

# Jutta Mata

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/8377333/publications.pdf>

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	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
2	Happy and healthy: How family mealtime routines relate to child nutritional health. <i>Appetite</i> , 2022, 171, 105939.	3.7	6
3	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
4	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
5	Environmental Issues Are Health Issues. <i>European Psychologist</i> , 2021, 26, 219-229.	3.1	13
6	Equity Effects of Dietary Nudging Field Experiments: Systematic Review. <i>Frontiers in Public Health</i> , 2021, 9, 668998.	2.7	18
7	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
8	The association between weight stigma and mental health: A meta-analysis. <i>Obesity Reviews</i> , 2020, 21, e12935.	6.5	155
9	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
10	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
11	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
12	Autonomous Goal Striving Promotes a Nonlimited Theory About Willpower. <i>Personality and Social Psychology Bulletin</i> , 2019, 45, 1295-1307.	3.0	18
13	Accuracy of food preference predictions in couples. <i>Appetite</i> , 2019, 133, 344-352.	3.7	1
14	Quality matters: A meta-analysis on components of healthy family meals. <i>Health Psychology</i> , 2019, 38, 1137-1149.	1.6	38
15	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
16	Psychosocial Pretreatment Predictors of Weight Control: A Systematic Review Update. <i>Obesity Facts</i> , 2018, 11, 67-82.	3.4	32
17	The frequency of family meals and nutritional health in children: a meta-analysis. <i>Obesity Reviews</i> , 2018, 19, 638-653.	6.5	118
18	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

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19	Feeling interruptedâ€”Being responsive: How online messages relate to affect at work. <i>Journal of Organizational Behavior</i> , 2018, 39, 369-383.	4.7	91
20	How cohabitation, marriage, separation, and divorce influence BMI: A prospective panel study.. <i>Health Psychology</i> , 2018, 37, 948-958.	1.6	29
21	â€”I feel better whenâ€” â€™: An analysis of the memory-experience gap for peoplesâ€™ estimates of the relationship between health behaviours and experiences. <i>Psychology and Health</i> , 2017, 32, 1152-1166.	2.2	7
22	Adaptive Coping Mediates the Relation Between Mothersâ€™ and Daughtersâ€™ Depressive Symptoms: A Moderated Mediation Study. <i>Journal of Social and Clinical Psychology</i> , 2017, 36, 171-195.	0.5	3
23	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
24	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
25	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
26	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
27	The Dose Makes the Poison. , 2017, , 254-263.		2
28	Use it or lose it! Cognitive activity as a protective factor for cognitive decline associated with Alzheimerâ€™s disease. <i>Swiss Medical Weekly</i> , 2017, 147, w14407.	1.6	5
29	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
30	Lower parental numeracy is associated with children being under- and overweight. <i>Social Science and Medicine</i> , 2016, 161, 126-133.	3.8	41
31	Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. <i>Obesity</i> , 2015, 23, 957-964.	3.0	22
32	Emotional clarity as a function of neuroticism and major depressive disorder.. <i>Emotion</i> , 2015, 15, 615-624.	1.8	38
33	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
34	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
35	Emotion-Network Density in Major Depressive Disorder. <i>Clinical Psychological Science</i> , 2015, 3, 292-300.	4.0	174
36	How Health Behaviors Relate to Academic Performance via Affect: An Intensive Longitudinal Study. <i>PLoS ONE</i> , 2014, 9, e111080.	2.5	23

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37	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
38	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
39	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
40	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
41	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
42	Feeling Blue or Turquoise? Emotional Differentiation in Major Depressive Disorder. <i>Psychological Science</i> , 2012, 23, 1410-1416.	3.3	134
43	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
44	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
45	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
46	Self-Regulation, Motivation, and Psychosocial Factors in Weight Management. <i>Journal of Obesity</i> , 2012, 2012, 1-4.	2.7	26
47	Motivation, self-determination, and long-term weight control. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 22.	4.6	274
48	Symptom Recognition of Heart Attack and Stroke. , 2012, , 79-96.		1
49	Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. <i>Journal of Obesity</i> , 2011, 2011, 1-8.	2.7	25
50	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
51	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
52	Meat Label Information: Effects of Separate Versus Conjoint Presentation on Product Evaluation <sup>1</sup> . <i>Journal of Applied Social Psychology</i> , 2011, 41, 1947-1957.	2.0	2
53	5â€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
54	Older but not wiserâ€”Predicting a partner's preferences gets worse with age. <i>Journal of Consumer Psychology</i> , 2011, 21, 184-191.	4.5	11

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55	BDNF genotype moderates the relation between physical activity and depressive symptoms.. Health Psychology, 2010, 29, 130-133.	1.6	96
56	The effect of physical activity on weight loss is mediated by eating self-regulation. Patient Education and Counseling, 2010, 79, 320-326.	2.2	84
57	Mediators of Weight Loss and Weight Loss Maintenance in Middle-aged Women. Obesity, 2010, 18, 725-735.	3.0	323
58	Response: Re: Public Knowledge of Benefits of Breast and Prostate Cancer Screening in Europe. Journal of the National Cancer Institute, 2010, 102, 356-357.	6.3	0
59	Maladaptive coping, adaptive coping, and depressive symptoms: Variations across age and depressive state. Behaviour Research and Therapy, 2010, 48, 459-466.	3.1	158
60	When weight management lasts. Lower perceived rule complexity increases adherence. Appetite, 2010, 54, 37-43.	3.7	27
61	Change detection for new food labels. Food Quality and Preference, 2010, 21, 140-147.	4.6	18
62	Public Knowledge of Benefits of Breast and Prostate Cancer Screening in Europe. Journal of the National Cancer Institute, 2009, 101, 1216-1220.	6.3	239
63	Motivational "spill-over" during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation.. Health Psychology, 2009, 28, 709-716.	1.6	239
64	To Give or Not to Give: Children's and Adolescents' Sharing and Moral Negotiations in Economic Decision Situations. Child Development, 2008, 79, 562-576.	3.0	150
65	Predicting children's meal preferences: How much do parents know?. Appetite, 2008, 50, 367-375.	3.7	60