energy density and successful weight loss maintenance. <i>Eating Behaviors</i> , 2011, 12, 119-125.	2.0	50
48	Reducing Excessive Gestational Weight Gain: Lessons from the Weight Control Literature and Avenues for Future Research. <i>Women's Health</i> , 2011, 7, 641-661.	1.5	50
49	Early Determinants of Obesity: Genetic, Epigenetic, and In Utero Influences. <i>International Journal of Pediatrics (United Kingdom)</i> , 2012, 2012, 1-9.	0.8	50
50	Maternal Behaviors during Pregnancy Impact Offspring Obesity Risk. <i>Experimental Diabetes Research</i> , 2011, 2011, 1-9.	3.8	47
51	Metabolic Syndrome and Health-Related Quality of Life in Obese Individuals Seeking Weight Reduction. <i>Obesity</i> , 2008, 16, 59-63.	3.0	46
52	What Do Physicians Recommend To Their Overweight and Obese Patients?. <i>Journal of the American Board of Family Medicine</i> , 2009, 22, 115-122.	1.5	46
53	Intensive Lifestyle Intervention Reduces Urinary Incontinence in Overweight/Obese Men with Type 2 Diabetes: Results from the Look AHEAD Trial. <i>Journal of Urology</i> , 2014, 192, 144-149.	0.4	45
54	COVID-19 pandemic and stay-at-home mandates promote weight gain in US adults. <i>Obesity</i> , 2022, 30, 240-248.	3.0	45

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55	Holiday weight management by successful weight losers and normal weight individuals.. Journal of Consulting and Clinical Psychology, 2008, 76, 442-448.	2.0	43
56	An Initial Evaluation of a Commercial Weight Loss Program: Shortâ€Term Effects on Weight, Eating Behavior, and Mood. Obesity, 1999, 7, 51-59.	4.0	41
57	Randomized controlled clinical trial of behavioral lifestyle intervention with partial meal replacement to reduce excessive gestational weight gain. American Journal of Clinical Nutrition, 2018, 107, 183-194.	4.7	41
58	Eating Frequency Is Higher in Weight Loss Maintainers and Normal-Weight Individuals than in Overweight Individuals. Journal of the American Dietetic Association, 2011, 111, 1730-1734.	1.1	40
59	Three-Year Weight Change in Successful Weight Losers Who Lost Weight on a Low-Carbohydrate Diet**. Obesity, 2007, 15, 2470-2477.	3.0	38
60	Home Food and Exercise Environments of Normal-weight and Overweight Adults. American Journal of Health Behavior, 2011, 35, 618-26.	1.4	37
61	Targeting the postpartum period to promote weight loss: a systematic review and meta-analysis. Nutrition Reviews, 2018, 76, 639-654.	5.8	37
62	Empirical Evaluation of Physical Activity Recommendations for Weight Control in Women. Medicine and Science in Sports and Exercise, 2007, 39, 1832-1836.	0.4	33
63	A randomized trial examining differential meal replacement adherence in a weight loss maintenance program after one-year follow-up. Eating Behaviors, 2009, 10, 176-183.	2.0	31
64	Development of composite outcomes for individual patient data (<scp>IPD</scp>) metaâ€analysis on the effects of diet and lifestyle in pregnancy: a Delphi survey. BJOG: an International Journal of Obstetrics and Gynaecology, 2016, 123, 190-198.	2.3	31
65	Behavioral and Psychological Strategies of Longâ€Term Weight Loss Maintainers in a Widely Available Weight Management Program. Obesity, 2020, 28, 421-428.	3.0	29
66	Outdoor adventure therapy to increase physical activity in young adult cancer survivors. Journal of Psychosocial Oncology, 2016, 34, 184-199.	1.2	28
67	Study protocol: differential effects of diet and physical activity based interventions in pregnancy on maternal and fetal outcomesâ€”individual patient data (IPD) meta-analysis and health economic evaluation. Systematic Reviews, 2014, 3, 131.	5.3	27
68	Prevalence of Successful Weight Loss. Archives of Internal Medicine, 2005, 165, 2430.	3.8	26
69	â€Fit Moms/MamÃ;s Activasâ€™ internet-based weight control program with group support to reduce postpartum weight retention in low-income women: study protocol for a randomized controlled trial. Trials, 2015, 16, 59.	1.6	25
70	One-year postpartum anthropometric outcomes in mothers and children in the LIFE-Moms lifestyle intervention clinical trials. International Journal of Obesity, 2020, 44, 57-68.	3.4	25
71	Clinical Research in Diabetes and Urinary Incontinence: What We Know and Need to Know. Journal of Urology, 2009, 182, S14-7.	0.4	23
72	The Relationship between Physical Activity Variety and Objectively Measured Moderate-to-Vigorous Physical Activity Levels in Weight Loss Maintainers and Normal-Weight Individuals. Journal of Obesity, 2012, 2012, 1-6.	2.7	23

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73	Windows of Opportunity for Lifestyle Interventions to Prevent Gestational Diabetes Mellitus. <i>American Journal of Perinatology</i> , 2016, 33, 1291-1299.	1.4	22
74	Acculturation Influences Postpartum Eating, Activity, and Weight Retention in Low-Income Hispanic Women. <i>Journal of Women's Health</i> , 2017, 26, 1333-1339.	3.3	21
75	Long-term prevalence and predictors of urinary incontinence among women in the Diabetes Prevention Program Outcomes Study. <i>International Journal of Urology</i> , 2015, 22, 206-212.	1.0	20
76	Randomized Intervention Trial to Decrease Bisphenol A Urine Concentrations in Women: Pilot Study. <i>Journal of Women's Health</i> , 2017, 26, 128-132.	3.3	20
77	Where Do Women Get Advice About Weight, Eating, and Physical Activity During Pregnancy?. <i>Journal of Women's Health</i> , 2017, 26, 951-956.	3.3	19
78	Protocol for a randomized controlled trial of pre-pregnancy lifestyle intervention to reduce recurrence of gestational diabetes: Gestational Diabetes Prevention/Prevención de la Diabetes Gestacional. <i>Trials</i> , 2021, 22, 256.	1.6	18
79	Diet Quality and Micronutrient Intake among Long-Term Weight Loss Maintainers. <i>Nutrients</i> , 2019, 11, 3046.	4.1	17
80	Lifestyle Interventions to Reduce Obesity and Diabetes. <i>American Journal of Lifestyle Medicine</i> , 2013, 7, 84-98.	1.9	16
81	Do Women Know Their Prepregnancy Weight?. <i>Obesity</i> , 2019, 27, 1161-1167.	3.0	15
82	Does Partial Meal Replacement During Pregnancy Reduce 12-Month Postpartum Weight Retention?. <i>Obesity</i> , 2019, 27, 226-236.	3.0	14
83	Metabolites involved in purine degradation, insulin resistance, and fatty acid oxidation are associated with prediction of Gestational diabetes in plasma. <i>Metabolomics</i> , 2021, 17, 105.	3.0	14
84	Lessons from Patients Who Have Successfully Maintained Weight Loss. <i>Obesity Management</i> , 2005, 1, 56-61.	0.2	12
85	Pilot Study on the Effect of Orally Administered Bisphenol A on Glucose and Insulin Response in Nonobese Adults. <i>Journal of the Endocrine Society</i> , 2019, 3, 643-654.	0.2	11
86	“Ripple” effect on infant zBMI trajectory of an internet-based weight loss program for low-income postpartum women. <i>Pediatric Obesity</i> , 2019, 14, e12456.	2.8	11
87	Impact of an Internet-Based Lifestyle Intervention on Behavioral and Psychosocial Factors During Postpartum Weight Loss. <i>Obesity</i> , 2020, 28, 1860-1867.	3.0	11
88	Effects of maternal lifestyle intervention during pregnancy on untreated partner weight: Results from fit for delivery study. <i>Obesity</i> , 2016, 24, 23-25.	3.0	10
89	The Impact of Timing of Exercise Initiation on Weight Loss: An 18-Month Randomized Clinical Trial. <i>Obesity</i> , 2019, 27, 1828-1838.	3.0	10
90	Impact of maternal education on response to lifestyle interventions to reduce gestational weight gain: individual participant data meta-analysis. <i>BMJ Open</i> , 2019, 9, e025620.	1.9	9

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91	Predictors of long-term weight loss trajectories during a behavioral weight loss intervention: An exploratory analysis. <i>Obesity Science and Practice</i> , 2021, 7, 569-582.	1.9	9
92	Sitting Time, Type, and Context Among Long-Term Weight-Loss Maintainers. <i>Obesity</i> , 2021, 29, 1067-1073.	3.0	9
93	Engagement and Weight Loss in a Web and Mobile Program for Low-Income Postpartum Women: Fit Moms<i>Mamã's Activas</i>. <i>Health Education and Behavior</i> , 2019, 46, 114S-123S.	2.5	8
94	Charity-based incentives motivate young adult cancer survivors to increase physical activity: a pilot randomized clinical trial. <i>Journal of Behavioral Medicine</i> , 2021, 44, 682-693.	2.1	8
95	Effect of prenatal lifestyle intervention on maternal postpartum weight retention and child body mass index z-score at 36 months. <i>International Journal of Obesity</i> , 2021, 45, 1133-1142.	3.4	7
96	In their own words: Topic analysis of the motivations and strategies of over 6,000 long-term weight-loss maintainers. <i>Obesity</i> , 2022, 30, 751-761.	3.0	7
97	Feasibility of a virtual reality-based approach to improve behavioral weight management outcomes. <i>Pilot and Feasibility Studies</i> , 2021, 7, 129.	1.2	6
98	Maternal Diet During Pregnancy and Lactation and Child Food Preferences, Dietary Patterns, and Weight Outcomes: a Review of Recent Research. <i>Current Nutrition Reports</i> , 2021, 10, 413-426.	4.3	6
99	Impact of Combined Hormonal Contraceptive Use on Weight Loss: A Secondary Analysis of a Behavioral Weight-Loss Trial. <i>Obesity</i> , 2020, 28, 1040-1049.	3.0	6
100	Associations between mothers' use of food to soothe, feeding mode, and infant weight during early infancy. <i>Appetite</i> , 2022, 168, 105736.	3.7	6
101	Constructing common cohorts from trials with overlapping eligibility criteria: implications for comparing effect sizes between trials. <i>Clinical Trials</i> , 2009, 6, 416-429.	1.6	5
102	Attenuated early pregnancy weight gain by prenatal lifestyle interventions does not prevent gestational diabetes in the LIFE-Moms consortium. <i>Diabetes Research and Clinical Practice</i> , 2021, 171, 108549.	2.8	5
103	Development and feasibility of randomized trial to reduce urinary bisphenols in women with obesity. <i>Pilot and Feasibility Studies</i> , 2021, 7, 24.	1.2	5
104	Motivational profiles and change in physical activity during a weight loss intervention: a secondary data analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 158.	4.6	5
105	Prenatal Intervention with Partial Meal Replacement Improves Micronutrient Intake of Pregnant Women with Obesity. <i>Nutrients</i> , 2019, 11, 1071.	4.1	4
106	Physical Activity, Diet, and Incident Urinary Incontinence in Postmenopausal Women: Women's Health Initiative Observational Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2021, 76, 1600-1607.	3.6	4
107	It is time to take preconception health seriously. <i>Obesity</i> , 2016, 24, 279-279.	3.0	3
108	Prospective Changes in Energy Intake, Physical Activity, and Resting Energy Expenditure during Pregnancy. <i>Californian Journal of Health Promotion</i> , 2015, 13, 66-71.	0.3	3

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109	Factors associated with food choice among long-term weight loss maintainers. <i>Journal of Human Nutrition and Dietetics</i> , 2022, 35, 924-933.	2.5	3
110	Depression and adherence to medical advice. , 0, , 369-394.		2
111	Ripple Effect of Lifestyle Interventions During Pregnancy on Untreated Partners'™ Weight. <i>Obesity</i> , 2019, 27, 733-739.	3.0	2
112	Rationale and design of a randomized controlled trial examining oral administration of bisphenol A on hepatic glucose production and skeletal muscle insulin sensitivity in adults. <i>Contemporary Clinical Trials Communications</i> , 2020, 17, 100549.	1.1	2
113	The moderating role of the built environment in prenatal lifestyle interventions. <i>International Journal of Obesity</i> , 2021, 45, 1357-1361.	3.4	2
114	Lessons Learned From the National Weight Control Registry. , 2007, , 395-403.		2
115	Promoting Weight Loss Before Pregnancy. <i>Californian Journal of Health Promotion</i> , 2013, 11, 86-92.	0.3	2
116	"Exercise dependence"-a problem or natural result of high activity?. <i>American Journal of Health Behavior</i> , 2011, 35, 726-33.	1.4	2
117	Randomized Trial of a Behavioral Intervention to Prevent Excessive Gestational Weight Gain: The Fit for Delivery Study. <i>Obstetrical and Gynecological Survey</i> , 2011, 66, 471-472.	0.4	1
118	Can an Internet Program Help Mothers Lose Weight After Pregnancy?. <i>Frontiers for Young Minds</i> , 2018, 6, .	0.8	0
119	Prediction of pre-pregnancy weight from first trimester visit (1031.2). <i>FASEB Journal</i> , 2014, 28, 1031.2.	0.5	0
120	Obesity Prevention During Adulthood. , 2007, , 489-514.		0
121	Obesity in women. <i>Medicine and Health, Rhode Island</i> , 2005, 88, 350-1, 354-5.	0.1	0