

Ines Santos

List of Publications by Year in descending order

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Version: 2024-02-01

37
papers

1,041
citations

567144

15
h-index

454834

30
g-index

39
all docs

39
docs citations

39
times ranked

1600
citing authors

#	ARTICLE	IF	CITATIONS
1	The development of compassionate engagement and action scales for self and others. <i>Journal of Compassionate Health Care</i> , 2017, 4, .	1.2	247
2	Prevalence of personal weight control attempts in adults: a systematic review and meta-analysis. <i>Obesity Reviews</i> , 2017, 18, 32-50.	3.1	191
3	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, bjsports-2018-099643.	3.1	96
4	Successful weight loss maintenance: A systematic review of weight control registries. <i>Obesity Reviews</i> , 2020, 21, e13003.	3.1	84
5	Effects of Intermittent Fasting on Specific Exercise Performance Outcomes: A Systematic Review Including Meta-Analysis. <i>Nutrients</i> , 2020, 12, 1390.	1.7	33
6	Weekly, seasonal and holiday body weight fluctuation patterns among individuals engaged in a European multi-centre behavioural weight loss maintenance intervention. <i>PLoS ONE</i> , 2020, 15, e0232152.	1.1	33
7	Psychosocial Pretreatment Predictors of Weight Control: A Systematic Review Update. <i>Obesity Facts</i> , 2018, 11, 67-82.	1.6	32
8	Weight control behaviors of highly successful weight loss maintainers: the Portuguese Weight Control Registry. <i>Journal of Behavioral Medicine</i> , 2017, 40, 366-371.	1.1	30
9	The NoHoW protocol: a multicentre 2Ã—2 factorial randomised controlled trial investigating an evidence-based digital toolkit for weight loss maintenance in European adults. <i>BMJ Open</i> , 2019, 9, e029425.	0.8	30
10	Estimating physical activity and sedentary behaviour in a free-living environment: A comparative study between Fitbit Charge 2 and Actigraph GT3X. <i>PLoS ONE</i> , 2020, 15, e0234426.	1.1	25
11	Motivation and Barriers for Leisure-Time Physical Activity in Socioeconomically Disadvantaged Women. <i>PLoS ONE</i> , 2016, 11, e0147735.	1.1	24
12	Exploring the relationship between the Mediterranean diet and weight loss maintenance: the MedWeight study. <i>British Journal of Nutrition</i> , 2020, 124, 874-880.	1.2	23
13	Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. <i>Obesity</i> , 2015, 23, 957-964.	1.5	22
14	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.	1.6	20
15	Nutritional status and functional status of the pancreatic cancer patients and the impact of adjacent symptoms. <i>Clinical Nutrition</i> , 2021, 40, 5486-5493.	2.3	19
16	Champ4life Study Protocol: A One-Year Randomized Controlled Trial of a Lifestyle Intervention for Inactive Former Elite Athletes with Overweight/Obesity. <i>Nutrients</i> , 2020, 12, 286.	1.7	17
17	Association between objectively measured sleep duration, adiposity and weight loss history. <i>International Journal of Obesity</i> , 2020, 44, 1577-1585.	1.6	13
18	Obstructive sleep apnea, shift work and cardiometabolic risk. <i>Sleep Medicine</i> , 2020, 74, 132-140.	0.8	13

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19	Effects of Time-Restricted Feeding on Supramaximal Exercise Performance and Body Composition: A Randomized and Counterbalanced Crossover Study in Healthy Men. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7227.	1.2	12
20	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.	3.9	11
21	Effectiveness of a lifestyle weight-loss intervention targeting inactive former elite athletes: the Champ4Life randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2022, 56, 394-402.	3.1	10
22	The impact of early body-weight variability on long-term weight maintenance: exploratory results from the NoHoW weight-loss maintenance intervention. <i>International Journal of Obesity</i> , 2021, 45, 525-534.	1.6	9
23	Body weight variability is not associated with changes in risk factors for cardiometabolic disease. <i>International Journal of Cardiology: Hypertension</i> , 2020, 6, 100045.	2.2	7
24	Evidence-Based Digital Tools for Weight Loss Maintenance: The NoHoW Project. <i>Obesity Facts</i> , 2021, 14, 320-333.	1.6	7
25	Behavioural and psychological pretreatment predictors of short- and long-term weight loss among women with overweight and obesity. <i>Eating and Weight Disorders</i> , 2020, 25, 1377-1385.	1.2	6
26	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.	1.3	5
27	Sucesso na manuten�o do peso perdido em Portugal e nos Estados Unidos: compara�o de 2 Registos Nacionais de Controlo do Peso. <i>Revista Portuguesa De Saude Publica</i> , 2012, 30, 115-124.	0.3	3
28	Tentativas de Controlo do Peso na Popula�o Adulta Portuguesa: Preval�ncia, Motivos e Comportamentos. <i>Acta Medica Portuguesa</i> , 2015, 28, 77-86.	0.2	3
29	The H2020 "NoHoW Project": A Position Statement on Behavioural Approaches to Longer-Term Weight Management. <i>Obesity Facts</i> , 2021, 14, 246-258.	1.6	3
30	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.	1.5	3
31	Does diet strictness level during weekends and holiday periods influence 1-year follow-up weight loss maintenance? Evidence from the Portuguese Weight Control Registry. <i>Nutrition Journal</i> , 2019, 18, 3.	1.5	2
32	Keep on running " a randomized controlled trial to test a digital evidence-based intervention for sustained adoption of recreational running: rationale, design and pilot feasibility study. <i>Health Psychology and Behavioral Medicine</i> , 2021, 9, 149-164.	0.8	2
33	Changes in food reward and intuitive eating after weight loss and maintenance in former athletes with overweight or obesity. <i>Obesity</i> , 2022, , .	1.5	2
34	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.	2.1	1
35	P878 Utility of continuous monitoring of respiratory distress index with pacemaker's algorithm in the detection of obstructive sleep apnea syndrome. <i>Europace</i> , 2018, 20, i167-i167.	0.7	0
36	P541 Cardiac resynchronization therapy: left or non-left bundle branch block? That is the question. <i>Europace</i> , 2020, 22, .	0.7	0

#	ARTICLE	IF	CITATIONS
37	“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.	1.8	0