

R James Stubbs

List of Publications by Year in Descending Order

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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	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> , 2022 , 24, e29302	7.6	
122	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> , 2022 , 250, 113796	3.5	
121	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> , 2022 , 24, e35614	7.6	
120	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> , 2021 , 23, e25305	7.6	3
119	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> , 2021 , 26, 1700-1715	3.1	8
118	Identification of psychological correlates of dietary misreporting under laboratory and free-living environments. <i>British Journal of Nutrition</i> , 2021 , 126, 264-275	3.6	1
117	Body Fatness Influences Associations of Body Composition and Energy Expenditure with Energy Intake in Healthy Women. <i>Obesity</i> , 2021 , 29, 125-132	8	1
116	The H2020 "NoHoW Project": A Position Statement on Behavioural Approaches to Longer-Term Weight Management. <i>Obesity Facts</i> , 2021 , 14, 246-258	5.1	1
115	Evidence-Based Digital Tools for Weight Loss Maintenance: The NoHoW Project. <i>Obesity Facts</i> , 2021 , 14, 320-333	5.1	2
114	Impact of carbohydrates, fat and energy density on energy intake. <i>Nature Medicine</i> , 2021 , 27, 200-201	50.5	0
113	From famine to therapeutic weight loss: Hunger, psychological responses, and energy balance-related behaviors. <i>Obesity Reviews</i> , 2021 , 22 Suppl 2, e13191	10.6	3
112	Development and cross-cultural validation of the Goal Content for Weight Maintenance Scale (GCWMS). <i>Eating and Weight Disorders</i> , 2021 , 26, 2737-2748	3.6	0
111	Comparison of the Validity and Generalizability of Machine Learning Algorithms for the Prediction of Energy Expenditure: Validation Study. <i>JMIR MHealth and UHealth</i> , 2021 , 9, e23938	5.5	0
110	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> , 2021 , 12, 655197	5.7	0
109	Free-Living Energy Balance Behaviors Are Associated With Greater Weight Loss During a Weight Loss Program. <i>Frontiers in Nutrition</i> , 2021 , 8, 688295	6.2	1
108	"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> , 2021 , 165, 105308	4.5	
107	A novel scaling methodology to reduce the biases associated with missing data from commercial activity monitors. <i>PLoS ONE</i> , 2020 , 15, e0235144	3.7	2

106	The drive to eat in homo sapiens: Energy expenditure drives energy intake. <i>Physiology and Behavior</i> , 2020 , 219, 112846	3.5	26
105	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> , 2020 , 111, 536-544	7	14
104	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> , 2020 , 8, e17977	5.5	9
103	The validity of two widely used commercial and research-grade activity monitors, during resting, household and activity behaviours. <i>Health and Technology</i> , 2020 , 10, 637-648	2.1	9
102	Body weight variability is not associated with changes in risk factors for cardiometabolic disease. <i>International Journal of Cardiology: Hypertension</i> , 2020 , 6, 100045	1.6	4
101	Consistent sleep onset and maintenance of body weight after weight loss: An analysis of data from the NoHoW trial. <i>PLoS Medicine</i> , 2020 , 17, e1003168	11.6	4
100	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> , 2020 , 54, 332-340	10.3	63
99	Activity energy expenditure is an independent predictor of energy intake in humans. <i>International Journal of Obesity</i> , 2019 , 43, 1466-1474	5.5	18
98	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> , 2019 , 20, 935-946	10.6	11
97	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> , 2019 , 92, 539-553	3.5	5
96	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> , 2019 , 32, 745-753	3.1	4
95	Women with a low-satiety phenotype show impaired appetite control and greater resistance to weight loss. <i>British Journal of Nutrition</i> , 2019 , 122, 951-959	3.6	7
94	Developing evidence-based behavioural strategies to overcome physiological resistance to weight loss in the general population. <i>Proceedings of the Nutrition Society</i> , 2019 , 78, 576-589	2.9	6
93	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> , 2019 , 9, e029425	2.5	20
92	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	5.5	24
91	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> , 2019 , 24, 351-361	3.6	28
90	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> , 2018 , 148, 798-806	4.1	16
89	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> , 2018 , 72, 698-709	5.2	37

88	Improving laboratory studies of human eating behaviour: Energy balance and real-world considerations. <i>Appetite</i> , 2018 , 130, 334-335	4.5	3
87	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	5.2	16
86	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> , 2018 , 208, 18-24	5.1	18
85	The prospective associations between bullying experiences, body image shame and disordered eating in a sample of adolescent girls. <i>Personality and Individual Differences</i> , 2017 , 116, 319-325	3.3	19
84	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> , 2017 , 24, O1437-O1447	2.9	24
83	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> , 2017 , 12, e0167571	3.7	24
82	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> , 2017 , 10, 65-75	5.1	15
81	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> , 2016 , 40, 312-8	5.5	71
80	Plausible self-reported dietary intakes in a residential facility are not necessarily reliable. <i>European Journal of Clinical Nutrition</i> , 2016 , 70, 130-5	5.2	11
79	Associations between nutritional properties of food and consumer perceptions related to weight management. <i>Food Quality and Preference</i> , 2015 , 45, 18-25	5.8	10
78	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> , 2015 , 64, 896-904	12.7	18
77	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> , 2015 , 152, 340-6	3.5	13
76	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> , 2015 , 15, 882	4.1	38
75	Measuring the difference between actual and reported food intakes in the context of energy balance under laboratory conditions. <i>British Journal of Nutrition</i> , 2014 , 111, 2032-43	3.6	57
74	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> , 2014 , 8, e46-54	5.4	9
73	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> , 2013 , 67, 990-5	5.2	15
72	Cognitive and weight-related correlates of flexible and rigid restrained eating behaviour. <i>Eating Behaviors</i> , 2013 , 14, 69-72	3	53
71	An evaluation of the IDEEA activity monitor for estimating energy expenditure. <i>British Journal of Nutrition</i> , 2013 , 109, 173-83	3.6	26

70	Health professionals' expert patients' and dieters' beliefs and attitudes about obesity. <i>Journal of Human Nutrition and Dietetics</i> , 2013 , 26, 612-6	3.1	1
69	The challenges of implementing behaviour changes that lead to sustained weight management. <i>Nutrition Bulletin</i> , 2013 , 38, 5-22	3.5	33
68	Weight, body mass index and behaviour change in a commercially run lifestyle programme for young people. <i>Journal of Human Nutrition and Dietetics</i> , 2012 , 25, 161-6	3.1	6
67	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> , 2012 , 25, 469-76	3.1	5
66	Problems in identifying predictors and correlates of weight loss and maintenance: implications for weight control therapies based on behaviour change. <i>Obesity Reviews</i> , 2011 , 12, 688-708	10.6	119
65	Weight outcomes audit for 34,271 adults referred to a primary care/commercial weight management partnership scheme. <i>Obesity Facts</i> , 2011 , 4, 113-20	5.1	49
64	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> , 2010 , 34, 908-18	5.5	16
63	Dietary and lifestyle measures to enhance satiety and weight control. <i>Nutrition Bulletin</i> , 2010 , 35, 113-125	5.5	17
62	Understanding the role of life events in weight loss and weight gain. <i>Psychology, Health and Medicine</i> , 2009 , 14, 239-49	2.1	25
61	Exercise alone is not enough: weight loss also needs a healthy (Mediterranean) diet?. <i>Public Health Nutrition</i> , 2009 , 12, 1663-6	3.3	43
60	Beneficial effects of exercise: shifting the focus from body weight to other markers of health. <i>British Journal of Sports Medicine</i> , 2009 , 43, 924-7	10.3	83
59	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> , 2009 , 90, 921-7	7	139
58	Procolipase gene: no association with early-onset obesity or fat intake. <i>Obesity Facts</i> , 2009 , 2, 40-4	5.1	2
57	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> , 2009 , 22, 351-8	3.1	13
56	Comparing different measures of energy expenditure in human subjects resident in a metabolic facility. <i>European Journal of Clinical Nutrition</i> , 2008 , 62, 560-9	5.2	12
55	Low-energy reporting and duration of recording period. <i>European Journal of Clinical Nutrition</i> , 2008 , 62, 1148-50	5.2	11
54	Individual variability following 12 weeks of supervised exercise: identification and characterization of compensation for exercise-induced weight loss. <i>International Journal of Obesity</i> , 2008 , 32, 177-84	5.5	258
53	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> , 2008 , 100, 1109-15	3.6	113

52	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> , 2008 , 88, 77-83	7	16
51	Metabolic and behavioral compensatory responses to exercise interventions: barriers to weight loss. <i>Obesity</i> , 2007 , 15, 1373-83	8	214
50	Effects of two weeks mandatory snack consumption on energy intake and energy balance. <i>Obesity</i> , 2007 , 15, 673-85	8	54
49	Energy density and weight of food effect short-term caloric compensation in men. <i>Physiology and Behavior</i> , 2006 , 87, 679-86	3.5	17
48	Effect of flavour of liquid Ensure diet supplement on energy intake in male SD rats. <i>Physiology and Behavior</i> , 2006 , 89, 414-9	3.5	13
47	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> , 2006 , 95, 657-76	3.6	37
46	Effects of added fruits and vegetables on dietary intakes and body weight in Scottish adults. <i>British Journal of Nutrition</i> , 2006 , 95, 496-503	3.6	35
45	The evaluation of an electronic visual analogue scale system for appetite and mood. <i>European Journal of Clinical Nutrition</i> , 2006 , 60, 558-60	5.2	24
44	Resistance and susceptibility to weight gain: individual variability in response to a high-fat diet. <i>Physiology and Behavior</i> , 2005 , 86, 614-22	3.5	187
43	Influence of short-term dietary weight loss on cortisol secretion and metabolism in obese men. <i>European Journal of Endocrinology</i> , 2004 , 150, 185-94	6.5	60
42	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> , 2004 , 61, 31-9	3.4	56
41	Energy density, diet composition and palatability: influences on overall food energy intake in humans. <i>Physiology and Behavior</i> , 2004 , 81, 755-64	3.5	109
40	A decrease in physical activity affects appetite, energy, and nutrient balance in lean men feeding ad libitum. <i>American Journal of Clinical Nutrition</i> , 2004 , 79, 62-9	7	113
39	Techniques for the study of energy balance in man. <i>Proceedings of the Nutrition Society</i> , 2003 , 62, 529-37	2.9	34
38	The effect of rate and extent of weight loss on urea salvage in obese male subjects. <i>British Journal of Nutrition</i> , 2003 , 90, 221-31	3.6	10
37	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> , 2003 , 133, 2570-6	4.1	29
36	Predicting basal metabolic rate in the obese is difficult. <i>European Journal of Clinical Nutrition</i> , 2003 , 57, 335-40	5.2	50
35	Cross talk between physical activity and appetite control: does physical activity stimulate appetite?. <i>Proceedings of the Nutrition Society</i> , 2003 , 62, 651-61	2.9	195

34	The effect of graded levels of exercise on energy intake and balance in free-living women. <i>International Journal of Obesity</i> , 2002 , 26, 866-9	5.5	119
33	Effect of an acute fast on energy compensation and feeding behaviour in lean men and women. <i>International Journal of Obesity</i> , 2002 , 26, 1623-8	5.5	36
32	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> , 2002 , 56, 129-40	5.2	118
31	Does body mass play a role in the regulation of food intake?. <i>Proceedings of the Nutrition Society</i> , 2002 , 61, 473-87	2.9	62
30	The effect of rate of weight loss on erythrocyte glutathione concentration and synthesis in healthy obese men. <i>Clinical Science</i> , 2002 , 102, 569	6.5	9
29	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> , 2001 , 55, 19-28	5.2	55
28	How covert are covertly manipulated diets?. <i>International Journal of Obesity</i> , 2001 , 25, 567-73	5.5	10
27	Macronutrients and appetite control with implications for the nutritional management of the malnourished. <i>Clinical Nutrition</i> , 2001 , 20, 129-139	5.9	12
26	Description and evaluation of a Newton-based electronic appetite rating system for temporal tracking of appetite in human subjects. <i>Physiology and Behavior</i> , 2001 , 72, 615-9	3.5	24
25	The effect of ingesting olestra-based foods on feeding behavior and energy balance in humans. <i>Critical Reviews in Food Science and Nutrition</i> , 2001 , 41, 363-86	11.5	10
24	Carbohydrates, appetite and feeding behavior in humans. <i>Journal of Nutrition</i> , 2001 , 131, 2775S-2781S	4.1	48
23	Total energy expenditure in the elderly. <i>European Journal of Clinical Nutrition</i> , 2000 , 54 Suppl 3, S92-103	5.2	148
22	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> , 2000 , 84, 405-15	3.6	437
21	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> , 1999 , 53, 13-21	5.2	33
20	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> , 1999 , 53 Suppl 1, S148-65	5.2	62
19	Peripheral signals affecting food intake. <i>Nutrition</i> , 1999 , 15, 614-25	4.8	37
18	Observations in energy and macronutrient intake during prolonged bed-rest in a head-down tilt position. <i>Clinical Nutrition</i> , 1999 , 18, 203-7	5.9	9
17	Differences in fat, carbohydrate, and protein metabolism between lean and obese subjects undergoing total starvation. <i>Obesity</i> , 1999 , 7, 597-604		72

16	Breakfasts high in monoglyceride or triglyceride: no differential effect on appetite or energy intake. <i>European Journal of Clinical Nutrition</i> , 1998 , 52, 603-9	5.2	14
15	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> , 1998 , 52, 610-8	5.2	8
14	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> , 1998 , 52, 737-41	5.2	88
13	Covert manipulation of energy density of high carbohydrate diets in 'pseudo free-living' humans. <i>International Journal of Obesity</i> , 1998 , 22, 885-92	5.5	60
12	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> , 1998 , 22, 980-7	5.5	113
11	Interrelationship between circulating leptin concentrations, hunger, and energy intake in healthy subjects receiving tube feeding. <i>Journal of Parenteral and Enteral Nutrition</i> , 1998 , 22, 335-9	4.2	10
10	Nutrition Society Medal Lecture. Appetite, feeding behaviour and energy balance in human subjects. <i>Proceedings of the Nutrition Society</i> , 1998 , 57, 341-56	2.9	43
9	Methodological issues relating to the measurement of food, energy and nutrient intake in human laboratory-based studies. <i>Proceedings of the Nutrition Society</i> , 1998 , 57, 357-72	2.9	53
8	Carbohydrates and energy balance. <i>Annals of the New York Academy of Sciences</i> , 1997 , 819, 44-69	6.5	40
7	High dose exercise does not increase hunger or energy intake in free living males. <i>European Journal of Clinical Nutrition</i> , 1997 , 51, 478-83	5.2	138
6	Dietary macronutrients and glucostatic control of feeding. <i>Proceedings of the Nutrition Society</i> , 1996 , 55, 467-83	2.9	8
5	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> , 1995 , 62, 330-7	7	214
4	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> , 1995 , 62, 316-29	7	281
3	Carbohydrate balance and the regulation of day-to-day food intake in humans. <i>American Journal of Clinical Nutrition</i> , 1993 , 57, 897-903	7	73
2	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
1	Development of a theory and evidence-based digital intervention tool for weight loss maintenance: the NoHoW Toolkit (Preprint)		2