

# David Markland

## List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

47  
papers

5,683  
citations

31  
h-index

47  
g-index

47  
ext. papers

6,503  
ext. citations

3.4  
avg. IF

5.81  
L-index

| #  | Paper   | IF  | Citations |
|----|---|-----|-----------|
| 47 | Exercise, physical activity, and self-determination theory: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2012</b> , 9, 78   | 8.4 | 1129      |
| 46 | A Modification to the Behavioural Regulation in Exercise Questionnaire to Include an Assessment of Amotivation. <i>Journal of Sport and Exercise Psychology</i> , <b>2004</b> , 26, 191-196   | 1.5 | 678       |
| 45 | Motivational Interviewing and Self-Determination Theory. <i>Journal of Social and Clinical Psychology</i> , <b>2005</b> , 24, 811-831   | 1.6 | 399       |
| 44 | A graded conceptualisation of self-determination in the regulation of exercise behaviour: Development of a measure using confirmatory factor analytic procedures. <i>Personality and Individual Differences</i> , <b>1997</b> , 23, 745-752 | 3.3 | 308       |
| 43 | Research methods in sport and exercise psychology: quantitative and qualitative issues. <i>Journal of Sports Sciences</i> , <b>2001</b> , 19, 777-809   | 3.6 | 225       |
| 42 | Motivation, self-determination, and long-term weight control. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2012</b> , 9, 22  | 8.4 | 212       |
| 41 | The measurement of exercise motives: Factorial validity and invariance across gender of a revised Exercise Motivations Inventory. <i>British Journal of Health Psychology</i> , <b>1997</b> , 2, 361-376                                    | 8.3 | 204       |
| 40 | Movement imagery ability: development and assessment of a revised version of the vividness of movement imagery questionnaire. <i>Journal of Sport and Exercise Psychology</i> , <b>2008</b> , 30, 200-21                                    | 1.5 | 198       |
| 39 | Exercise autonomous motivation predicts 3-yr weight loss in women. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 728-37  | 1.2 | 190       |
| 38 | The role of motives in exercise participation. <i>Psychology and Health</i> , <b>2008</b> , 23, 807-28  | 2.9 | 181       |
| 37 | The golden rule is that there are no golden rules: A commentary on Paul Barrett's recommendations for reporting model fit in structural equation modelling. <i>Personality and Individual Differences</i> , <b>2007</b> , 42, 851-858       | 3.3 | 154       |
| 36 | Exercise motives and stages of change. <i>Journal of Health Psychology</i> , <b>1998</b> , 3, 477-89  | 3.1 | 145       |
| 35 | Variations in Self-Determination Across the Stages of Change for Exercise in Adults. <i>Motivation and Emotion</i> , <b>1997</b> , 21, 349-362  | 2.5 | 144       |
| 34 | Why should we exercise when our knees hurt? A qualitative study of primary care patients with osteoarthritis of the knee. <i>Family Practice</i> , <b>2006</b> , 23, 558-67   | 1.9 | 124       |
| 33 | The exercise motivations inventory: Preliminary development and validity of a measure of individuals' reasons for participation in regular physical exercise. <i>Personality and Individual Differences</i> , <b>1993</b> , 15, 289-296     | 3.3 | 124       |
| 32 | A randomized controlled trial to evaluate self-determination theory for exercise adherence and weight control: rationale and intervention description. <i>BMC Public Health</i> , <b>2008</b> , 8, 234                                      | 4.1 | 121       |
| 31 | Need support and behavioural regulations for exercise among exercise referral scheme clients: The mediating role of psychological need satisfaction. <i>Psychology of Sport and Exercise</i> , <b>2010</b> , 11, 91-99                      | 4.2 | 113       |

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| 30 | On the factorial and construct validity of the Intrinsic Motivation Inventory: conceptual and operational concerns. <i>Research Quarterly for Exercise and Sport</i> , <b>1997</b> , 68, 20-32                                  | 1.9 | 102 |
| 29 | The relationships between body mass and body image and relative autonomy for exercise among adolescent males and females. <i>Psychology of Sport and Exercise</i> , <b>2007</b> , 8, 836-853                                    | 4.2 | 80  |
| 28 | Helping overweight women become more active: Need support and motivational regulations for different forms of physical activity. <i>Psychology of Sport and Exercise</i> , <b>2010</b> , 11, 591-601                            | 4.2 | 77  |
| 27 | Personality and self-determination of exercise behaviour. <i>Personality and Individual Differences</i> , <b>2004</b> , 36, 1921-1932   | 3.3 | 73  |
| 26 | Self-Determination Moderates the Effects of Perceived Competence on Intrinsic Motivation in an Exercise Setting. <i>Journal of Sport and Exercise Psychology</i> , <b>1999</b> , 21, 351-361                                    | 1.5 | 63  |
| 25 | Toward a three-dimensional conceptualization of performance anxiety: Rationale and initial measurement development. <i>Psychology of Sport and Exercise</i> , <b>2009</b> , 10, 271-278   | 4.2 | 62  |
| 24 | Distinguishing perceived competence and self-efficacy: an example from exercise. <i>Research Quarterly for Exercise and Sport</i> , <b>2014</b> , 85, 527-39  | 1.9 | 57  |
| 23 | Three Levels of Exercise Motivation. <i>Applied Psychology: Health and Well-Being</i> , <b>2009</b> , 1, 336-355  | 6.8 | 56  |
| 22 | Anxiety, relaxation and anaesthesia for day-case surgery. <i>British Journal of Clinical Psychology</i> , <b>1993</b> , 32, 493-504   | 3.6 | 48  |
| 21 | Responses to Physical Exertion in Active and Inactive Males and Females. <i>Journal of Sport and Exercise Psychology</i> , <b>1994</b> , 16, 178-186  | 1.5 | 44  |
| 20 | The development and initial validation of the Exercise Causality Orientations Scale. <i>Journal of Sports Sciences</i> , <b>2001</b> , 19, 445-62   | 3.6 | 41  |
| 19 | Using self-determination theory to understand motivation for walking: Instrument development and model testing using Bayesian structural equation modelling. <i>Psychology of Sport and Exercise</i> , <b>2016</b> , 23, 90-100 | 4.2 | 37  |
| 18 | The effects of autonomy-supportive versus controlling environments on self-talk. <i>Motivation and Emotion</i> , <b>2008</b> , 32, 200-212  | 2.5 | 35  |
| 17 | Body image change and improved eating self-regulation in a weight management intervention in women. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2011</b> , 8, 75                            | 8.4 | 32  |
| 16 | Stirring the motivational soup: within-person latent profiles of motivation in exercise. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2017</b> , 14, 4                                       | 8.4 | 31  |
| 15 | The Sociocultural Attitudes Towards Appearance Questionnaire-3: a confirmatory factor analysis. <i>Body Image</i> , <b>2008</b> , 5, 116-21   | 7.4 | 31  |
| 14 | Motives and sun-related behaviour. <i>Journal of Health Psychology</i> , <b>2010</b> , 15, 8-20   | 3.1 | 20  |
| 13 | Perceived social pressures and the internalization of the mesomorphic ideal: The role of drive for muscularity and autonomy in physically active men. <i>Body Image</i> , <b>2016</b> , 16, 63-9                                | 7.4 | 19  |

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| 12 | Identifying important practice behaviors for the development of high-level youth athletes: Exploring the perspectives of elite coaches. <i>Psychology of Sport and Exercise</i> , <b>2010</b> , 11, 433-443                         | 4.2 | 18 |
| 11 | Interpretation of self-talk and post-lecture affective states of higher education students: a self-determination theory perspective. <i>British Journal of Educational Psychology</i> , <b>2010</b> , 80, 307-23                    | 3.2 | 16 |
| 10 | Elucidating the roles of motives and gains in exercise participation.. <i>Sport, Exercise, and Performance Psychology</i> , <b>2014</b> , 3, 116-131  | 2.3 | 16 |
| 9  | Physical activity predicts changes in body image during obesity treatment in women. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 1604-12  | 1.2 | 15 |
| 8  | I sit because I have fun when I do so! Using self-determination theory to understand sedentary behavior motivation among university students and staff. <i>Health Psychology and Behavioral Medicine</i> , <b>2016</b> , 4, 138-154 | 2.2 | 15 |
| 7  | The Development of a Goal Orientation in Exercise Measure (GOEM). <i>Measurement in Physical Education and Exercise Science</i> , <b>2008</b> , 12, 55-71   | 1.9 | 12 |
| 6  | Moderators of Implicit-Explicit Exercise Cognition Concordance. <i>Journal of Sport and Exercise Psychology</i> , <b>2016</b> , 38, 579-589   | 1.5 | 9  |
| 5  | Dysfunctional body investment versus body dissatisfaction: Relations with well-being and controlled motivations for obesity treatment. <i>Motivation and Emotion</i> , <b>2011</b> , 35, 423-434                                    | 2.5 | 9  |
| 4  | Work-related goal perceptions and affective well-being. <i>Journal of Health Psychology</i> , <b>2005</b> , 10, 101-22  | 3.1 | 9  |
| 3  | Development of the Exercise Motives and Gains Inventory. <i>Measurement in Physical Education and Exercise Science</i> , <b>2015</b> , 19, 53-68  | 1.9 | 6  |
| 2  | Perceived Environmental Supportiveness Scale: Portuguese Translation, Validation and Adaptation to the Physical Education Domain. <i>Motriz Revista De Educacao Fisica</i> , <b>2019</b> , 25,                                      | 0.9 | 1  |
| 1  | Motivational Strategies Used by Exercise Professionals: A Latent Profile Analysis. <i>Journal of Physical Activity and Health</i> , <b>2021</b> , 18, 895-903   | 2.5 |    |