

Jutta Mata

List of Publications by Year in descending order

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Version: 2024-02-01

65
papers

3,860
citations

186265

28
h-index

128289

60
g-index

70
all docs

70
docs citations

70
times ranked

5423
citing authors

#	ARTICLE	IF	CITATIONS
1	Mediators of Weight Loss and Weight Loss Maintenance in Middle-aged Women. <i>Obesity</i> , 2010, 18, 725-735.	3.0	323
2	Motivation, self-determination, and long-term weight control. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 22.	4.6	274
3	Public Knowledge of Benefits of Breast and Prostate Cancer Screening in Europe. <i>Journal of the National Cancer Institute</i> , 2009, 101, 1216-1220.	6.3	239
4	Motivational "spill-over" during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation.. <i>Health Psychology</i> , 2009, 28, 709-716.	1.6	239
5	The everyday emotional experience of adults with major depressive disorder: Examining emotional instability, inertia, and reactivity.. <i>Journal of Abnormal Psychology</i> , 2012, 121, 819-829.	1.9	212
6	Emotion-Network Density in Major Depressive Disorder. <i>Clinical Psychological Science</i> , 2015, 3, 292-300.	4.0	174
7	Exercise holds immediate benefits for affect and cognition in younger and older adults.. <i>Psychology and Aging</i> , 2013, 28, 587-594.	1.6	170
8	Maladaptive coping, adaptive coping, and depressive symptoms: Variations across age and depressive state. <i>Behaviour Research and Therapy</i> , 2010, 48, 459-466.	3.1	158
9	The association between weight stigma and mental health: A meta-analysis. <i>Obesity Reviews</i> , 2020, 21, e12935.	6.5	155
10	To Give or Not to Give: Children's and Adolescents' Sharing and Moral Negotiations in Economic Decision Situations. <i>Child Development</i> , 2008, 79, 562-576.	3.0	150
11	Walk on the bright side: Physical activity and affect in major depressive disorder.. <i>Journal of Abnormal Psychology</i> , 2012, 121, 297-308.	1.9	146
12	Feeling Blue or Turquoise? Emotional Differentiation in Major Depressive Disorder. <i>Psychological Science</i> , 2012, 23, 1410-1416.	3.3	134
13	The frequency of family meals and nutritional health in children: a meta-analysis. <i>Obesity Reviews</i> , 2018, 19, 638-653.	6.5	118
14	BDNF genotype moderates the relation between physical activity and depressive symptoms.. <i>Health Psychology</i> , 2010, 29, 130-133.	1.6	96
15	Feeling interrupted? Being responsive: How online messages relate to affect at work. <i>Journal of Organizational Behavior</i> , 2018, 39, 369-383.	4.7	91
16	The effect of physical activity on weight loss is mediated by eating self-regulation. <i>Patient Education and Counseling</i> , 2010, 79, 320-326.	2.2	84
17	Health behaviors and mental health during the COVID-19 pandemic: A longitudinal population-based survey in Germany. <i>Social Science and Medicine</i> , 2021, 287, 114333.	3.8	84
18	Anticipatory and consummatory pleasure and displeasure in major depressive disorder: An experience sampling study.. <i>Journal of Abnormal Psychology</i> , 2017, 126, 149-159.	1.9	62

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19	Predicting children's meal preferences: How much do parents know?. <i>Appetite</i> , 2008, 50, 367-375.	3.7	60
20	Why we eat what we eat: the role of autonomous motivation in eating behaviour regulation. <i>Nutrition Bulletin</i> , 2011, 36, 102-107.	1.8	60
21	Beyond emotional benefits: Physical activity and sedentary behaviour affect psychosocial resources through emotions. <i>Psychology and Health</i> , 2015, 30, 354-369.	2.2	60
22	Acute exercise attenuates negative affect following repeated sad mood inductions in persons who have recovered from depression.. <i>Journal of Abnormal Psychology</i> , 2013, 122, 45-50.	1.9	46
23	Higher body mass index, less exercise, but healthier eating in married adults: Nine representative surveys across Europe. <i>Social Science and Medicine</i> , 2015, 138, 119-127.	3.8	43
24	Lower parental numeracy is associated with children being under- and overweight. <i>Social Science and Medicine</i> , 2016, 161, 126-133.	3.8	41
25	Emotional clarity as a function of neuroticism and major depressive disorder.. <i>Emotion</i> , 2015, 15, 615-624.	1.8	38
26	The importance of physical activity and sleep for affect on stressful days: Two intensive longitudinal studies.. <i>Emotion</i> , 2016, 16, 488-497.	1.8	38
27	Quality matters: A meta-analysis on components of healthy family meals.. <i>Health Psychology</i> , 2019, 38, 1137-1149.	1.6	38
28	Concurrent and prospective relations between attention to emotion and affect intensity: An experience sampling study.. <i>Emotion</i> , 2011, 11, 1489-1494.	1.8	33
29	Psychosocial Pretreatment Predictors of Weight Control: A Systematic Review Update. <i>Obesity Facts</i> , 2018, 11, 67-82.	3.4	32
30	How cohabitation, marriage, separation, and divorce influence BMI: A prospective panel study.. <i>Health Psychology</i> , 2018, 37, 948-958.	1.6	29
31	Symptom recognition of heart attack and stroke in nine European countries: a representative survey. <i>Health Expectations</i> , 2014, 17, 376-387.	2.6	28
32	When weight management lasts. Lower perceived rule complexity increases adherence. <i>Appetite</i> , 2010, 54, 37-43.	3.7	27
33	Self-Regulation, Motivation, and Psychosocial Factors in Weight Management. <i>Journal of Obesity</i> , 2012, 2012, 1-4.	2.7	26
34	Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. <i>Journal of Obesity</i> , 2011, 2011, 1-8.	2.7	25
35	How Health Behaviors Relate to Academic Performance via Affect: An Intensive Longitudinal Study. <i>PLoS ONE</i> , 2014, 9, e111080.	2.5	23
36	Correlates of health-related quality of life, psychological well-being, and eating self-regulation after successful weight loss maintenance. <i>Journal of Behavioral Medicine</i> , 2013, 36, 601-610.	2.1	22

#	ARTICLE	IF	CITATIONS
37	Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. <i>Obesity</i> , 2015, 23, 957-964.	3.0	22
38	Public Beliefs About Obesity Relative to Other Major Health Risks: Representative Cross-Sectional Surveys in the USA, the UK, and Germany. <i>Annals of Behavioral Medicine</i> , 2018, 52, 273-286.	2.9	22
39	Change detection for new food labels. <i>Food Quality and Preference</i> , 2010, 21, 140-147.	4.6	18
40	Parents' considerable underestimation of sugar and their child's risk of overweight. <i>International Journal of Obesity</i> , 2018, 42, 1097-1100.	3.4	18
41	Autonomous Goal Striving Promotes a Nonlimited Theory About Willpower. <i>Personality and Social Psychology Bulletin</i> , 2019, 45, 1295-1307.	3.0	18
42	Equity Effects of Dietary Nudging Field Experiments: Systematic Review. <i>Frontiers in Public Health</i> , 2021, 9, 668998.	2.7	18
43	Day-to-day variations in health behaviors and daily functioning: two intensive longitudinal studies. <i>Journal of Behavioral Medicine</i> , 2017, 40, 307-319.	2.1	17
44	5-HTTLPR moderates the relation between changes in depressive and bulimic symptoms in adolescent girls: A longitudinal study. <i>International Journal of Eating Disorders</i> , 2011, 44, 383-388.	4.0	13
45	Environmental Issues Are Health Issues. <i>European Psychologist</i> , 2021, 26, 219-229.	3.1	13
46	Usefulness of Standard BMI Cut-Offs for Quality of Life and Psychological Well-Being in Women. <i>Obesity Facts</i> , 2012, 5, 795-805.	3.4	12
47	The Role of Attention to Emotion in Recovery from Major Depressive Disorder. <i>Depression Research and Treatment</i> , 2013, 2013, 1-6.	1.3	12
48	Older but not wiser? Predicting a partner's preferences gets worse with age. <i>Journal of Consumer Psychology</i> , 2011, 21, 184-191.	4.5	11
49	Relations between sweetened beverage consumption and individual, interpersonal, and environmental factors: a 6-year longitudinal study in German children and adolescents. <i>International Journal of Public Health</i> , 2020, 65, 559-570.	2.3	10
50	The Role of Constructiveness in Interparental Conflict for Mothers' Perception of Children's Health. <i>Family Relations</i> , 2020, 69, 683-697.	1.9	9
51	Social nature of eating could explain missing link between food insecurity and childhood obesity. <i>Behavioral and Brain Sciences</i> , 2017, 40, e122.	0.7	8
52	"I feel better when I eat": An analysis of the memory-experience gap for people's estimates of the relationship between health behaviours and experiences. <i>Psychology and Health</i> , 2017, 32, 1152-1166.	2.2	7
53	Soft drink consumption and mental health problems: Longitudinal relations in children and adolescents. <i>Social Science and Medicine</i> , 2020, 258, 113123.	3.8	7
54	Morning resolutions, evening disillusion: Theories of willpower affect how health behaviours change across the day. <i>European Journal of Personality</i> , 2021, 35, 398-415.	3.1	7

#	ARTICLE	IF	CITATIONS
55	Happy and healthy: How family mealtime routines relate to child nutritional health. <i>Appetite</i> , 2022, 171, 105939.	3.7	6
56	Use it or lose it! Cognitive activity as a protective factor for cognitive decline associated with Alzheimer's disease. <i>Swiss Medical Weekly</i> , 2017, 147, w14407.	1.6	5
57	Adaptive Coping Mediates the Relation Between Mothers' and Daughters' Depressive Symptoms: A Moderated Mediation Study. <i>Journal of Social and Clinical Psychology</i> , 2017, 36, 171-195.	0.5	3
58	Realization of Personal Values Predicts Mental Health and Satisfaction with Life in a German Population. <i>Journal of Social and Clinical Psychology</i> , 2017, 36, 651-674.	0.5	3
59	Nudging and boosting children's restaurant menus for healthier food choice: A blinded quasi-randomized controlled trial in a real life setting. <i>BMC Public Health</i> , 2022, 22, 78.	2.9	3
60	Meat Label Information: Effects of Separate Versus Conjoint Presentation on Product Evaluation1. <i>Journal of Applied Social Psychology</i> , 2011, 41, 1947-1957.	2.0	2
61	The Dose Makes the Poison. , 2017, , 254-263.		2
62	Accuracy of food preference predictions in couples. <i>Appetite</i> , 2019, 133, 344-352.	3.7	1
63	Symptom Recognition of Heart Attack and Stroke. , 2012, , 79-96.		1
64	A theory-based video intervention to enhance communication and engagement in online health communities: two experiments. <i>Health Psychology and Behavioral Medicine</i> , 2022, 10, 199-228.	1.8	1
65	Response: Re: Public Knowledge of Benefits of Breast and Prostate Cancer Screening in Europe. <i>Journal of the National Cancer Institute</i> , 2010, 102, 356-357.	6.3	0