

# 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	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. <i>Canadian Journal of Diabetes</i> , 2022, 46, 171-180.	0.4	3
2	A PSAD Group response to the consensus report on the definition and interpretation of remission in type 2 diabetes: a psychosocial perspective is needed. <i>Diabetologia</i> , 2022, 65, 406-408.	2.9	3
3	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
4	P224 Deconstructing distress: Stakeholder engagement for evidence-based, patient-centered interventions for the management of IBD-associated psychological distress. <i>Journal of Crohn's and Colitis</i> , 2022, 16, i274-i275.	0.6	0
5	User-driven open-source artificial pancreas systems and patient-reported outcomes: A missed opportunity?. <i>Diabetic Medicine</i> , 2022, 39, e14797.	1.2	4
6	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
7	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. <i>Canadian Journal of Diabetes</i> , 2022, 46, 337-345.e2.	0.4	3
8	Ending the Pandemic: How Behavioural Science Can Help Optimize Global COVID-19 Vaccine Uptake. <i>Vaccines</i> , 2022, 10, 7.	2.1	13
9	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
10	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
11	Coming Soon: An Internalized Weight Bias Assessment Scale for Use During Pregnancy. <i>Obesity</i> , 2021, 29, 788-789.	1.5	5
12	Alleviating carbohydrate counting with a FIASP+pramlintide closed-loop delivery system (artificial pancreas): Feasibility and pilot studies. <i>Diabetes, Obesity and Metabolism</i> , 2021, 23, 2090-2098.	2.2	10
13	Obesity in adults: a clinical practice guideline. <i>Cmaj</i> , 2020, 192, E875-E891.	0.9	592
14	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
15	Mental Health in Diabetes: Never a Better Time. <i>Canadian Journal of Diabetes</i> , 2020, 44, 453-454.	0.4	0
16	Diabetes Distress in Adults Living With Type 1 and Type 2 Diabetes: A Public Health Issue. <i>Canadian Journal of Diabetes</i> , 2020, 44, 549-554.	0.4	3
17	The LISA randomized trial of a weight loss intervention in postmenopausal breast cancer. <i>Npj Breast Cancer</i> , 2020, 6, 6.	2.3	26
18	Perceptions of barriers to effective obesity management in Canada: Results from the ACTION study. <i>Clinical Obesity</i> , 2019, 9, e12329.	1.1	40

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19	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
20	Appreciating the Importance of Unmet Needs Associated With Obesity in Cardiac Rehabilitation: A Call for Critical Improvement in Program Availability. <i>Canadian Journal of Cardiology</i> , 2019, 35, 684-687.	0.8	1
21	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
22	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. <i>Diabetic Medicine</i> , 2019, 36, 911-912.	1.2	1
23	Insulin Matters: A Practical Approach to Basal Insulin Management in Type 2 Diabetes. <i>Diabetes Therapy</i> , 2018, 9, 501-519.	1.2	18
24	Diabetes and Mental Health. <i>Canadian Journal of Diabetes</i> , 2018, 42, S130-S141.	0.4	98
25	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
26	Emerging adulthood and Type 1 diabetes: insights from the DAWN2 Study. <i>Diabetic Medicine</i> , 2018, 35, 203-213.	1.2	36
27	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
28	Curbing excess gestational weight gain in primary care: using a point-of-care tool based on behavior change theory. <i>International Journal of Women's Health</i> , 2018, Volume 10, 609-615.	1.1	4
29	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
30	Implementation of Person-Centered Methods in Group-Based Diabetes Education. <i>Diabetes</i> , 2018, 67, 2235-PUB.	0.3	0
31	"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
32	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
33	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
34	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
35	A Digital Framework to Support Providers and Patients in Diabetes Related Behavior Modification. <i>Studies in Health Technology and Informatics</i> , 2017, 235, 589-593.	0.2	1
36	A Collaborative Approach to a Chronic Care Problem: An Academic Mentor's Point of View. <i>HealthcarePapers</i> , 2016, 15, 74-79.	0.2	2

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37	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
38	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
39	Why aren't Patients Self-Adjusting Insulin? The Patient's Perspective (Part 2). <i>Canadian Journal of Diabetes</i> , 2016, 40, S23-S24.	0.4	0
40	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
41	Review of research grant allocation to psychosocial studies in diabetes research. <i>Diabetic Medicine</i> , 2016, 33, 1673-1676.	1.2	7
42	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
43	Correlates of psychological outcomes among family members of people with diabetes in the second Diabetes Attitudes, Wishes and Needs (DAWN2) study. <i>Diabetic Medicine</i> , 2016, 33, 1184-1193.	1.2	19
44	Morphometric changes correlate with poor psychological outcomes in patients with acromegaly. <i>European Journal of Endocrinology</i> , 2016, 174, 41-50.	1.9	21
45	Self-Management Support in Chronic Care: Practice Implementation Lessons for Healthcare Providers from an Atlantic Collaborative. <i>Healthcare Quarterly</i> , 2016, 18, 49-54.	0.7	1
46	Comment on Pladevall et al, "A Randomized Controlled Trial to Provide Adherence Information and Motivational Interviewing to Improve Diabetes and Lipid Control". <i>The Diabetes Educator</i> , 2015, 41, 625-626.	2.6	4
47	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
48	Achieving Patient-Centeredness in Obesity Management Within Primary Care Settings. <i>Canadian Journal of Diabetes</i> , 2015, 39, S12.	0.4	0
49	Meal Replacements in Obesity Management: A Psychosocial and Behavioural Intervention and/or a Weight Loss Tool?. <i>Canadian Journal of Diabetes</i> , 2015, 39, S16.	0.4	0
50	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
51	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
52	"Do My Best To Listen to Patients": Qualitative Insights Into DAWN2 (Diabetes Psychosocial Care From) Tj ETQq0 0 0 rgBT /Overl	1.1	40
53	If it does not significantly change HbA <sub>1c</sub> 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
54	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

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55	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
56	Blame, Shame, and Lack of Support. <i>Qualitative Health Research</i> , 2014, 24, 790-800.	1.0	84
57	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
58	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
59	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
60	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
61	DiabÃ©te et santÃ© mentale. <i>Canadian Journal of Diabetes</i> , 2013, 37, S459-S465.	0.4	1
62	Behaviour Change Counsellingâ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
63	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
64	Motivational Interviewing and Behaviour Change: Are You Really Sure You Want to Do This?. <i>Canadian Journal of Diabetes</i> , 2013, 37, S221.	0.4	0
65	We've Come a Long WayâHaven't We?. <i>Canadian Journal of Diabetes</i> , 2013, 37, 1.	0.4	166
66	Assessing Determinants of Readiness to Change at Baseline in DECCO Cohort. <i>Canadian Journal of Diabetes</i> , 2013, 37, S225.	0.4	0
67	Improving the Management of Psychosocial Issues in Obesity: Learnings from the Diabetes Attitudes, Wishes and Needs Study. <i>Canadian Journal of Diabetes</i> , 2013, 37, S234.	0.4	0
68	Diabetes and Mental Health. <i>Canadian Journal of Diabetes</i> , 2013, 37, S87-S92.	0.4	75
69	The Diabetes Attitudes, Wishes and Needs (DAWN; DAWN2) Program: Lessons to Advance the PsychoSocial Management Within Obesity. <i>Canadian Journal of Diabetes</i> , 2013, 37, S251-S252.	0.4	0
70	Diabetes Attitudes, Wishes and Needs second study (DAWN2â): Cross-national benchmarking of diabetes-related psychosocial outcomes for people with diabetes. <i>Diabetic Medicine</i> , 2013, 30, 767-777.	1.2	540
71	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
72	Six as model of counseling in obesity, responses. <i>Canadian Family Physician</i> , 2013, 59, 353.	0.1	0

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73	A New Dawn for Diabetes in Canada. Canadian Journal of Diabetes, 2012, 36, 210-213.	0.4	1
74	Challenges in obesity management: A multi-leveled perspective. Canadian Journal of Diabetes, 2011, 35, 179.	0.4	0
75	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
76	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. Canadian Journal of Cardiology, 2011, 27, 809-817.	0.8	14
77	Behavioural interventions to increase the physical activity of cardiac patients: a review. European Journal of Cardiovascular Prevention and Rehabilitation, 2011, 18, 15-32.	3.1	74
78	Diabetes HealthSense: Development of a Resource in Support of Behavior Change. Diabetes Spectrum, 2011, 24, 144-147.	0.4	2
79	Taking Action against Obesity in Nova Scotia. Canadian Journal of Diabetes, 2010, 34, 346-354.	0.4	1
80	Canadian Surgery Forum.. Canadian Journal of Surgery, 2010, 53, S51-S104.	0.5	2
81	The consequences of anxious temperament for disease detection, self-management behavior, and quality of life in Type 2 diabetes mellitus. Journal of Psychosomatic Research, 2009, 67, 297-305.	1.2	40
82	Future directions for investigation of fatigue in chronic hepatitis C viral infection. Chronic Illness, 2009, 5, 115-128.	0.6	15
83	Effects of Intensive Glucose Lowering in Type 2 Diabetes. New England Journal of Medicine, 2008, 358, 2545-2559.	13.9	7,084
84	Self-Monitoring of Blood Glucose in Type 2 Diabetes.. Canadian Journal of Diabetes, 2008, 32, 319.	0.4	0
85	Depression and Diabetes, It's All About Diabetes!. Canadian Journal of Diabetes, 2008, 32, 362.	0.4	0
86	All Dressed Up and Nowhere to Go: Enabling Diabetes Self-management. Canadian Journal of Diabetes, 2008, 32, 171.	0.4	1
87	Anxious Temperament and Disease Progression at Diagnosis: The Case of Type 2 Diabetes. Psychosomatic Medicine, 2008, 70, 837-843.	1.3	13
88	Readiness to Change Is Difficult to Measure. Canadian Journal of Diabetes, 2006, 30, 19.	0.4	0
89	What Makes Crohn's Disease Patients Difficult to Manage? The Role of Psychosocial Factors. Journal of Clinical Psychology in Medical Settings, 2004, 11, 325-332.	0.8	5
90	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

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91	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
92	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
93	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
94	The Role of Psychological Functioning in Morbid Obesity and Its Treatment with Gastroplasty. <i>Obesity Surgery</i> , 2001, 11, 716-725.	1.1	50
95	Is Cognitive Therapy Suitable for Treating Individuals with Personality Dysfunction?. <i>Cognitive Therapy and Research</i> , 2000, 24, 595-606.	1.2	4
96	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
97	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
98	Impact of Disease Activity on the Quality of Life of Crohn's Disease Patients. <i>Canadian Journal of Gastroenterology &amp; Hepatology</i> , 1996, 10, 310-315.	1.8	3
99	Predoxal internship training in Canada - I: Internship settings and supervisory issues.. <i>Canadian Psychology</i> , 1996, 37, 173-179.	1.4	2
100	The field of clinical psychology: Arriving at a definition.. <i>Canadian Psychology</i> , 1996, 37, 120-127.	1.4	5
101	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
102	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
103	Clinical Management of Inflammatory Bowel Disease: Beyond Disease Activity. Part II: Strategies for Maximizing Psychosocial Health. <i>Canadian Journal of Gastroenterology &amp; Hepatology</i> , 1992, 6, 87-92.	1.8	3
104	Clinical Management of Inflammatory Bowel Disease: Beyond Disease Activity. I. Assessing Psychosocial Factors. <i>Canadian Journal of Gastroenterology &amp; Hepatology</i> , 1992, 6, 39-43.	1.8	2
105	Illness Behavior: A Multidisciplinary Model. <i>Contemporary Sociology</i> , 1988, 17, 238.	0.0	22
106	The Cognitive Therapy Scale: Psychometric properties.. <i>Journal of Consulting and Clinical Psychology</i> , 1986, 54, 381-385.	1.6	251
107	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
108	Assessment of core cognitive processes in cognitive therapy. <i>Cognitive Therapy and Research</i> , 1986, 10, 509-526.	1.2	100

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109	Illness Behaviour: Operationalization of the Biopsychosocial Model. , 1986, , 1-31.		12
110	The Cognitive Therapy Scale: psychometric properties. Journal of Consulting and Clinical Psychology, 1986, 54, 381-5.	1.6	134
111	Reliability of a measure of the quality of cognitive therapy. British Journal of Clinical Psychology, 1985, 24, 295-300.	1.7	107
112	A complete component analysis of Stress Inoculation for pain tolerance. Cognitive Therapy and Research, 1984, 8, 313-329.	1.2	27