

Ralf Schwarzer

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.

291
papers

19,526
citations

69
h-index

133
g-index

310
ext. papers

22,185
ext. citations

3.5
avg, IF

7.26
L-index

#	Paper	IF	Citations
291	Becoming Motivated and Competent to Perform Health-Enhancing Behaviors 2022 , 51-62		
290	FOODLIT-tool: Development and validation of the adaptable food literacy tool towards global sustainability within food systems. <i>Appetite</i> , 2022 , 168, 105658	4.5	2
289	The trajectory of COVID-19 pandemic and handwashing adherence: findings from 14 countries. <i>BMC Public Health</i> , 2021 , 21, 1791	4.1	2
288	A Mobile Intervention for Self-Efficacious and Goal-Directed Smartphone Use in the General Population: Randomized Controlled Trial. <i>JMIR MHealth and UHealth</i> , 2021 , 9, e26397	5.5	1
287	FOODLIT-PRO: conceptual and empirical development of the food literacy wheel. <i>International Journal of Food Sciences and Nutrition</i> , 2021 , 72, 99-111	3.7	4
286	Social-cognitive predictors of parental supervised toothbrushing: An application of the health action process approach. <i>British Journal of Health Psychology</i> , 2021 , 26, 995-1015	8.3	1
285	Prenatal maternal depressive symptoms of Chinese pregnant women and twin newborns' physical health: the moderating role of infant sex. <i>Psychology, Health and Medicine</i> , 2021 , 1-11	2.1	0
284	Promoting the Community's Ability to Detect and Respond to Suicide Risk Through an Online Bystander Intervention Model-Informed Tool. <i>Crisis</i> , 2021 , 42, 225-231	2.8	4
283	Habits and self-efficacy moderate the effects of intentions and planning on physical activity. <i>British Journal of Health Psychology</i> , 2021 , 26, 50-66	8.3	5
282	Risk Awareness, Self-Efficacy, and Social Support Predict Secure Smartphone Usage. <i>Frontiers in Psychology</i> , 2020 , 11, 1066	3.4	2
281	Health Demands Moderate the Link Between Willpower Beliefs and Physical Activity in Patients with Knee Osteoarthritis. <i>International Journal of Behavioral Medicine</i> , 2020 , 27, 406-414	2.6	3
280	Emotional intelligence and dyadic satisfaction buffer the negative effect of stress on prenatal anxiety and depressive symptoms in Chinese women who are pregnant with twins. <i>Anxiety, Stress and Coping</i> , 2020 , 33, 466-478	3.1	5
279	Effects of planning and action control on smartphone security behavior. <i>Computers and Security</i> , 2020 , 97, 101954	4.9	5
278	Social support, adherence to Mediterranean diet and physical activity in adults: results from a community-based cross-sectional study. <i>Journal of Nutritional Science</i> , 2020 , 9, e53	2.7	1
277	Changing Behavior Using Social Cognitive Theory 2020 , 32-45		3
276	Self-Efficacy and Health 2020 , 605-613		2
275	Parental social-cognitive correlates of preschoolers' oral hygiene behavior: A systematic review and meta-analysis. <i>Social Science and Medicine</i> , 2020 , 264, 113322	5.1	2

274	Changing Behavior Using the Health Action Process Approach 2020 , 89-103		19
273	Well-Being Trajectories Following Retirement: A Compensatory Role of Self-Enhancement Values in Disadvantaged Women. <i>Journal of Happiness Studies</i> , 2020 , 21, 2309-2325	3.7	1
272	What makes a good action plan? Characteristics and enactment of fruit and vegetable plans. <i>Appetite</i> , 2019 , 142, 104351	4.5	2
271	Putting psychology into telerehabilitation: Coping planning as an example for how to integrate behavior change techniques into clinical practice. <i>AIMS Medical Science</i> , 2019 , 6, 13-32	0.4	
270	Self-regulatory processes in health behavior change 2019 , 167-179		1
269	A meta-analysis of the health action process approach. <i>Health Psychology</i> , 2019 , 38, 623-637	5	157
268	FOODLIT-PRO: Food Literacy Domains, Influential Factors and Determinants-A Qualitative Study. <i>Nutrients</i> , 2019 , 12,	6.7	13
267	The Berlin Social Support Scales: Validation of the Received Support Scale in a Canadian sample of patients affected by melanoma. <i>Journal of Health Psychology</i> , 2019 , 24, 1785-1795	3.1	9
266	Self-efficacy and planning strategies can improve physical activity levels in women with a recent history of gestational diabetes mellitus. <i>Psychology and Health</i> , 2018 , 33, 1062-1077	2.9	11
265	Parental supervision for their children's toothbrushing: Mediating effects of planning, self-efficacy, and action control. <i>British Journal of Health Psychology</i> , 2018 , 23, 387-406	8.3	65
264	Psychological mechanisms in a digital intervention to improve physical activity: A multicentre randomized controlled trial. <i>British Journal of Health Psychology</i> , 2018 , 23, 296-310	8.3	5
263	Fruit and Vegetable Intake: the Interplay of Planning, Social Support, and Sex. <i>International Journal of Behavioral Medicine</i> , 2018 , 25, 421-430	2.6	10
262	Dietary planning, self-efficacy, and outcome expectancies play a role in an online intervention on fruit and vegetable consumption. <i>Psychology and Health</i> , 2018 , 33, 652-668	2.9	6
261	Dental flossing and automaticity: a longitudinal moderated mediation analysis. <i>Psychology, Health and Medicine</i> , 2018 , 23, 619-627	2.1	5
260	Augmenting fruit and vegetable consumption by an online intervention: Psychological mechanisms. <i>Appetite</i> , 2018 , 120, 348-355	4.5	53
259	Sex differential mediation effects of planning within the health behavior change process. <i>Social Science and Medicine</i> , 2018 , 211, 137-146	5.1	3
258	Turning Good Intentions Into Actions by Using the Health Action Process Approach to Predict Adherence to Internet-Based Depression Prevention: Secondary Analysis of a Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2018 , 20, e9	7.6	65
257	Self-efficacy and quality of life among people with cardiovascular diseases: A meta-analysis. <i>Rehabilitation Psychology</i> , 2018 , 63, 295-312	2.7	25

256	Parents' Planning for Physical Activity for their Pre-School Aged Children: The Role of Psycho-Social Mediators and Moderators. <i>Journal of Child and Family Studies</i> , 2018 , 27, 421-430	2.3	5
255	I believe, therefore I achieve (and vice versa): A meta-analytic cross-lagged panel analysis of self-efficacy and academic performance. <i>Learning and Individual Differences</i> , 2018 , 61, 136-150	3.1	147
254	Couples' daily self-regulation: The Health Action Process Approach at the dyadic level. <i>PLoS ONE</i> , 2018 , 13, e0205887	3.7	18
253	Theory in Behavioral Medicine 2018 , 181-214		1
252	Facilitating physical activity and reducing symptoms in patients with knee osteoarthritis: study protocol of a randomized controlled trial to test a theory-based PrevOP-psychological adherence program (PrevOP-PAP). <i>BMC Musculoskeletal Disorders</i> , 2018 , 19, 221	2.8	3
251	The Role of Self-Efficacy and Friend Support on Adolescent Vigorous Physical Activity. <i>Health Education and Behavior</i> , 2017 , 44, 175-181	4.2	55
250	Who benefits from a dietary online intervention? Evidence from Italy, Spain and Greece. <i>Public Health Nutrition</i> , 2017 , 20, 938-947	3.3	9
249	Communication Skills Training for Practitioners to Increase Patient Adherence to Home-Based Rehabilitation for Chronic Low Back Pain: Results of a Cluster Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2017 , 98, 1732-1743.e7	2.8	32
248	Validity of self-reported concentration and memory problems: Relationship with neuropsychological assessment and depression. <i>Journal of Clinical and Experimental Neuropsychology</i> , 2017 , 39, 1026-1036	2.1	5
247	Women with family cancer history are at risk for poorer physical quality of life and lower self-efficacy: a longitudinal study among men and women with non-small cell lung cancer. <i>Health and Quality of Life Outcomes</i> , 2017 , 15, 62	3	4
246	Translating Dental Flossing Intentions into Behavior: a Longitudinal Investigation of the Mediating Effect of Planning and Self-Efficacy on Young Adults. <i>International Journal of Behavioral Medicine</i> , 2017 , 24, 420-427	2.6	68
245	The Role of Social Support and Self-efficacy for Planning Fruit and Vegetable Intake. <i>Journal of Nutrition Education and Behavior</i> , 2017 , 49, 100-106.e1	2	70
244	Planning Mediates Between Self-Efficacy and Physical Activity Among Motivated Young Adults. <i>Journal of Physical Activity and Health</i> , 2016 , 13, 87-93	2.5	6
243	Avoiding exposure to air pollution by using filtering facemask respirators: An application of the health action process approach. <i>Health Psychology</i> , 2016 , 35, 141-7	5	63
242	A PTSD symptoms trajectory mediates between exposure levels and emotional support in police responders to 9/11: a growth curve analysis. <i>BMC Psychiatry</i> , 2016 , 16, 201	4.2	14
241	Combining self-management cues with incentives to promote interdental cleaning among Indian periodontal disease outpatients. <i>BMC Oral Health</i> , 2016 , 16, 6	3.7	57
240	Revisiting self-regulatory techniques to promote physical activity in older adults: null-findings from a randomised controlled trial. <i>Psychology and Health</i> , 2016 , 31, 1145-65	2.9	21
239	Coping planning as an intervention component: A commentary. <i>Psychology and Health</i> , 2016 , 31, 903-6	2.9	55

238	The world is confounded: a comment on Williams and Rhodes (2016). <i>Health Psychology Review</i> , 2016 , 10, 133-5	7.1	8
237	Self-efficacy, planning, and preparatory behaviours as joint predictors of physical activity: A conditional process analysis. <i>Psychology and Health</i> , 2016 , 31, 65-78	2.9	27
236	Health Action Process Approach (HAPA) as a Theoretical Framework to Understand Behavior Change. <i>Actualidades En Psicología: AP</i> , 2016 , 30, 119	4.3	49
235	Police officers who responded to 9/11: Comorbidity of PTSD, depression, and anxiety 10-11 years later. <i>American Journal of Industrial Medicine</i> , 2016 , 59, 425-36	2.7	38
234	Intervention Engagement Moderates the Dose-Response Relationships in a Dietary Intervention. <i>Dose-Response</i> , 2016 , 14, 1559325816637515	2.3	9
233	Social-cognitive antecedents of hand washing: Action control bridges the planning-behaviour gap. <i>Psychology and Health</i> , 2016 , 31, 993-1004	2.9	86
232	Stage-Based Computer-Delivered Interventions to Increase Condom Use in Young Men. <i>International Journal of Sexual Health</i> , 2016 , 28, 176-186	2	2
231	Regional resources buffer the impact of functional limitations on perceived autonomy in older adults with multiple illnesses. <i>Psychology and Aging</i> , 2016 , 31, 139-48	3.6	5
230	A Brief Self-Regulatory Intervention Increases Dental Flossing in Adolescent Girls. <i>International Journal of Behavioral Medicine</i> , 2015 , 22, 645-51	2.6	23
229	Evaluating brief motivational and self-regulatory hand hygiene interventions: a cross-over longitudinal design. <i>BMC Public Health</i> , 2015 , 15, 79	4.1	65
228	Social Cognitive Antecedents of Fruit and Vegetable Consumption in Truck Drivers: A Sequential Mediation Analysis. <i>Journal of Nutrition Education and Behavior</i> , 2015 , 47, 379-84.e1	2	61
227	Cross-behavior associations and multiple health behavior change: A longitudinal study on physical activity and fruit and vegetable intake. <i>Journal of Health Psychology</i> , 2015 , 20, 525-34	3.1	54
226	Health Self-Regulation, Motivational and Volitional Aspects of 2015 , 710-715		1
225	Improving hand hygiene behaviour among adolescents by a planning intervention. <i>Psychology, Health and Medicine</i> , 2015 , 20, 824-31	2.1	17
224	The role of action control and action planning on fruit and vegetable consumption. <i>Appetite</i> , 2015 , 91, 64-8	4.5	36
223	Facilitating Sunscreen Use Among Chinese Young Adults: Less-Motivated Persons Benefit from a Planning Intervention. <i>International Journal of Behavioral Medicine</i> , 2015 , 22, 443-51	2.6	15
222	Health messages to promote fruit and vegetable consumption at different stages: A match-mismatch design. <i>Psychology and Health</i> , 2015 , 30, 1410-32	2.9	16
221	A brief intervention changing oral self-care, self-efficacy, and self-monitoring. <i>British Journal of Health Psychology</i> , 2015 , 20, 56-67	8.3	102

220	Mothers improve their daughters' vegetable intake: a randomized controlled trial. <i>Psychology, Health and Medicine</i> , 2015 , 20, 1-7	2.1	13
219	Some retirees remain active: a commentary on Sniehotta, Priesseau and Araújo-Soares. <i>Health Psychology Review</i> , 2015 , 9, 138-40	7.1	12
218	Comparing a motivational and a self-regulatory intervention to adopt an oral self-care regimen: a two-sequential randomized crossover trial. <i>Psychology, Health and Medicine</i> , 2015 , 20, 381-92	2.1	9
217	Manage Stress at Work through Preventive and Proactive Coping 2015 , 499-515		2
216	The interplay of intention, autonomy, and sex with dietary planning: A conditional process model to predict fruit and vegetable intake. <i>British Journal of Health Psychology</i> , 2015 , 20, 859-76	8.3	7
215	Promoting action control and coping planning to improve hand hygiene. <i>BMC Public Health</i> , 2015 , 15, 964	4.1	7
214	Beyond single behaviour theory: Adding cross-behaviour cognitions to the health action process approach. <i>British Journal of Health Psychology</i> , 2015 , 20, 824-41	8.3	20
213	Chronic probable PTSD in police responders in the world trade center health registry ten to eleven years after 9/11. <i>American Journal of Industrial Medicine</i> , 2015 , 58, 483-93	2.7	42
212	Resource loss, self-efficacy, and family support predict posttraumatic stress symptoms: a 3-year study of earthquake survivors. <i>Anxiety, Stress and Coping</i> , 2015 , 28, 239-53	3.1	21
211	Self-efficacy, planning and action control in an oral self-care intervention. <i>Health Education Research</i> , 2015 , 30, 671-81	1.8	87
210	The enabling effect of social support on vaccination uptake via self-efficacy and planning. <i>Psychology, Health and Medicine</i> , 2015 , 20, 239-46	2.1	16
209	Preparatory behavior for condom use among heterosexual young men: a longitudinal mediation model. <i>Health Education and Behavior</i> , 2015 , 42, 92-9	4.2	23
208	Action control bridges the planning-behaviour gap: a longitudinal study on physical exercise in young adults. <i>Psychology and Health</i> , 2015 , 30, 911-23	2.9	15
207	Synergistic effects of social support and self-efficacy on dietary motivation predicting fruit and vegetable intake. <i>Appetite</i> , 2015 , 87, 330-5	4.5	18
206	A Computerized Lifestyle Application to Promote Multiple Health Behaviors at the Workplace: Testing Its Behavioral and Psychological Effects. <i>Journal of Medical Internet Research</i> , 2015 , 17, e225	7.6	18
205	Positive Exercise Experience Facilitates Behavior Change via Self-Efficacy. <i>Health Education and Behavior</i> , 2014 , 41, 414-22	4.2	11
204	Will is not enough: coping planning and action control as mediators in the prediction of fruit and vegetable intake. <i>British Journal of Health Psychology</i> , 2014 , 19, 856-70	8.3	74
203	Social integration buffers stress in New York police after the 9/11 terrorist attack. <i>Anxiety, Stress and Coping</i> , 2014 , 27, 18-26	3.1	34

202	'Sticking to a healthy diet is easier for me when I exercise regularly': cognitive transfer between physical exercise and healthy nutrition. <i>Psychology and Health</i> , 2014 , 29, 1361-72	2.9	44
201	A brief intervention increases fruit and vegetable intake. A comparison of two intervention sequences. <i>Appetite</i> , 2014 , 82, 103-10	4.5	73
200	Planning and preparatory actions facilitate physical activity maintenance. <i>Psychology of Sport and Exercise</i> , 2014 , 15, 516-520	4.2	14
199	Life and death of health behaviour theories. <i>Health Psychology Review</i> , 2014 , 8, 53-6	7.1	27
198	Self-efficacy, action control, and social support explain physical activity changes among Costa Rican older adults. <i>Journal of Physical Activity and Health</i> , 2014 , 11, 1573-8	2.5	16
197	Sources of self-efficacy for physical activity. <i>Health Psychology</i> , 2014 , 33, 1298-308	5	96
196	Von der Risikowahrnehmung zur Förderung des Gesundheitsverhaltens. <i>Zentralblatt Fur Arbeitsmedizin, Arbeitsschutz Und Ergonomie</i> , 2014 , 64, 338-341	0.3	4
195	Predicting performance and performance satisfaction: mindfulness and beliefs about the ability to deal with social barriers in sport. <i>Anxiety, Stress and Coping</i> , 2014 , 27, 270-87	3.1	16
194	Physical activity among adults with obesity: testing the Health Action Process Approach. <i>Rehabilitation Psychology</i> , 2014 , 59, 42-9	2.7	38
193	Health motives and health behaviour self-regulation in older adults. <i>Journal of Behavioral Medicine</i> , 2014 , 37, 491-500	3.6	12
192	An age-tailored intervention sustains physical activity changes in older adults: a randomized controlled trial. <i>International Journal of Behavioral Medicine</i> , 2014 , 21, 519-28	2.6	14
191	From intentions via planning and behavior to physical exercise habits. <i>Psychology of Sport and Exercise</i> , 2013 , 14, 632-639	4.2	82
190	Preparing for physical activity: pedometer acquisition as a self-regulatory strategy. <i>Applied Psychology: Health and Well-Being</i> , 2013 , 5, 136-47	6.8	13
189	Positive experience, self-efficacy, and action control predict physical activity changes: a moderated mediation analysis. <i>British Journal of Health Psychology</i> , 2013 , 18, 395-406	8.3	42
188	Effects of a self-regulation intervention on exercise are moderated by depressive symptoms: A quasi-experimental study. <i>International Journal of Clinical and Health Psychology</i> , 2013 , 13, 1-8	5.1	21
187	A dietary planning intervention increases fruit consumption in Iranian women. <i>Appetite</i> , 2013 , 63, 1-6	4.5	64
186	Proactive coping moderates the dietary intention-planning-behavior path. <i>Appetite</i> , 2013 , 70, 127-33	4.5	17
185	Interactive effects of social support and social conflict on medication adherence in multimorbid older adults. <i>Social Science and Medicine</i> , 2013 , 87, 23-30	5.1	19

184	Relationship between health climate and affective commitment in the workplace. <i>International Journal of Health Promotion and Education</i> , 2013 , 51, 172-179	0.8	7
183	Promoting exercise maintenance: how interventions with booster sessions improve long-term rehabilitation outcomes. <i>Rehabilitation Psychology</i> , 2013 , 58, 323-33	2.7	70
182	'I do not need a flu shot because I lead a healthy lifestyle': compensatory health beliefs make vaccination less likely. <i>Journal of Health Psychology</i> , 2013 , 18, 825-36	3.1	30
181	Self-regulation prompts can increase fruit consumption: a one-hour randomised controlled online trial. <i>Psychology and Health</i> , 2013 , 28, 533-45	2.9	26
180	Christopher Peterson: "other people matter". <i>Applied Psychology: Health and Well-Being</i> , 2013 , 5, 1-4	6.8	2
179	Perceived Self-Efficacy and its Relationship to Resilience. <i>Plenum Series on Human Exceptionality</i> , 2013 , 139-150		87
178	Adherence to physical and mental activity interventions: coping plans as a mediator and prior adherence as a moderator. <i>British Journal of Health Psychology</i> , 2012 , 17, 477-91	8.3	9
177	A mediator model of sunscreen use: a longitudinal analysis of social-cognitive predictors and mediators. <i>International Journal of Behavioral Medicine</i> , 2012 , 19, 65-72	2.6	39
176	Contextual and individual predictors of physical activity: Interactions between environmental factors and health cognitions. <i>Health Psychology</i> , 2012 , 31, 714-23	5	78
175	Online intervention engagement predicts smoking cessation. <i>Preventive Medicine</i> , 2012 , 55, 233-6	4.3	27
174	Depressive symptoms interfere with post-rehabilitation exercise: outcome expectancies and experience as mediators. <i>Psychology, Health and Medicine</i> , 2012 , 17, 698-708	2.1	13
173	Translating intentions into sunscreen use: an interaction of self-efficacy and appearance norms. <i>Psychology, Health and Medicine</i> , 2012 , 17, 447-56	2.1	5
172	Long-term adherence to a physical activity intervention: the role of telephone-assisted vs. self-administered coping plans and strategy use. <i>Psychology and Health</i> , 2012 , 27, 784-97	2.9	23
171	Views on aging and emotional benefits of physical activity: Effects of an exercise intervention in older women. <i>Psychology of Sport and Exercise</i> , 2012 , 13, 236-242	4.2	38
170	Affective and health-related outcome expectancies for physical activity in older adults. <i>Psychology and Health</i> , 2012 , 27, 816-28	2.9	42
169	Stressful Life Events 2012 ,		7
168	A combined planning and self-efficacy intervention to promote physical activity: a multiple mediation analysis. <i>Psychology, Health and Medicine</i> , 2012 , 17, 488-98	2.1	26
167	Longitudinal mental health impact among police responders to the 9/11 terrorist attack. <i>American Journal of Industrial Medicine</i> , 2012 , 55, 297-312	2.7	53

166	Multiple plans and memory performance: results of a randomized controlled trial targeting fruit and vegetable intake. <i>Journal of Behavioral Medicine</i> , 2012 , 35, 387-92	3.6	36
165	Health-specific optimism mediates between objective and perceived physical functioning in older adults. <i>Journal of Behavioral Medicine</i> , 2012 , 35, 400-6	3.6	24
164	Planning and self-efficacy can increase fruit and vegetable consumption: a randomized controlled trial. <i>Journal of Behavioral Medicine</i> , 2012 , 35, 443-51	3.6	66
163	Future time perspective and health behaviors: temporal framing of self-regulatory processes in physical exercise and dietary behaviors. <i>Annals of Behavioral Medicine</i> , 2012 , 43, 208-18	4.5	61
162	Changes in social-cognitive variables are associated with stage transitions in physical activity. <i>Health Education Research</i> , 2012 , 27, 129-40	1.8	17
161	Facilitating sunscreen use in women by a theory-based online intervention: a randomized controlled trial. <i>Journal of Health Psychology</i> , 2012 , 17, 207-16	3.1	34
160	Synergistic effects of planning and self-efficacy on physical activity. <i>Health Education and Behavior</i> , 2012 , 39, 152-8	4.2	23
159	Enhancing planning strategies for sunscreen use at different stages of change. <i>Health Education Research</i> , 2012 , 27, 857-67	1.8	17
158	Does Adherence Moderate the Effect of Physical or Mental Training on Episodic Memory in Older Women?. <i>Advances in Physical Education</i> , 2012 , 02, 68-72	0.5	1
157	Nicht-lineare Zusammenhänge zwischen Intention und Verhalten. <i>Zeitschrift Fur Gesundheitspsychologie</i> , 2012 , 20, 105-114		
156	Medication beliefs predict medication adherence in older adults with multiple illnesses. <i>Journal of Psychosomatic Research</i> , 2011 , 70, 179-87	4.1	69
155	Exercise maintenance after rehabilitation: How experience can make a difference. <i>Psychology of Sport and Exercise</i> , 2011 , 12, 293-299	4.2	32
154	Synergistic effect of social support and self-efficacy on physical exercise in older adults. <i>Journal of Aging and Physical Activity</i> , 2011 , 19, 249-61	1.6	45
153	Changes in functional health, changes in medication beliefs, and medication adherence. <i>Health Psychology</i> , 2011 , 30, 31-9	5	22
152	Intervention effects of exercise self-regulation on physical exercise and eating fruits and vegetables: a longitudinal study in orthopedic and cardiac rehabilitation. <i>Preventive Medicine</i> , 2011 , 53, 182-7	4.3	87
151	Maintaining autonomy despite multimorbidity: self-efficacy and the two faces of social support. <i>European Journal of Ageing</i> , 2011 , 8, 3-12	3.6	60
150	Physical activity intervention in older adults: does a participating partner make a difference?. <i>European Journal of Ageing</i> , 2011 , 8, 211	3.6	51
149	How planning facilitates behaviour change: Additive and interactive effects of a randomized controlled trial. <i>European Journal of Social Psychology</i> , 2011 , 41, 42-51	2.9	35

148	Improving cognition by adherence to physical or mental exercise: a moderated mediation analysis. <i>Aging and Mental Health</i> , 2011 , 15, 446-55	3.5	18
147	Activity experiences shape perceived fitness trajectories: results from a 6-month randomized controlled trial in older women. <i>Aging, Neuropsychology, and Cognition</i> , 2011 , 18, 328-39	2.1	8
146	Self-efficacy as a moderator of the planning-behaviour relationship in interventions designed to promote physical activity. <i>Psychology and Health</i> , 2011 , 26, 151-66	2.9	134
145	Who participates in seasonal influenza vaccination? Past behavior moderates the prediction of adherence. <i>Advances in Preventive Medicine</i> , 2011 , 2011, 148934	1.7	11
144	A brief questionnaire on metacognition: psychometric properties. <i>Aging and Mental Health</i> , 2011 , 15, 1052-62	3.5	19
143	Mechanisms of health behavior change in persons with chronic illness or disability: the Health Action Process Approach (HAPA). <i>Rehabilitation Psychology</i> , 2011 , 56, 161-70	2.7	360
142	Health Behavior Change 2011 ,		6
141	Testing stage-specific effects of a stage-matched intervention: a randomized controlled trial targeting physical exercise and its predictors. <i>Health Education and Behavior</i> , 2010 , 37, 533-46	4.2	95
140	Complex mental and physical activity in older women and cognitive performance: a 6-month randomized controlled trial. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2010 , 65, 680-8	6.4	128
139	Translating intentions into nutrition behaviors via planning requires self-efficacy: evidence from Thailand and Germany. <i>International Journal of Psychology</i> , 2010 , 45, 260-8	1.9	23
138	Changes in intentions, planning, and self-efficacy predict changes in behaviors: an application of latent true change modeling. <i>Journal of Health Psychology</i> , 2010 , 15, 935-47	3.1	68
137	Synergistic effects of intention and depression on action control: Longitudinal predictors of exercise after rehabilitation. <i>Mental Health and Physical Activity</i> , 2010 , 3, 78-84	5	8
136	Stage-matched minimal interventions to enhance physical activity in Chinese adolescents. <i>Journal of Adolescent Health</i> , 2010 , 47, 533-9	5.8	25
135	Emotional and uncontrolled eating styles and chocolate chip cookie consumption. A controlled trial of the effects of positive mood enhancement. <i>Appetite</i> , 2010 , 54, 143-9	4.5	43
134	Differential effects of planning and self-efficacy on fruit and vegetable consumption. <i>Appetite</i> , 2010 , 54, 611-4	4.5	41
133	Comparison of Individual Criteria and Externally Imposed Criteria for Stage Allocation: Findings from an Internet Study Addressing Physical Activity. <i>Measurement in Physical Education and Exercise Science</i> , 2010 , 14, 225-240	1.9	1
132	Validity of a stage algorithm for physical activity in participants recruited from orthopedic and cardiac rehabilitation clinics. <i>Rehabilitation Psychology</i> , 2010 , 55, 398-408	2.7	29
131	Risk perception moderates how intentions are translated into sunscreen use. <i>Journal of Behavioral Medicine</i> , 2010 , 33, 392-8	3.6	13

130	Inflammatory biomarkers in 70 depressed inpatients with and without the metabolic syndrome. <i>Journal of Clinical Psychiatry</i> , 2010 , 71, 1007-16	4.6	35
129	Planung und Selbstwirksamkeit von Teilnehmern an einer Online-Intervention für entwöhnungsmotivierte Raucher. <i>Zeitschrift Für Gesundheitspsychologie</i> , 2009 , 17, 114-120		
128	Prediction of stage transitions in fruit and vegetable intake. <i>Health Education Research</i> , 2009 , 24, 596-607	7.8	39
127	Self-efficacy moderates the mediation of intentions into behavior via plans. <i>American Journal of Health Behavior</i> , 2009 , 33, 521-9	1.9	69
126	Disentangling the relation between intentions, planning, and behaviour: a moderated mediation analysis. <i>Psychology and Health</i> , 2009 , 24, 67-79	2.9	97
125	The 8th International Congress on SLE. <i>Applied Psychology: Health and Well-Being</i> , 2009 , 1, 91-104	6.8	45
124	Self-Efficacy and Planning Predict Dietary Behaviors in Costa Rican and South Korean Women: Two Moderated Mediation Analyses. <i>Applied Psychology: Health and Well-Being</i> , 2009 , 1, 23-45	6.8	13
123	Validity of stage assessment in the adoption and maintenance of physical activity and fruit and vegetable consumption. <i>Health Psychology</i> , 2009 , 28, 183-93	5	93
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