

# Rachelle S Opie

## List of Publications by Year in Descending Order

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**Version:** 2024-04-28

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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.

22  
papers

734  
citations

9  
h-index

27  
g-index

27  
ext. papers

952  
ext. citations

4.6  
avg, IF

3.91  
L-index

#	Paper	IF	Citations
22	Supporting Dietary Change for the Treatment of Mood Disorders in Adults: How Can We Harness Digital Platforms?. <i>Psychiatric Annals</i> , <b>2022</b> , 52, 62-66	0.5	
21	Evaluating telehealth lifestyle therapy versus telehealth psychotherapy for reducing depression in adults with COVID-19 related distress: the curbing anxiety and depression using lifestyle medicine (CALM) randomised non-inferiority trial protocol.. <i>BMC Psychiatry</i> , <b>2022</b> , 22, 219	4.2	1
20	Exploring the associations of depressive symptoms with healthy eating self-efficacy over time amongst women in the READI cohort study.. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2021</b> , 18, 161	8.4	0
19	Meal kits in the family setting: Impacts on family dynamics, nutrition, social and mental health. <i>Appetite</i> , <b>2021</b> , 105816	4.5	1
18	Mums on the Move: A pilot randomised controlled trial of a home-based physical activity intervention for mothers at risk of postnatal depression. <i>Midwifery</i> , <b>2021</b> , 93, 102898	2.8	3
17	The impact of maternal post-partum depressive symptoms on child diet at 18 months. <i>Maternal and Child Nutrition</i> , <b>2021</b> , 17, e13187	3.4	1
16	Maternal Postpartum Diet and Postpartum Depression: A Systematic Review. <i>Maternal and Child Health Journal</i> , <b>2020</b> , 24, 966-978	2.4	4
15	Adherence to the Australian dietary guidelines and development of depressive symptoms at 5 years follow-up amongst women in the READI cohort study. <i>Nutrition Journal</i> , <b>2020</b> , 19, 30	4.3	8
14	EatSmart, a Web-Based and Mobile Healthy Eating Intervention for Disadvantaged People With Type 2 Diabetes: Protocol for a Pilot Mixed Methods Intervention Study. <i>JMIR Research Protocols</i> , <b>2020</b> , 9, e19488	2	2
13	How and why does discretionary food consumption change when we promote fruit and vegetables? Results from the ShopSmart randomised controlled trial. <i>Public Health Nutrition</i> , <b>2020</b> , 23, 124-133	3.3	1
12	Fruit and vegetable consumption and psychological distress in Australian pregnant and breastfeeding women. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2020</b> , 29, 348-354	1	0
11	Pilot-Testing of "Healthy Body Healthy Mind": An Integrative Lifestyle Program for Patients With a Mental Illness and Co-morbid Metabolic Syndrome. <i>Frontiers in Psychiatry</i> , <b>2019</b> , 10, 91	5	8
10	A modified Mediterranean dietary intervention for adults with major depression: Dietary protocol and feasibility data from the SMILES trial. <i>Nutritional Neuroscience</i> , <b>2018</b> , 21, 487-501	3.6	38
9	Economic evaluation of a dietary intervention for adults with major depression (the "SMILES" trial). <i>BMC Public Health</i> , <b>2018</b> , 18, 599	4.1	27
8	The SMILES trial: an important first step. <i>BMC Medicine</i> , <b>2018</b> , 16, 237	11.4	3
7	A randomised controlled trial of dietary improvement for adults with major depression (the SMILES trial). <i>BMC Medicine</i> , <b>2017</b> , 15, 23	11.4	384
6	Efficacy and Effectiveness of Carnitine Supplementation for Cancer-Related Fatigue: A Systematic Literature Review and Meta-Analysis. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	16

5	A behavioural nutrition intervention for obese pregnant women: Effects on diet quality, weight gain and the incidence of gestational diabetes. <i>Australian and New Zealand Journal of Obstetrics and Gynaecology</i> , <b>2016</b> , 56, 364-73	1.7	19
4	A nutrition strategy to reduce the burden of diet related disease: access to dietician services must complement population health approaches. <i>Frontiers in Pharmacology</i> , <b>2015</b> , 6, 160	5.6	13
3	The impact of whole-of-diet interventions on depression and anxiety: a systematic review of randomised controlled trials. <i>Public Health Nutrition</i> , <b>2015</b> , 18, 2074-93	3.3	127
2	Preventing mental health problems in offspring by targeting dietary intake of pregnant women. <i>BMC Medicine</i> , <b>2014</b> , 12, 208	11.4	32
1	A randomised, controlled trial of a dietary intervention for adults with major depression (the "SMILES" trial): study protocol. <i>BMC Psychiatry</i> , <b>2013</b> , 13, 114	4.2	41