List of Publications by Year in descending order

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#	Article	IF	CITATIONS
1	Effectiveness of Lifestyle Interventions in Child Obesity: Systematic Review With Meta-analysis. Pediatrics, 2012, 130, e1647-e1671.	2.1	416
2	Effectiveness of webâ€based interventions in achieving weight loss and weight loss maintenance in overweight and obese adults: a systematic review with metaâ€analysis. Obesity Reviews, 2010, 11, 306-321.	6.5	405
3	<scp>eH</scp> ealth interventions for the prevention and treatment of overweight and obesity in adults: a systematic review with metaâ€analysis. Obesity Reviews, 2015, 16, 376-392.	6.5	315
4	Effectiveness of interventions targeting physical activity, nutrition and healthy weight for university and college students: a systematic review and meta-analysis. International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 45.	4.6	277
5	Impact of Dietary and Exercise Interventions on Weight Change and Metabolic Outcomes in Obese Children and Adolescents. JAMA Pediatrics, 2013, 167, 759.	6.2	193
6	Reproducibility and comparative validity of a food frequency questionnaire for Australian adults. Clinical Nutrition, 2014, 33, 906-914.	5.0	160
7	The Comparative Validity and Reproducibility of a Diet Quality Index for Adults: The Australian Recommended Food Score. Nutrients, 2015, 7, 785-798.	4.1	148
8	Measuring Effectiveness of Dietetic Interventions in Child Obesity. JAMA Pediatrics, 2006, 160, 906-22.	3.0	147
9	Physical Activity, Sedentary Behavior, and Diet-Related eHealth and mHealth Research: Bibliometric Analysis. Journal of Medical Internet Research, 2018, 20, e122.	4.3	131
10	Dropout, Nonusage Attrition, and Pretreatment Predictors of Nonusage Attrition in a Commercial Web-Based Weight Loss Program. Journal of Medical Internet Research, 2010, 12, e69.	4.3	125
11	A systematic review of eHealth behavioral interventions targeting smoking, nutrition, alcohol, physical activity and/or obesity for young adults. Preventive Medicine, 2017, 99, 197-206.	3.4	108
12	Motivators and Barriers to Engaging in Healthy Eating and Physical Activity. American Journal of Men's Health, 2017, 11, 330-343.	1.6	107
13	Self-Monitoring of Dietary Intake by Young Women: Online Food Records Completed on Computer or Smartphone Are as Accurate as Paper-Based Food Records but More Acceptable. Journal of the Academy of Nutrition and Dietetics, 2015, 115, 87-94.	0.8	91
14	Young adult males' motivators and perceived barriers towards eating healthily and being active: a qualitative study. International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 93.	4.6	89
15	A 12-Week Commercial Web-Based Weight-Loss Program for Overweight and Obese Adults: Randomized Controlled Trial Comparing Basic Versus Enhanced Features. Journal of Medical Internet Research, 2012, 14, e57.	4.3	88
16	Enhancement of Self-Monitoring in a Web-Based Weight Loss Program by Extra Individualized Feedback and Reminders: Randomized Trial. Journal of Medical Internet Research, 2016, 18, e82.	4.3	87
17	Diet Quality, Measured by Fruit and Vegetable Intake, Predicts Weight Change in Young Women. Journal of Obesity, 2013, 2013, 1-10.	2.7	82
18	Impact of dietary macronutrient distribution on BMI and cardiometabolic outcomes in overweight and obese children and adolescents: a systematic review. Nutrition Reviews, 2014, 72, 453-470.	5.8	82

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19	Feasibility and preliminary efficacy of the â€~HEYMAN' healthy lifestyle program for young men: a pilot randomised controlled trial. Nutrition Journal, 2017, 16, 2.	3.4	78
20	Recruitment and retention of young women into nutrition research studies: practical considerations. Trials, 2014, 15, 23.	1.6	64
21	Associations between Dietary Intake and Academic Achievement in College Students: A Systematic Review. Healthcare (Switzerland), 2017, 5, 60.	2.0	64
22	Effectiveness of Interventions and Behaviour Change Techniques for Improving Dietary Intake in Young Adults: A Systematic Review and Meta-Analysis of RCTs. Nutrients, 2019, 11, 825.	4.1	64
23	Effectiveness of brief nutrition interventions on dietary behaviours in adults: A systematic review. Appetite, 2018, 120, 335-347.	3.7	62
24	Weight Management Interventions Targeting Young Women: A Systematic Review. Journal of the Academy of Nutrition and Dietetics, 2013, 113, 795-802.	0.8	51
25	Fruit and Vegetable Intake Assessed by Food Frequency Questionnaire and Plasma Carotenoids: A Validation Study in Adults. Nutrients, 2015, 7, 3240-3251.	4.1	50
26	Physical activity policies and practices of childcare centres in Australia. Journal of Paediatrics and Child Health, 2011, 47, 73-76.	0.8	49
27	Nutrition Interventions for Prevention and Management of Childhood Obesity: What Do Parents Want from an eHealth Program?. Nutrients, 2015, 7, 10469-10479.	4.1	48
28	What are the health implications associated with the consumption of energy drinks? A systematic review. Nutrition Reviews, 2013, 71, 135-148.	5.8	44
29	The effect of weight management interventions that include a diet component on weight-related outcomes in pregnant and postpartum women: a systematic review protocol. JBI Database of Systematic Reviews and Implementation Reports, 2015, 13, 88-98.	1.7	40
30	Lifestyle behaviors and related health risk factors in a sample of Australian university students. Journal of American College Health, 2020, 68, 734-741.	1.5	39
31	Weight Change in a Commercial Web-Based Weight Loss Program and its Association With Website Use: Cohort Study. Journal of Medical Internet Research, 2011, 13, e83.	4.3	39
32	Which behaviour change techniques within interventions to prevent weight gain and/or initiate weight loss improve adiposity outcomes in young adults? A systematic review and metaâ€analysis of randomized controlled trials. Obesity Reviews, 2020, 21, e13009.	6.5	38
33	Consuming High-Carotenoid Fruit and Vegetables Influences Skin Yellowness and Plasma Carotenoids in Young Women: A Single-Blind Randomized Crossover Trial. Journal of the Academy of Nutrition and Dietetics, 2016, 116, 1257-1265.	0.8	36
34	Efficacy of Standard Versus Enhanced Features in a Web-Based Commercial Weight-Loss Program for Obese Adults, Part 2: Randomized Controlled Trial. Journal of Medical Internet Research, 2013, 15, e140.	4.3	36
35	Evaluation of a commercial web-based weight loss and weight loss maintenance program in overweight and obese adults: a randomized controlled trial. BMC Public Health, 2010, 10, 669.	2.9	33
36	Is Skin Coloration Measured by Reflectance Spectroscopy Related to Intake of Nutrient-Dense Foods? A Cross-Sectional Evaluation in Australian Young Adults. Nutrients, 2018, 10, 11.	4.1	33

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37	eHealth interventions targeting nutrition, physical activity, sedentary behavior, or obesity in adults: A scoping review of systematic reviews. Obesity Reviews, 2021, 22, e13295.	6.5	33
38	A review of maternal overweight and obesity and its impact on cardiometabolic outcomes during pregnancy and postpartum. Therapeutic Advances in Reproductive Health, 2021, 15, 263349412098654.	2.1	32
39	Changes to dietary intake during a 12-week commercial web-based weight loss program: a randomized controlled trial. European Journal of Clinical Nutrition, 2014, 68, 64-70.	2.9	31
40	Weight expectations, motivations for weight change and perceived factors influencing weight management in young Australian women: a cross-sectional study. Public Health Nutrition, 2016, 19, 275-286.	2.2	31
41	A Targeted and Tailored eHealth Weight Loss Program for Young Women: The Be Positive Be Healthe Randomized Controlled Trial. Healthcare (Switzerland), 2018, 6, 39.	2.0	31
42	Are Psychological Distress and Resilience Associated with Dietary Intake Among Australian University Students?. International Journal of Environmental Research and Public Health, 2019, 16, 4099.	2.6	30
43	Higher diet quality in university students is associated with higher academic achievement: a crossâ€sectional study. Journal of Human Nutrition and Dietetics, 2019, 32, 321-328.	2.5	30
44	Effectiveness of gender-targeted versus gender-neutral interventions aimed at improving dietary intake, physical activity and/or overweight/obesity in young adults (aged 17–35 years): a systematic review and meta-analysis. Nutrition Journal, 2020, 19, 78.	3.4	29
45	Latent Class Analysis of Multiple Health Risk Behaviors among Australian University Students and Associations with Psychological Distress. Nutrients, 2021, 13, 425.	4.1	28
46	A scoping review of risk behaviour interventions in young men. BMC Public Health, 2014, 14, 957.	2.9	27
47	Video Consultations and Virtual Nutrition Care for Weight Management. Journal of the Academy of Nutrition and Dietetics, 2015, 115, 1213-1225.	0.8	27
48	Cost evaluation of providing evidenceâ€based dietetic services for weight management in adults: Inâ€person <i>versus</i> <scp>eHealth</scp> delivery. Nutrition and Dietetics, 2018, 75, 35-43.	1.8	27
49	Predictors of Food Insecurity among Australian University Students: A Cross-Sectional Study. International Journal of Environmental Research and Public Health, 2020, 17, 60.	2.6	27
50	Participants in an online weight loss program can improve diet quality during weight loss: a randomized controlled trial. Nutrition Journal, 2014, 13, 82.	3.4	25
51	Be Positive Be Health <i>e</i> : Development and Implementation of a Targeted e-Health Weight Loss Program for Young Women. Telemedicine Journal and E-Health, 2016, 22, 519-528.	2.8	25
52	Fruit, Vegetable and Dietary Carotenoid Intakes Explain Variation in Skin-Color in Young Caucasian Women: A Cross-Sectional Study. Nutrients, 2015, 7, 5800-5815.	4.1	24
53	A systematic review of SNAPO (Smoking, Nutrition, Alcohol, Physical activity and Obesity) randomized controlled trials in young adult men. Preventive Medicine, 2015, 81, 221-231.	3.4	24
54	Interventions including a nutrition component aimed at managing gestational weight gain or postpartum weight retention: a systematic review and meta-analysis. JBI Database of Systematic Reviews and Implementation Reports, 2019, 17, 297-364.	1.7	24

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55	How big is a food portion? A pilot study in Australian families. Health Promotion Journal of Australia, 2015, 26, 83-88.	1.2	22
56	Supporting women of childbearing age in the prevention and treatment of overweight and obesity: a scoping review of randomized control trials of behavioral interventions. BMC Women's Health, 2020, 20, 14.	2.0	22
57	Recruiting and retaining young adults: what can we learn from behavioural interventions targeting nutrition, physical activity and/or obesity? A systematic review of the literature. Public Health Nutrition, 2021, 24, 5686-5703.	2.2	21
58	Impact of self-help weight loss resources with or without online support on the dietary intake of overweight and obese men: The SHED-IT randomised controlled trial. Obesity Research and Clinical Practice, 2014, 8, e476-e487.	1.8	20
59	Determinants of eating behaviours in Australian university students: A crossâ€sectional analysis. Nutrition and Dietetics, 2020, 77, 331-343.	1.8	20
60	Can a web-based food record accurately assess energy intake in overweight and obese women? A pilot study. Journal of Human Nutrition and Dietetics, 2013, 26, 140-144.	2.5	19
61	Behavioural factors related with successful weight loss 15 months post-enrolment in a commercial web-based weight-loss programme. Public Health Nutrition, 2012, 15, 1299-1309.	2.2	18
62	Eâ€&mHealth interventions targeting nutrition, physical activity, sedentary behavior, and/or obesity among children: A scoping review of systematic reviews and metaâ€analyses. Obesity Reviews, 2021, 22, e13331.	6.5	17
63	Associations between Unhealthy Diet and Lifestyle Behaviours and Increased Cardiovascular Disease Risk in Young Overweight and Obese Women. Healthcare (Switzerland), 2016, 4, 57.	2.0	16
64	The Feasibility and Preliminary Efficacy of an eHealth Lifestyle Program in Women with Recent Gestational Diabetes Mellitus: A Pilot Study. International Journal of Environmental Research and Public Health, 2020, 17, 7115.	2.6	16
65	Can dietary intake influence perception of and measured appearance? A Systematic Review. Nutrition Research, 2015, 35, 175-197.	2.9	15
66	Be Healthe for Your Heart: A Pilot Randomized Controlled Trial Evaluating a Web-Based Behavioral Intervention to Improve the Cardiovascular Health of Women with a History of Preeclampsia. International Journal of Environmental Research and Public Health, 2020, 17, 5779.	2.6	15
67	Young Men's Preferences for Design and Delivery of Physical Activity and Nutrition Interventions: A Mixed-Methods Study. American Journal of Men's Health, 2017, 11, 1588-1599.	1.6	14
68	Feasibility and Preliminary Efficacy of the Eating Advice to Students (EATS) Brief Web-Based Nutrition Intervention for Young Adult University Students: A Pilot Randomized Controlled Trial. Nutrients, 2019, 11, 905.	4.1	14
69	Effectiveness of Nutrition Interventions in Vending Machines to Encourage the Purchase and Consumption of Healthier Food and Drinks in the University Setting: A Systematic Review. Nutrients, 2020, 12, 876.	4.1	14
70	An 8-Week Web-Based Weight Loss Challenge With Celebrity Endorsement and Enhanced Social Support: Observational Study. Journal of Medical Internet Research, 2013, 15, e129.	4.3	14
71	Public, official, and industry submissions on a Bill to increase the alcohol minimum purchasing age: A critical analysis. International Journal of Drug Policy, 2014, 25, 709-716.	3.3	13
72	Are women with a recent diagnosis of preâ€eclampsia aware of their cardiovascular disease risk? A crossâ€sectional survey. Australian and New Zealand Journal of Obstetrics and Gynaecology, 2018, 58, E27-E28.	1.0	13

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73	Postpartum Women's Perspectives of Engaging with a Dietitian and Exercise Physiologist via Video Consultations for Weight Management: A Qualitative Evaluation. Healthcare (Switzerland), 2018, 6, 8.	2.0	13
74	University Students Purchasing Food on Campus More Frequently Consume More Energy-Dense, Nutrient-Poor Foods: A Cross-Sectional Survey. Nutrients, 2021, 13, 1053.	4.1	12
75	Impact of preconception, pregnancy, and postpartum culinary nutrition education interventions: a systematic review. Nutrition Reviews, 2021, 79, 1186-1203.	5.8	11
76	Effectiveness of interventions and behaviour change techniques for improving physical activity in young adults: A systematic review and meta-analysis. Journal of Sports Sciences, 2021, 39, 1754-1771.	2.0	11
77	<scp>VITAL</scp> change for mums: a feasibility study investigating tailored nutrition and exercise care delivered by videoâ€consultations for women 3–12 months postpartum. Journal of Human Nutrition and Dietetics, 2018, 31, 337-348.	2.5	10
78	Image-Based Dietary Assessment and Tailored Feedback Using Mobile Technology: Mediating Behavior Change in Young Adults. Nutrients, 2019, 11, 435.	4.1	10
79	A cross sectional study investigating weight management motivations, methods and perceived healthy eating and physical activity influences in women up to five years following childbirth. Midwifery, 2017, 49, 124-133.	2.3	9
80	Investigating the Efficacy and Cost-Effectiveness of Technology-Delivered Personalized Feedback on Dietary Patterns in Young Australian Adults in the Advice, Ideas, and Motivation for My Eating (Aim4Me) Study: Protocol for a Randomized Controlled Trial. JMIR Research Protocols, 2020, 9, e15999.	1.0	9
81	Intake of specific types of fruit and vegetables is associated with higher levels of skin yellowness in young women: A cross-sectional study. Nutrition Research, 2018, 56, 23-31.	2.9	8
82	A Brief Web-Based Nutrition Intervention for Young Adult University Students: Development and Evaluation Protocol Using the PRECEDE-PROCEED Model. JMIR Research Protocols, 2019, 8, e11992.	1.0	8
83	What is the nutritional value of food and drinks sold in vending machines at an Australian university? A food environment audit study. Nutrition and Dietetics, 2020, 77, 550-552.	1.8	7
84	On ampus food purchasing behaviours and satisfaction of Australian university students. Health Promotion Journal of Australia, 2021, , .	1.2	7
85	Perceptions of carotenoid and melanin colouration in faces among young Australian adults. Australian Journal of Psychology, 2018, 70, 85-90.	2.8	6
86	ls There an Association between Health Risk Behaviours and Academic Achievement among University Students?. International Journal of Environmental Research and Public Health, 2021, 18, 8314.	2.6	6
87	Current practice, perceived barriers and resource needs related to measurement of dietary intake, analysis and interpretation of data: A survey of Australian nutrition and dietetics practitioners and researchers. Nutrition and Dietetics, 2021, 78, 365-373.	1.8	5
88	Do modifiable risk factors for cardiovascular disease post-pregnancy influence the association between hypertensive disorders of pregnancy and cardiovascular health outcomes? A systematic review of observational studies. Pregnancy Hypertension, 2022, 27, 138-147.	1.4	5
89	Optimising Cardiometabolic Risk Factors in Pregnancy: A Review of Risk Prediction Models Targeting Gestational Diabetes and Hypertensive Disorders. Journal of Cardiovascular Development and Disease, 2022, 9, 55.	1.6	5
90	Participant characteristics and reach of a commercial webâ€based weight loss program. Nutrition and Dietetics, 2010, 67, 267-274.	1.8	4

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91	Efficacy of Web-Based Weight Loss Maintenance Programs: A Randomized Controlled Trial Comparing Standard Features Versus the Addition of Enhanced Personalized Feedback over 12 Months. Behavioral Sciences (Basel, Switzerland), 2017, 7, 76.	2.1	4
92	Be Healthe for Your Heart: Protocol for a Pilot Randomized Controlled Trial Evaluating a Web-Based Behavioral Intervention to Improve the Cardiovascular Health of Women With a History of Preeclampsia. Frontiers in Cardiovascular Medicine, 2019, 6, 144.	2.4	4
93	Eating Behaviors and Diet Quality: A National Survey of Australian Young Adults. Journal of Nutrition Education and Behavior, 2022, 54, 397-405.	0.7	4
94	Evaluation of a Type 2 diabetes risk reduction online program for women with recent gestational diabetes: a randomised trial. International Journal of Behavioral Nutrition and Physical Activity, 2022, 19, 35.	4.6	3
95	Rural versus urban women: An examination of anthropometry and body composition. Australian Journal of Rural Health, 2019, 27, 70-77.	1.5	2
96	Do disparities exist between national food group recommendations and the dietary intakes of contemporary young adults?. Nutrition and Dietetics, 2021, 78, 524-534.	1.8	2
97	Are health behaviors associated with academic performance among tertiary education students? A systematic review of cohort studies. Journal of American College Health, 2022, , 1-13.	1.5	2
98	Efficacy of dietary interventions in individuals with substance use disorders for illicit substances or illicit use of pharmaceutical substances: A systematic review. Journal of Human Nutrition and Dietetics, 2021, 34, 981-993.	2.5	1
99	Response to: Self-Directed Interventions to Promote Weight Loss: a Systematic Review of Reviews. Journal of Medical Internet Research, 2014, 16, e178.	4.3	1
100	Effectiveness of maternal dietary interventions for improving mother and infant health outcomes. JBI Database of Systematic Reviews and Implementation Reports, 2018, 16, 1929-1938.	1.7	0