

# R James Stubbs

## List of Publications by Citations

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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.

123 papers	5,435 citations	39 h-index	71 g-index
133 ext. papers	6,022 ext. citations	5.2 avg, IF	5.47 L-index

#	Paper	IF	Citations
123	The use of visual analogue scales to assess motivation to eat in human subjects: a review of their reliability and validity with an evaluation of new hand-held computerized systems for temporal tracking of appetite ratings. <i>British Journal of Nutrition</i> , <b>2000</b> , 84, 405-15	3.6	437
122	Covert manipulation of dietary fat and energy density: effect on substrate flux and food intake in men eating ad libitum. <i>American Journal of Clinical Nutrition</i> , <b>1995</b> , 62, 316-29	7	281
121	Individual variability following 12 weeks of supervised exercise: identification and characterization of compensation for exercise-induced weight loss. <i>International Journal of Obesity</i> , <b>2008</b> , 32, 177-84	5.5	258
120	Metabolic and behavioral compensatory responses to exercise interventions: barriers to weight loss. <i>Obesity</i> , <b>2007</b> , 15, 1373-83	8	214
119	Covert manipulation of the ratio of dietary fat to carbohydrate and energy density: effect on food intake and energy balance in free-living men eating ad libitum. <i>American Journal of Clinical Nutrition</i> , <b>1995</b> , 62, 330-7	7	214
118	Cross talk between physical activity and appetite control: does physical activity stimulate appetite?. <i>Proceedings of the Nutrition Society</i> , <b>2003</b> , 62, 651-61	2.9	195
117	Resistance and susceptibility to weight gain: individual variability in response to a high-fat diet. <i>Physiology and Behavior</i> , <b>2005</b> , 86, 614-22	3.5	187
116	Total energy expenditure in the elderly. <i>European Journal of Clinical Nutrition</i> , <b>2000</b> , 54 Suppl 3, S92-103	5.2	148
115	Dual-process action of exercise on appetite control: increase in orexigenic drive but improvement in meal-induced satiety. <i>American Journal of Clinical Nutrition</i> , <b>2009</b> , 90, 921-7	7	139
114	High dose exercise does not increase hunger or energy intake in free living males. <i>European Journal of Clinical Nutrition</i> , <b>1997</b> , 51, 478-83	5.2	138
113	Problems in identifying predictors and correlates of weight loss and maintenance: implications for weight control therapies based on behaviour change. <i>Obesity Reviews</i> , <b>2011</b> , 12, 688-708	10.6	119
112	The effect of graded levels of exercise on energy intake and balance in free-living women. <i>International Journal of Obesity</i> , <b>2002</b> , 26, 866-9	5.5	119
111	The effect of graded levels of exercise on energy intake and balance in free-living men, consuming their normal diet. <i>European Journal of Clinical Nutrition</i> , <b>2002</b> , 56, 129-40	5.2	118
110	The effect of covertly manipulating the energy density of mixed diets on ad libitum food intake in pseudo free-living humans. <i>International Journal of Obesity</i> , <b>1998</b> , 22, 980-7	5.5	113
109	The effect of an incremental increase in exercise on appetite, eating behaviour and energy balance in lean men and women feeding ad libitum. <i>British Journal of Nutrition</i> , <b>2008</b> , 100, 1109-15	3.6	113
108	A decrease in physical activity affects appetite, energy, and nutrient balance in lean men feeding ad libitum. <i>American Journal of Clinical Nutrition</i> , <b>2004</b> , 79, 62-9	7	113
107	Energy density, diet composition and palatability: influences on overall food energy intake in humans. <i>Physiology and Behavior</i> , <b>2004</b> , 81, 755-64	3.5	109

106	Comparison of the traditional paper visual analogue scale questionnaire with an Apple Newton electronic appetite rating system (EARS) in free living subjects feeding ad libitum. <i>European Journal of Clinical Nutrition</i> , <b>1998</b> , 52, 737-41	5.2	88
105	Beneficial effects of exercise: shifting the focus from body weight to other markers of health. <i>British Journal of Sports Medicine</i> , <b>2009</b> , 43, 924-7	10.3	83
104	Carbohydrate balance and the regulation of day-to-day food intake in humans. <i>American Journal of Clinical Nutrition</i> , <b>1993</b> , 57, 897-903	7	73
103	Differences in fat, carbohydrate, and protein metabolism between lean and obese subjects undergoing total starvation. <i>Obesity</i> , <b>1999</b> , 7, 597-604		72
102	Modelling the associations between fat-free mass, resting metabolic rate and energy intake in the context of total energy balance. <i>International Journal of Obesity</i> , <b>2016</b> , 40, 312-8	5.5	71
101	How well do activity monitors estimate energy expenditure? A systematic review and meta-analysis of the validity of current technologies. <i>British Journal of Sports Medicine</i> , <b>2020</b> , 54, 332-340	10.3	63
100	Does body mass play a role in the regulation of food intake?. <i>Proceedings of the Nutrition Society</i> , <b>2002</b> , 61, 473-87	2.9	62
99	High and low carbohydrate and fat intakes: limits imposed by appetite and palatability and their implications for energy balance. <i>European Journal of Clinical Nutrition</i> , <b>1999</b> , 53 Suppl 1, S148-65	5.2	62
98	Covert manipulation of energy density of high carbohydrate diets in pseudo free-living humans. <i>International Journal of Obesity</i> , <b>1998</b> , 22, 885-92	5.5	60
97	Influence of short-term dietary weight loss on cortisol secretion and metabolism in obese men. <i>European Journal of Endocrinology</i> , <b>2004</b> , 150, 185-94	6.5	60
96	Measuring the difference between actual and reported food intakes in the context of energy balance under laboratory conditions. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 2032-43	3.6	57
95	Plasma concentrations of alpha-MSH, AgRP and leptin in lean and obese men and their relationship to differing states of energy balance perturbation. <i>Clinical Endocrinology</i> , <b>2004</b> , 61, 31-9	3.4	56
94	Effect of altering the variety of sensorially distinct foods, of the same macronutrient content, on food intake and body weight in men. <i>European Journal of Clinical Nutrition</i> , <b>2001</b> , 55, 19-28	5.2	55
93	Effects of two weeks mandatory snack consumption on energy intake and energy balance. <i>Obesity</i> , <b>2007</b> , 15, 673-85	8	54
92	Cognitive and weight-related correlates of flexible and rigid restrained eating behaviour. <i>Eating Behaviors</i> , <b>2013</b> , 14, 69-72	3	53
91	Methodological issues relating to the measurement of food, energy and nutrient intake in human laboratory-based studies. <i>Proceedings of the Nutrition Society</i> , <b>1998</b> , 57, 357-72	2.9	53
90	Predicting basal metabolic rate in the obese is difficult. <i>European Journal of Clinical Nutrition</i> , <b>2003</b> , 57, 335-40	5.2	50
89	Weight outcomes audit for 34,271 adults referred to a primary care/commercial weight management partnership scheme. <i>Obesity Facts</i> , <b>2011</b> , 4, 113-20	5.1	49

88	Carbohydrates, appetite and feeding behavior in humans. <i>Journal of Nutrition</i> , <b>2001</b> , 131, 2775S-2781S	4.1	48
87	Exercise alone is not enough: weight loss also needs a healthy (Mediterranean) diet?. <i>Public Health Nutrition</i> , <b>2009</b> , 12, 1663-6	3.3	43
86	Nutrition Society Medal Lecture. Appetite, feeding behaviour and energy balance in human subjects. <i>Proceedings of the Nutrition Society</i> , <b>1998</b> , 57, 341-56	2.9	43
85	Carbohydrates and energy balance. <i>Annals of the New York Academy of Sciences</i> , <b>1997</b> , 819, 44-69	6.5	40
84	Weight outcomes audit in 1.3 million adults during their first 3 months attendance in a commercial weight management programme. <i>BMC Public Health</i> , <b>2015</b> , 15, 882	4.1	38
83	Potential effects of fat mass and fat-free mass on energy intake in different states of energy balance. <i>European Journal of Clinical Nutrition</i> , <b>2018</b> , 72, 698-709	5.2	37
82	Control of energy balance in relation to energy intake and energy expenditure in animals and man: an ecological perspective. <i>British Journal of Nutrition</i> , <b>2006</b> , 95, 657-76	3.6	37
81	Peripheral signals affecting food intake. <i>Nutrition</i> , <b>1999</b> , 15, 614-25	4.8	37
80	Effect of an acute fast on energy compensation and feeding behaviour in lean men and women. <i>International Journal of Obesity</i> , <b>2002</b> , 26, 1623-8	5.5	36
79	Effects of added fruits and vegetables on dietary intakes and body weight in Scottish adults. <i>British Journal of Nutrition</i> , <b>2006</b> , 95, 496-503	3.6	35
78	Techniques for the study of energy balance in man. <i>Proceedings of the Nutrition Society</i> , <b>2003</b> , 62, 529-37	2.9	34
77	The challenges of implementing behaviour changes that lead to sustained weight management. <i>Nutrition Bulletin</i> , <b>2013</b> , 38, 5-22	3.5	33
76	Description and evaluation of an experimental model to examine changes in selection between high-protein, high-carbohydrate and high-fat foods in humans. <i>European Journal of Clinical Nutrition</i> , <b>1999</b> , 53, 13-21	5.2	33
75	Short-term continuous enteral tube feeding schedules did not suppress appetite and food intake in healthy men in a placebo-controlled trial. <i>Journal of Nutrition</i> , <b>2003</b> , 133, 2570-6	4.1	29
74	Attribution of weight regain to emotional reasons amongst European adults with overweight and obesity who regained weight following a weight loss attempt. <i>Eating and Weight Disorders</i> , <b>2019</b> , 24, 351-361	3.6	28
73	The drive to eat in homo sapiens: Energy expenditure drives energy intake. <i>Physiology and Behavior</i> , <b>2020</b> , 219, 112846	3.5	26
72	An evaluation of the IDEEA activity monitor for estimating energy expenditure. <i>British Journal of Nutrition</i> , <b>2013</b> , 109, 173-83	3.6	26
71	Understanding the role of life events in weight loss and weight gain. <i>Psychology, Health and Medicine</i> , <b>2009</b> , 14, 239-49	2.1	25

70	Compassionate Attention and Regulation of Eating Behaviour: A pilot study of a brief low-intensity intervention for binge eating. <i>Clinical Psychology and Psychotherapy</i> , <b>2017</b> , 24, O1437-O1447	2.9	24
69	The Impact of Shame, Self-Criticism and Social Rank on Eating Behaviours in Overweight and Obese Women Participating in a Weight Management Programme. <i>PLoS ONE</i> , <b>2017</b> , 12, e0167571	3.7	24
68	The evaluation of an electronic visual analogue scale system for appetite and mood. <i>European Journal of Clinical Nutrition</i> , <b>2006</b> , 60, 558-60	5.2	24
67	Description and evaluation of a Newton-based electronic appetite rating system for temporal tracking of appetite in human subjects. <i>Physiology and Behavior</i> , <b>2001</b> , 72, 615-9	3.5	24
66	Biological and psychological mediators of the relationships between fat mass, fat-free mass and energy intake. <i>International Journal of Obesity</i> , <b>2019</b> , 43, 233-242	5.5	24
65	The NoHoW protocol: a multicentre 2x2 factorial randomised controlled trial investigating an evidence-based digital toolkit for weight loss maintenance in European adults. <i>BMJ Open</i> , <b>2019</b> , 9, e029425	2.25	20
64	The prospective associations between bullying experiences, body image shame and disordered eating in a sample of adolescent girls. <i>Personality and Individual Differences</i> , <b>2017</b> , 116, 319-325	3.3	19
63	Activity energy expenditure is an independent predictor of energy intake in humans. <i>International Journal of Obesity</i> , <b>2019</b> , 43, 1466-1474	5.5	18
62	Imposed rate and extent of weight loss in obese men and adaptive changes in resting and total energy expenditure. <i>Metabolism: Clinical and Experimental</i> , <b>2015</b> , 64, 896-904	12.7	18
61	The complexity of self-regulating food intake in weight loss maintenance. A qualitative study among short- and long-term weight loss maintainers. <i>Social Science and Medicine</i> , <b>2018</b> , 208, 18-24	5.1	18
60	Dietary and lifestyle measures to enhance satiety and weight control. <i>Nutrition Bulletin</i> , <b>2010</b> , 35, 113-125	5.5	17
59	Energy density and weight of food effect short-term caloric compensation in men. <i>Physiology and Behavior</i> , <b>2006</b> , 87, 679-86	3.5	17
58	A Low Energy-Dense Diet in the Context of a Weight-Management Program Affects Appetite Control in Overweight and Obese Women. <i>Journal of Nutrition</i> , <b>2018</b> , 148, 798-806	4.1	16
57	Use of the cellular model of body composition to describe changes in body water compartments after total fasting, very low calorie diet and low calorie diet in obese men. <i>International Journal of Obesity</i> , <b>2010</b> , 34, 908-18	5.5	16
56	Bolus tube feeding suppresses food intake and circulating ghrelin concentrations in healthy subjects in a short-term placebo-controlled trial. <i>American Journal of Clinical Nutrition</i> , <b>2008</b> , 88, 77-83	7	16
55	Is misreporting of dietary intake by weighed food records or 24-hour recalls food specific?. <i>European Journal of Clinical Nutrition</i> , <b>2018</b> , 72, 1026-1034	5.2	16
54	Experience and acceptability of diets of varying protein content and glycemic index in an obese cohort: results from the Diogenes trial. <i>European Journal of Clinical Nutrition</i> , <b>2013</b> , 67, 990-5	5.2	15
53	The Impact of Self-Criticism and Self-Reassurance on Weight-Related Affect and Well-Being in Participants of a Commercial Weight Management Programme. <i>Obesity Facts</i> , <b>2017</b> , 10, 65-75	5.1	15

52	Associations between the proportion of fat-free mass loss during weight loss, changes in appetite, and subsequent weight change: results from a randomized 2-stage dietary intervention trial. <i>American Journal of Clinical Nutrition</i> , <b>2020</b> , 111, 536-544	7	14
51	Breakfasts high in monoglyceride or triglyceride: no differential effect on appetite or energy intake. <i>European Journal of Clinical Nutrition</i> , <b>1998</b> , 52, 603-9	5.2	14
50	Towards a satiety map of common foods: Associations between perceived satiety value of 100 foods and their objective and subjective attributes. <i>Physiology and Behavior</i> , <b>2015</b> , 152, 340-6	3.5	13
49	Influence of Slimming World's lifestyle programme on diet, activity behaviour and health of participants and their families. <i>Journal of Human Nutrition and Dietetics</i> , <b>2009</b> , 22, 351-8	3.1	13
48	Effect of flavour of liquid Ensure diet supplement on energy intake in male SD rats. <i>Physiology and Behavior</i> , <b>2006</b> , 89, 414-9	3.5	13
47	Comparing different measures of energy expenditure in human subjects resident in a metabolic facility. <i>European Journal of Clinical Nutrition</i> , <b>2008</b> , 62, 560-9	5.2	12
46	Macronutrients and appetite control with implications for the nutritional management of the malnourished. <i>Clinical Nutrition</i> , <b>2001</b> , 20, 129-139	5.9	12
45	Associations between the rate, amount, and composition of weight loss as predictors of spontaneous weight regain in adults achieving clinically significant weight loss: A systematic review and meta-regression. <i>Obesity Reviews</i> , <b>2019</b> , 20, 935-946	10.6	11
44	Plausible self-reported dietary intakes in a residential facility are not necessarily reliable. <i>European Journal of Clinical Nutrition</i> , <b>2016</b> , 70, 130-5	5.2	11
43	Low-energy reporting and duration of recording period. <i>European Journal of Clinical Nutrition</i> , <b>2008</b> , 62, 1148-50	5.2	11
42	Associations between nutritional properties of food and consumer perceptions related to weight management. <i>Food Quality and Preference</i> , <b>2015</b> , 45, 18-25	5.8	10
41	The effect of rate and extent of weight loss on urea salvage in obese male subjects. <i>British Journal of Nutrition</i> , <b>2003</b> , 90, 221-31	3.6	10
40	How covert are covertly manipulated diets?. <i>International Journal of Obesity</i> , <b>2001</b> , 25, 567-73	5.5	10
39	The effect of ingesting olestra-based foods on feeding behavior and energy balance in humans. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2001</b> , 41, 363-86	11.5	10
38	Interrelationship between circulating leptin concentrations, hunger, and energy intake in healthy subjects receiving tube feeding. <i>Journal of Parenteral and Enteral Nutrition</i> , <b>1998</b> , 22, 335-9	4.2	10
37	Measurement of body composition changes during weight loss in obese men using multi-frequency bioelectrical impedance analysis and multi-compartment models. <i>Obesity Research and Clinical Practice</i> , <b>2014</b> , 8, e46-54	5.4	9
36	The effect of rate of weight loss on erythrocyte glutathione concentration and synthesis in healthy obese men. <i>Clinical Science</i> , <b>2002</b> , 102, 569	6.5	9
35	Observations in energy and macronutrient intake during prolonged bed-rest in a head-down tilt position. <i>Clinical Nutrition</i> , <b>1999</b> , 18, 203-7	5.9	9



34	Data Imputation and Body Weight Variability Calculation Using Linear and Nonlinear Methods in Data Collected From Digital Smart Scales: Simulation and Validation Study. <i>JMIR MHealth and UHealth</i> , <b>2020</b> , 8, e17977	5.5	9
33	The validity of two widely used commercial and research-grade activity monitors, during resting, household and activity behaviours. <i>Health and Technology</i> , <b>2020</b> , 10, 637-648	2.1	9
32	Overfeeding fat as monoglyceride or triglyceride: effect on appetite, nutrient balance and the subsequent day's energy intake. <i>European Journal of Clinical Nutrition</i> , <b>1998</b> , 52, 610-8	5.2	8
31	Dietary macronutrients and glucostatic control of feeding. <i>Proceedings of the Nutrition Society</i> , <b>1996</b> , 55, 467-83	2.9	8
30	Effect of adding a compassion-focused intervention on emotion, eating and weight outcomes in a commercial weight management programme. <i>Journal of Health Psychology</i> , <b>2021</b> , 26, 1700-1715	3.1	8
29	Women with a low-satiety phenotype show impaired appetite control and greater resistance to weight loss. <i>British Journal of Nutrition</i> , <b>2019</b> , 122, 951-959	3.6	7
28	Developing evidence-based behavioural strategies to overcome physiological resistance to weight loss in the general population. <i>Proceedings of the Nutrition Society</i> , <b>2019</b> , 78, 576-589	2.9	6
27	Weight, body mass index and behaviour change in a commercially run lifestyle programme for young people. <i>Journal of Human Nutrition and Dietetics</i> , <b>2012</b> , 25, 161-6	3.1	6
26	The Weight-Focused Forms of Self-Criticising/Attacking and Self-Reassuring Scale: Confirmatory Factor Analysis and associations with control, loss of control of eating and weight in overweight and obese women. <i>Psychology and Psychotherapy: Theory, Research and Practice</i> , <b>2019</b> , 92, 539-553	3.5	5
25	An initial evaluation of a family-based approach to weight management in adolescents attending a community weight management group. <i>Journal of Human Nutrition and Dietetics</i> , <b>2012</b> , 25, 469-76	3.1	5
24	Prevalence and predictors of weight loss maintenance: a retrospective population-based survey of European adults with overweight and obesity. <i>Journal of Human Nutrition and Dietetics</i> , <b>2019</b> , 32, 745-753	3.1	4
23	Body weight variability is not associated with changes in risk factors for cardiometabolic disease. <i>International Journal of Cardiology: Hypertension</i> , <b>2020</b> , 6, 100045	1.6	4
22	Consistent sleep onset and maintenance of body weight after weight loss: An analysis of data from the NoHoW trial. <i>PLoS Medicine</i> , <b>2020</b> , 17, e1003168	11.6	4
21	Improving laboratory studies of human eating behaviour: Energy balance and real-world considerations. <i>Appetite</i> , <b>2018</b> , 130, 334-335	4.5	3
20	A Theory- and Evidence-Based Digital Intervention Tool for Weight Loss Maintenance (NoHoW Toolkit): Systematic Development and Refinement Study. <i>Journal of Medical Internet Research</i> , <b>2021</b> , 23, e25305	7.6	3
19	From famine to therapeutic weight loss: Hunger, psychological responses, and energy balance-related behaviors. <i>Obesity Reviews</i> , <b>2021</b> , 22 Suppl 2, e13191	10.6	3
18	A novel scaling methodology to reduce the biases associated with missing data from commercial activity monitors. <i>PLoS ONE</i> , <b>2020</b> , 15, e0235144	3.7	2
17	Procolipase gene: no association with early-onset obesity or fat intake. <i>Obesity Facts</i> , <b>2009</b> , 2, 40-4	5.1	2

16	Development of a theory and evidence-based digital intervention tool for weight loss maintenance: the NoHoW Toolkit (Preprint)		2
15	Evidence-Based Digital Tools for Weight Loss Maintenance: The NoHoW Project. <i>Obesity Facts</i> , <b>2021</b> , 14, 320-333	5.1	2
14	Health professionals' expert patients' and dietitians' beliefs and attitudes about obesity. <i>Journal of Human Nutrition and Dietetics</i> , <b>2013</b> , 26, 612-6	3.1	1
13	Data Imputation and Body Weight Variability Calculation Using Linear and Nonlinear Methods in Data Collected From Digital Smart Scales: Simulation and Validation Study (Preprint)		1
12	Identification of psychological correlates of dietary misreporting under laboratory and free-living environments. <i>British Journal of Nutrition</i> , <b>2021</b> , 126, 264-275	3.6	1
11	Body Fatness Influences Associations of Body Composition and Energy Expenditure with Energy Intake in Healthy Women. <i>Obesity</i> , <b>2021</b> , 29, 125-132	8	1
10	The H2020 "NoHoW Project": A Position Statement on Behavioural Approaches to Longer-Term Weight Management. <i>Obesity Facts</i> , <b>2021</b> , 14, 246-258	5.1	1
9	Free-Living Energy Balance Behaviors Are Associated With Greater Weight Loss During a Weight Loss Program. <i>Frontiers in Nutrition</i> , <b>2021</b> , 8, 688295	6.2	1
8	Impact of carbohydrates, fat and energy density on energy intake. <i>Nature Medicine</i> , <b>2021</b> , 27, 200-201	50.5	0
7	Development and cross-cultural validation of the Goal Content for Weight Maintenance Scale (GCWMS). <i>Eating and Weight Disorders</i> , <b>2021</b> , 26, 2737-2748	3.6	0
6	Comparison of the Validity and Generalizability of Machine Learning Algorithms for the Prediction of Energy Expenditure: Validation Study. <i>JMIR MHealth and UHealth</i> , <b>2021</b> , 9, e23938	5.5	0
5	Hair Cortisol Concentration, Weight Loss Maintenance and Body Weight Variability: A Prospective Study Based on Data From the European NoHoW Trial. <i>Frontiers in Endocrinology</i> , <b>2021</b> , 12, 655197	5.7	0
4	Users' Experiences With the NoHoW Web-Based Toolkit With Weight and Activity Tracking in Weight Loss Maintenance: Long-term Randomized Controlled Trial.. <i>Journal of Medical Internet Research</i> , <b>2022</b> , 24, e29302	7.6	
3	"I didn't want to do it on my own": A qualitative study of women's perceptions of facilitating and risk factors for weight control on a UK commercial community program. <i>Appetite</i> , <b>2021</b> , 165, 105308	4.5	
2	Associations between high-metabolic rate organ masses and fasting hunger: A study using whole-body magnetic resonance imaging in healthy males.. <i>Physiology and Behavior</i> , <b>2022</b> , 250, 113796	3.5	
1	Evaluation of the Immediate Effects of Web-Based Intervention Modules for Goals, Planning, and Coping Planning on Physical Activity: Secondary Analysis of a Randomized Controlled Trial on Weight Loss Maintenance.. <i>Journal of Medical Internet Research</i> , <b>2022</b> , 24, e35614	7.6	