

Ilse Mesters

List of Publications by Year in Descending Order

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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.

124 papers	3,561 citations	35 h-index	54 g-index
130 ext. papers	4,111 ext. citations	3.4 avg, IF	5.02 L-index

#	Paper	IF	Citations
124	Intervention Fidelity of Telephone Motivational Interviewing On Physical Activity, Fruit Intake, and Vegetable Consumption in Dutch Outpatients With and Without Hypertension.. <i>International Journal of Behavioral Medicine</i> , 2022 , 1	2.6	
123	Facilitating Informed Decision Making: Determinants of University Students' COVID-19 Vaccine Uptake. <i>Vaccines</i> , 2022 , 10, 704	5.3	2
122	A randomized controlled trial comparing community lifestyle interventions to improve adherence to diet and physical activity recommendations: the VitalUM study. <i>European Journal of Epidemiology</i> , 2021 , 36, 345-360	12.1	1
121	University Students' Adherence to the COVID-19-guidelines: A Qualitative Study on Facilitators and Barriers. <i>Health Psychology Bulletin</i> , 2021 , 5,	1.1	3
120	Psychosocial well-being and supportive care needs of cancer patients and survivors living in rural or regional areas: a systematic review from 2010 to 2021. <i>Supportive Care in Cancer</i> , 2021 , 1	3.9	2
119	Selection of determinants of students' adherence to COVID-19 guidelines and translation into a brief intervention. <i>Acta Psychologica</i> , 2021 , 219, 103400	1.7	3
118	Associations between baseline demographic, clinical and lifestyle factors, and changes in fatigue, depression, and health-related quality of life in long-term cancer survivors: a cohort study. <i>Supportive Care in Cancer</i> , 2021 , 29, 4711-4722	3.9	1
117	Supervisors' intention to observe clinical task performance: an exploratory study using the theory of planned behaviour during postgraduate medical training. <i>BMC Medical Education</i> , 2020 , 20, 134	3.3	5
116	Aquatic Cycling Improves Knee Pain and Physical Functioning in Patients With Knee Osteoarthritis: A Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2020 , 101, 1288-1295	2.8	9
115	Online interventions aimed at reducing psychological distress in cancer patients: evidence update and suggestions for future directions. <i>Current Opinion in Supportive and Palliative Care</i> , 2020 , 14, 27-39	2.6	8
114	Moderators of Exercise Effects on Cancer-related Fatigue: A Meta-analysis of Individual Patient Data. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 303-314	1.2	20
113	Online psychosocial interventions for posttreatment cancer survivors: an international evidence review and update. <i>Current Opinion in Supportive and Palliative Care</i> , 2020 , 14, 40-50	2.6	9
112	Predictors for adherence to a home-based pelvic floor muscle exercise program for treating female urinary incontinence in Brazil. <i>Physiotherapy Theory and Practice</i> , 2020 , 36, 186-195	1.5	4
111	Effects and moderators of exercise on sleep in adults with cancer: Individual patient data and aggregated meta-analyses. <i>Journal of Psychosomatic Research</i> , 2019 , 124, 109746	4.1	10
110	Psychometric properties of the Dutch extended Cancer Survivors' Unmet Needs measure (CaSUN-NL). <i>European Journal of Cancer Care</i> , 2018 , 27, e12807	2.4	6
109	Promoting Sustained Breastfeeding of Infants at Risk for Asthma: Explaining the "Active Ingredients" of an Effective Program Using Intervention Mapping. <i>Frontiers in Public Health</i> , 2018 , 6, 87	6	3
108	Targeting Exercise Interventions to Patients With Cancer in Need: An Individual Patient Data Meta-Analysis. <i>Journal of the National Cancer Institute</i> , 2018 , 110, 1190-1200	9.7	50

107	Short-term effectiveness of a web-based tailored intervention for cancer survivors on quality of life, anxiety, depression, and fatigue: randomized controlled trial. <i>Psycho-Oncology</i> , 2017 , 26, 222-230	3.9	69
106	Long-term effects of a web-based cancer aftercare intervention on moderate physical activity and vegetable consumption among early cancer survivors: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 19	8.4	43
105	Working mechanisms of a web-based self-management intervention for cancer survivors: a randomised controlled trial. <i>Psychology and Health</i> , 2017 , 32, 605-625	2.9	9
104	Effects and moderators of exercise on quality of life and physical function in patients with cancer: An individual patient data meta-analysis of 34 RCTs. <i>Cancer Treatment Reviews</i> , 2017 , 52, 91-104	14.4	272
103	Counselor competence for telephone Motivation Interviewing addressing lifestyle change among Dutch older adults. <i>Evaluation and Program Planning</i> , 2017 , 65, 47-53	1.7	8
102	Long-term effectiveness and moderators of a web-based tailored intervention for cancer survivors on social and emotional functioning, depression, and fatigue: randomized controlled trial. <i>Journal of Cancer Survivorship</i> , 2017 , 11, 691-703	5.1	27
101	Aquatic cycling-What do we know? A scoping review on head-out aquatic cycling. <i>PLoS ONE</i> , 2017 , 12, e0177704	3.7	6
100	Patients' adherence to a walking programme for non-specific low back pain. <i>European Journal of Physiotherapy</i> , 2016 , 18, 103-115	0.5	5
99	Lifestyle-related effects of the web-based Kanker Nazorg Wijzer (Cancer Aftercare Guide) intervention for cancer survivors: a randomized controlled trial. <i>Journal of Cancer Survivorship</i> , 2016 , 10, 883-97	5.1	41
98	Prevalence and correlates of healthy lifestyle behaviors among early cancer survivors. <i>BMC Cancer</i> , 2016 , 16, 4	4.8	30
97	Effect of aqua-cycling on pain and physical functioning compared with usual care in patients with knee osteoarthritis: study protocol of a randomised controlled trial. <i>BMC Musculoskeletal Disorders</i> , 2016 , 17, 88	2.8	12
96	Cancer survivors in the first year after treatment: the prevalence and correlates of unmet needs in different domains. <i>Psycho-Oncology</i> , 2016 , 25, 51-7	3.9	64
95	Patient Characteristics and Comorbidities Influence Walking Distances in Symptomatic Peripheral Arterial Disease: A Large One-Year Physiotherapy Cohort Study. <i>PLoS ONE</i> , 2016 , 11, e0146828	3.7	19
94	Use and Appreciation of a Tailored Self-Management eHealth Intervention for Early Cancer Survivors: Process Evaluation of a Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2016 , 18, e229	7.6	36
93	Phenotypic Variation in Patients with Chronic Obstructive Pulmonary Disease in Primary Care. <i>BioMed Research International</i> , 2016 , 2016, 8108717	3	
92	Synergistic Effects of Six Chronic Disease Pairs on Decreased Physical Activity: The SMILE Cohort Study. <i>BioMed Research International</i> , 2016 , 2016, 9427231	3	1
91	Disease Combinations Associated with Physical Activity Identified: The SMILE Cohort Study. <i>BioMed Research International</i> , 2016 , 2016, 9053578	3	3
90	Exploring the Range of Lifestyle Interventions Used in Dutch Health Care Practice: A Qualitative Description. <i>Health Promotion Practice</i> , 2016 , 17, 235-43	1.8	3

89	Moderators of the effects of group-based physical exercise on cancer survivors' quality of life. <i>Supportive Care in Cancer</i> , 2015 , 23, 2623-31	3.9	16
88	Authors' response: What determines which 6MWT is conventional?. <i>Thorax</i> , 2015 , 70, 86-7	7.3	2
87	Aquatic circuit training including aqua-cycling in patients with knee osteoarthritis: A feasibility study. <i>Journal of Rehabilitation Medicine</i> , 2015 , 47, 376-81	3.4	12
86	The Kanker Nazorg Wijzer (Cancer Aftercare Guide) protocol: the systematic development of a web-based computer tailored intervention providing psychosocial and lifestyle support for cancer survivors. <i>BMC Cancer</i> , 2015 , 15, 580	4.8	36
85	The accuracy of self-reported adherence to an activity advice. <i>European Journal of Physiotherapy</i> , 2015 , 17, 183-191	0.5	10
84	Difficulties of using single-diseased guidelines to treat patients with multiple diseases. <i>Frontiers in Public Health</i> , 2015 , 3, 67	6	4
83	Making the connection-factors influencing implementation of evidence supported and non-evaluated lifestyle interventions in healthcare: a multiple case study. <i>Health Education Research</i> , 2015 , 30, 521-41	1.8	4
82	Strategies to enhance self-efficacy and adherence to home-based pelvic floor muscle exercises did not improve adherence in women with urinary incontinence: a randomised trial. <i>Journal of Physiotherapy</i> , 2015 , 61, 190-8	2.9	15
81	Development and psychometric properties of the Maastricht Personal Autonomy Questionnaire (MPAQ) in older adults with a chronic physical illness. <i>Quality of Life Research</i> , 2014 , 23, 1777-87	3.7	1
80	Socio-demographic, medical and social-cognitive correlates of physical activity behavior among older adults (45-70 years): a cross-sectional study. <i>BMC Public Health</i> , 2014 , 14, 647	4.1	25
79	Exacerbations in patients with chronic obstructive pulmonary disease receiving physical therapy: a cohort-nested randomised controlled trial. <i>BMC Pulmonary Medicine</i> , 2014 , 14, 71	3.5	10
78	The first reference equations for the 6-minute walk distance over a 10 m course. <i>Thorax</i> , 2014 , 69, 867-87	7.3	25
77	Predictability of smoking onset among Romanian adolescents. <i>Zdravstveno Varstvo</i> , 2014 , 53, 78-88	1.3	0
76	Mediators of physical exercise for improvement in cancer survivors' quality of life. <i>Psycho-Oncology</i> , 2014 , 23, 330-8	3.9	31
75	Development of a framework to describe goals and content of exercise interventions in physical therapy: a mixed method approach including a systematic review. <i>Physical Therapy Reviews</i> , 2014 , 19, 1-14	0.7	6
74	Addressing passive smoking in children. <i>PLoS ONE</i> , 2014 , 9, e93220	3.7	6
73	A motivational interviewing intervention to PREvent PASSive Smoke Exposure (PREPASE) in children with a high risk of asthma: design of a randomised controlled trial. <i>BMC Public Health</i> , 2013 , 13, 177	4.1	12
72	Course length of 30 metres versus 10 metres has a significant influence on six-minute walk distance in patients with COPD: an experimental crossover study. <i>Journal of Physiotherapy</i> , 2013 , 59, 169-76	2.9	52

71	Determinants of adherence to screening by colonoscopy in individuals with a family history of colorectal cancer. <i>Patient Education and Counseling</i> , 2013 , 93, 272-81	3.1	19
70	Do individuals with a family history of colorectal cancer adhere to medical recommendations for the prevention of colorectal cancer?. <i>Familial Cancer</i> , 2013 , 12, 629-37	3	11
69	Why do Romanian junior high school students start to smoke?. <i>Child: Care, Health and Development</i> , 2013 , 39, 851-5	2.8	5
68	Social cognitive changes resulting from an effective breastfeeding education program. <i>Breastfeeding Medicine</i> , 2013 , 8, 23-30	2.1	8
67	Patient adherence to prescribed medication instructions for dyspepsia: the DIAMOND-study. <i>European Journal of General Practice</i> , 2012 , 18, 79-85	2.8	3
66	Risk perception and information processing: the development and validation of a questionnaire to assess self-reported information processing. <i>Risk Analysis</i> , 2012 , 32, 54-66	3.9	37
65	A web-based intervention for health professionals and patients to decrease cardiovascular risk attributable to physical inactivity: development process. <i>JMIR Research Protocols</i> , 2012 , 1, e21	2	15
64	Harvesting Experiential Expertise to Support Safe Driving for People with Diabetes Mellitus. <i>Patient</i> , 2012 , 5, 251-264	3.7	1
63	Tailored print communication and telephone motivational interviewing are equally successful in improving multiple lifestyle behaviors in a randomized controlled trial. <i>Annals of Behavioral Medicine</i> , 2011 , 41, 104-18	4.5	53
62	Cost-effectiveness of tailored print communication, telephone motivational interviewing, and a combination of the two: results of an economic evaluation alongside the Vitalum randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011 , 8, 4	8.4	2
61	Effects of cancer rehabilitation on problem-solving, anxiety and depression: a RCT comparing physical and cognitive-behavioural training versus physical training. <i>Psychology and Health</i> , 2011 , 26 Suppl 1, 63-82	2.9	15
60	Participation in colorectal cancer screening trials after first-time invitation: a systematic review. <i>Endoscopy</i> , 2011 , 43, 1059-86	3.4	71
59	Applying a theory-based framework to understand public knowledge of genetic risk factors: a case for the distinction between how-to knowledge and principles knowledge. <i>Public Health Genomics</i> , 2011 , 14, 259-70	1.9	9
58	An empirical test of the materialist framework for understanding the general population's reaction to nonpersonalized genetic health messages. <i>Journal of Health Communication</i> , 2011 , 16, 550-62	2.5	1
57	Evaluation of a peer-led smoking prevention programme for Romanian adolescents. <i>Health Education Research</i> , 2010 , 25, 803-14	1.8	31
56	Factors underlying smoking relapse prevention: results of an international Delphi study. <i>Health Education Research</i> , 2010 , 25, 1008-20	1.8	12
55	Cost-effectiveness of tailored print communication, telephone motivational interviewing, and a combination of the two: results of an economic evaluation alongside the Vitalum randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2010 , 7, 64	8.4	25
54	Single-item and multiple-item measures of adherence to public health behavior guidelines were incongruent. <i>Journal of Clinical Epidemiology</i> , 2010 , 63, 75-84	5.7	5

53	Monitoring training progress during exercise training in cancer survivors: a submaximal exercise test as an alternative for a maximal exercise test?. <i>Archives of Physical Medicine and Rehabilitation</i> , 2010 , 91, 351-7	2.8	3
52	Cancer-related fatigue and rehabilitation: a randomized controlled multicenter trial comparing physical training combined with cognitive-behavioral therapy with physical training only and with no intervention. <i>Physical Therapy</i> , 2010 , 90, 1413-25	3.3	50
51	Genetic health messages in the mass media: do the general public perceive non-personalized genetic health message as personally relevant?. <i>British Journal of Health Psychology</i> , 2010 , 15, 941-56	8.3	0
50	Understanding the positive effects of graphical risk information on comprehension: measuring attention directed to written, tabular, and graphical risk information. <i>Risk Analysis</i> , 2010 , 30, 1387-98	3.9	40
49	Smoking among Dutch elementary schoolchildren: gender-specific predictors. <i>Health Education Research</i> , 2009 , 24, 818-28	1.8	6
48	Which patient-related factors determine self-perceived patient adherence to prescribed dyspepsia medication?. <i>Health Education Research</i> , 2009 , 24, 788-98	1.8	15
47	Long-term effects on cancer survivors' quality of life of physical training versus physical training combined with cognitive-behavioral therapy: results from a randomized trial. <i>Supportive Care in Cancer</i> , 2009 , 17, 653-63	3.9	56
46	Skin self-examination of persons from families with familial atypical multiple mole melanoma (FAMMM). <i>Patient Education and Counseling</i> , 2009 , 75, 251-5	3.1	11
45	The Maastricht social participation profile: development and clinimetric properties in older adults with a chronic physical illness. <i>Quality of Life Research</i> , 2009 , 18, 1207-18	3.7	35
44	A systematic review of the impact of genetic counseling on risk perception accuracy. <i>Journal of Genetic Counseling</i> , 2009 , 18, 217-28	2.5	87
43	Alerting the general population to genetic risks: the value of health messages communicating the existence of genetic risk factors for public health promotion. <i>Health Psychology</i> , 2009 , 28, 734-45	5	17
42	Cancer patients' view on rehabilitation and quality of life: a programme audit. <i>European Journal of Cancer Care</i> , 2008 , 17, 290-7	2.4	22
41	Vitalum study design: RCT evaluating the efficacy of tailored print communication and telephone motivational interviewing on multiple health behaviors. <i>BMC Public Health</i> , 2008 , 8, 216	4.1	27
40	Characteristics of social participation as defined by older adults with a chronic physical illness. <i>Disability and Rehabilitation</i> , 2008 , 30, 1298-308	2.4	23
39	Improved physical fitness of cancer survivors: a randomised controlled trial comparing physical training with physical and cognitive-behavioural training. <i>Acta Oncologica</i> , 2008 , 47, 825-34	3.2	54
38	Educating the general public about multifactorial genetic disease: applying a theory-based framework to understand current public knowledge. <i>Genetics in Medicine</i> , 2008 , 10, 251-8	8.1	55
37	Quality of life after self-management cancer rehabilitation: a randomized controlled trial comparing physical and cognitive-behavioral training versus physical training. <i>Psychosomatic Medicine</i> , 2008 , 70, 422-9	3.7	62
36	The effect of group cohesion on rehabilitation outcome in cancer survivors. <i>Psycho-Oncology</i> , 2008 , 17, 917-25	3.9	23

35	Factors associated with the duration of exclusive breast-feeding in asthmatic families. <i>Health Education Research</i> , 2008 , 23, 158-69	1.8	15
34	Validating the Medical Data Interpretation Test in a Dutch population. <i>Patient Education and Counseling</i> , 2007 , 68, 287-90	3.1	3
33	Family communication regarding inherited high cholesterol: why and how do patients disclose genetic risk?. <i>Social Science and Medicine</i> , 2007 , 65, 1025-37	5.1	42
32	Should individuals be informed about their salt sensitivity status? First indications of the value of testing for genetic predisposition to low-risk conditions. <i>Genetic Testing and Molecular Biomarkers</i> , 2007 , 11, 307-14		7
31	Measuring the severity of upper gastrointestinal complaints: does GP assessment correspond with patients' self-assessment?. <i>Family Practice</i> , 2007 , 24, 252-8	1.9	9
30	Public awareness of the existence of inherited high cholesterol. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2006 , 13, 990-2		2
29	Motives of Belgian adolescents for using sunscreen: the role of action plans. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2006 , 15, 1360-6	4	62
28	The Success of an Educational Program to Promote Exclusive Breastfeeding for 6 Months in Families with a History of Asthma: A Randomized Controlled Trial. <i>Pediatric Asthma, Allergy and Immunology</i> , 2006 , 19, 214-222		15
27	Factors associated with the initiation of breastfeeding in asthmatic families: the attitude-social influence-self-efficacy model. <i>Breastfeeding Medicine</i> , 2006 , 1, 236-46	2.1	13
26	Skin cancer prevention behaviours during summer holidays in 14 and 18-year-old Belgian adolescents. <i>European Journal of Cancer Prevention</i> , 2006 , 15, 431-8	2	10
25	Quality of life of cancer survivors after physical and psychosocial rehabilitation. <i>European Journal of Cancer Prevention</i> , 2006 , 15, 541-7	2	62
24	The importance of written information packages in support of case-finding within families at risk for inherited high cholesterol. <i>Journal of Genetic Counseling</i> , 2006 , 15, 29-40	2.5	17
23	General public's knowledge, interest and information needs related to genetic cancer: an exploratory study. <i>European Journal of Cancer Prevention</i> , 2005 , 14, 69-75	2	40
22	The general public's information needs and perceptions regarding hereditary cancer: an application of the Integrated Change Model. <i>Patient Education and Counseling</i> , 2005 , 56, 154-65	3.1	240
21	Factors influencing breastfeeding practices and postponement of solid food to prevent allergic disease in high-risk children: results from an explorative study. <i>Patient Education and Counseling</i> , 2005 , 57, 15-21	3.1	13
20	Informing one's family about genetic testing for hereditary non-polyposis colorectal cancer (HNPCC): a retrospective exploratory study. <i>Familial Cancer</i> , 2005 , 4, 163-7	3	65
19	Effects of in-school and tailored out-of-school smoking prevention among Dutch vocational school students. <i>Health Education Research</i> , 2004 , 19, 51-63	1.8	31
18	Dietary change, nutrition education and chronic obstructive pulmonary disease. <i>Patient Education and Counseling</i> , 2004 , 52, 249-57	3.1	35

17	Do Dutch 11-12 years olds who never smoke, smoke experimentally or smoke regularly have different demographic backgrounds and perceptions of smoking?. <i>European Journal of Public Health</i> , 2003 , 13, 160-7	2.1	28
16	Predictors of long-term adherence to pelvic floor muscle exercise therapy among women with urinary incontinence. <i>Health Education Research</i> , 2003 , 18, 511-24	1.8	50
15	Short-term effects of a randomized computer-based out-of-school smoking prevention trial aimed at elementary schoolchildren. <i>Preventive Medicine</i> , 2002 , 34, 581-9	4.3	72
14	Factors determining cardiac nurses' intentions to continue using a smoking cessation protocol. <i>Heart and Lung: Journal of Acute and Critical Care</i> , 2002 , 31, 15-24	2.6	32
13	Measuring information needs among cancer patients. <i>Patient Education and Counseling</i> , 2001 , 43, 253-62	3.1	126
12	Predictors of intention to adhere to physiotherapy among women with urinary incontinence. <i>Health Education Research</i> , 2001 , 16, 173-86	1.8	48
11	Monitoring the dissemination of an educational protocol on pediatric asthma in family practice: a test of associations between dissemination variables. <i>Health Education and Behavior</i> , 1999 , 26, 103-20	4.2	25
10	Effectiveness of a social influence approach and boosters to smoking prevention. <i>Health Education Research</i> , 1999 , 14, 791-802	1.8	65
9	Assessment of the inhalation technique in outpatients with asthma or chronic obstructive pulmonary disease using a metered-dose inhaler or dry powder device. <i>Journal of Asthma</i> , 1998 , 35, 273-9	1.9	157
8	Adherence-related behavior in adolescents with asthma: results from focus group interviews. <i>Journal of Asthma</i> , 1998 , 35, 637-46	1.9	55
7	Openness to discuss cancer in the nuclear family: scale, development, and validation. <i>Psychosomatic Medicine</i> , 1997 , 59, 269-79	3.7	80
6	Education of parents about paediatric asthma: effects of a protocol on medical consumption. <i>Patient Education and Counseling</i> , 1995 , 25, 131-6	3.1	14
5	Why do adolescents eat low nutrient snacks between meals? An analysis of behavioral determinants with the Fishbein and Ajzen model. <i>Nutrition and Health</i> , 1994 , 10, 33-47	2.1	11
4	Effectiveness of a multidisciplinary education protocol in children with asthma (0-4 years) in primary health care. <i>Journal of Asthma</i> , 1994 , 31, 347-59	1.9	46
3	Development of a health education program for parents of preschool children with asthma. <i>Health Education Research</i> , 1993 , 8, 53-68	1.8	35
2	Pediatric asthma, a qualitative and quantitative approach to needs assessment. <i>Patient Education and Counseling</i> , 1991 , 17, 23-34	3.1	31
1	Multidisciplinary co-operation in primary care for asthmatic children. <i>Social Science and Medicine</i> , 1991 , 32, 65-70	5.1	8