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List of Publications by Year in descending order

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#	Article	IF	CITATIONS
1	Self-compassion directly and indirectly predicts dietary adherence and quality of life among adults with celiac disease. Appetite, 2017, 113, 293-300.	3.7	48
2	Effects of Social Belonging and Task Framing on Exercise Cognitions and Behavior. Journal of Sport and Exercise Psychology, 2014, 36, 80-92.	1.2	17
3	"Go Girls!― psychological and behavioral outcomes associated with a group-based healthy lifestyle program for adolescent girls. Translational Behavioral Medicine, 2015, 5, 77-86.	2.4	16
4	Feasibility and effects on the gut microbiota of a 12-week high-intensity interval training plus lifestyle education intervention on inactive adults with celiac disease. Applied Physiology, Nutrition and Metabolism, 2021, 46, 325-336.	1.9	15
5	MyHealthyGut: development of a theory-based self-regulatory app to effectively manage celiac disease. MHealth, 2018, 4, 19-19.	1.6	14
6	A 12-Week Pilot Exercise Program for Inactive Adults With Celiac Disease: Study Protocol. Global Advances in Health and Medicine, 2019, 8, 216495611985377.	1.6	11
7	MyHealthyGut: Findings from a pilot randomized controlled trial on adherence to a gluten-free diet and quality of life among adults with celiac disease or gluten intolerance. Digital Health, 2020, 6, 205520762090362.	1.8	9
8	Effects of a 12-week HIIT + group mediated cognitive behavioural intervention on quality of life among inactive adults with coeliac disease: findings from the pilot MOVE-C study. Psychology and Health, 2022, 37, 440-456.	2.2	7
9	Adolescent Girls' Experiences in the <1>Go Girls! 1 Group-Based Lifestyle Mentoring Program. American Journal of Health Behavior, 2015, 39, 267-276.	1.4	6
10	Supporting Healthy Lifestyles among Adolescent Girls: Mentors' Perceptions of the ' <i>Go Girls!</i> Program. American Journal of Health Behavior, 2015, 39, 698-708.	1.4	3
11	Psychosocial predictors of changes in adolescent girls' physical activity and dietary behaviors over the course of theGo Girls!group-based mentoring program. Health Education Research, 2016, 31, 478-491.	1.9	1
12	Improvements in self-compassion after an online program for adults with celiac disease: Findings from the POWER-C study. Self and Identity, 2023, 22, 197-226.	1.6	1