

# Stephen Whybrow

## List of Publications by Year in descending order

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Version: 2024-02-01

55  
papers

2,204  
citations

257101

24  
h-index

223531

46  
g-index

55  
all docs

55  
docs citations

55  
times ranked

2756  
citing authors

#	ARTICLE	IF	CITATIONS
1	Cross talk between physical activity and appetite control: does physical activity stimulate appetite?. Proceedings of the Nutrition Society, 2003, 62, 651-661.	0.4	229
2	Resistance and susceptibility to weight gain: Individual variability in response to a high-fat diet. Physiology and Behavior, 2005, 86, 614-622.	1.0	219
3	Problems in identifying predictors and correlates of weight loss and maintenance: implications for weight control therapies based on behaviour change. Obesity Reviews, 2011, 12, 688-708.	3.1	159
4	Energy density, diet composition and palatability: influences on overall food energy intake in humans. Physiology and Behavior, 2004, 81, 755-764.	1.0	130
5	Rate and extent of compensatory changes in energy intake and expenditure in response to altered exercise and diet composition in humans. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2004, 286, R350-R358.	0.9	128
6	The effect of an incremental increase in exercise on appetite, eating behaviour and energy balance in lean men and women feeding <i>ad libitum</i> . British Journal of Nutrition, 2008, 100, 1109-1115.	1.2	128
7	Modelling the associations between fat-free mass, resting metabolic rate and energy intake in the context of total energy balance. International Journal of Obesity, 2016, 40, 312-318.	1.6	94
8	Cognitive and weight-related correlates of flexible and rigid restrained eating behaviour. Eating Behaviors, 2013, 14, 69-72.	1.1	83
9	Achieving dietary recommendations and reducing greenhouse gas emissions: modelling diets to minimise the change from current intakes. International Journal of Behavioral Nutrition and Physical Activity, 2016, 13, 46.	2.0	81
10	Healthy and sustainable diets that meet greenhouse gas emission reduction targets and are affordable for different income groups in the UK. Public Health Nutrition, 2019, 22, 1503-1517.	1.1	78
11	Measuring the difference between actual and reported food intakes in the context of energy balance under laboratory conditions. British Journal of Nutrition, 2014, 111, 2032-2043.	1.2	72
12	Weight Outcomes Audit for 34,271 Adults Referred to a Primary Care/Commercial Weight Management Partnership Scheme. Obesity Facts, 2011, 4, 1-1.	1.6	64
13	Effects of Two Weeks' Mandatory Snack Consumption on Energy Intake and Energy Balance. Obesity, 2007, 15, 673-685.	1.5	62
14	Carbohydrates, Appetite and Feeding Behavior in Humans. Journal of Nutrition, 2001, 131, 2775S-2781S.	1.3	60
15	Altering the temporal distribution of energy intake with isoenergetically dense foods given as snacks does not affect total daily energy intake in normal-weight men. British Journal of Nutrition, 2000, 83, 7-14.	1.2	52
16	Social, temporal and situational influences on meat consumption in the UK population. Appetite, 2019, 138, 1-9.	1.8	47
17	Developing a methodology for assigning glycaemic index values to foods consumed across Europe. Obesity Reviews, 2010, 11, 92-100.	3.1	43
18	Effects of added fruits and vegetables on dietary intakes and body weight in Scottish adults. British Journal of Nutrition, 2006, 95, 496-503.	1.2	40

#	ARTICLE	IF	CITATIONS
19	Biological and psychological mediators of the relationships between fat mass, fat-free mass and energy intake. <i>International Journal of Obesity</i> , 2019, 43, 233-242.	1.6	34
20	The evaluation of an electronic visual analogue scale system for appetite and mood. <i>European Journal of Clinical Nutrition</i> , 2006, 60, 558-560.	1.3	32
21	Activity energy expenditure is an independent predictor of energy intake in humans. <i>International Journal of Obesity</i> , 2019, 43, 1466-1474.	1.6	32
22	Nutrient intakes and snacking frequency in female students. <i>Journal of Human Nutrition and Dietetics</i> , 1997, 10, 237-244.	1.3	31
23	An evaluation of the IDEEAâ„¢ activity monitor for estimating energy expenditure. <i>British Journal of Nutrition</i> , 2013, 109, 173-183.	1.2	30
24	Is misreporting of dietary intake by weighed food records or 24-hour recalls food specific?. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1026-1034.	1.3	28
25	Social deprivation is associated with poorer adherence to healthy eating dietary goals: analysis of household food purchases. <i>Journal of Public Health</i> , 2018, 40, e8-e15.	1.0	26
26	Human Galanin (GAL) and Galanin 1 Receptor (GALR1) Variations Are Not Involved in Fat Intake and Early Onset Obesity. <i>Journal of Nutrition</i> , 2005, 135, 1387-1392.	1.3	25
27	Dietary and lifestyle measures to enhance satiety and weight control. <i>Nutrition Bulletin</i> , 2010, 35, 113-125.	0.8	19
28	Effects of increasing increments of fat- and sugar-rich snacks in the diet on energy and macronutrient intake in lean and overweight men. <i>British Journal of Nutrition</i> , 2006, 96, 596-606.	1.2	18
29	Attendance and weight outcomes in 4754 adults referred over 6â„¢ months to a primary care/commercial weight management partnership scheme. <i>Clinical Obesity</i> , 2012, 2, 6-14.	1.1	16
30	Plausible self-reported dietary intakes in a residential facility are not necessarily reliable. <i>European Journal of Clinical Nutrition</i> , 2016, 70, 130-135.	1.3	15
31	Assessing the relative validity of the Scottish Collaborative Group FFQ for measuring dietary intake in adults. <i>Public Health Nutrition</i> , 2017, 20, 449-455.	1.1	15
32	Low-energy reporting and duration of recording period. <i>European Journal of Clinical Nutrition</i> , 2008, 62, 1148-1150.	1.3	14
33	â„¢A Lot of People Are Struggling Privately. They Donâ„¢t Know Where to Go or Theyâ„¢re Not Sure of What to Doâ„¢ Frontline Service Provider Perspectives of the Nature of Household Food Insecurity in Scotland. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2738.	1.2	12
34	Service evaluation of weight outcomes as a function of initial BMI in 34,271 adults referred to a primary care/commercial weight management partnership scheme. <i>BMC Research Notes</i> , 2013, 6, 161.	0.6	11
35	What can Secondary Data Tell Us about Household Food Insecurity in a High-Income Country Context?. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 82.	1.2	11
36	Differences in expenditure and amounts of fresh foods, fruits and vegetables, and fish purchased in urban and rural Scotland. <i>Public Health Nutrition</i> , 2017, 20, 524-533.	1.1	9

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37	Is "home cooked" healthier and cheaper than ready meals?. Proceedings of the Nutrition Society, 2015, 74, .	0.4	8
38	Self-reported food intake decreases over recording period in the National Diet and Nutrition Survey. British Journal of Nutrition, 2020, 124, 586-590.	1.2	8
39	Using food intake records to estimate compliance with the Eatwell Plate dietary guidelines. Journal of Human Nutrition and Dietetics, 2016, 29, 262-268.	1.3	7
40	Buying less and wasting less food. Changes in household food energy purchases, energy intakes and energy density between 2007 and 2012 with and without adjustment for food waste. Public Health Nutrition, 2017, 20, 1248-1256.	1.1	7
41	Greenhouse gas emissions associated with sustainable diets in relation to climate change and health. Proceedings of the Nutrition Society, 2015, 74, .	0.4	6
42	Procolipase Gene: No Association with Early-Onset Obesity or Fat Intake. Obesity Facts, 2009, 2, 40-44.	1.6	3
43	The financial costs of a healthy eating weight-loss diet. Proceedings of the Nutrition Society, 2011, 70, .	0.4	3
44	Associations between fat, sugar and other macronutrient intakes in the National Diet and Nutrition Survey. Nutrition Bulletin, 2012, 37, 213-223.	0.8	3
45	Identification of psychological correlates of dietary misreporting under laboratory and free-living environments. British Journal of Nutrition, 2021, 126, 264-275.	1.2	3
46	Macronutrients, Feeding Behavior, and Weight Control in Humans. , 2008, , 295-322.		3
47	Effect of different food groups on energy intake within and between individuals. European Journal of Nutrition, 2022, 61, 3559-3570.	1.8	3
48	Estimating plate-based model food proportions in adults living in Scotland using short dietary assessment questionnaires. Nutrition and Dietetics, 2019, 76, 521-531.	0.9	2
49	Attitudes towards, and purchasing of, Scottish beef and beef products in Scotland " A short communication. Meat Science, 2018, 145, 150-153.	2.7	1
50	Dietary restraint and weight loss maintenance in members of a commercial weight loss organisation. Proceedings of the Nutrition Society, 2011, 70, .	0.4	0
51	Changes in lifestyle habits and behaviours are associated with weight loss maintenance in members of a commercial weight loss organisation. Proceedings of the Nutrition Society, 2011, 70, .	0.4	0
52	Demographic factors do not predict weight loss maintenance in members of a commercial weight loss organisation. Proceedings of the Nutrition Society, 2011, 70, .	0.4	0
53	Accuracy of diet quality perception in Scottish adults. Proceedings of the Nutrition Society, 2012, 71, .	0.4	0
54	Consumers' ability to match foods to the eatwell plate. Proceedings of the Nutrition Society, 2016, 75, .	0.4	0

#	ARTICLE	IF	CITATIONS
55	Exercise, Appetite, and Energy Balance: The Interactions Between Energy Expenditure and Intake, and the Implications for Weight Management. , 2011, , 1569-1584.		0