

Michael Vallis

List of Publications by Year in descending order

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Version: 2024-02-01

112
papers

11,653
citations

147566

31
h-index

37111

96
g-index

116
all docs

116
docs citations

116
times ranked

12037
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of Intensive Glucose Lowering in Type 2 Diabetes. <i>New England Journal of Medicine</i> , 2008, 358, 2545-2559.	13.9	7,084
2	Obesity in adults: a clinical practice guideline. <i>Cmaj</i> , 2020, 192, E875-E891.	0.9	592
3	Diabetes Attitudes, Wishes and Needs second study (DAWN2): Cross-national benchmarking of diabetes-related psychosocial outcomes for people with diabetes. <i>Diabetic Medicine</i> , 2013, 30, 767-777.	1.2	540
4	Changes in Diabetes Self-Care Behaviors Make a Difference in Glycemic Control: The Diabetes Stages of Change (DiSC) study. <i>Diabetes Care</i> , 2003, 26, 732-737.	4.3	288
5	The Cognitive Therapy Scale: Psychometric properties. <i>Journal of Consulting and Clinical Psychology</i> , 1986, 54, 381-385.	1.6	251
6	Therapist competence ratings in relation to clinical outcome in cognitive therapy of depression. <i>Journal of Consulting and Clinical Psychology</i> , 1999, 67, 837-846.	1.6	242
7	We've Come a Long Way Haven't We?. <i>Canadian Journal of Diabetes</i> , 2013, 37, 1.	0.4	166
8	Randomized Trial of a Telephone-Based Weight Loss Intervention in Postmenopausal Women With Breast Cancer Receiving Letrozole: The LISA Trial. <i>Journal of Clinical Oncology</i> , 2014, 32, 2231-2239.	0.8	141
9	The Cognitive Therapy Scale: psychometric properties. <i>Journal of Consulting and Clinical Psychology</i> , 1986, 54, 381-5.	1.6	134
10	Stages of Change for Healthy Eating in Diabetes: Relation to demographic, eating-related, health care utilization, and psychosocial factors. <i>Diabetes Care</i> , 2003, 26, 1468-1474.	4.3	128
11	Reliability of a measure of the quality of cognitive therapy. <i>British Journal of Clinical Psychology</i> , 1985, 24, 295-300.	1.7	107
12	Personal Accounts of the Negative and Adaptive Psychosocial Experiences of People With Diabetes in the Second Diabetes Attitudes, Wishes and Needs (DAWN2) Study. <i>Diabetes Care</i> , 2014, 37, 2466-2474.	4.3	104
13	Clinical review: modified 5 As: minimal intervention for obesity counseling in primary care. <i>Canadian Family Physician</i> , 2013, 59, 27-31.	0.1	102
14	Assessment of core cognitive processes in cognitive therapy. <i>Cognitive Therapy and Research</i> , 1986, 10, 509-526.	1.2	100
15	Diabetes and Mental Health. <i>Canadian Journal of Diabetes</i> , 2018, 42, S130-S141.	0.4	98
16	Blame, Shame, and Lack of Support. <i>Qualitative Health Research</i> , 2014, 24, 790-800.	1.0	84
17	Diabetes and Mental Health. <i>Canadian Journal of Diabetes</i> , 2013, 37, S87-S92.	0.4	75
18	Behavioural interventions to increase the physical activity of cardiac patients: a review. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2011, 18, 15-32.	3.1	74

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19	If it does not significantly change HbA _{1c} levels why should we waste time on it? A plea for the prioritization of psychological well-being in people with diabetes. <i>Diabetic Medicine</i> , 2015, 32, 155-163.	1.2	70
20	The Role of Psychological Factors in Bariatric Surgery for Morbid Obesity: Identification of Psychological Predictors of Success. <i>Obesity Surgery</i> , 1993, 3, 346-359.	1.1	60
21	It is not the diet; it is the mental part we need help with. A multilevel analysis of psychological, emotional, and social well-being in obesity. <i>International Journal of Qualitative Studies on Health and Well-being</i> , 2017, 12, 1306421.	0.6	60
22	Quality of life and psychological well-being in obesity management: improving the odds of success by managing distress. <i>International Journal of Clinical Practice</i> , 2016, 70, 196-205.	0.8	51
23	The Role of Psychological Functioning in Morbid Obesity and Its Treatment with Gastroplasty. <i>Obesity Surgery</i> , 2001, 11, 716-725.	1.1	50
24	A core outcomes set for clinical trials of interventions for young adults with type 1 diabetes: an international, multi-perspective Delphi consensus study. <i>Trials</i> , 2017, 18, 602.	0.7	47
25	Assessing patient suitability for short-term cognitive therapy with an interpersonal focus. <i>Cognitive Therapy and Research</i> , 1993, 17, 23-38.	1.2	44
26	The Obesity Adjustment Survey: Development of a scale to assess psychological adjustment to morbid obesity. <i>International Journal of Obesity</i> , 1999, 23, 505-511.	1.6	42
27	The consequences of anxious temperament for disease detection, self-management behavior, and quality of life in Type 2 diabetes mellitus. <i>Journal of Psychosomatic Research</i> , 2009, 67, 297-305.	1.2	40
28	Do My Best To Listen to Patients: Qualitative Insights Into DAWN2 (Diabetes Psychosocial Care From) Tj ETQq0 0 0 rgBT /Overl	1.1	40
29	Perceptions of barriers to effective obesity management in Canada: Results from the ACTION study. <i>Clinical Obesity</i> , 2019, 9, e12329.	1.1	40
30	Managing Hypoglycemia in Diabetes May Be More Fear Management Than Glucose Management: A Practical Guide for Diabetes Care Providers. <i>Current Diabetes Reviews</i> , 2015, 10, 364-370.	0.6	38
31	Emerging adulthood and Type 1 diabetes: insights from the DAWN2 Study. <i>Diabetic Medicine</i> , 2018, 35, 203-213.	1.2	36
32	Working with People to Make Changes: A Behavioural Change Approach Used in Chronic Low Back Pain Rehabilitation. <i>Physiotherapy Canada Physiotherapie Canada</i> , 2014, 66, 82-90.	0.3	32
33	Are Behavioural Interventions Doomed to Fail? Challenges to Self-Management Support in Chronic Diseases. <i>Canadian Journal of Diabetes</i> , 2015, 39, 330-334.	0.4	29
34	Understanding national trends in COVID-19 vaccine hesitancy in Canada: results from five sequential cross-sectional representative surveys spanning April 2020-March 2021. <i>BMJ Open</i> , 2022, 12, e059411.	0.8	28
35	A complete component analysis of Stress Inoculation for pain tolerance. <i>Cognitive Therapy and Research</i> , 1984, 8, 313-329.	1.2	27
36	Self-efficacy as a predictor of behavior change: Interaction with type of training for pain tolerance. <i>Cognitive Therapy and Research</i> , 1986, 10, 79-94.	1.2	26

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37	The LISA randomized trial of a weight loss intervention in postmenopausal breast cancer. <i>Npj Breast Cancer</i> , 2020, 6, 6.	2.3	26
38	Healthcare providers' gestational weight gain counselling practises and the influence of knowledge and attitudes: a cross-sectional mixed methods study. <i>BMJ Open</i> , 2017, 7, e018527.	0.8	25
39	Working Together to Promote Diabetes Control: A Practical Guide for Diabetes Health Care Providers in Establishing a Working Alliance to Achieve Self-Management Support. <i>Journal of Diabetes Research</i> , 2016, 2016, 1-6.	1.0	24
40	Diabetes Attitudes, Wishes and Needs Second Study (DAWN2): Understanding Diabetes-Related Psychosocial Outcomes for Canadians with Diabetes. <i>Canadian Journal of Diabetes</i> , 2016, 40, 234-241.	0.4	24
41	Equipping providers with principles, knowledge and skills to successfully integrate behaviour change counselling into practice: a primary healthcare framework. <i>Public Health</i> , 2018, 154, 70-78.	1.4	23
42	Illness Behavior: A Multidisciplinary Model. <i>Contemporary Sociology</i> , 1988, 17, 238.	0.0	22
43	Morphometric changes correlate with poor psychological outcomes in patients with acromegaly. <i>European Journal of Endocrinology</i> , 2016, 174, 41-50.	1.9	21
44	Postpartum Flatal and Fecal Incontinence Quality-of-Life Scale: A Disease- and Population-Specific Measure. <i>Qualitative Health Research</i> , 2003, 13, 1132-1144.	1.0	20
45	Correlates of psychological outcomes among family members of people with diabetes in the second Diabetes Attitudes, Wishes and Needs (DAWN) study. <i>Diabetic Medicine</i> , 2016, 33, 1184-1193.	1.2	19
46	Protecting individuals living with overweight and obesity: Attitudes and concerns toward COVID-19 vaccination in Canada. <i>Obesity</i> , 2021, 29, 1128-1137.	1.5	19
47	Bringing Value-Based Perspectives to Care: Including Patient and Family Members in Decision-Making Processes. <i>International Journal of Health Policy and Management</i> , 2017, 6, 661-668.	0.5	19
48	A Novel Approach to Cardiovascular Health By Optimizing Risk Management (ANCHOR): Behavioural Modification in Primary Care Effectively Reduces Global Risk. <i>Canadian Journal of Cardiology</i> , 2013, 29, 1400-1407.	0.8	18
49	Systolic Blood Pressure Control Among Individuals With Type 2 Diabetes: A Comparative Effectiveness Analysis of Three Interventions. <i>American Journal of Hypertension</i> , 2015, 28, 995-1009.	1.0	18
50	Insulin Matters: A Practical Approach to Basal Insulin Management in Type 2 Diabetes. <i>Diabetes Therapy</i> , 2018, 9, 501-519.	1.2	18
51	Training Healthcare Providers in Motivational Communication for Promoting Physical Activity and Exercise in Cardiometabolic Health Settings: Do We Know What We Are Doing?. <i>Current Cardiovascular Risk Reports</i> , 2015, 9, 1.	0.8	16
52	Future directions for investigation of fatigue in chronic hepatitis C viral infection. <i>Chronic Illness</i> , 2009, 5, 115-128.	0.6	15
53	A Novel Approach to Cardiovascular Health by Optimizing Risk Management (ANCHOR): A Primary Prevention Initiative Examining the Impact of Health Risk Factor Assessment and Management on Cardiac Wellness. <i>Canadian Journal of Cardiology</i> , 2011, 27, 809-817.	0.8	14
54	Diabetes-Related Behavior Change Knowledge Transfer to Primary Care Practitioners and Patients: Implementation and Evaluation of a Digital Health Platform. <i>JMIR Medical Informatics</i> , 2018, 6, e25.	1.3	14

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55	Anxious Temperament and Disease Progression at Diagnosis: The Case of Type 2 Diabetes. <i>Psychosomatic Medicine</i> , 2008, 70, 837-843.	1.3	13
56	Behaviour Change Counselling—How Do I Know If I Am Doing It Well? The Development of the Behaviour Change Counselling Scale (BCCS). <i>Canadian Journal of Diabetes</i> , 2013, 37, 18-26.	0.4	13
57	Ending the Pandemic: How Behavioural Science Can Help Optimize Global COVID-19 Vaccine Uptake. <i>Vaccines</i> , 2022, 10, 7.	2.1	13
58	Living with an adult who has diabetes: Qualitative insights from the second Diabetes Attitudes, Wishes and Needs (DAWN2) study. <i>Diabetes Research and Clinical Practice</i> , 2016, 116, 270-278.	1.1	12
59	Illness Behaviour: Operationalization of the Biopsychosocial Model. , 1986, , 1-31.		12
60	A Canadian Cross-Sectional Survey on Psychosocial Supports for Adults Living With Type 1 or 2 Diabetes: Health-Care Providers' Awareness, Capacity and Motivation. <i>Canadian Journal of Diabetes</i> , 2018, 42, 389-394.e2.	0.4	11
61	Sustained behaviour change in healthy eating to improve obesity outcomes: It is time to abandon willpower to appreciate wanting. <i>Clinical Obesity</i> , 2019, 9, e12299.	1.1	11
62	Weight gain, weight management and medical care for individuals living with overweight and obesity during the COVID-19 pandemic (EPOCH Study). <i>Obesity Science and Practice</i> , 2022, 8, 556-568.	1.0	11
63	D-WISE: Diabetes Web-Centric Information and Support Environment: Conceptual Specification and Proposed Evaluation. <i>Canadian Journal of Diabetes</i> , 2014, 38, 205-211.	0.4	10
64	Alleviating carbohydrate counting with a <scp>FiASP—plus—pramlintide closed-loop</scp> delivery system (artificial pancreas): Feasibility and pilot studies. <i>Diabetes, Obesity and Metabolism</i> , 2021, 23, 2090-2098.	2.2	10
65	Integrating behaviour change counselling into chronic disease management: a square peg in a round hole? A system-level exploration in primary health care. <i>Public Health</i> , 2019, 175, 43-53.	1.4	8
66	The Development and Testing of a Checklist to Study Behaviour Change Techniques used in a Treatment Programme for Canadian Armed Forces Members with Chronic Non-specific Low Back Pain. <i>Physiotherapy Canada Physiotherapie Canada</i> , 2014, 66, 313-321.	0.3	7
67	Review of research grant allocation to psychosocial studies in diabetes research. <i>Diabetic Medicine</i> , 2016, 33, 1673-1676.	1.2	7
68	When behaviour meets biology: if obesity is a chronic medical disease what is obesity management?. <i>Clinical Obesity</i> , 2021, 11, e12443.	1.1	7
69	The field of clinical psychology: Arriving at a definition.. <i>Canadian Psychology</i> , 1996, 37, 120-127.	1.4	5
70	What Makes Crohn's Disease Patients Difficult to Manage? The Role of Psychosocial Factors. <i>Journal of Clinical Psychology in Medical Settings</i> , 2004, 11, 325-332.	0.8	5
71	Comparing a clinician-assisted and app-supported behavioral activation intervention to promote brain health and well-being in frontline care. <i>International Psychogeriatrics</i> , 2020, 33, 1-11.	0.6	5
72	Coming Soon: An Internalized Weight Bias Assessment Scale for Use During Pregnancy. <i>Obesity</i> , 2021, 29, 788-789.	1.5	5

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73	Is Cognitive Therapy Suitable for Treating Individuals with Personality Dysfunction?. Cognitive Therapy and Research, 2000, 24, 595-606.	1.2	4
74	Fatigue and Quality of Life in Hepatitis C: Fact or Fiction?. Journal of Clinical Psychology in Medical Settings, 2003, 10, 267-271.	0.8	4
75	Comment on Pladevall et al, "A Randomized Controlled Trial to Provide Adherence Information and Motivational Interviewing to Improve Diabetes and Lipid Control" The Diabetes Educator, 2015, 41, 625-626.	2.6	4
76	Curbing excess gestational weight gain in primary care: using a point-of-care tool based on behavior change theory. International Journal of Women's Health, 2018, Volume 10, 609-615.	1.1	4
77	User-driven open-source artificial pancreas systems and patient-reported outcomes: A missed opportunity?. Diabetic Medicine, 2022, 39, e14797.	1.2	4
78	Clinical Management of Inflammatory Bowel Disease: Beyond Disease Activity. Part II: Strategies for Maximizing Psychosocial Health. Canadian Journal of Gastroenterology & Hepatology, 1992, 6, 87-92.	1.8	3
79	Impact of Disease Activity on the Quality of Life of Crohn's Disease Patients. Canadian Journal of Gastroenterology & Hepatology, 1996, 10, 310-315.	1.8	3
80	Diabetes Distress in Adults Living With Type 1 and Type 2 Diabetes: A Public Health Issue. Canadian Journal of Diabetes, 2020, 44, 549-554.	0.4	3
81	Persons With Diabetes and General/Family Practitioner Perspectives Related to Therapeutic Inertia in Type 2 Diabetes Mellitus Using Qualitative Focus Groups and the Theoretical Domains Framework: Results From the MOTION Study. Canadian Journal of Diabetes, 2022, 46, 171-180.	0.4	3
82	A PSAD Group response to the consensus report on the definition and interpretation of remission in type 2 diabetes: a psychosocial perspective is needed. Diabetologia, 2022, 65, 406-408.	2.9	3
83	A Cross-sectional Survey to Assess Reasons for Therapeutic Inertia in People With Type 2 Diabetes Mellitus and Preferred Strategies to Overcome It From the Perspectives of Persons With Diabetes and General/Family Practitioners: Results From the MOTION Study. Canadian Journal of Diabetes, 2022, 46, 337-345.e2.	0.4	3
84	Clinical Management of Inflammatory Bowel Disease: Beyond Disease Activity. I. Assessing Psychosocial Factors. Canadian Journal of Gastroenterology & Hepatology, 1992, 6, 39-43.	1.8	2
85	Predoctoral internship training in Canada - I: Internship settings and supervisory issues.. Canadian Psychology, 1996, 37, 173-179.	1.4	2
86	Diabetes HealthSense: Development of a Resource in Support of Behavior Change. Diabetes Spectrum, 2011, 24, 144-147.	0.4	2
87	A Collaborative Approach to a Chronic Care Problem: An Academic Mentor's Point of View. HealthcarePapers, 2016, 15, 74-79.	0.2	2
88	Canadian Surgery Forum.. Canadian Journal of Surgery, 2010, 53, S51-S104.	0.5	2
89	All Dressed Up and Nowhere to Go: Enabling Diabetes Self-management. Canadian Journal of Diabetes, 2008, 32, 171.	0.4	1
90	Taking Action against Obesity in Nova Scotia. Canadian Journal of Diabetes, 2010, 34, 346-354.	0.4	1

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91	A New Dawn for Diabetes in Canada. Canadian Journal of Diabetes, 2012, 36, 210-213.	0.4	1
92	Diab�te et sant� mentale. Canadian Journal of Diabetes, 2013, 37, S459-S465.	0.4	1
93	Appreciating the Importance of Unmet Needs Associated With Obesity in Cardiac Rehabilitation: A Call for Critical Improvement in Program Availability. Canadian Journal of Cardiology, 2019, 35, 684-687.	0.8	1
94	Comment on the consensus report on the management of hyperglycaemia in Type 2 diabetes by the American Diabetes Association and the European Association for the Study of Diabetes. Diabetic Medicine, 2019, 36, 911-912.	1.2	1
95	Self-Management Support in Chronic Care: Practice Implementation Lessons for Healthcare Providers from an Atlantic Collaborative. Healthcare Quarterly, 2016, 18, 49-54.	0.7	1
96	A Digital Framework to Support Providers and Patients in Diabetes Related Behavior Modification. Studies in Health Technology and Informatics, 2017, 235, 589-593.	0.2	1
97	Readiness to Change Is Difficult to Measure. Canadian Journal of Diabetes, 2006, 30, 19.	0.4	0
98	Self-Monitoring of Blood Glucose in Type 2 Diabetes.. Canadian Journal of Diabetes, 2008, 32, 319.	0.4	0
99	Depression and Diabetes, It's All About Diabetes!. Canadian Journal of Diabetes, 2008, 32, 362.	0.4	0
100	Challenges in obesity management: A multi-leveled perspective. Canadian Journal of Diabetes, 2011, 35, 179.	0.4	0
101	Evaluation of a Nova Scotia Diabetes Assistance Program for People with Type 2 Diabetes. Canadian Journal of Diabetes, 2011, 35, 54-62.	0.4	0
102	Motivational Interviewing and Behaviour Change: Are You Really Sure You Want to Do This?. Canadian Journal of Diabetes, 2013, 37, S221.	0.4	0
103	Assessing Determinants of Readiness to Change at Baseline in DECCO Cohort. Canadian Journal of Diabetes, 2013, 37, S225.	0.4	0
104	Improving the Management of Psychosocial Issues in Obesity: Learnings from the Diabetes Attitudes, Wishes and Needs Study. Canadian Journal of Diabetes, 2013, 37, S234.	0.4	0
105	The Diabetes Attitudes, Wishes and Needs (DAWN; DAWN2) Program: Lessons to Advance the PsychoSocial Management Within Obesity. Canadian Journal of Diabetes, 2013, 37, S251-S252.	0.4	0
106	Achieving Patient-Centeredness in Obesity Management Within Primary Care Settings. Canadian Journal of Diabetes, 2015, 39, S12.	0.4	0
107	Meal Replacements in Obesity Management: A Psychosocial and Behavioural Intervention and/or a Weight Loss Tool?. Canadian Journal of Diabetes, 2015, 39, S16.	0.4	0
108	Why aren't Patients Self-Adjusting Insulin? The Patient's Perspective (Part 2). Canadian Journal of Diabetes, 2016, 40, S23-S24.	0.4	0

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109	Mental Health in Diabetes: Never a Better Time. Canadian Journal of Diabetes, 2020, 44, 453-454.	0.4	0
110	Implementation of Person-Centered Methods in Group-Based Diabetes Education. Diabetes, 2018, 67, 2235-PUB.	0.3	0
111	Six as model of counseling in obesity, responses. Canadian Family Physician, 2013, 59, 353.	0.1	0
112	P224 Deconstructing distress: Stakeholder engagement for evidence-based, patient-centered interventions for the management of IBD-associated psychological distress. Journal of Crohn's and Colitis, 2022, 16, i274-i275.	0.6	0