Ronald C Plotnikoff

List of Publications by Year
in descending order

288 papers	14,009 citations	23500 58 h-index	32761 100 g-index
294 all docs	294 docs citations	294 times ranked	15170 citing authors

#	Article	IF	Citations
1	Physical activity level and health-related quality of life in the general adult population: A systematic review. Preventive Medicine, 2007, 45, 401-415.	1.6	800
2	The Health Benefits of Muscular Fitness for Children and Adolescents: A Systematic Review and Meta-Analysis. Sports Medicine, 2014, 44, 1209-1223.	3.1	532
3	Effects and moderators of exercise on quality of life and physical function in patients with cancer: An individual patient data meta-analysis of 34 RCTs. Cancer Treatment Reviews, 2017, 52, 91-104.	3.4	398
4	Physical Activity and Physical Self-Concept in Youth: Systematic Review and Meta-Analysis. Sports Medicine, 2014, 44, 1589-1601.	3.1	374
5	Can Smartphone Apps Increase Physical Activity? Systematic Review and Meta-Analysis. Journal of Medical Internet Research, 2019, 21, e12053.	2.1	312
6	Randomized Controlled Trial of the Effects of Print Materials and Step Pedometers on Physical Activity and Quality of Life in Breast Cancer Survivors. Journal of Clinical Oncology, 2007, 25, 2352-2359.	0.8	289
7	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.	2.0	277
8	The Health Indicators Associated With Screen-Based Sedentary Behavior Among Adolescent Girls: A Systematic Review. Journal of Adolescent Health, 2013, 52, 382-392.	1.2	228
9	Objectively measured sedentary behaviour and health and development in children and adolescents: systematic review and metaâ€analysis. Obesity Reviews, 2016, 17, 330-344.	3.1	227
10	Smart-Phone Obesity Prevention Trial for Adolescent Boys in Low-Income Communities: The ATLAS RCT. Pediatrics, 2014, 134, e723-e731.	1.0	198
11	Social cognitive theories used to explain physical activity behavior in adolescents: A systematic review and meta-analysis. Preventive Medicine, 2013, 56, 245-253.	1.6	171
12	Resistance Training and Type 2 Diabetes: Considerations for implementation at the population level. Diabetes Care, 2006, 29, 1933-1941.	4.3	167
13	Factors Associated with Physical Activity in Canadian Adults with Diabetes. Medicine and Science in Sports and Exercise, 2006, 38, 1526-1534.	0.2	162
14	Social Support and the Theory of Planned Behavior in the Exercise Domain. American Journal of Health Behavior, 2000, 24, 300-308.	0.6	155
15	Physical Activity and Diabetes. Canadian Journal of Diabetes, 2013, 37, S40-S44.	0.4	152
16	Osteoarthritis prevalence and modifiable factors: a population study. BMC Public Health, 2015, 15, 1195.	1.2	147
17	Exercise and the Transtheoretical Model: A Longitudinal Test of a Population Sample. Preventive Medicine, 2001, 33, 441-452.	1.6	145
18	Efficacy of a workplace-based weight loss program for overweight male shift workers: The Workplace POWER (Preventing Obesity Without Eating like a Rabbit) randomized controlled trial. Preventive Medicine, 2011, 52, 317-325.	1.6	143

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19	A Web-Based, Social Networking Physical Activity Intervention for Insufficiently Active Adults Delivered via Facebook App: Randomized Controlled Trial. Journal of Medical Internet Research, 2015, 17, e174.	2.1	141
20	Prediction of leisure-time walking: an integration of social cognitive, perceived environmental, and personality factors. International Journal of Behavioral Nutrition and Physical Activity, 2007, 4, 51.	2.0	140
21	The â€˜Healthy Dads, Healthy Kidsâ€™ community randomized controlled trial: A community-based healthy lifestyle program for fathers and their children. Preventive Medicine, 2014, 61, 90-99.	1.6	130
22	High-Intensity Interval Training for Cognitive and Mental Health in Adolescents. Medicine and Science in Sports and Exercise, 2016, 48, 1985-1993.	0.2	130
23	Validation of the Decisional Balance Scales in the Exercise Domain From the Transtheoretical Model: A Longitudinal Test. Measurement in Physical Education and Exercise Science, 2001, 5, 191-206.	1.3	128
24	Maternal and paternal parenting practices and their influence on children's adiposity, screen-time, diet and physical activity. Appetite, 2014, 79, 149-157.	1.8	127
25	A systematic review and meta-analysis of cognitive and behavioral interventions to improve sleep health in adults without sleep disorders. Sleep Medicine Reviews, 2018, 40, 160-169.	3.8	126
26	Preventing Obesity Among Adolescent Girls. JAMA Pediatrics, 2012, 166, 821.	3.6	121
27	Efficacy of an E-Mail Intervention for the Promotion of Physical Activity and Nutrition Behavior in the Workplace Context. American Journal of Health Promotion, 2005, 19, 422-429.	0.9	111
28	The SHED-IT Community Trial: A Randomized Controlled Trial of Internet- and Paper-Based Weight Loss Programs Tailored for Overweight and Obese Men. Annals of Behavioral Medicine, 2013, 45, 139-152.	1.7	110
29	Understanding action control: Predicting physical activity intention-behavior profiles across 6 months in a Canadian sample.. Health Psychology, 2006, 25, 292-299.	1.3	109
30	Physical Activity and Skills Intervention. Medicine and Science in Sports and Exercise, 2015, 47, 765-774.	0.2	108
31	Physical Activity and Social Cognitive Theory: A Test in a Population Sample of Adults with Type 1 or Type 2 Diabetes. Applied Psychology, 2008, 57, 628-643.	4.4	101
32	Efficacy of interventions that include diet, aerobic and resistance training components for type 2 diabetes prevention: a systematic review with meta-analysis. International Journal of Behavioral Nutrition and Physical Activity, 2014, 11, 2.	2.0	100
33	Predicting the Physical Activity Intentionâ€“Behavior Profiles of Adopters and Maintainers Using Three Social Cognition Models. Annals of Behavioral Medicine, 2008, 36, 244-252.	1.7	99
34	Analyzing Theoretical Mechanisms of Physical Activity Behavior Change in Breast Cancer Survivors: Results from the Activity Promotion (ACTION) Trial. Annals of Behavioral Medicine, 2008, 35, 150-158.	1.7	96
35	Predicting exercise stage transitions over two consecutive 6-month periods: A test of the theory of planned behaviour in a population-based sample. British Journal of Health Psychology, 2001, 6, 135-150.	1.9	95
36	Age, gender, and urbanâ€“rural differences in the correlates of physical activity. Preventive Medicine, 2004, 39, 1115-1125.	1.6	94

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37	Perceived environment and physical activity in youth. International Journal of Behavioral Medicine, 2004, 11, 135-142.	0.8	93
38	Longitudinal associations between changes in screen-time and mental health outcomes in adolescents. Mental Health and Physical Activity, 2017, 12, 124-131.	0.9	88
39	Exercise Behavior in a Community Sample With Diabetes: Understanding the Determinants of Exercise Behavioral Change. The Diabetes Educator, 2000, 26, 450-459.	2.6	86
40	Comparability and feasibility of wrist- and hip-worn accelerometers in free-living adolescents. Journal of Science and Medicine in Sport, 2017, 20, 1101-1106.	0.6	86
41	Determinants of quality of life in adults with type 1 and type 2 diabetes. Health and Quality of Life Outcomes, 2011, 9, 115.	1.0	84
42	User Engagement and Attrition in an App-Based Physical Activity Intervention: Secondary Analysis of a Randomized Controlled Trial. Journal of Medical Internet Research, 2019, 21, e14645.	2.1	81
43	Diabetes NetPLAY: A physical activity website and linked email counselling randomized intervention for individuals with type 2 diabetes. International Journal of Behavioral Nutrition and Physical Activity, 2009, 6, 18.	2.0	80
44	Assessing the sustained impact of a school-based obesity prevention program for adolescent boys: the ATLAS cluster randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 2016, 13, 92.	2.0	80
45	Testâ€“retest reliability of a battery of field-based health-related fitness measures for adolescents. Journal of Sports Sciences, 2011, 29, 685-693.	1.0	78
46	The Nutrition and Enjoyable Activity for Teen Girls Study. American Journal of Preventive Medicine, 2013, 45, 313-317.	1.6	78
47	The Role of Self-Efficacy in Explaining Gender Differences in Physical Activity Among Adolescents: A Multilevel Analysis. Journal of Physical Activity and Health, 2010, 7, 176-183.	1.0	74
48	Efficacy of tailored-print interventions to promote physical activity: a systematic review of randomised trials. International Journal of Behavioral Nutrition and Physical Activity, 2011, 8, 113.	2.0	73
49	Reliability and validity of a singleâ€item physical activity measure for adolescents. Journal of Paediatrics and Child Health, 2015, 51, 787-793.	0.4	73
50	The influence of self-efficacy and outcome expectations on the relationship between perceived environment and physical activity in the workplace. International Journal of Behavioral Nutrition and Physical Activity, 2004, 1, 7.	2.0	72
51	Factors associated with participation in resistance training: a systematic review. British Journal of Sports Medicine, 2017, 51, 1466-1472.	3.1	72
52	Targeting Exercise Interventions to Patients With Cancer in Need: An Individual Patient Data Meta-Analysis. Journal of the National Cancer Institute, 2018, 110, 1190-1200.	3.0	72
53	The Nutrition and Enjoyable Activity for Teen Girls (NEAT girls) randomized controlled trial for adolescent girls from disadvantaged secondary schools: rationale, study protocol, and baseline results. BMC Public Health, 2010, 10, 652.	1.2	71
54	Protection motivation theory and the prediction of exercise and low-fat diet behaviours among Australian cardiac patients. Psychology and Health, 1998, 13, 411-429.	1.2	70

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55	Physical activity and diabetes: An application of the theory of planned behaviour to explain physical activity for Type 1 and Type 2 diabetes in an adult population sample. Psychology and Health, 2010, 25, 7-23.	1.2	70
56	Outdoor Time Is Associated with Physical Activity, Sedentary Time, andÂCardiorespiratory Fitness in Youth. Journal of Pediatrics, 2014, 165, 516-521.	0.9	68
57	Diet quality, nutrition and physical activity among adolescents: the Web-SPAN (Web-Survey of Physical) Tj ETQq1 1 0.784314 rgBT /Ove	1.1	66
58	Maintenance of Physical Activity in Breast Cancer Survivors after a Randomized Trial. Medicine and Science in Sports and Exercise, 2008, 40, 173-180.	0.2	65
59	Itâ€™s not raining men: a mixed-methods study investigating methods of improving male recruitment to health behaviour research. BMC Public Health, 2019, 19, 814.	1.2	64
60	Preliminary efficacy and feasibility of embedding high intensity interval training into the school day: A pilot randomized controlled trial. Preventive Medicine Reports, 2015, 2, 973-979.	0.8	63
61	Multicomponent, home-based resistance training for obese adults with type 2 diabetes: a randomized controlled trial. International Journal of Obesity, 2010, 34, 1733-1741.	1.6	61
62	Protection motivation theory and the prediction of physical activity among adults with type 1 or type 2 diabetes in a large population sample. British Journal of Health Psychology, 2010, 15, 643-661.	1.9	60
63	The Impact of a Workplace-Based Weight Loss Program on Work-Related Outcomes in Overweight Male Shift Workers. Journal of Occupational and Environmental Medicine, 2012, 54, 122-127.	0.9	60
64	A qualitative synthesis of trials promoting physical activity behaviour change among post-treatment breast cancer survivors. Journal of Cancer Survivorship, 2013, 7, 570-581.	1.5	60
65	Short fat questionnaire: a selfâ€administered measure of fatâ€intake behaviour. Australian Journal of Public Health, 1993, 17, 144-149.	0.2	58
66	A Social Networking and Gamified App to Increase Physical Activity: Cluster RCT. American Journal of Preventive Medicine, 2020, 58, e51-e62.	1.6	58
67	Can current physical activity act as a reasonable proxy measure of future physical activity? Evaluating cross-sectional and passive prospective designs with the use of social cognition models. Preventive Medicine, 2005, 40, 547-555.	1.6	56
68	Medical, demographic, and psychosocial correlates of exercise in colorectal cancer survivors: an application of self-determination theory. Supportive Care in Cancer, 2008, 16, 9-17.	1.0	56
69	Protection Motivation Theory. Exercise and Sport Sciences Reviews, 2010, 38, 91-98.	1.6	55
70	Physical Activity, Smoking, and Obesity Among Canadian School Youth. Canadian Journal of Public Health, 2004, 95, 413-418.	1.1	54
71	Physical activity and health-related quality of life in young adult cancer survivors: a Canadian provincial survey. Journal of Cancer Survivorship, 2011, 5, 44-53.	1.5	54
72	A Survey of Physical Activity Programming and Counseling Preferences in Young-Adult Cancer Survivors. Cancer Nursing, 2012, 35, 48-54.	0.7	54

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73	Exploring changes in physical activity, sedentary behaviors and hypothesized mediators in the NEAT girls group randomized controlled trial. Journal of Science and Medicine in Sport, 2014, 17, 39-46.	0.6	54
74	Development and evaluation of social cognitive measures related to adolescent dietary behaviors. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 36.	2.0	53
75	Correlates of physical activity in a population-based sample of kidney cancer survivors: an application of the theory of planned behavior. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 96.	2.0	52
76	Main outcomes of the Move More for Life Trial: a randomised controlled trial examining the effects of tailoredâ€print and targetedâ€print materials for promoting physical activity among postâ€treatment breast cancer survivors. Psycho-Oncology, 2015, 24, 771-778.	1.0	52
77	The Efficacy of Stage-Matched and Standard Public Health Materials for Promoting Physical Activity in the Workplace: The Physical Activity Workplace Study (PAWS). American Journal of Health Promotion, 2007, 21, 501-509.	0.9	51
78	Predictors of aerobic physical activity and resistance training among Canadian adults with type 2 diabetes: An application of the Protection Motivation Theory. Psychology of Sport and Exercise, 2009, 10, 320-328.	1.1	51
79	Psychometric properties of the PERMA Profiler for measuring wellbeing in Australian adults. PLoS ONE, 2019, 14, e0225932.	1.1	51
80	A prospective study of the determinants of exercise in bladder cancer survivors using the Theory of Planned Behavior. Supportive Care in Cancer, 2009, 17, 171-179.	1.0	50
81	Intervention to reduce recreational screen-time in adolescents: Outcomes and mediators from the â€˜Switch-Off 4 Healthy Mindsâ€™ (S4HM) cluster randomized controlled trial. Preventive Medicine, 2016, 91, 50-57.	1.6	50
82	How do different delivery schedules of tailored web-based physical activity advice for breast cancer survivors influence intervention use and efficacy?. Journal of Cancer Survivorship, 2017, 11, 80-91.	1.5	50
83	Moderators of Exercise Effects on Cancer-related Fatigue: A Meta-analysis of Individual Patient Data. Medicine and Science in Sports and Exercise, 2020, 52, 303-314.	0.2	50
84	Predicting low-fat diet intentions and behaviors for the prevention of coronary heart disease: An application of protection motivation theory among an australian population. Psychology and Health, 1995, 10, 397-408.	1.2	49
85	LittÃ©ratie en matiÃ¨re de santÃ© dans la rÃ©alitÃ© des immigrants, sur le plan de la culture et de la langue. Canadian Journal of Public Health, 2006, 97, S28-S33.	1.1	49
86	Community-Based Physical Activity Interventions for Treatment of Type 2 Diabetes: A Systematic Review with Meta-Analysis. Frontiers in Endocrinology, 2013, 4, 3.	1.5	49
87	Rationale and study protocol for the â€˜Active Teen Leaders Avoiding Screen-timeâ€™ (ATLAS) group randomized controlled trial: An obesity prevention intervention for adolescent boys from schools in low-income communities. Contemporary Clinical Trials, 2014, 37, 106-119.	0.8	48
88	Development of Measures of Organizational Leadership for Health Promotion. Health Education and Behavior, 2005, 32, 195-207.	1.3	47
89	Explaining dietary intake in adolescent girls from disadvantaged secondary schools. A test of Social Cognitive Theory. Appetite, 2012, 58, 517-524.	1.8	47
90	Implementing Resistance Training in Secondary Schools. Medicine and Science in Sports and Exercise, 2018, 50, 62-72.	0.2	47

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91	Web-Based Video-Coaching to Assist an Automated Computer-Tailored Physical Activity Intervention for Inactive Adults: A Randomized Controlled Trial. Journal of Medical Internet Research, 2016, 18, e223.	2.1	47
92	The contribution of organised sports to physical activity in Australia: Results and directions from the Active Healthy Kids Australia 2014 Report Card on physical activity for children and young people. Journal of Science and Medicine in Sport, 2016, 19, 407-412.	0.6	46
93	Efficacy of an m-Health Physical Activity and Sleep Health Intervention for Adults: A Randomized Waitlist-Controlled Trial. American Journal of Preventive Medicine, 2019, 57, 503-514.	1.6	46
94	Chronic Diseaseâ€"Related Lifestyle Risk Factors in a Sample of Canadian Adolescents. Journal of Adolescent Health, 2009, 44, 606-609.	1.2	45
95	Paternal Lifestyle-Related Parenting Practices Mediate Changes in Childrenâ€™s Dietary and Physical Activity Behaviors: Findings From the Healthy Dads, Healthy Kids Community Randomized Controlled Trial. Journal of Physical Activity and Health, 2015, 12, 1327-1335.	1.0	45
96	Integrating smartphone technology, social support and the outdoor physical environment to improve fitness among adults at risk of, or diagnosed with, Type 2 Diabetes: Findings from the â€˜eCoFitâ€™ randomized controlled trial. Preventive Medicine, 2017, 105, 404-411.	1.6	45
97	Feasibility and Preliminary Efficacy of a Teacher-Facilitated High-Intensity Interval Training Intervention for Older Adolescents. Pediatric Exercise Science, 2019, 31, 107-117.	0.5	45
98	The Alberta Diabetes and Physical Activity Trial (ADAPT):A Randomized Trial Evaluating Theory-Based Interventions to Increase Physical Activity in Adults with Type 2 Diabetes. Annals of Behavioral Medicine, 2013, 45, 45-56.	1.7	43
99	â€œActive Teamâ€•a social and gamified app-based physical activity intervention: randomised controlled trial study protocol. BMC Public Health, 2017, 17, 859.	1.2	43
100	Creating parsimony at the expense of precision? Conceptual and applied issues of aggregating belief-based constructs in physical activity research. Health Education Research, 2004, 19, 392-405.	1.0	41
101	A Conceptual Model of Community Capacity Development for Health Promotion in the Alberta Heart Health Project. Health Promotion Practice, 2005, 6, 31-36.	0.9	41
102	Physical Activity and Type 2 Diabetes. The Diabetes Educator, 2007, 33, 128-143.	2.6	41
103	Associations Between Physical Activity and Quality of Life in a Population-Based Sample of Kidney Cancer Survivors. Cancer Epidemiology Biomarkers and Prevention, 2011, 20, 859-868.	1.1	41
104	Physical Activity in the Management of Diabetes: Population-based Perspectives and Strategies. Canadian Journal of Diabetes, 2006, 30, 52-62.	0.4	40
105	Differences in the Correlates of Physical Activity Between Urban and Rural Canadian Youth. Journal of School Health, 2007, 77, 164-170.	0.8	40
106	Exploring the Mechanisms of Physical Activity and Dietary Behavior Change in the Program X Intervention for Adolescents. Journal of Adolescent Health, 2010, 47, 83-91.	1.2	40
107	Demographic, clinical, psychosocial, and environmental correlates of objectively assessed physical activity among breast cancer survivors. Supportive Care in Cancer, 2016, 24, 3333-3342.	1.0	40
108	Predicting short and long-term exercise intentions and behaviour in patients with coronary artery disease: A test of protection motivation theory. Psychology and Health, 2009, 24, 255-269.	1.2	39

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109	Reducing Sitting Time: The New Workplace Health Priority. Archives of Environmental and Occupational Health, 2012, 67, 125-127.	0.7	39
110	Efficacy of a Multi-component m-Health Weight-loss Intervention in Overweight and Obese Adults: A Randomised Controlled Trial. International Journal of Environmental Research and Public Health, 2020, 17, 6200.	1.2	39
111	Aerobic physical activity and resistance training: an application of the theory of planned behavior among adults with type 2 diabetes in a random, national sample of Canadians. International Journal of Behavioral Nutrition and Physical Activity, 2008, 5, 61.	2.0	38
112	Not Enough Time? Individual and Environmental Implications for Workplace Physical Activity Programming Among WomenwithandwithoutYoung Children. Health Care for Women International, 2008, 29, 244-281.	0.6	38
113	Rationale and study protocol for the supporting childrenâ€™s outcomes using rewards, exercise and skills (SCORES) group randomized controlled trial: A physical activity and fundamental movement skills intervention for primary schools in low-income communities. BMC Public Health, 2012, 12, 427.	1.2	38
114	Protection Motivation Theory and Physical Activity. Journal of Health Psychology, 2009, 14, 1119-1134.	1.3	37
115	Identifying Belief-Based Targets for the Promotion of Leisure-Time Walking. Health Education and Behavior, 2009, 36, 381-393.	1.3	37
116	A Test of the Theory of Planned Behavior to Predict Physical Activity in an Overweight/Obese Population Sample of Adolescents From Alberta, Canada. Health Education and Behavior, 2013, 40, 415-425.	1.3	37
117	Efficacy of the Type 2 Diabetes Prevention Using LifeStyle Education Program RCT. American Journal of Preventive Medicine, 2016, 50, 353-364.	1.6	37
118	Time-efficient intervention to improve older adolescentsâ€™ cardiorespiratory fitness: findings from the â€˜Burn 2 Learnâ€™ cluster randomised controlled trial. British Journal of Sports Medicine, 2021, 55, 751-758.	3.1	37
119	Development and Evaluation of a Theory-Based Physical Activity Guidebook for Breast Cancer Survivors. Health Education and Behavior, 2008, 35, 174-189.	1.3	36
120	Sedentary behavior in everyday life relates negatively to mood: An ambulatory assessment study. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1340-1351.	1.3	36
121	Understanding Physical Activity Maintenance in Breast Cancer Survivors. American Journal of Health Behavior, 2010, 34, 225-36.	0.6	35
122	Physical activity and health-related quality of life in individuals with prediabetes. Diabetes Research and Clinical Practice, 2010, 90, 15-21.	1.1	35
123	The 'Healthy Dads, Healthy Kids' community effectiveness trial: study protocol of a community-based healthy lifestyle program for fathers and their children. BMC Public Health, 2011, 11, 876.	1.2	35
124	Referral for Expert Physical Activity Counseling: A Pragmatic RCT. American Journal of Preventive Medicine, 2017, 53, 490-499.	1.6	35
125	The protection motivation theory within the stages of the transtheoretical model â€“ Stageâ€specific interplay of variables and prediction of exercise stage transitions. British Journal of Health Psychology, 2009, 14, 211-229.	1.9	34
126	Testing two principles of the Health Action Process Approach in individuals with type 2 diabetes.. Health Psychology, 2014, 33, 77-84.	1.3	34

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127	Assessing the Validity of a Stage Measure on Physical Activity in a Population-Based Sample of Individuals With Type 1 or Type 2 Diabetes. Measurement in Physical Education and Exercise Science, 2007, 11, 73-91.	1.3	33
128	A systematic review of outdoor gym use: Current evidence and future directions. Journal of Science and Medicine in Sport, 2019, 22, 1335-1343.	0.6	33
129	A school-based intervention incorporating smartphone technology to improve health-related fitness among adolescents: rationale and study protocol for the NEAT and ATLAS 2.0 cluster randomised controlled trial and dissemination study. BMJ Open, 2016, 6, e010448.	0.8	32
130	Reflections on community-based population health intervention and evaluation for obesity and chronic disease prevention: the Healthy Alberta Communities project. International Journal of Public Health, 2010, 55, 679-686.	1.0	31
131	A cross-sectional cluster analysis of the combined association of physical activity and sleep with sociodemographic and health characteristics in mid-aged and older adults. Maturitas, 2017, 102, 56-61.	1.0	31
132	ParticipACTION: Awareness of the participACTION campaign among Canadian adults - Examining the knowledge gap hypothesis and a hierarchy-of-effects model. International Journal of Behavioral Nutrition and Physical Activity, 2009, 6, 85.	2.0	30
133	Physical Activity and Stages of Change: A Longitudinal Test in Types 1 and 2 Diabetes Samples. Annals of Behavioral Medicine, 2010, 40, 138-149.	1.7	30
134	A Test of the Theory of Planned Behavior to Explain Physical Activity in a Large Population Sample of Adolescents From Alberta, Canada. Journal of Adolescent Health, 2011, 49, 547-549.	1.2	30
135	The SHED-IT community trial study protocol: a randomised controlled trial of weight loss programs for overweight and obese men. BMC Public Health, 2010, 10, 701.	1.2	28
136	Physical Activity Preferences and Type 2 Diabetes. The Diabetes Educator, 2010, 36, 801-815.	2.6	28
137	Development and Evaluation of Social Cognitive Measures Related to Adolescent Physical Activity. Journal of Physical Activity and Health, 2013, 10, 544-555.	1.0	28
138	Associations between Changes in Activity and Sleep Quality and Duration over Two Years. Medicine and Science in Sports and Exercise, 2018, 50, 2425-2432.	0.2	28
139	The Awareness and Use of Canadaâ€™s Physical Activity Guide to Healthy Active Living. Canadian Journal of Public Health, 2002, 93, 394-396.	1.1	27
140	Development of an Ecological Assessment Tool for a Workplace Physical Activity Program Standard. Health Promotion Practice, 2005, 6, 453-463.	0.9	27
141	Effects of action planning and coping planning within the theory of planned behaviour: A physical activity study of patients undergoing haemodialysis. Psychology of Sport and Exercise, 2011, 12, 609-614.	1.1	27
142	Predictors of Physical Activity in Adults With Type 2 Diabetes. American Journal of Health Behavior, 2011, 35, 359-370.	0.6	27
143	Move more for life: the protocol for a randomised efficacy trial of a tailored-print physical activity intervention for post-treatment breast cancer survivors. BMC Cancer, 2012, 12, 172.	1.1	27
144	Associations between program outcomes and adherence to Social Cognitive Theory tasks: process evaluation of the SHED-IT community weight loss trial for men. International Journal of Behavioral Nutrition and Physical Activity, 2014, 11, 89.	2.0	27

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145	Identifying correlates of breaks in occupational sitting: a cross-sectional study. Building Research and Information, 2015, 43, 646-658.	2.0	27
146	Do Participantsâ€™ Preferences for Mode of Delivery (Text, Video, or Both) Influence the Effectiveness of a Web-Based Physical Activity Intervention?. Journal of Medical Internet Research, 2012, 14, e37.	2.1	27
147	The Effects of a Supplemental, Theory-Based Physical Activity Counseling Intervention for Adults With Type 2 Diabetes. Journal of Physical Activity and Health, 2011, 8, 944-954.	1.0	26
148	Associations of Perceived Community Environmental Attributes with Walking in a Population-Based Sample of Adults with Type 2 Diabetes. Annals of Behavioral Medicine, 2008, 35, 170-178.	1.7	24
149	Social-cognitive theories for predicting physical activity behaviours of employed women with and without young children. Psychology, Health and Medicine, 2009, 14, 129-142.	1.3	24
150	Determinants of quality of life in type 2 diabetes population: the inclusion of personality. Quality of Life Research, 2011, 20, 551-558.	1.5	24
151	Do Personally Tailored Videos in a Web-Based Physical Activity Intervention Lead to Higher Attention and Recall? â€“ An Eye-Tracking Study. Frontiers in Public Health, 2014, 2, 13.	1.3	24
152	Effectiveness of Interventions Targeting Health Behaviors in University and College Staff: A Systematic Review. American Journal of Health Promotion, 2015, 29, e169-e187.	0.9	24
153	Towards the development of scales to measure 'will' to promote heart health within health organizations in Canada. Health Promotion International, 2004, 19, 471-481.	0.9	23
154	A 15-year longitudinal test of the theory of planned behaviour to predict physical activity in a randomized national sample of Canadian adults. Psychology of Sport and Exercise, 2012, 13, 521-527.	1.1	23
155	Feasibility and Preliminary Efficacy of the MADE4Life Program: A Pilot Randomized Controlled Trial. Journal of Physical Activity and Health, 2015, 12, 1378-1393.	1.0	23
156	Using Pedometers for Measuring and Increasing Physical Activity in Children and Adolescents. American Journal of Lifestyle Medicine, 2015, 9, 418-427.	0.8	23
157	Mediators of change in screen-time in a school-based intervention for adolescent boys: findings from the ATLAS cluster randomized controlled trial. Journal of Behavioral Medicine, 2017, 40, 423-433.	1.1	23
158	Efficacy of an m-Health Physical Activity and Sleep Intervention to Improve Sleep Quality in Middle-Aged Adults: The Refresh Study Randomized Controlled Trial. Annals of Behavioral Medicine, 2020, 54, 470-483.	1.7	23
159	Effect of resistance training on HbA1c in adults with type 2 diabetes mellitus and the moderating effect of changes in muscular strength: a systematic review and meta-analysis. BMJ Open Diabetes Research and Care, 2022, 10, e002595.	1.2	23
160	Peer Telephone Counseling for Adults With Type 2 Diabetes Mellitus. The Diabetes Educator, 2010, 36, 717-729.	2.6	22
161	Survey of Australian practitioners' provision of healthy lifestyle advice to clients who are obese. Australian Journal of Cancer Nursing, 2012, 14, 189-196.	0.8	22
162	Testing Social-Cognitive Theory to Explain Physical Activity Change in Adolescent Girls From Low-Income Communities. Research Quarterly for Exercise and Sport, 2013, 84, 483-491.	0.8	22

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163	The SHED-IT Weight Loss Maintenance trial protocol: A randomised controlled trial of a weight loss maintenance program for overweight and obese men. Contemporary Clinical Trials, 2014, 37, 84-97.	0.8	22
164	Daily steps and diet, but not sleep, are related to mortality in older Australians. Journal of Science and Medicine in Sport, 2020, 23, 276-282.	0.6	22
165	Development of measures of individual leadership for health promotion. Leadership in Health Services, 2005, 18, 1-12.	0.7	21
166	Awareness of Canada's Physical Activity Guide to Healthy Active Living in a Large Community Sample. American Journal of Health Promotion, 2011, 25, 294-297.	0.9	21
167	Determinants of Physical Activity in Young Adult Cancer Survivors. American Journal of Health Behavior, 2012, 36, 483-494.	0.6	21
168	Testing mediator variables in a resistance training intervention for obese adults with type 2 diabetes. Psychology and Health, 2012, 27, 1388-1404.	1.2	21
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