

Deborah F Tate

List of Publications by Citations

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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.

102 papers	6,805 citations	36 h-index	82 g-index
110 ext. papers	7,906 ext. citations	5.9 avg, IF	5.95 L-index

#	Paper	IF	Citations
102	Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. <i>Diabetes Care</i> , 2016 , 39, 2065-2079	14.6	1050
101	Using Internet technology to deliver a behavioral weight loss program. <i>JAMA - Journal of the American Medical Association</i> , 2001 , 285, 1172-7	27.4	647
100	A self-regulation program for maintenance of weight loss. <i>New England Journal of Medicine</i> , 2006 , 355, 1563-71	59.2	613
99	Effects of Internet behavioral counseling on weight loss in adults at risk for type 2 diabetes: a randomized trial. <i>JAMA - Journal of the American Medical Association</i> , 2003 , 289, 1833-6	27.4	512
98	A randomized trial comparing human e-mail counseling, computer-automated tailored counseling, and no counseling in an Internet weight loss program. <i>Archives of Internal Medicine</i> , 2006 , 166, 1620-5		327
97	Physical activity and weight loss: does prescribing higher physical activity goals improve outcome?. <i>American Journal of Clinical Nutrition</i> , 2003 , 78, 684-9	7	305
96	A social media-based physical activity intervention: a randomized controlled trial. <i>American Journal of Preventive Medicine</i> , 2012 , 43, 527-32	6.1	292
95	Replacing caloric beverages with water or diet beverages for weight loss in adults: main results of the Choose Healthy Options Consciously Everyday (CHOICE) randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 555-63	7	256
94	Tweets, Apps, and Pods: Results of the 6-month Mobile Pounds Off Digitally (Mobile POD) randomized weight-loss intervention among adults. <i>Journal of Medical Internet Research</i> , 2011 , 13, e1207.6	7.6	192
93	Cost effectiveness of internet interventions: review and recommendations. <i>Annals of Behavioral Medicine</i> , 2009 , 38, 40-5	4.5	185
92	The efficacy of a daily self-weighing weight loss intervention using smart scales and e-mail. <i>Obesity</i> , 2013 , 21, 1789-97	8	148
91	Long-term weight losses associated with prescription of higher physical activity goals. Are higher levels of physical activity protective against weight regain?. <i>American Journal of Clinical Nutrition</i> , 2007 , 85, 954-9	7	133
90	Effect of a stepped-care intervention approach on weight loss in adults: a randomized clinical trial. <i>JAMA - Journal of the American Medical Association</i> , 2012 , 307, 2617-26	27.4	110
89	Weight loss social support in 140 characters or less: use of an online social network in a remotely delivered weight loss intervention. <i>Translational Behavioral Medicine</i> , 2013 , 3, 287-94	3.2	96
88	The science of internet interventions. Introduction. <i>Annals of Behavioral Medicine</i> , 2009 , 38, 1-3	4.5	95
87	Motivation and its relationship to adherence to self-monitoring and weight loss in a 16-week Internet behavioral weight loss intervention. <i>Journal of Nutrition Education and Behavior</i> , 2010 , 42, 161-7 ²		84
86	STOP regain: are there negative effects of daily weighing?. <i>Journal of Consulting and Clinical Psychology</i> , 2007 , 75, 652-6	6.5	83

85	Involving support partners in obesity treatment. <i>Journal of Consulting and Clinical Psychology</i> , 2005 , 73, 341-3	6.5	83
84	The EARLY trials: a consortium of studies targeting weight control in young adults. <i>Translational Behavioral Medicine</i> , 2014 , 4, 304-13	3.2	72
83	Long-term weight gain prevention: a theoretically based Internet approach. <i>Preventive Medicine</i> , 2005 , 41, 629-41	4.3	66
82	Does diet-beverage intake affect dietary consumption patterns? Results from the Choose Healthy Options Consciously Everyday (CHOICE) randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2013 , 97, 604-11	7	64
81	Effect of an Internet-Based Program on Weight Loss for Low-Income Postpartum Women: A Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , 2017 , 317, 2381-2391	27.4	63
80	A randomized comparison of two motivationally enhanced Internet behavioral weight loss programs. <i>Behaviour Research and Therapy</i> , 2008 , 46, 1090-5	5.2	61
79	Weighing every day matters: daily weighing improves weight loss and adoption of weight control behaviors. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2015 , 115, 511-8	3.9	60
78	High-tech tools for exercise motivation: use and role of technologies such as the internet, mobile applications, social media, and video games. <i>Diabetes Spectrum</i> , 2015 , 28, 45-54	1.9	57
77	Innovative Self-Regulation Strategies to Reduce Weight Gain in Young Adults: The Study of Novel Approaches to Weight Gain Prevention (SNAP) Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2016 , 176, 755-62	11.5	57
76	Directive and nondirective e-coach support for weight loss in overweight adults. <i>Annals of Behavioral Medicine</i> , 2011 , 41, 252-63	4.5	55
75	Preventing weight gain in young adults: a randomized controlled pilot study. <i>American Journal of Preventive Medicine</i> , 2010 , 39, 63-8	6.1	55
74	Preventing weight gain in African American breast cancer survivors using smart scales and activity trackers: a randomized controlled pilot study. <i>Journal of Cancer Survivorship</i> , 2017 , 11, 133-148	5.1	53
73	Daily self-weighing and adverse psychological outcomes: a randomized controlled trial. <i>American Journal of Preventive Medicine</i> , 2014 , 46, 24-9	6.1	45
72	Social support for physical activity-role of Facebook with and without structured intervention. <i>Translational Behavioral Medicine</i> , 2014 , 4, 346-54	3.2	45
71	Deconstructing interventions: approaches to studying behavior change techniques across obesity interventions. <i>Translational Behavioral Medicine</i> , 2016 , 6, 236-43	3.2	43
70	Weight gain prevention in young adults: design of the study of novel approaches to weight gain prevention (SNAP) randomized controlled trial. <i>BMC Public Health</i> , 2013 , 13, 300	4.1	43
69	Motivational interviewing in internet groups: a pilot study for weight loss. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 1029-32		41
68	Recruitment of young adults into a randomized controlled trial of weight gain prevention: message development, methods, and cost. <i>Trials</i> , 2014 , 15, 326	2.8	39

67	The role of companionship, esteem, and informational support in explaining physical activity among young women in an online social network intervention. <i>Journal of Behavioral Medicine</i> , 2014 , 37, 955-66	3.6	38
66	Adolescent, caregiver, and friend preferences for integrating social support and communication features into an asthma self-management app. <i>Journal of Asthma</i> , 2016 , 53, 948-54	1.9	30
65	A mHealth randomized controlled trial to reduce sugar-sweetened beverage intake in preschool-aged children. <i>Pediatric Obesity</i> , 2018 , 13, 668-676	4.6	30
64	Exploring Mediators of Physical Activity in Young Adult Cancer Survivors: Evidence from a Randomized Trial of a Facebook-Based Physical Activity Intervention. <i>Journal of Adolescent and Young Adult Oncology</i> , 2015 , 4, 26-33	2.2	29
63	Challenges and Opportunities for the Prevention and Treatment of Cardiovascular Disease Among Young Adults: Report From a National Heart, Lung, and Blood Institute Working Group. <i>Journal of the American Heart Association</i> , 2020 , 9, e016115	6	28
62	A randomized trial testing the efficacy of a novel approach to weight loss among men with overweight and obesity. <i>Obesity</i> , 2015 , 23, 2398-405	8	27
61	Taking the bitter with the sweet: relationship of supertasting and sweet preference with metabolic syndrome and dietary intake. <i>Journal of Food Science</i> , 2013 , 78, S336-42	3.4	25
60	A Self-Regulation Theory-Based Asthma Management Mobile App for Adolescents: A Usability Assessment. <i>JMIR Human Factors</i> , 2017 , 4, e5	2.5	24
59	Objective Estimates of Physical Activity and Sedentary Time among Young Adults. <i>Journal of Obesity</i> , 2017 , 2017, 9257564	3.7	23
58	Engagement of young adult cancer survivors within a Facebook-based physical activity intervention. <i>Translational Behavioral Medicine</i> , 2017 , 7, 667-679	3.2	22
57	Fit Moms/Mamãe Activas: Internet-based weight control program with group support to reduce postpartum weight retention in low-income women: study protocol for a randomized controlled trial. <i>Trials</i> , 2015 , 16, 59	2.8	21
56	Theoretical and Behavioral Mediators of a Weight Loss Intervention for Men. <i>Annals of Behavioral Medicine</i> , 2016 , 50, 460-70	4.5	21
55	Impact of Game-Inspired Infographics on User Engagement and Information Processing in an eHealth Program. <i>Journal of Medical Internet Research</i> , 2016 , 18, e237	7.6	21
54	Adapting evidence-based behavioral weight loss programs for emerging adults: A pilot randomized controlled trial. <i>Journal of Health Psychology</i> , 2019 , 24, 870-887	3.1	20
53	New research directions on disparities in obesity and type 2 diabetes. <i>Annals of the New York Academy of Sciences</i> , 2020 , 1461, 5-24	6.5	19
52	The Gestational Diabetes Management System (GooDMomS): development, feasibility and lessons learned from a patient-informed, web-based pregnancy and postpartum lifestyle intervention. <i>BMC Pregnancy and Childbirth</i> , 2016 , 16, 277	3.2	19
51	A mixed methods approach to improving recruitment and engagement of emerging adults in behavioural weight loss programs. <i>Obesity Science and Practice</i> , 2016 , 2, 341-354	2.6	18
50	Peer support enhanced social support in adolescent females during weight loss. <i>American Journal of Health Behavior</i> , 2014 , 38, 789-800	1.9	16

49	Are we sure that Mobile Health is really mobile? An examination of mobile device use during two remotely-delivered weight loss interventions. <i>International Journal of Medical Informatics</i> , 2014 , 83, 313-319	5.3	16
48	Acculturation Influences Postpartum Eating, Activity, and Weight Retention in Low-Income Hispanic Women. <i>Journal of Women's Health</i> , 2017 , 26, 1333-1339	3	15
47	A randomized trial to reduce sugar-sweetened beverage and juice intake in preschool-aged children: description of the Smart Moms intervention trial. <i>BMC Public Health</i> , 2016 , 16, 837	4.1	14
46	A series of studies examining Internet treatment of obesity to inform Internet interventions for substance use and misuse. <i>Substance Use and Misuse</i> , 2011 , 46, 57-65	2.2	13
45	Organizational- and employee-level recruitment into a worksite-based weight loss study. <i>Clinical Trials</i> , 2012 , 9, 215-25	2.2	13
44	Recruitment of young adults for weight gain prevention: randomized comparison of direct mail strategies. <i>Trials</i> , 2016 , 17, 282	2.8	13
43	Frequency of self-weighing and weight loss outcomes within a brief lifestyle intervention targeting emerging adults. <i>Obesity Science and Practice</i> , 2016 , 2, 88-92	2.6	13
42	Brief report: A randomized controlled trial examining peer support and behavioral weight loss treatment. <i>Journal of Adolescence</i> , 2015 , 44, 117-23	3.4	12
41	Racial Differences in Weight Loss Mediated by Engagement and Behavior Change. <i>Ethnicity and Disease</i> , 2018 , 28, 43-48	1.8	10
40	Eating pathology and psychological outcomes in young adults in self-regulation interventions using daily self-weighing. <i>Health Psychology</i> , 2019 , 38, 143-150	5	9
39	Nonadherence to daily self-weighing and activity tracking is associated with weight fluctuations among African American breast cancer survivors. <i>PLoS ONE</i> , 2018 , 13, e0199751	3.7	9
38	Objectively-assessed physical activity and weight change in young adults: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 165	8.4	8
37	Friend and Family Support for Weight Loss in Adolescent Females. <i>Childhood Obesity</i> , 2016 , 12, 44-51	2.5	8
36	RippleTeffect on infant zBMI trajectory of an internet-based weight loss program for low-income postpartum women. <i>Pediatric Obesity</i> , 2019 , 14, e12456	4.6	7
35	Overweight and Obesity Among School Bus Drivers in Rural Arkansas. <i>Preventing Chronic Disease</i> , 2019 , 16, E61	3.7	6
34	Randomized trial comparing group size of periodic in-person sessions in a remotely delivered weight loss intervention. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 144	8.4	6
33	Tasting profile affects adoption of caloric beverage reduction in a randomized weight loss intervention. <i>Obesity Science and Practice</i> , 2016 , 2, 392-398	2.6	6
32	Improvements in Cardiovascular Risk Factors in Young Adults in a Randomized Trial of Approaches to Weight Gain Prevention. <i>Obesity</i> , 2017 , 25, 1660-1666	8	6

31	Optimizing Tailored Communications for Health Risk Assessment: A Randomized Factorial Experiment of the Effects of Expectancy Priming, Autonomy Support, and Exemplification. <i>Journal of Medical Internet Research</i> , 2018 , 20, e63	7.6	6
30	Weight Gain Over 6 Years in Young Adults: The Study of Novel Approaches to Weight Gain Prevention Randomized Trial. <i>Obesity</i> , 2020 , 28, 80-88	8	5
29	Together Eating & Activity Matters (TEAM): results of a pilot randomized-clinical trial of a spousal support weight loss intervention for Black men. <i>Obesity Science and Practice</i> , 2018 , 4, 62-75	2.6	4
28	Deconstructing Weight Management Interventions for Young Adults: Looking Inside the Black Box of the EARLY Consortium Trials. <i>Obesity</i> , 2019 , 27, 1085-1098	8	3
27	Sustaining eHealth engagement in a multi-year weight gain prevention intervention. <i>Obesity Science and Practice</i> , 2019 , 5, 103-110	2.6	3
26	Dietary outcomes within the study of novel approaches to weight gain prevention (SNAP) randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019 , 16, 14	8.4	3
25	Examining Heterogeneity of Outcomes in a Weight Gain Prevention Program for Young Adults. <i>Obesity</i> , 2020 , 28, 521-528	8	3
24	Weight Loss Strategies Utilized in a Men's Weight Loss Intervention. <i>Health Education and Behavior</i> , 2018 , 45, 401-409	4.2	3
23	Weight Gain of Service Members After Basic Military Training. <i>American Journal of Preventive Medicine</i> , 2020 , 58, 117-121	6.1	3
22	Examination of a partial dietary self-monitoring approach for behavioral weight management. <i>Obesity Science and Practice</i> , 2020 , 6, 353-364	2.6	3
21	Impact of an Internet-Based Lifestyle Intervention on Behavioral and Psychosocial Factors During Postpartum Weight Loss. <i>Obesity</i> , 2020 , 28, 1860-1867	8	3
20	Application of Innovative Technologies in the Prevention and Treatment of Overweight in Children and Adolescents. <i>Issues in Clinical Child Psychology</i> , 2008 , 387-404	0.1	3
19	Examining barriers, physical activity, and weight change among parents and nonparents in a weight loss intervention. <i>Obesity Science and Practice</i> , 2020 , 6, 264-271	2.6	2
18	Weight gain prevention buffers the impact of CETP rs3764261 on high density lipoprotein cholesterol in young adulthood: The Study of Novel Approaches to Weight Gain Prevention (SNAP). <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018 , 28, 816-821	4.5	2
17	Promoting physical activity in young adult cancer survivors using mHealth and adaptive tailored feedback strategies: Design of the Improving Physical Activity after Cancer Treatment (IMPACT) randomized controlled trial. <i>Contemporary Clinical Trials</i> , 2021 , 103, 106293	2.3	2
16	Engagement and Weight Loss in a Web and Mobile Program for Low-Income Postpartum Women: Fit Moms/. <i>Health Education and Behavior</i> , 2019 , 46, 114-123	4.2	2
15	Changes in Cardiovascular Risk Factors Over 6 Years in Young Adults in a Randomized Trial of Weight Gain Prevention. <i>Obesity</i> , 2020 , 28, 2323-2330	8	1
14	Effect of the Smart Moms intervention on targeted mediators of change in child sugar-sweetened beverage intake. <i>Public Health</i> , 2020 , 182, 193-198	4	1

13	Strategies for Changing Eating and Exercise Behavior to Promote Weight Loss and Maintenance 2012 , 1057-1070		1
12	Experiences of African American Breast Cancer Survivors Using Digital Scales and Activity Trackers in a Weight Gain Prevention Intervention: Qualitative Study. <i>JMIR MHealth and UHealth</i> , 2020 , 8, e16059	5.5	1
11	Comparative effectiveness of a standard behavioral and physical activity enhanced behavioral weight loss intervention in Black women. <i>Women and Health</i> , 2020 , 60, 676-691	1.7	1
10	Family Functioning and Psychosocial Factors in a Weight Loss Randomized Controlled Pilot for Black Men. <i>Progress in Preventive Medicine (New York, N Y)</i> , 2020 , 5, e0025	0.7	1
9	Behavioral weight loss in emerging adults: Design and rationale for the Richmond Emerging Adults Choosing Health (REACH) randomized clinical trial. <i>Contemporary Clinical Trials</i> , 2021 , 107, 106426	2.3	1
8	Study protocol for iSIPsmarter: A randomized-controlled trial to evaluate the efficacy, reach, and engagement of a technology-based behavioral intervention to reduce sugary beverages among rural Appalachian adults. <i>Contemporary Clinical Trials</i> , 2021 , 110, 106566	2.3	1
7	Patterns of weight change in a weight gain prevention study for young adults. <i>Obesity</i> , 2021 , 29, 1848-1856	5.6	0
6	Recruitment of young adult cancer survivors into a randomized controlled trial of an mHealth physical activity intervention.. <i>Trials</i> , 2022 , 23, 254	2.8	0
5	The Multi-Caregiver Role and Its Relationship to Behavioral Adherence and Weight Among Treatment Engaged Black Women.. <i>American Journal of Health Promotion</i> , 2022 , 8901171221092389	2.5	0
4	Developing and validating a new scale to measure the acceptability of health apps among adolescents.. <i>Digital Health</i> , 2022 , 8, 20552076211067660	4	
3	Optimizing Behavioral Interventions for Obesity Using an Engineering-Inspired Approach. <i>Obesity</i> , 2020 , 28, 1574	8	
2	Predictors and Outcomes of Digital Weighing and Activity Tracking Lapses Among Young Adults During Weight Gain Prevention. <i>Obesity</i> , 2021 , 29, 698-705	8	
1	Who loses weight in a weight gain prevention program? A comparison of weight losers and weight maintainers at 3 years. <i>Health Psychology</i> , 2021 , 40, 523-533	5	