Panteleimon Ekkekakis

List of Publications by Year
in descending order

89 papers	8,264 citations	61984 43 h-index	54911 84 g-index
94 all docs	94 docs citations	94 times ranked	5094 citing authors

#	Article	IF	Citations
1	The (over)use of SMART goals for physical activity promotion: A narrative review and critique. Health Psychology Review, 2023, 17, 211-226.	8.6	21
2	Updating goal-setting theory in physical activity promotion: a critical conceptual review. Health Psychology Review, 2021, 15, 34-50.	8.6	64
3	Why Is Exercise Underutilized in Clinical Practice Despite Evidence It Is Effective? Lessons in Pragmatism From the Inclusion of Exercise in Guidelines for the Treatment of Depression in the British National Health Service. Kinesiology Review, 2021, 10, 29-50.	0.6	4
4	Contactless differentiation of pleasant and unpleasant valence: Assessment of the acoustic startle eyeblink response with infrared reflectance oculography. Behavior Research Methods, 2021, 53, 2092-2104.	4.0	2
5	Do you find exercise pleasant or unpleasant? The Affective Exercise Experiences (AFFEXX) questionnaire. Psychology of Sport and Exercise, 2021, 55, 101930.	2.1	12
6	P3b as an electroencephalographic index of automatic associations of exercise-related images. International Journal of Psychophysiology, 2020, 158, 114-122.	1.0	5
7	Ratings of affective valence closely track changes in oxygen uptake: Application to high-intensity interval exercise. Performance Enhancement and Health, 2020, 7, 100158.	1.6	17
8	Dynamics of pleasure-displeasure at the limit of exercise tolerance: conceptualizing the sense of exertional physical fatigue as an affective response. Journal of Experimental Biology, 2019, 222, .	1.7	27
9	Affect and prefrontal hemodynamics during exercise under immersive audiovisual stimulation: Improving the experience of exercise for overweight adults. Journal of Sport and Health Science, 2019, 8, 325-338.	6.5	30
10	Affective responses to and automatic affective valuations of physical activity: Fifty years of progress on the seminal question in exercise psychology. Psychology of Sport and Exercise, 2019, 42, 130-137.	2.1	83
11	Internal consistency and validity of measures of automatic exercise associations. Psychology of Sport and Exercise, 2019, 43, 4-15.	2.1	22
12	Psychologically informed physical fitness practice in schools: A field experiment. Psychology of Sport and Exercise, 2019, 40, 143-151.	2.1	28
13	Critical Review of Measurement Practices in the Study of Automatic Associations of Sedentary Behavior, Physical Activity, and Exercise. Journal of Sport and Exercise Psychology, 2019, 41, 271-288.	1.2	13
14	Mass media representations of the evidence as a possible deterrent to recommending exercise for the treatment of depression: Lessons five years after the extraordinary case of TREAD-UK. Journal of Sports Sciences, 2018, 36, 1860-1871.	2.0	5
15	Affectiveâ€"Reflective Theory of physical inactivity and exercise. German Journal of Exercise and Sport Research, 2018, 48, 48-58.	1.2	316
16	â€œMy Best Memory Is When I Was Done with Itâ€• PE Memories Are Associated with Adult Sedentary Behavior. Translational Journal of the American College of Sports Medicine, 2018, 3, 119-129.	0.6	64
17	Physical Exercise in Major Depression: Reducing the Mortality Gap While Improving Clinical Outcomes. Frontiers in Psychiatry, 2018, 9, 762.	2.6	107
18	Physical activity and the â€˜feel-goodâ€™ effect. , 2018, , 210-229.		0

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19	A critical review of exercise as a treatment for clinically depressed adults: time to get pragmatic. Acta Neuropsychiatrica, 2017, 29, 65-71.	2.1	42
20	People have feelings! Exercise psychology in paradigmatic transition. Current Opinion in Psychology, 2017, 16, 84-88.	4.9	77
21	REMOVED: Exercise as antidepressant treatment: Time for the transition from trials to clinic?. General Hospital Psychiatry, 2017, 49, 1.	2.4	12
22	AFFECT-BASED EXERCISE PRESCRIPTION. ACSM's Health and Fitness Journal, 2017, 21, 10-15.	0.6	36
23	Exercise as antidepressant treatment: Time for the transition from trials to clinic?. General Hospital Psychiatry, 2017, 49, A1-A5.	2.4	13
24	More efficient, perhaps, but at what price? Pleasure and enjoyment responses to high-intensity interval exercise in low-active women with obesity. Psychology of Sport and Exercise, 2017, 28, 1-10.	2.1	102
25	Measurement of Affective Responses to Exercise. , 2016, , 299-321.		15
26	Escape From Cognitivism: Exercise as Hedonic Experience. , 2016, , 389-414.		39
27	Can You Have Your Vigorous Exercise and Enjoy It Too? Ramping Intensity Down Increases Postexercise, Remembered, and Forecasted Pleasure. Journal of Sport and Exercise Psychology, 2016, 38, 149-159.	1.2	108
28	Changing minds: Bounded rationality and heuristic processes in exercise-related judgments and choices.. Sport, Exercise, and Performance Psychology, 2016, 5, 337-351.	0.8	17
29	The mysterious case of the public health guideline that is (almost) entirely ignored: call for a research agenda on the causes of the extreme avoidance of physical activity in obesity. Obesity Reviews, 2016, 17, 313-329.	6.5	144
30	Knowledge of Exercise Prescription Guidelines Across One 4-Year Kinesiology Curriculum. Research Quarterly for Exercise and Sport, 2016, 87, 124-130.	1.4	5
31	Knowledge of Exercise Prescription Guidelines Among Certified Exercise Professionals. Journal of Strength and Conditioning Research, 2015, 29, 1422-1432.	2.1	20
32	QuestionÃ¡rio de PreferÃªncia e TolerÃ¢ncia da Intensidade de ExercÃcio: versÃ£o em portuguÃªs do Brasil. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 550.	0.5	9
33	Honey, I shrunk the pooled SMD! Guide to critical appraisal of systematic reviews and meta-analyses using the Cochrane review on exercise for depression as example. Mental Health and Physical Activity, 2015, 8, 21-36.	1.8	102
34	Role of Self-Reported Individual Differences in Preference for and Tolerance of Exercise Intensity in Fitness Testing Performance. Journal of Strength and Conditioning Research, 2014, 28, 2443-2451.	2.1	30
35	Associations between attention, affect and cardiac activity in a single yoga session for female cancer survivors: An enactive neurophenomenology-based approach. Consciousness and Cognition, 2014, 27, 129-146.	1.5	26
36	Can High-Intensity Exercise Be More Pleasant? Attentional Dissociation Using Music and Video. Journal of Sport and Exercise Psychology, 2014, 36, 528-541.	1.2	76

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37	Invited Guest Editorial: Envisioning the next fifty years of research on the exerciseâ€"affect relationship. Psychology of Sport and Exercise, 2013, 14, 751-758.	2.1	106
38	Redrawing the Model of the Exercising Human in Exercise Prescriptions. , 2013, , 1421-1433.		11
39	Affect and Mindfulness as Predictors of Change in Mood Disturbance, Stress Symptoms, and Quality of Life in a Community-Based Yoga Program for Cancer Survivors. Evidence-based Complementary and Alternative Medicine, 2013, 2013, 1-13.	1.2	35
40	Exercise Is a Many-Splendored Thing, but for Some It Does Not Feel So Splendid: Staging a Resurgence of Hedonistic Ideas in the Quest to Understand Exercise Behavior. , 2012, , .		28
41	The Pleasure and Displeasure People Feel When they Exercise at Different Intensities. Sports Medicine, 2011, 41, 641-671.	6.5	815
42	Is Job-Related Stress the Link Between Cardiovascular Disease and the Law Enforcement Profession?. Journal of Occupational and Environmental Medicine, 2010, 52, 561-565.	1.7	24
43	Affective Responses to Increasing Levels of Exercise Intensity in Normalâ€weight, Overweight, and Obese Middleâ€aged Women. Obesity, 2010, 18, 79-85.	3.0	145
44	Predicting affective responses to exercise using resting EEG frontal asymmetry: Does intensity matter?. Biological Psychology, 2010, 83, 201-206.	2.2	43
45	The Dual-Mode Theory of affective responses to exercise in metatheoretical context: II. Bodiless heads, ethereal cognitive schemata, and other improbable dualistic creatures, exercising. International Review of Sport and Exercise Psychology, 2009, 2, 139-160.	5.7	82
46	The Dual-Mode Theory of affective responses to exercise in metatheoretical context: I. Initial impetus, basic postulates, and philosophical framework. International Review of Sport and Exercise Psychology, 2009, 2, 73-94.	5.7	92
47	Let Them Roam Free?. Sports Medicine, 2009, 39, 857-888.	6.5	239
48	Do â€˜Mind over Muscleâ€™ Strategies Work?. Sports Medicine, 2009, 39, 743-764.	6.5	136
49	Illuminating the Black Box: Investigating Prefrontal Cortical Hemodynamics during Exercise with Near-Infrared Spectroscopy. Journal of Sport and Exercise Psychology, 2009, 31, 505-553.	1.2	154
50	The Relationship Between Exercise Intensity and Affective Responses Demystified: To Crack the 40-Year-Old Nut, Replace the 40-Year-Old Nutcracker!. Annals of Behavioral Medicine, 2008, 35, 136-149.	2.9	331
51	Exercise, Fitness, and Neurocognitive Function in Older Adults: The â€œSelective Improvementâ€•and â€œCardiovascular Fitnessâ€•Hypotheses. Annals of Behavioral Medicine, 2008, 36, 280-291.	2.9	209
52	Walking is popular among adults but is it pleasant? A framework for clarifying the link between walking and affect as illustrated in two studies. Psychology of Sport and Exercise, 2008, 9, 246-264.	2.1	99
53	The Affective Impact of Exercise Intensity That Slightly Exceeds the Preferred Level. Journal of Health Psychology, 2008, 13, 464-468.	2.3	93
54	The Preference for and Tolerance of the Intensity of Exercise Questionnaire: A psychometric evaluation among college women. Journal of Sports Sciences, 2008, 26, 499-510.	2.0	48

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55	Do regression-based computer algorithms for determining the ventilatory threshold agree?. Journal of Sports Sciences, 2008, 26, 967-976.	2.0	35
56	Physical Activity, Stress, and Metabolic Risk Score in 8- to 18-Year-Old Boys. Journal of Physical Activity and Health, 2008, 5, 294-307.	2.0	30
57	Affect circumplex redux: the discussion on its utility as a measurement framework in exercise psychology continues. International Review of Sport and Exercise Psychology, 2008, 1, 139-159.	5.7	31
58	Can Self-Reported Tolerance of Exercise Intensity Play a Role in Exercise Testing?. Medicine and Science in Sports and Exercise, 2007, 39, 1193-1199.	0.4	33
59	Exercise Makes People Feel Better but People are Inactive: Paradox or Artifact?. Journal of Sport and Exercise Psychology, 2007, 29, 498-517.	1.2	142
60	Regional brain activity and strenuous exercise: Predicting affective responses using EEG asymmetry. Biological Psychology, 2007, 75, 194-200.	2.2	54
61	Can Self-Reported Preference for Exercise Intensity Predict Physiologically Defined Self-Selected Exercise Intensity?. Research Quarterly for Exercise and Sport, 2006, 77, 81-90.	1.4	41
62	Exercise does not feel the same when you are overweight: the impact of self-selected and imposed intensity on affect and exertion. International Journal of Obesity, 2006, 30, 652-660.	3.4	393
63	Sleep duration and overweight among Australian children and adolescents. Acta Paediatrica, International Journal of Paediatrics, 2006, 95, 956-963.	1.5	162
64	Can Self-Reported Preference for Exercise Intensity Predict Physiologically Defined Self-Selected Exercise Intensity?. Research Quarterly for Exercise and Sport, 2006, 77, 81-90.	1.4	3
65	Is the Relationship of RPE to Psychological Factors Intensity-Dependent?. Medicine and Science in Sports and Exercise, 2005, 37, 1365-1373.	0.4	60
66	Some like It Vigorous: Measuring Individual Differences in the Preference for and Tolerance of Exercise Intensity. Journal of Sport and Exercise Psychology, 2005, 27, 350-374.	1.2	181
67	Variation and homogeneity in affective responses to physical activity of varying intensities: An alternative perspective on doseâ€Šâ€“â€Šresponse based on evolutionary considerations. Journal of Sports Sciences, 2005, 23, 477-500.	2.0	289
68	The exercise-induced enhancement of influenza immunity is mediated in part by improvements in psychosocial factors in older adults. Brain, Behavior, and Immunity, 2005, 19, 357-366.	4.1	62
69	What intensity of physical activity do previously sedentary middle-aged women select? Evidence of a coherent pattern from physiological, perceptual, and affective markers. Preventive Medicine, 2005, 40, 407-419.	3.4	120
70	Evaluation of the circumplex structure of the Activation Deactivation Adjective Check List before and after a short walk. Psychology of Sport and Exercise, 2005, 6, 83-101.	2.1	32
71	Practical markers of the transition from aerobic to anaerobic metabolism during exercise: rationale and a case for affect-based exercise prescription. Preventive Medicine, 2004, 38, 149-159.	3.4	166
72	Affective, but hardly effective: a reply to Gauvin and Rejeski (2001). Psychology of Sport and Exercise, 2004, 5, 135-152.	2.1	8

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73	BMI, Social Physique Anxiety, and Affective Responses to Physical Activity in Sedentary, Middle-aged Women. Medicine and Science in Sports and Exercise, 2004, 36, S64.	0.4	0
74	Pleasure and displeasure from the body: Perspectives from exercise. Cognition and Emotion, 2003, 17, 213-239.	2.0	463
75	Analysis of the affect measurement conundrum in exercise psychology: IV. A conceptual case for the affect circumplex. Psychology of Sport and Exercise, 2002, 3, 35-63.	2.1	177
76	The affective beneficence of vigorous exercise revisited. British Journal of Health Psychology, 2002, 7, 47-66.	3.5	205
77	The transactional psychobiological nature of cognitive appraisal during exercise in environmentally stressful conditions. Psychology of Sport and Exercise, 2001, 2, 47-67.	2.1	21
78	Analysis of the affect measurement conundrum in exercise psychology: II. A conceptual and methodological critique of the Exercise-induced Feeling inventory. Psychology of Sport and Exercise, 2001, 2, 1-26.	2.1	36
79	Analysis of the affect measurement conundrum in exercise psychology. III. A conceptual and methodological critique of the Subjective Exercise Experiences Scale. Psychology of Sport and Exercise, 2001, 2, 205-232.	2.1	21
80	Regional brain activation as a biological marker of affective responsivity to acute exercise: Influence of fitness. Psychophysiology, 2001, 38, 99-106.	2.4	70
81	A web-based video digitizing system for the study of projectile motion. Physics Teacher, 2000, 38, 37-40.	0.3	10
82	Throwing the Mountains into the Lakes: On the Perils of Nomothetic Conceptions of the Exercise-Affect Relationship. Journal of Sport and Exercise Psychology, 2000, 22, 208-234.	1.2	187
83	Walking in (affective) circles: can short walks enhance affect?. Journal of Behavioral Medicine, 2000, 23, 245-275.	2.1	252
84	Analysis of the affect measurement conundrum in exercise psychology. Psychology of Sport and Exercise, 2000, 1, 71-88.	2.1	132
85	Resting Frontal Asymmetry Predicts Self-Selected Walking Speed but Not Affective Responses to a Short Walk. Research Quarterly for Exercise and Sport, 2000, 71, 74-79.	1.4	49
86	A Web-based digitized video image system for the study of motor coordination. Behavior Research Methods, 1999, 31, 57-62.	1.3	2
87	Acute Aerobic Exercise and Affect. Sports Medicine, 1999, 28, 337-374.	6.5	337
88	Measuring State Anxiety in the Context of Acute Exercise Using the State Anxiety Inventory: An Attempt to Resolve the Brouhaha. Journal of Sport and Exercise Psychology, 1999, 21, 205-229.	1.2	39
89	Exercise and Psychological Well-Being. , 0, , 249-271.		1