

# Thomas L Webb

## List of Publications by Year in descending order

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Version: 2024-02-01

101  
papers

13,672  
citations

71102

41  
h-index

33894

99  
g-index

103  
all docs

103  
docs citations

103  
times ranked

14714  
citing authors

#	ARTICLE	IF	CITATIONS
1	Does changing behavioral intentions engender behavior change? A meta-analysis of the experimental evidence.. Psychological Bulletin, 2006, 132, 249-268.	6.1	2,730
2	Using the Internet to Promote Health Behavior Change: A Systematic Review and Meta-analysis of the Impact of Theoretical Basis, Use of Behavior Change Techniques, and Mode of Delivery on Efficacy. Journal of Medical Internet Research, 2010, 12, e4.	4.3	2,049
3	Dealing with feeling: A meta-analysis of the effectiveness of strategies derived from the process model of emotion regulation.. Psychological Bulletin, 2012, 138, 775-808.	6.1	1,353
4	The Intentionâ€“Behavior Gap. Social and Personality Psychology Compass, 2016, 10, 503-518.	3.7	1,020
5	The Interplay Between Goal Intentions and Implementation Intentions. Personality and Social Psychology Bulletin, 2005, 31, 87-98.	3.0	485
6	How do implementation intentions promote goal attainment? A test of component processes. Journal of Experimental Social Psychology, 2007, 43, 295-302.	2.2	357
7	Does monitoring goal progress promote goal attainment? A meta-analysis of the experimental evidence.. Psychological Bulletin, 2016, 142, 198-229.	6.1	349
8	Can implementation intentions help to overcome ego-depletion?. Journal of Experimental Social Psychology, 2003, 39, 279-286.	2.2	309
9	Mechanisms of implementation intention effects: The role of goal intentions, selfâ€“efficacy, and accessibility of plan components. British Journal of Social Psychology, 2008, 47, 373-395.	2.8	283
10	Using theories of behaviour change to inform interventions for addictive behaviours. Addiction, 2010, 105, 1879-1892.	3.3	252
11	What Factors Predict Scientists' Intentions to Participate in Public Engagement of Science Activities?. Science Communication, 2007, 29, 242-263.	3.3	250
12	Improving sleep quality leads to better mental health: A meta-analysis of randomised controlled trials. Sleep Medicine Reviews, 2021, 60, 101556.	8.5	240
13	A Meta-Analytic Review of Stand-Alone Interventions to Improve Body Image. PLoS ONE, 2015, 10, e0139177.	2.5	205
14	Planning to break unwanted habits: Habit strength moderates implementation intention effects on behaviour change. British Journal of Social Psychology, 2009, 48, 507-523.	2.8	192
15	Using theory to develop and test interventions to promote changes in health behaviour: evidence, issues, and recommendations. Current Opinion in Psychology, 2015, 5, 1-5.	4.9	187
16	Effective regulation of affect: An action control perspective on emotion regulation. European Review of Social Psychology, 2012, 23, 143-186.	9.4	183
17	Identifying good opportunities to act: Implementation intentions and cue discrimination. European Journal of Social Psychology, 2004, 34, 407-419.	2.4	157
18	A Systematic Review of Attitudes, Anxiety, Acceptance, and Trust Towards Social Robots. International Journal of Social Robotics, 2020, 12, 1179-1201.	4.6	157

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19	Does forming implementation intentions help people with mental health problems to achieve goals? A meta-analysis of experimental studies with clinical and analogue samples. <i>British Journal of Clinical Psychology</i> , 2016, 55, 69-90.	3.5	112
20	“The Ostrich Problem”™: Motivated Avoidance or Rejection of Information About Goal Progress. <i>Social and Personality Psychology Compass</i> , 2013, 7, 794-807.	3.7	109
21	The Neural Correlates of Emotion Regulation by Implementation Intentions. <i>PLoS ONE</i> , 2015, 10, e0119500.	2.5	102
22	The goal-dependent automaticity of drinking habits. <i>British Journal of Social Psychology</i> , 2005, 44, 47-63.	2.8	101
23	Does self-control improve with practice? Evidence from a six-week training program.. <i>Journal of Experimental Psychology: General</i> , 2016, 145, 1075-1091.	2.1	101
24	The impact of household energy efficiency measures on health: A meta-analysis. <i>Energy Policy</i> , 2014, 65, 583-593.	8.8	93
25	A randomized controlled trial of a brief online intervention to reduce alcohol consumption in new university students: Combining self-affirmation, theory of planned behaviour messages, and implementation intentions. <i>British Journal of Health Psychology</i> , 2018, 23, 108-127.	3.5	93
26	What information do consumers consider, and how do they look for it, when shopping for groceries online?. <i>Appetite</i> , 2015, 89, 265-273.	3.7	85
27	Antecedents and consequences of monitoring domestic electricity consumption. <i>Journal of Environmental Psychology</i> , 2014, 40, 228-238.	5.1	76
28	THE IMPORTANCE OF MAKING EXPLICIT LINKS BETWEEN THEORETICAL CONSTRUCTS AND BEHAVIOUR CHANGE TECHNIQUES. <i>Addiction</i> , 2010, 105, 1897-1898.	3.3	75
29	Using Public Transport Can Make Up for Flying Abroad on Holiday. <i>Environment and Behavior</i> , 2015, 47, 184-204.	4.7	72
30	A theory-based online health behaviour intervention for new university students (U@Uni): results from a randomised controlled trial. <i>BMC Public Health</i> , 2014, 14, 563.	2.9	71
31	Which Combinations of Techniques and Modes of Delivery in Internet-Based Interventions Effectively Change Health Behavior? A Meta-Analysis. <i>Journal of Medical Internet Research</i> , 2016, 18, e155.	4.3	70
32	The impact of perspective in visualizing health-related behaviors: first-person perspective increases motivation to adopt health-related behaviors. <i>Journal of Applied Social Psychology</i> , 2014, 44, 806-812.	2.0	66
33	Helping students turn up for class: Does personality moderate the effectiveness of an implementation intention intervention?. <i>Learning and Individual Differences</i> , 2007, 17, 316-327.	2.7	65
34	Implicit emotion regulation: feeling better without knowing why. <i>Current Opinion in Psychology</i> , 2015, 3, 6-10.	4.9	65
35	Feeling bad about progress does not lead people want to change their health behaviour. <i>Psychology and Health</i> , 2018, 33, 275-291.	2.2	62
36	Integrating concepts from goal theories to understand the achievement of personal goals. <i>European Journal of Social Psychology</i> , 2005, 35, 69-96.	2.4	56

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37	Many Happy Returns: Combining insights from the environmental and behavioural sciences to understand what is required to make reusable packaging mainstream. <i>Sustainable Production and Consumption</i> , 2021, 27, 1688-1702.	11.0	53
38	Self-Regulation of Priming Effects on Behavior. <i>Psychological Science</i> , 2011, 22, 901-907.	3.3	52
39	A theory-based online health behaviour intervention for new university students (U@Uni:LifeGuide): results from a repeat randomized controlled trial. <i>Trials</i> , 2015, 16, 555.	1.6	51
40	Athletes' experiences of social support during their transition out of elite sport: An interpretive phenomenological analysis. <i>Psychology of Sport and Exercise</i> , 2018, 36, 71-80.	2.1	49
41	The Role of Compensatory Beliefs in Rationalizing Environmentally Detrimental Behaviors. <i>Environment and Behavior</i> , 2018, 50, 401-425.	4.7	48
42	Does improving sleep lead to better mental health? A protocol for a meta-analytic review of randomised controlled trials. <i>BMJ Open</i> , 2017, 7, e016873.	1.9	45
43	Understanding the effects of time perspective: A meta-analysis testing a self-regulatory framework.. <i>Psychological Bulletin</i> , 2021, 147, 233-267.	6.1	43
44	Using Persuasive Technology to Increase Physical Activity in People With Chronic Obstructive Pulmonary Disease by Encouraging Regular Walking: A Mixed-Methods Study Exploring Opinions and Preferences. <i>Journal of Medical Internet Research</i> , 2017, 19, e124.	4.3	43
45	Development of theory-based health messages: three-phase programme of formative research. <i>Health Promotion International</i> , 2015, 30, 756-768.	1.8	42
46	A cluster randomized controlled trial of a theory-based sleep hygiene intervention for adolescents. <i>Sleep</i> , 2018, 41, .	1.1	42
47	Making self-help more helpful: A randomized controlled trial of the impact of augmenting self-help materials with implementation intentions on promoting the effective self-management of anxiety symptoms.. <i>Journal of Consulting and Clinical Psychology</i> , 2011, 79, 123-128.	2.0	40
48	Using Temporal Self-Regulation Theory to understand healthy and unhealthy eating intentions and behaviour. <i>Appetite</i> , 2017, 116, 357-364.	3.7	40
49	Automatic control of negative emotions: Evidence that structured practice increases the efficiency of emotion regulation. <i>Cognition and Emotion</i> , 2015, 29, 319-331.	2.0	38
50	Using Implementation Intentions to Overcome the Effects of Social Anxiety on Attention and Appraisals of Performance. <i>Personality and Social Psychology Bulletin</i> , 2010, 36, 612-627.	3.0	37
51	â€œI deserve a treat!â€™: Justifications for indulgence undermine the translation of intentions into action. <i>British Journal of Social Psychology</i> , 2014, 53, 501-520.	2.8	36
52	The Effectiveness of Mindfulness-Based Interventions for Supporting People With Intellectual Disabilities. <i>Behavior Modification</i> , 2013, 37, 431-453.	1.6	35
53	Attitudes and Preferences towards Self-help Treatments for Depression in Comparison to Psychotherapy and Antidepressant Medication. <i>Behavioural and Cognitive Psychotherapy</i> , 2016, 44, 129-139.	1.2	35
54	The neural correlates of regulating another person's emotions: an exploratory fMRI study. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 376.	2.0	34

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55	What is the psychological impact of self-weighting? A meta-analysis. <i>Health Psychology Review</i> , 2016, 10, 187-203.	8.6	33
56	Situation selection is a particularly effective emotion regulation strategy for people who need help regulating their emotions. <i>Cognition and Emotion</i> , 2018, 32, 231-248.	2.0	32
57	What do people living in deprived communities in the UK think about household energy efficiency interventions?. <i>Energy Policy</i> , 2014, 66, 335-349.	8.8	28
58	The impact of post-migration stressors on refugees' emotional distress and health: A longitudinal analysis. <i>European Journal of Social Psychology</i> , 2019, 49, 1359-1367.	2.4	28
59	Identifying the determinants of emotion regulation choice: a systematic review with meta-analysis. <i>Cognition and Emotion</i> , 2021, 35, 1056-1084.	2.0	28
60	Gaining control over responses to implicit attitude tests: Implementation intentions engender fast responses on attitude-congruent trials. <i>British Journal of Social Psychology</i> , 2012, 51, 13-32.	2.8	27
61	The neural basis of monitoring goal progress. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 688.	2.0	27
62	Using the theory of planned behaviour and implementation intentions to reduce binge drinking in new university students. <i>Psychology and Health</i> , 2019, 34, 478-496.	2.2	26
63	Can a Multifaceted Intervention Including Motivational Interviewing Improve Medication Adherence, Quality of Life, and Mortality Rates in Older Patients Undergoing Coronary Artery Bypass Surgery? A Multicenter, Randomized Controlled Trial with 18-Month Follow-Up. <i>Drugs and Aging</i> , 2017, 34, 143-156.	2.7	25
64	A meta-analysis of the effects of training clinicians in exposure therapy on knowledge, attitudes, intentions, and behavior. <i>Clinical Psychology Review</i> , 2020, 80, 101887.	11.4	25
65	Using implementation intentions to overcome the effect of mood on risky behaviour. <i>British Journal of Social Psychology</i> , 2012, 51, 330-345.	2.8	24
66	A theory-based online health behavior intervention for new university students: study protocol. <i>BMC Public Health</i> , 2013, 13, 107.	2.9	23
67	A cluster randomised controlled trial of an intervention based on the Health Action Process Approach for increasing fruit and vegetable consumption in Iranian adolescents. <i>Psychology and Health</i> , 2017, 32, 1-20.	2.2	23
68	Self-help interventions for psychosis: A meta-analysis. <i>Clinical Psychology Review</i> , 2015, 39, 96-112.	11.4	22
69	Evaluative conditioning makes slim models less desirable as standards for comparison and increases body satisfaction.. <i>Health Psychology</i> , 2013, 32, 433-438.	1.6	20
70	Achieving the same for less: Improving mood depletes blood glucose for people with poor (but not) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 5	2.0	18
71	A structural equation model of the relationship between insomnia, negative affect, and paranoid thinking. <i>PLoS ONE</i> , 2017, 12, e0186233.	2.5	18
72	Athletes' retirement from elite sport: A qualitative study of parents and partners' experiences. <i>Psychology of Sport and Exercise</i> , 2019, 40, 51-60.	2.1	16

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73	What is the best way to promote cycling? A systematic review and meta-analysis. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2021, 81, 144-157.	3.7	16
74	Why Do People Act Like the Proverbial Ostrich? Investigating the Reasons That People Provide for Not Monitoring Their Goal Progress. <i>Frontiers in Psychology</i> , 2017, 8, 152.	2.1	15
75	Communicating Stereotype-Relevant Information: Is Factual Information Subject to the Same Communication Biases as Fictional Information?. <i>Personality and Social Psychology Bulletin</i> , 2009, 35, 836-852.	3.0	14
76	Strategic Control Over the Unhelpful Effects of Primed Social Categories and Goals. <i>Zeitschrift Fur Psychologie / Journal of Psychology</i> , 2012, 220, 187-193.	1.0	14
77	The Effects of Two Planning Interventions on the Oral Health Behavior of Iranian Adolescents: A Cluster Randomized Controlled Trial. <i>Annals of Behavioral Medicine</i> , 2016, 50, 409-418.	2.9	13
78	Assessing and promoting the use of implementation intentions in clinical practice. <i>Social Science and Medicine</i> , 2020, 265, 113490.	3.8	13
79	Commentary on Shahab & McEwen (2009): Understanding and preventing attrition in online smoking cessation interventions: a self-regulatory perspective. <i>Addiction</i> , 2009, 104, 1805-1806.	3.3	12
80	Do people choose the same strategies to regulate other people's emotions as they choose to regulate their own?. <i>Emotion</i> , 2022, 22, 1723-1738.	1.8	10
81	Visualizing actions from a third-person perspective: effects on health behavior and the moderating role of behavior difficulty. <i>Journal of Applied Social Psychology</i> , 2016, 46, 724-731.	2.0	9
82	The relationship between time perspective and self-regulatory processes, abilities and outcomes: a protocol for a meta-analytical review. <i>BMJ Open</i> , 2017, 7, e017000.	1.9	9
83	The Relationship Between a Balanced Time Perspective and Self-monitoring of Blood Glucose Among People With Type 1 Diabetes. <i>Annals of Behavioral Medicine</i> , 2019, 53, 196-209.	2.9	9
84	A viable, integrative framework for contemporary research in health psychology: commentary on Hall and Fong's Temporal Self-regulation Theory. <i>Health Psychology Review</i> , 2010, 4, 79-82.	8.6	8
85	The effect of direct and extended contact on attitudes towards social robots. <i>Heliyon</i> , 2021, 7, e06418.	3.2	8
86	Monitoring personal finances: Evidence that goal progress and regulatory focus influence when people check their balance. <i>Journal of Economic Psychology</i> , 2017, 62, 33-49.	2.2	7
87	Which Factors Are Associated with Monitoring Goal Progress?. <i>Frontiers in Psychology</i> , 2017, 8, 434.	2.1	7
88	How effective are interventions designed to help owners to change their behaviour so as to manage the weight of their companion dogs? A systematic review and meta-analysis. <i>Preventive Veterinary Medicine</i> , 2018, 159, 40-50.	1.9	7
89	Understanding obesity among companion dogs: New measures of owner's beliefs and behaviour and associations with body condition scores. <i>Preventive Veterinary Medicine</i> , 2020, 180, 105029.	1.9	7
90	This has already been used! A paradigm to measure the point at which people become unwilling to use reusable containers. <i>Journal of Cleaner Production</i> , 2022, 363, 132321.	9.3	7

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91	Monitoring Interventions. , 2020, , 537-553.		6
92	Foundations and Extensions for the Extended Model: More on Implicit and Explicit Forms of Emotion Regulation. Psychological Inquiry, 2015, 26, 123-129.	0.9	5
93	Using research on self-regulation to understand and tackle the challenges that owners face helping their (overweight) dogs lose weight. Preventive Veterinary Medicine, 2018, 159, 227-231.	1.9	5
94	Using social cognition models to understand why people, such as perfectionists, struggle to respond with self-compassion. British Journal of Social Psychology, 2022, 61, 1160-1182.	2.8	5
95	Advice-taking as an unobtrusive measure of prejudice. Behavior Research Methods, 2011, 43, 953-963.	4.0	4
96	Meta-analytic estimates predict the effectiveness of emotion regulation strategies in the "real world". Reply to Augustine and Hemenover (2013).. Psychological Bulletin, 2013, 139, 730-734.	6.1	4
97	Does the structure (tunneled vs. free-roam) and content (if-then plans vs. choosing strategies) of a brief online alcohol intervention effect engagement and effectiveness? A randomized controlled trial. Translational Behavioral Medicine, 2019, 9, 1122-1130.	2.4	3
98	Self-regulatory consequences of observing others making goal progress: A longitudinal field study in weight loss groups. British Journal of Health Psychology, 2019, 24, 970-981.	3.5	3
99	Young people's beliefs about the risk of bowel cancer and its link with physical activity. British Journal of Health Psychology, 2017, 22, 449-462.	3.5	2
100	The relationship between individual differences in spontaneous self-affirmation and affect associated with self-weighing. Journal of Research in Personality, 2020, 89, 104020.	1.7	2
101	The Effect of an Online Self-Help Cognitive Behavioural Intervention for Insomnia on Negative Affect and Paranoia: A Randomised Controlled Trial. Health Psychology Bulletin, 2020, 4, 39.	0.3	0