

Lenny R Vartanian

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.

121
papers

5,965
citations

36
h-index

76
g-index

127
ext. papers

7,039
ext. citations

4.4
avg, IF

6.57
L-index

#	Paper	IF	Citations
121	Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. <i>American Journal of Public Health</i> , 2007 , 97, 667-75	5.1	1142
120	Social comparisons on social media: the impact of Facebook on young women's body image concerns and mood. <i>Body Image</i> , 2015 , 13, 38-45	7.4	272
119	Effects of weight stigma on exercise motivation and behavior: a preliminary investigation among college-aged females. <i>Journal of Health Psychology</i> , 2008 , 13, 131-8	3.1	264
118	The influence of one's own body weight on implicit and explicit anti-fat bias. <i>Obesity</i> , 2006 , 14, 440-7	8	252
117	Internalized societal attitudes moderate the impact of weight stigma on avoidance of exercise. <i>Obesity</i> , 2011 , 19, 757-62	8	233
116	Negative comparisons about one's appearance mediate the relationship between Facebook usage and body image concerns. <i>Body Image</i> , 2015 , 12, 82-8	7.4	225
115	Consumption stereotypes and impression management: how you are what you eat. <i>Appetite</i> , 2007 , 48, 265-77	4.5	202
114	The relationship between eating disorder not otherwise specified (EDNOS) and officially recognized eating disorders: meta-analysis and implications for DSM. <i>Psychological Bulletin</i> , 2009 , 135, 407-33	19.1	185
113	Social Media and Body Image Concerns: Current Research and Future Directions. <i>Current Opinion in Psychology</i> , 2016 , 9, 1-5	6.2	184
112	The impact of appearance comparisons made through social media, traditional media, and in person in women's everyday lives. <i>Body Image</i> , 2017 , 20, 31-39	7.4	173
111	The relationship between weight stigma and eating behavior is explained by weight bias internalization and psychological distress. <i>Appetite</i> , 2016 , 102, 70-6	4.5	130
110	Weight stigma and eating behavior: A review of the literature. <i>Appetite</i> , 2016 , 102, 3-14	4.5	127
109	Instagram use and young women's body image concerns and self-objectification: Testing mediational pathways. <i>New Media and Society</i> , 2018 , 20, 1380-1395	3.8	113
108	Disgust and perceived control in attitudes toward obese people. <i>International Journal of Obesity</i> , 2010 , 34, 1302-7	5.5	108
107	Are we aware of the external factors that influence our food intake?. <i>Health Psychology</i> , 2008 , 27, 533-8	5	92
106	Examining the nutritional quality of breakfast cereals marketed to children. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 702-5		90
105	The role of familiarity on modeling of eating and food consumption in children. <i>Appetite</i> , 2008 , 50, 514-8	4.5	87

104	Self-concept clarity, thin-ideal internalization, and appearance-related social comparison as predictors of body dissatisfaction. <i>Body Image</i> , 2013 , 10, 495-500	7.4	81
103	Primum non nocere: obesity stigma and public health. <i>Journal of Bioethical Inquiry</i> , 2013 , 10, 49-57	1.9	79
102	Modeling of food intake: a meta-analytic review. <i>Social Influence</i> , 2015 , 10, 119-136	0.5	78
101	Impression management and food intake. Current directions in research. <i>Appetite</i> , 2015 , 86, 74-80	4.5	76
100	Mechanisms underlying the portion-size effect. <i>Physiology and Behavior</i> , 2015 , 144, 129-36	3.5	73
99	When the Body Defines the Self: Self-Concept Clarity, Internalization, and Body Image. <i>Journal of Social and Clinical Psychology</i> , 2009 , 28, 94-126	1.6	72
98	Implicit and explicit attitudes toward fatness and thinness: The role of the internalization of societal standards. <i>Body Image</i> , 2005 , 2, 373-81	7.4	68
97	The phenomenology of weight stigma in everyday life. <i>Journal of Contextual Behavioral Science</i> , 2014 , 3, 196-202	4.4	62
96	The parallel impact of episodic memory and episodic future thinking on food intake. <i>Appetite</i> , 2016 , 101, 31-6	4.5	58
95	The Mediating Role of Appearance Comparisons in the Relationship Between Media Usage and Self-Objectification in Young Women. <i>Psychology of Women Quarterly</i> , 2015 , 39, 447-457	3.2	57
94	Appearance vs. health motives for exercise and for weight loss. <i>Psychology of Sport and Exercise</i> , 2012 , 13, 251-256	4.2	55
93	Social models provide a norm of appropriate food intake for young women. <i>PLoS ONE</i> , 2013 , 8, e79268	3.7	52
92	Changes in weight bias following weight loss: the impact of weight-loss method. <i>International Journal of Obesity</i> , 2012 , 36, 314-9	5.5	45
91	The effect of portion size on food intake is robust to brief education and mindfulness exercises. <i>Journal of Health Psychology</i> , 2014 , 19, 730-9	3.1	44
90	The effect of portion size and unit size on food intake: Unit bias or segmentation effect?. <i>Health Psychology</i> , 2015 , 34, 670-6	5	43
89	Weight Stigma Predicts Poorer Psychological Well-Being Through Internalized Weight Bias and Maladaptive Coping Responses. <i>Obesity</i> , 2018 , 26, 755-761	8	43
88	The Influence of Ethnic and Mainstream Cultures on African Americans' Health Behaviors: A Qualitative Study. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2017 , 7,	2.3	42
87	The stigma of obesity surgery: negative evaluations based on weight loss history. <i>Obesity Surgery</i> , 2013 , 23, 1545-50	3.7	41

86	Development and validation of a brief version of the Stigmatizing Situations Inventory. <i>Obesity Science and Practice</i> , 2015 , 1, 119-125	2.6	36
85	Can serving-size labels reduce the portion-size effect? A pilot study. <i>Eating Behaviors</i> , 2015 , 16, 40-2	3	35
84	Experiences of weight stigma in everyday life: Implications for health motivation.. <i>Stigma and Health</i> , 2018 , 3, 85-92	3.1	34
83	Selfie-viewing and facial dissatisfaction among Chinese adolescents: A moderated mediation model of general attractiveness internalization and body appreciation. <i>Body Image</i> , 2019 , 30, 35-43	7.4	32
82	Risk and resiliency factors related to body dissatisfaction and disordered eating: The identity disruption model. <i>International Journal of Eating Disorders</i> , 2018 , 51, 322-330	6.3	30
81	A Systematic Review of the Efficacy of Interventions that Aim to Increase Self-Compassion on Nutrition Habits, Eating Behaviours, Body Weight and Body Image. <i>Mindfulness</i> , 2018 , 9, 388-400	2.9	30
80	Implicit cognitions and eating disorders: Their application in research and treatment. <i>Cognitive and Behavioral Practice</i> , 2004 , 11, 160-167	2.3	30
79	A Status Account of Gender Stereotypes: Beyond Commnality and Agency 2000 , 43, 181-199		30
78	"Obese people" vs "Fat people": impact of group label on weight bias. <i>Eating and Weight Disorders</i> , 2010 , 15, e195-8	3.6	28
77	The stigma of clean dieting and orthorexia nervosa. <i>Journal of Eating Disorders</i> , 2017 , 5, 37	4.1	27
76	A review of existing measures of attentional biases in body image and eating disorders research. <i>Australian Journal of Psychology</i> , 2018 , 70, 3-17	2.3	27
75	A systematic review and meta-analysis of the social facilitation of eating. <i>American Journal of Clinical Nutrition</i> , 2019 , 110, 842-861	7	26
74	Dimensions of control and their relation to disordered eating behaviours and obsessive-compulsive symptoms. <i>Journal of Eating Disorders</i> , 2016 , 4, 14	4.1	26
73	The effect of effort and weight controllability on perceptions of obese individuals. <i>Journal of Social Psychology</i> , 2014 , 154, 515-26	2.3	26
72	Psychopathology of EDNOS patients: To whom do they compare?. <i>Clinical Psychologist</i> , 2004 , 8, 70-75	1.6	26
71	Disgust predicts prejudice and discrimination toward individuals with obesity. <i>Journal of Applied Social Psychology</i> , 2016 , 46, 369-375	2.1	25
70	Reducing the stigma of bariatric surgery: benefits of providing information about necessary lifestyle changes. <i>Obesity</i> , 2014 , 22, 1233-7	8	24
69	The longitudinal and reciprocal relationships between selfie-related behaviors and self-objectification and appearance concerns among adolescents. <i>New Media and Society</i> , 2021 , 23, 56-77 ^{3.8}		24

68	Early adversity, personal resources, body dissatisfaction, and disordered eating. <i>International Journal of Eating Disorders</i> , 2014 , 47, 620-9	6.3	22
67	Are large portions responsible for the obesity epidemic?. <i>Physiology and Behavior</i> , 2016 , 156, 177-81	3.5	21
66	Failure to report social influences on food intake: Lack of awareness or motivated denial?. <i>Health Psychology</i> , 2014 , 33, 1487-94	5	21
65	Disgust, contempt, and anger and the stereotypes of obese people. <i>Eating and Weight Disorders</i> , 2013 , 18, 377-82	3.6	21
64	Self-focused and other-focused resiliency: Plausible mechanisms linking early family adversity to health problems in college women. <i>Journal of American College Health</i> , 2016 , 64, 85-95	2.2	20
63	Obesity as a status cue: perceived social status and the stereotypes of obese individuals. <i>Journal of Applied Social Psychology</i> , 2013 , 43, E319-E328	2.1	20
62	Social connectedness, conformity, and internalization of societal standards of attractiveness. <i>Body Image</i> , 2010 , 7, 86-9	7.4	20
61	Does regulatory focus play a role in dietary restraint?. <i>Eating Behaviors</i> , 2006 , 7, 333-41	3	20
60	A serial mediation model testing early adversity, self-concept clarity, and thin-ideal internalization as predictors of body dissatisfaction. <i>Body Image</i> , 2016 , 19, 98-103	7.4	20
59	Personality, perceived appropriateness, and acknowledgement of social influences on food intake. <i>Personality and Individual Differences</i> , 2015 , 87, 110-115	3.3	19
58	Potential unintended consequences of graphic warning labels on sugary drinks: do they promote obesity stigma?. <i>Obesity Science and Practice</i> , 2019 , 5, 333-341	2.6	19
57	Evaluating the effects of eating disorder memoirs on readers' eating attitudes and behaviors. <i>International Journal of Eating Disorders</i> , 2006 , 39, 418-25	6.3	19
56	The portion size effect on food intake is robust to contextual size information. <i>Appetite</i> , 2016 , 105, 439-48	4.5	16
55	Accuracy in the estimation of body weight: an alternate test of the motivated-distortion hypothesis. <i>International Journal of Eating Disorders</i> , 2004 , 36, 69-75	6.3	15
54	Psychological need satisfaction, control, and disordered eating. <i>British Journal of Clinical Psychology</i> , 2017 , 56, 53-68	3.6	13
53	Accuracy in estimating the body weight of self and others: Impact of dietary restraint and BMI. <i>Body Image</i> , 2011 , 8, 415-8	7.4	13
52	How might childhood adversity predict adult psychological distress? Applying the Identity Disruption Model to understanding depression and anxiety disorders. <i>Journal of Affective Disorders</i> , 2020 , 265, 112-119	6.6	12
51	Obsessive Compulsive Symptoms and Body Checking in Women and Men. <i>Cognitive Therapy and Research</i> , 2012 , 36, 367-374	2.7	11

50	Attention and memory biases toward body-related images among restrained eaters. <i>Body Image</i> , 2012 , 9, 503-9	7.4	10
49	Intended and unintended effects of an eating disorder educational program: impact of presenter identity. <i>International Journal of Eating Disorders</i> , 2007 , 40, 187-92	6.3	10
48	Judgments of body weight based on food intake: a pervasive cognitive bias among restrained eaters. <i>International Journal of Eating Disorders</i> , 2008 , 41, 64-71	6.3	10
47	Conflicting internal and external eating cues: Impact on food intake and attributions. <i>Health Psychology</i> , 2017 , 36, 365-369	5	10
46	Self-reported overeating and attributions for food intake. <i>Psychology and Health</i> , 2017 , 32, 483-492	2.9	9
45	Hunger, taste, and normative cues in predictions about food intake. <i>Appetite</i> , 2017 , 116, 511-517	4.5	9
44	Coping with weight stigma: development and validation of a Brief Coping Responses Inventory. <i>Obesity Science and Practice</i> , 2017 , 3, 373-383	2.6	9
43	Prejudice toward individuals with obesity: Evidence for a pro-effort bias. <i>Journal of Experimental Psychology: Applied</i> , 2016 , 22, 184-95	1.8	9
42	Intolerance of uncertainty and eating disorder behaviour: Piloting a consumption task in a non-clinical sample. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2019 , 65, 101492	2.6	7
41	What does it mean to eat an appropriate amount of food?. <i>Eating Behaviors</i> , 2016 , 23, 24-27	3	7
40	Is counter-regulation among restrained eaters a result of motivated overeating?. <i>Appetite</i> , 2012 , 59, 488-93	4.5	7
39	Beliefs about the determinants of body weight predict dieting and exercise behavior. <i>Eating Behaviors</i> , 2006 , 7, 176-9	3	7
38	Discussing weight with patients with overweight: Supportive (not stigmatizing) conversations increase compliance intentions and health motivation.. <i>Stigma and Health</i> , 2020 , 5, 53-68	3.1	7
37	Clutter, Chaos, and Overconsumption: The Role of Mind-Set in Stressful and Chaotic Food Environments. <i>Environment and Behavior</i> , 2017 , 49, 215-223	5.6	5
36	Social Influences on Eating 2019 ,		5
35	Ethical Issues for Public Health Approaches to Obesity. <i>Current Obesity Reports</i> , 2015 , 4, 324-9	8.4	5
34	Physiological and self-reported disgust reactions to obesity. <i>Cognition and Emotion</i> , 2018 , 32, 579-592	2.3	5
33	The role of memory in the relationship between attention toward thin-ideal media and body dissatisfaction. <i>Eating and Weight Disorders</i> , 2016 , 21, 57-64	3.6	5

32	People serve themselves larger portions before a social meal. <i>Scientific Reports</i> , 2021 , 11, 11072	4.9	5
31	Efficacy and acceptability of a pilot dietary intervention focusing on self-compassion, goal-setting and self-monitoring. <i>Public Health Nutrition</i> , 2020 , 23, 2746-2758	3.3	4
30	Serving-size information on nutrition labels in Australia. <i>Australian and New Zealand Journal of Public Health</i> , 2012 , 36, 493-4	2.3	4
29	Dimensions of internalization relevant to the identity disruption model of body dissatisfaction. <i>Body Image</i> , 2020 , 32, 1-4	7.4	3
28	Modeling of food intake among restrained and unrestrained eaters. <i>Appetite</i> , 2020 , 155, 104811	4.5	3
27	Blind versus open weighing from an eating disorder patient perspective. <i>Journal of Eating Disorders</i> , 2020 , 8, 39	4.1	3
26	Portion-size preference as a function of individuals' body mass index. <i>Obesity Science and Practice</i> , 2016 , 2, 241-247	2.6	3
25	What does it mean to overeat?. <i>Eating Behaviors</i> , 2020 , 37, 101390	3	2
24	Self-Concept Clarity and Body Dissatisfaction 2017 , 195-218		2
23	Self-concept clarity and appearance-based social comparison to idealized bodies.. <i>Body Image</i> , 2021 , 40, 124-130	7.4	2
22	Patient perspectives on psychological care after bariatric surgery: A qualitative study. <i>Clinical Obesity</i> , 2020 , 10, e12399	3.6	2
21	Body Talk on Social Networking Sites and Cosmetic Surgery Consideration Among Chinese Young Adults: A Serial Mediation Model Based on Objectification Theory. <i>Psychology of Women Quarterly</i> , 2021 , 43, 10262	3.2	2
20	Targets of comparison and body image in women's everyday lives: The role of perceived attainability. <i>Body Image</i> , 2021 , 38, 219-229	7.4	2
19	Effects of Social Eating 2019 , 215-227		1
18	A Theory of Normal Eating 2019 , 11-28		1
17	Consumption Stereotypes and Impression Management: Food Intake 2019 , 79-94		1
16	An Experimental Test of the Effects of a Target Person's Body Weight and Engagement with Health Behaviours on Perceptions of Overall Health. <i>Applied Psychology: Health and Well-Being</i> , 2019 , 11, 240-261	6.8	1
15	Disgust, Prejudice, and Stigma 2021 , 173-190		0

14	Development of a scale to measure reasons for eating less healthily after exercise: the compensatory unhealthy eating scale. <i>Health Psychology and Behavioral Medicine</i> , 2020 , 8, 110-131	2.2	○
13	Incorporating physical appearance into one's sense of self: Self-concept clarity, thin-ideal internalization, and appearance-self integration. <i>Self and Identity</i> , 1-16	1.7	○
12	The psychological effects of blind and open weighing in women with a high drive for thinness: A mixed method inquiry. <i>Body Image</i> , 2021 , 39, 232-236	7.4	
11	Does hunger bias the estimation of food size and food weight?. <i>FASEB Journal</i> , 2008 , 22, 875.7	0.9	
10	What Happens When We Overeat? 2019 , 163-179		
9	Modeling of Food Intake 2019 , 41-55		
8	Social Facilitation 2019 , 181-200		
7	Social Comparison 2019 , 147-162		
6	A Theory of Normal Eating Reprise and Non-social Examples 2019 , 123-146		
5	Awareness of Social Cues 2019 , 201-213		
4	Consumption Stereotypes and Impression Management: Food Choice 2019 , 95-121		
3	Investigating lay beliefs regarding the effect of weight loss on health. <i>Psychology and Health</i> , 2021 , 36, 934-951	2.9	
2	People's intended serving behaviour at social vs. non-social meals.. <i>Appetite</i> , 2022 , 106053	4.5	
1	Influence of social-normative information on the modeling of food-related decisions. <i>Appetite</i> , 2022 , 106095	4.5	