

# Cindy H P Sit

## List of Publications by Year in descending order

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Version: 2024-02-01

118  
papers

3,538  
citations

136950

32  
h-index

175258

52  
g-index

119  
all docs

119  
docs citations

119  
times ranked

3484  
citing authors

#	ARTICLE	IF	CITATIONS
1	Role resources and work-family enrichment: The role of work engagement. <i>Journal of Vocational Behavior</i> , 2010, 77, 470-480.	3.4	195
2	COVID-19 Pandemic Brings a Sedentary Lifestyle in Young Adults: A Cross-Sectional and Longitudinal Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6035.	2.6	176
3	Work-life balance: a longitudinal evaluation of a new measure across Australia and New Zealand workers. <i>International Journal of Human Resource Management</i> , 2014, 25, 2724-2744.	5.3	168
4	Flexible work arrangements, work engagement, turnover intentions and psychological health. <i>Asia Pacific Journal of Human Resources</i> , 2015, 53, 83-103.	3.9	133
5	Objectively-measured neighborhood environments and leisure-time physical activity in Chinese urban elders. <i>Preventive Medicine</i> , 2013, 56, 86-89.	3.4	119
6	Reliable and valid NEWS for Chinese seniors: measuring perceived neighborhood attributes related to walking. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2010, 7, 84.	4.6	98
7	Walking for transportation in Hong Kong Chinese urban elders: a cross-sectional study on what destinations matter and when. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 78.	4.6	95
8	The relationship of social support with well-being outcomes via work-family conflict: Moderating effects of gender, dependants and nationality. <i>Human Relations</i> , 2017, 70, 544-565.	5.4	90
9	Validation of the Job Demands-Resources model in cross-national samples: Cross-sectional and longitudinal predictions of psychological strain and work engagement. <i>Human Relations</i> , 2013, 66, 1311-1335.	5.4	89
10	Ageing in an ultra-dense metropolis: perceived neighbourhood characteristics and utilitarian walking in Hong Kong elders. <i>Public Health Nutrition</i> , 2014, 17, 225-232.	2.2	81
11	Walking for Recreation and Perceptions of the Neighborhood Environment in Older Chinese Urban Dwellers. <i>Journal of Urban Health</i> , 2013, 90, 56-66.	3.6	80
12	Physical activity levels of children in special schools. <i>Preventive Medicine</i> , 2007, 45, 424-431.	3.4	72
13	Motor Skill Interventions in Children With Developmental Coordination Disorder: A Systematic Review and Meta-Analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2018, 99, 2076-2099.	0.9	70
14	Reduction of errors during practice facilitates fundamental movement skill learning in children with intellectual disabilities. <i>Journal of Intellectual Disability Research</i> , 2013, 57, 295-305.	2.0	58
15	Associations between the neighbourhood environment characteristics and physical activity in older adults with specific types of chronic conditions: the ALECS cross-sectional study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 53.	4.6	58
16	Reducing errors benefits the field-based learning of a fundamental movement skill in children. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013, 23, 181-188.	2.9	56
17	Correlates of physical activity in children and adolescents with physical disabilities: A systematic review. <i>Preventive Medicine</i> , 2016, 89, 184-193.	3.4	56
18	Fundamental movement skills and physical activity among children with and without cerebral palsy. <i>Research in Developmental Disabilities</i> , 2012, 33, 1235-1241.	2.2	55

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19	Physical Activity and Sedentary Time among Children with Disabilities at School. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 292-297.	0.4	55
20	The impact of exercise interventions concerning executive functions of children and adolescents with attention-deficit/hyperactive disorder: a systematic review and meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 68.	4.6	50
21	Physical activity measurement instruments for children with cerebral palsy: a systematic review. <i>Developmental Medicine and Child Neurology</i> , 2010, 52, 908-916.	2.1	49
22	Neighbourhood environment, physical activity, quality of life and depressive symptoms in Hong Kong older adults: a protocol for an observational study. <i>BMJ Open</i> , 2016, 6, e010384.	1.9	48
23	Physical Activity Measurement Using MTI (Actigraph) Among Children With Cerebral Palsy. <i>Archives of Physical Medicine and Rehabilitation</i> , 2010, 91, 1283-1290.	0.9	47
24	Fundamental movement skills training to promote physical activity in children with and without disability: A pilot study. <i>Journal of Sport and Health Science</i> , 2015, 4, 235-243.	6.5	47
25	Associations of objectively-assessed neighborhood characteristics with older adults' total physical activity and sedentary time in an ultra-dense urban environment: Findings from the ALECS study. <i>Health and Place</i> , 2016, 42, 1-10.	3.3	47
26	Motives for and barriers to physical activity participation in middle-aged Chinese women. <i>Psychology of Sport and Exercise</i> , 2008, 9, 266-283.	2.1	43
27	Reliability and Validity of the IPAQ-L in a Sample of Hong Kong Urban Older Adults: Does Neighborhood of Residence Matter?. <i>Journal of Aging and Physical Activity</i> , 2012, 20, 402-420.	1.0	43
28	Results from the Hong Kong's 2018 report card on physical activity for children and youth. <i>Journal of Exercise Science and Fitness</i> , 2019, 17, 14-19.	2.2	42
29	Positive pathways to engaging workers: work-family enrichment as a predictor of work engagement. <i>Asia Pacific Journal of Human Resources</i> , 2015, 53, 490-510.	3.9	41
30	Using heart-rate feedback to increase physical activity in children. <i>Preventive Medicine</i> , 2008, 47, 402-408.	3.4	39
31	Accelerometer-measured physical activity levels in children and adolescents with autism spectrum disorder: A systematic review. <i>Preventive Medicine Reports</i> , 2020, 19, 101147.	1.8	39
32	Using association rules mining to explore pattern of Chinese medicinal formulae (prescription) in treating and preventing breast cancer recurrence and metastasis. <i>Journal of Translational Medicine</i> , 2012, 10, S12.	4.4	37
33	Fundamental movement skills proficiency in children with developmental coordination disorder: does physical self-concept matter?. <i>Disability and Rehabilitation</i> , 2016, 38, 45-51.	1.8	37
34	The Effects of Exercise Interventions on Executive Functions in Children and Adolescents with Autism Spectrum Disorder: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 75-88.	6.5	37
35	Measuring walking within and outside the neighborhood in Chinese elders: reliability and validity. <i>BMC Public Health</i> , 2011, 11, 851.	2.9	36
36	Motivational orientations in youth sport participation: Using Achievement Goal Theory and Reversal Theory. <i>Personality and Individual Differences</i> , 2005, 38, 605-618.	2.9	34

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37	How urban densification shapes walking behaviours in older community dwellers: a cross-sectional analysis of potential pathways of influence. <i>International Journal of Health Geographics</i> , 2020, 19, 14.	2.5	34
38	Cross-validation of the Canadian Assessment of Physical Literacy second edition (CAPL-2): The case of a Chinese population. <i>Journal of Sports Sciences</i> , 2020, 38, 2850-2857.	2.0	33
39	Public Parks in Hong Kong: Characteristics of Physical Activity Areas and Their Users. <i>International Journal of Environmental Research and Public Health</i> , 2016, 13, 639.	2.6	31
40	Socioeconomic Status, Neighborhood Characteristics, and Walking Within the Neighborhood Among Older Hong Kong Chinese. <i>Journal of Aging and Health</i> , 2013, 25, 1425-1444.	1.7	30
41	Physical activity and sedentary behaviours in Hong Kong primary school children: Prevalence and gender differences. <i>Preventive Medicine</i> , 2010, 51, 96-97.	3.4	29
42	Psychological and Physiological Responses in Patients with Generalized Anxiety Disorder: The Use of Acute Exercise and Virtual Reality Environment. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4855.	2.6	29
43	Sport Participation of Hong Kong Chinese Children with Disabilities in Special Schools. <i>Adapted Physical Activity Quarterly</i> , 2002, 19, 453-471.	0.8	27
44	Activity Levels during Physical Education and Recess in Two Special Schools for Children with Mild Intellectual Disabilities. <i>Adapted Physical Activity Quarterly</i> , 2008, 25, 247-259.	0.8	27
45	Direct Observation of Children's Preferences and Activity Levels During Interactive and Online Electronic Games. <i>Journal of Physical Activity and Health</i> , 2010, 7, 484-489.	2.0	27
46	Fundamental movement skills testing in children with cerebral palsy. <i>Disability and Rehabilitation</i> , 2011, 33, 2519-2528.	1.8	27
47	The effect of low-volume high-intensity interval training on cardiometabolic health and psychological responses in overweight/obese middle-aged men. <i>Journal of Sports Sciences</i> , 2020, 38, 1997-2004.	2.0	27
48	Barriers to physical activity in university students with disabilities: Differences by sociodemographic variables. <i>Disability and Health Journal</i> , 2019, 12, 278-286.	2.8	26
49	Effect of sport education on students' perceived physical literacy, motivation, and physical activity levels in university required physical education: a cluster-randomized trial. <i>Higher Education</i> , 2021, 81, 1137-1155.	4.4	26
50	Preliminary validation of a Chinese version of the State-Trait Anger Expression Inventory-2. <i>Asian Journal of Social Psychology</i> , 2009, 12, 1-11.	2.1	25
51	Associations between meeting 24-hour movement guidelines and health in the early years: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2021, 39, 2545-2557.	2.0	25
52	Compliance With 24-Hour Movement Guidelines in Hong Kong Adolescents: Associations With Weight Status. <i>Journal of Physical Activity and Health</i> , 2020, 17, 287-292.	2.0	25
53	Predictors of healthier and more sustainable school travel mode profiles among Hong Kong adolescents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 48.	4.6	22
54	Objectively-Measured Neighbourhood Attributes as Correlates and Moderators of Quality of Life in Older Adults with Different Living Arrangements: The ALECS Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 876.	2.6	22

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55	A school-based physical activity intervention for children with developmental coordination disorder: A randomized controlled trial. <i>Research in Developmental Disabilities</i> , 2019, 89, 1-9.	2.2	21
56	Play Pattern of Seated Video Game and Active "Exergame" Alternatives. <i>Journal of Exercise Science and Fitness</i> , 2011, 9, 24-30.	2.2	20
57	The possible benefits of reduced errors in the motor skills acquisition of children. <i>The Sports Medicine, Arthroscopy, Rehabilitation and Technology</i> , 2012, 4, 1.	1.0	19
58	Repeatability of self-report measures of physical activity, sedentary and travel behaviour in Hong Kong adolescents for the iHealt(H) and IPEN " Adolescent studies. <i>BMC Pediatrics</i> , 2014, 14, 142.	1.7	19
59	Associations between perceived and actual physical literacy level in Chinese primary school children. <i>BMC Public Health</i> , 2020, 20, 207.	2.9	19
60	Situational state balances and participation motivation in youth sport: A reversal theory perspective. <i>British Journal of Educational Psychology</i> , 2006, 76, 369-384.	2.9	17
61	The role of physical activity and body-related perceptions in motor skill competence of adolescents with autism spectrum disorder. <i>Disability and Rehabilitation</i> , 2020, 42, 1373-1381.	1.8	17
62	The impacts of a combined exercise on executive function in children with ADHD: A randomized controlled trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 1297-1312.	2.9	17
63	Results From Hong Kong's 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016, 13, S169-S175.	2.0	16
64	Associations of socio-demographic, perceived environmental, social and psychological factors with active travel in Hong Kong adolescents: The iHealt(H) cross-sectional study. <i>Journal of Transport and Health</i> , 2019, 12, 336-348.	2.2	16
65	Effects of Fundamental Movement Skills Training on Children With Developmental Coordination Disorder. <i>Adapted Physical Activity Quarterly</i> , 2016, 33, 134-155.	0.8	13
66	Accelerometer-Assessed Physical Activity and Sedentary Time at School for Children with Disabilities: Seasonal Variation. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3163.	2.6	13
67	Automated Fine Motor Evaluation for Developmental Coordination Disorder. <i>IEEE Transactions on Neural Systems and Rehabilitation Engineering</i> , 2019, 27, 963-973.	4.9	13
68	Results from Hong Kong's 2019 report card on physical activity for children and youth with special educational needs. <i>Journal of Exercise Science and Fitness</i> , 2020, 18, 177-182.	2.2	13
69	Movement behaviors and mental health of caregivers of preschoolers in China during the COVID-19 pandemic. <i>Preventive Medicine</i> , 2022, 155, 106913.	3.4	13
70	Physical activity and mental health in children and adolescents with intellectual disabilities: a meta-analysis using the RE-AIM framework. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022, 19, .	4.6	13
71	The Gendering of Physical Education in Hong Kong: East, West or Global?. <i>International Journal of the History of Sport</i> , 2005, 22, 816-839.	0.7	12
72	Reliability of self-report measures of correlates of obesity-related behaviours in Hong Kong adolescents for the iHealt(H) and IPEN adolescent studies. <i>Archives of Public Health</i> , 2017, 75, 38.	2.4	12

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73	Cross-sectional associations of objectively assessed neighbourhood attributes with depressive symptoms in older adults of an ultra-dense urban environment: the Hong Kong ALECS study. <i>BMJ Open</i> , 2018, 8, e020480.	1.9	12
74	Compliance and Practical Utility of Continuous Wearing of activPAL <sup>®</sup> in Adolescents. <i>Pediatric Exercise Science</i> , 2019, 31, 363-369.	1.0	12
75	To what extent does physical activity explain the associations between neighborhood environment and depressive symptoms in older adults living in an Asian metropolis?. <i>Mental Health and Physical Activity</i> , 2019, 16, 96-104.	1.8	11
76	Preservice Physical Education Teachers' Perceived Physical Literacy and Teaching Efficacy. <i>Journal of Teaching in Physical Education</i> , 2021, 40, 146-156.	1.2	11
77	The association between physical activity and mental health in children with special educational needs: A systematic review. <i>Preventive Medicine Reports</i> , 2021, 23, 101419.	1.8	11
78	The effect of carbohydrate and protein co-ingestion on energy substrate metabolism, sense of effort, and affective responses during prolonged strenuous endurance exercise. <i>Physiology and Behavior</i> , 2017, 174, 170-177.	2.1	10
79	Physical Activity of Children with Physical Disabilities: Associations with Environmental and Behavioral Variables at Home and School. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1394.	2.6	10
80	Effect of sedentary behavior interventions on vascular function in adults: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1395-1410.	2.9	10
81	Effects of Alpha-Lactalbumin or Whey Protein Isolate on Muscle Damage, Muscle Pain, and Mood States Following Prolonged Strenuous Endurance Exercise. <i>Frontiers in Physiology</i> , 2017, 8, 754.	2.8	9
82	Effect of pre-exercise ingestion of $\alpha$ -lactalbumin on subsequent endurance exercise performance and mood states. <i>British Journal of Nutrition</i> , 2019, 121, 22-29.	2.3	9
83	Predictors of Physical Activity Levels in University Physical Education Implementing Sport Education. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 516-524.	1.6	9
84	Physical Activity and Executive Function in Children With ADHD: The Mediating Role of Sleep. <i>Frontiers in Pediatrics</i> , 2021, 9, 775589.	1.9	9
85	Promoting physical activity and health in Hong Kong primary school children through a blended physical literacy intervention: protocol and baseline characteristics of the 'Stand+Move' randomized controlled trial. <i>Trials</i> , 2021, 22, 944.	1.6	9
86	Evaluation of the fine motor skills of children with DCD using the digitalised visual-motor tracking system. <i>Journal of Engineering</i> , 2018, 2018, 123-129.	1.1	8
87	Physical Activity and Self-Perceptions among Hong Kong Chinese with an Acquired Physical Disability. <i>Adapted Physical Activity Quarterly</i> , 2009, 26, 321-335.	0.8	7
88	Motivational style and actual and perceived academic performance of secondary school students in Hong Kong. <i>School Psychology International</i> , 2013, 34, 17-32.	1.9	7
89	Children with Physical Disabilities at School and Home: Physical Activity and Contextual Characteristics. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 687.	2.6	7
90	Results from Hong Kong's 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2018, 15, S370-S372.	2.0	7

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91	Walking Initiated 20 Minutes before the Time of Individual Postprandial Glucose Peak Reduces the Glucose Response in Young Men with Overweight or Obesity: A Randomized Crossover Study. <i>Journal of Nutrition</i> , 2021, 151, 866-875.	2.9	7
92	Validity of accelerometry for predicting physical activity and sedentary time in ambulatory children and young adults with cerebral palsy. <i>Journal of Exercise Science and Fitness</i> , 2021, 19, 19-24.	2.2	6
93	Operationalizing physical literacy through sport education in a university physical education program. <i>Physical Education and Sport Pedagogy</i> , 2022, 27, 591-607.	3.0	6
94	Moderate-to-vigorous physical activity and sedentary behavior in children with and without developmental coordination disorder: Associations with fundamental movement skills. <i>Research in Developmental Disabilities</i> , 2021, 118, 104070.	2.2	6
95	Children's Use of Electronic Games: Choices of Game Mode and Challenge Levels. <i>International Journal of Pediatrics (United Kingdom)</i> , 2010, 2010, 1-6.	0.8	5
96	Physical activity and movement skills proficiency of young Filipino children. <i>Pediatrics International</i> , 2014, 56, 651-653.	0.5	5
97	Physical Activity of Adolescents with and without Disabilities from a Complete Enumeration Study (n = 1,078). <i>Overseas Chinese Journal of Public Health</i> , 2019, 16, 3156.	2.6	5
98	Main and interacting effects of physical activity and sedentary time on older adults' BMI: The moderating roles of socio-demographic and environmental attributes. <i>PLoS ONE</i> , 2020, 15, e0235833.	2.5	5
99	Perceived and actual physical literacy and physical activity: A test of reverse pathway among Hong Kong children. <i>Journal of Exercise Science and Fitness</i> , 2021, 19, 171-177.	2.2	5
100	Influence of Perceived Physical Literacy on Coaching Efficacy and Leadership Behavior: A Cross-Sectional Study. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 82-90.	1.6	5
101	"Dancing class": schooling the dance in colonial and post-colonial Hong Kong. <i>Sport, Education and Society</i> , 2007, 12, 73-92.	2.1	4
102	A markerless visual-motor tracking system for behavior monitoring in DCD assessment. , 2017, , .		4
103	The Meaning of Aggression Varies Across Culture: Testing the Measurement Invariance of the Refined Aggression Questionnaire in Samples From Spain, the United States, and Hong Kong. <i>Journal of Personality Assessment</i> , 2019, 101, 515-520.	2.1	4
104	A Randomized Controlled Trial of a Blended Physical Literacy Intervention to Support Physical Activity and Health of Primary School Children. <i>Sports Medicine - Open</i> , 2022, 8, 55.	3.1	3
105	Evaluation of a school-based dissemination of the movement guidelines for young children in Hong Kong: Study protocol. <i>Archives of Public Health</i> , 2021, 79, 184.	2.4	2
106	The Development of the Motivational Style Profile for Children (MSP-C). <i>Current Psychology</i> , 2010, 29, 71-87.	2.8	1
107	The Relationship Between Physical Activity and Inhibition in Children With and Without Motor Impairments. <i>Journal of Physical Activity and Health</i> , 2020, 17, 1118-1124.	2.0	1
108	Effectiveness of a Parent-Focused Intervention Targeting 24-H Movement Behaviors in Preschool-Aged Children: Study Protocol for a Randomized Controlled Trial. <i>Frontiers in Public Health</i> , 2022, 10, .	2.7	1



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109	Capio et al. reply. <i>Developmental Medicine and Child Neurology</i> , 2011, 53, 192-192.	2.1	0
110	Physical Activity of Children with Intellectual Disabilities in Diverse Structured Settings in Special Schools. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 488-489.	0.4	0
111	Self-concept Or Motor Skills. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 695.	0.4	0
112	Seasonal Variation in Physical Activity of Children with Disabilities during Physical Education. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 71.	0.4	0
113	The Effect of Motor Skills Training on Physical Activity in Children with Developmental Coordination Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 230.	0.4	0
114	Title is missing!. , 2020, 15, e0235833.		0
115	Title is missing!. , 2020, 15, e0235833.		0
116	Title is missing!. , 2020, 15, e0235833.		0
117	Title is missing!. , 2020, 15, e0235833.		0
118	The Associations Among Physical Activity, Quality of Life, and Self-Concept in Children and Adolescents With Disabilities: A Moderated Mediation Model. <i>Frontiers in Pediatrics</i> , 0, 10, .	1.9	0