

# James J Annesi

## List of Publications by Year in Descending Order

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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.

127  
papers

1,399  
citations

19  
h-index

30  
g-index

130  
ext. papers

1,560  
ext. citations

2.5  
avg, IF

5.52  
L-index

#	Paper	IF	Citations
127	Effects of mood on self-regulating physical activity and sweets intake within obesity treatments.. <i>Nutrition and Health</i> , <b>2022</b> , 2601060221078157	2.1	
126	Coaction of Exercise and Eating Improvements Within a Behavioral Obesity Treatment: Directionality and Psychological Mechanisms.. <i>Research Quarterly for Exercise and Sport</i> , <b>2022</b> , 1-13	1.9	
125	Sequential Mediation of the Relation of Increased Physical Activity and Weight Loss by Mood and Emotional Eating Changes. <i>Family and Community Health</i> , <b>2022</b> , 45, 187-194	1.6	
124	Exercise Amounts and Short- to Long-Term Weight Loss: Psychological Implications for Behavioral Treatments of Obesity. <i>Research Quarterly for Exercise and Sport</i> , <b>2021</b> , 92, 851-864	1.9	3
123	Evaluation of a new causal chain model for predicting embedded psychosocial and behavioral relationships in a community-based obesity treatment seeking maintained weight loss. <i>Scandinavian Journal of Psychology</i> , <b>2021</b> , 62, 574-585	2.2	0
122	Effects of Behaviorally Supported Exercise and Exercise-Induced Mood Changes on Elevated Blood Pressure and Hypertension in African American Adults with Severe Obesity. <i>Journal of Immigrant and Minority Health</i> , <b>2021</b> , 1	2.2	1
121	Psychological Mechanisms of Interactions between Improvements in Exercise and Healthy Eating Behaviors (Coaction) within a Community-Based Obesity Treatment Setting. <i>Behavioral Medicine</i> , <b>2021</b> , 1-6	4.4	
120	Emotional eating: A treatment-worthy construct, or artifact of relations between mood and eating behaviors in younger and older women with obesity. <i>Scandinavian Journal of Psychology</i> , <b>2021</b> , 62, 193-202	2.2	2
119	Coaction of Obesity Treatment-Associated Changes in Physical Activity and Emotional Eating: Mediation by Body Satisfaction. <i>Health Education and Behavior</i> , <b>2021</b> , 10901981211029251	4.2	
118	Effects of Increased Exercise on Propensity for Emotional Eating Through Associated Psychological Changes. <i>Journal of Nutrition Education and Behavior</i> , <b>2021</b> , 53, 944-950	2	
117	Additional Effects of Reduced Emotional Eating on Associations of Weight Loss via Changes in Social Cognitive Theory Variables. <i>International Journal of Behavioral Medicine</i> , <b>2021</b> , 1	2.6	
116	Reciprocal relationship of mood and emotional eating changes through self-regulation of weight-loss behaviors. <i>Eating Behaviors</i> , <b>2021</b> , 43, 101559	3	
115	Contrasting Personal Characteristics and Psychosocial Correlates of Exercise and Eating Behavior Changes in Women Successful vs. Unsuccessful with Weight Loss and Maintenance. <i>Applied Psychology: Health and Well-Being</i> , <b>2020</b> , 12, 703-723	6.8	0
114	Participation of Female Emerging Adults in a Theory- and Evidence-Based Behavioral Weight Loss Program. <i>International Quarterly of Community Health Education</i> , <b>2020</b> , 41, 45-53	1	1
113	Predicting 2-year weight loss through temporally specific earlier losses, relevant behaviors, and their psychological correlates: Implications for behavioral treatment architectures. <i>Scandinavian Journal of Psychology</i> , <b>2020</b> , 61, 625-633	2.2	
112	Psychosocial Correlates of Emotional Eating and Their Interrelations: Implications for Obesity Treatment Research and Development. <i>Journal of Primary Prevention</i> , <b>2020</b> , 41, 105-125	2.1	5
111	Sequential Changes Advancing from Exercise-Induced Psychological Improvements to Controlled Eating and Sustained Weight Loss: A Treatment-Focused Causal Chain Model <b>2020</b> , 24,		10

110	Effects of a teen resident camp leadership program on changes in dimensions of self-control and interpersonal functioning, and their theory-based relationships. <i>Evaluation and Program Planning</i> , <b>2020</b> , 78, 101745	1.7	1
109	Mitigation of the effects of emotional eating on sweets consumption by treatment-associated self-regulatory skills usage in emerging adult and middle-age women with obesity. <i>Appetite</i> , <b>2020</b> , 155, 104818	4.5	0
108	Self-regulation foci and mood affect healthy and unhealthy eating behaviours differently in successful weight-loss treatment participants. <i>International Journal of Psychology</i> , <b>2020</b> , 55, 398-404	1.9	3
107	Effects of a naturally occurring stressor on health behaviors and their psychosocial correlates. <i>Psychology, Health and Medicine</i> , <b>2020</b> , 25, 601-612	2.1	1
106	Relations of change in fruit and vegetable intake with overall energy reduction and physical activity with weight change: Assessing theory-based psychosocial mediators. <i>Journal of Sport and Health Science</i> , <b>2019</b> , 8, 394-399	8.2	3
105	Change in behavioral exercise program-associated self-regulation enhances self-regulation-induced eating improvements across levels of obesity severity. <i>Evaluation and Program Planning</i> , <b>2019</b> , 75, 31-37 <sup>1.7</sup>	1.7	2
104	Contrasting Adult and Emerging Adult Women on Possible Psychosocial and Behavioral Correlates of Short-Term Weight Loss. <i>Health Behavior Research</i> , <b>2019</b> , 2,	1.6	3
103	Moderation of Mood in the Transfer of Self-Regulation From an Exercise to an Eating Context: Short- and Long-Term Effects on Dietary Change and Obesity in Women. <i>International Journal of Behavioral Medicine</i> , <b>2019</b> , 26, 323-328	2.6	2
102	Exercise effects on mood, and its associations with self-regulatory skills, self-efficacy, and eating changes during the year following weight-loss treatment. <i>Women and Health</i> , <b>2019</b> , 59, 687-701	1.7	2
101	Generalizability of an adult-validated model for predicting increased physical activity in after-school program children: Effects of treatment formats on fitness indicators. <i>Evaluation and Program Planning</i> , <b>2019</b> , 73, 33-43	1.7	0
100	Replication and Extension of the Weight Loss For Life Community-Based Treatment Protocol. <i>Behavioral Medicine</i> , <b>2018</b> , 44, 54-61	4.4	8
99	Effects of Treatment-Associated Increases in Fruit and Vegetable Intake on the Consumption of Other Food Groups and Weight Through Self-Regulatory Processes <b>2018</b> , 22, 17-143		4
98	Effects of self-regulatory skill usage on weight management behaviours: Mediating effects of induced self-efficacy changes in non-obese through morbidly obese women. <i>British Journal of Health Psychology</i> , <b>2018</b> , 23, 1066-1083	8.3	7
97	Factors Related to Weight Gain/Loss among Emerging Adults with Obesity. <i>American Journal of Health Behavior</i> , <b>2018</b> , 42, 3-16	1.9	12
96	Changes in weight, physical activity and its theory-based psychosocial correlates within an adolescent bariatric clinic: contrasts with adults with extreme obesity. <i>International Journal of Adolescent Medicine and Health</i> , <b>2018</b> , 32,	1.1	2
95	Mediation of the relationship of behavioural treatment type and changes in psychological predictors of healthy eating by body satisfaction changes in women with obesity. <i>Obesity Research and Clinical Practice</i> , <b>2017</b> , 11, 97-107	5.4	6
94	Effects of the Youth Fit 4 Life physical activity/nutrition protocol on body mass index, fitness and targeted social cognitive theory variables in 9- to 12-year-olds during after-school care. <i>Journal of Paediatrics and Child Health</i> , <b>2017</b> , 53, 365-373	1.3	15
93	Effects of Instructional Physical Activity Courses on Overall Physical Activity and Mood in University Students. <i>Research Quarterly for Exercise and Sport</i> , <b>2017</b> , 88, 358-364	1.9	11

92	Directionality in the Relationship of Self-regulation, Self-efficacy, and Mood Changes in Facilitating Improved Physical Activity and Nutrition Behaviors: Extending Behavioral Theory to Improve Weight-Loss Treatment Effects. <i>Journal of Nutrition Education and Behavior</i> , <b>2017</b> , 49, 505-512.e1	2	11
91	Effects of mood change on self-regulatory skill usage and subsequent impacts on physical activity and eating changes within the weight-loss phase of differing behavioral obesity treatment types: A retrospective cohort study. <i>European Journal of Integrative Medicine</i> , <b>2017</b> , 16, 75-81	1.7	3
90	Psychosocial predictors of emotional eating and their weight-loss treatment-induced changes in women with obesity. <i>Eating and Weight Disorders</i> , <b>2016</b> , 21, 289-95	3.6	18
89	Psychosocial predictors of decay in healthy eating and physical activity improvements in obese women regaining lost weight: translation of behavioral theory into treatment suggestions. <i>Translational Behavioral Medicine</i> , <b>2016</b> , 6, 169-78	3.2	9
88	Effects of an after-school care-administered physical activity and nutrition protocol on body mass index, fitness levels, and targeted psychological factors in 5- to 8-year-olds. <i>Translational Behavioral Medicine</i> , <b>2016</b> , 6, 347-57	3.2	6
87	Weight Loss and the Prevention of Weight Regain: Evaluation of a Treatment Model of Exercise Self-Regulation Generalizing to Controlled Eating <b>2016</b> , 20, 15-146		30
86	Increasing Children's Voluntary Physical Activity Outside of School Hours Through Targeting Social Cognitive Theory Variables. <i>Journal of Primary Care and Community Health</i> , <b>2016</b> , 7, 234-41	2.1	6
85	Mediation of self-regulation and mood in the relationship of changes in high emotional eating and nutritional behaviors: Moderating effects of physical activity. <i>Scandinavian Journal of Psychology</i> , <b>2016</b> , 57, 523-534	2.2	10
84	Theory-based psychosocial factors that discriminate between weight-loss success and failure over 6 months in women with morbid obesity receiving behavioral treatments. <i>Eating and Weight Disorders</i> , <b>2015</b> , 20, 223-32	3.6	11
83	Carry-over of self-regulation for physical activity to self-regulating eating in women with morbid obesity. <i>Women and Health</i> , <b>2015</b> , 55, 314-33	1.7	8
82	Pilot testing a cognitive-behavioral protocol on psychosocial predictors of exercise, nutrition, weight, and body satisfaction changes in a college-level health-related fitness course. <i>Journal of American College Health</i> , <b>2015</b> , 63, 268-78	2.2	12
81	Bi-Directional Relationship Between Self-Regulation and Improved Eating: Temporal Associations With Exercise, Reduced Fatigue, and Weight Loss. <i>Journal of Psychology: Interdisciplinary and Applied</i> , <b>2015</b> , 149, 535-53	2.7	5
80	Changes in self-efficacy for exercise and improved nutrition fostered by increased self-regulation among adults with obesity. <i>Journal of Primary Prevention</i> , <b>2015</b> , 36, 311-21	2.1	14
79	Indirect effects of exercise on emotional eating through psychological predictors of weight loss in women. <i>Appetite</i> , <b>2015</b> , 95, 219-27	4.5	14
78	Reciprocal effects of exercise and nutrition treatment-induced weight loss with improved body image and physical self-concept. <i>Behavioral Medicine</i> , <b>2015</b> , 41, 18-24	4.4	9
77	Improvement in emotional eating associated with an enhanced body image in obese women: mediation by weight-management treatments effects on self-efficacy to resist emotional cues to eating. <i>Journal of Advanced Nursing</i> , <b>2015</b> , 71, 2923-35	3.1	17
76	Association of a behaviorally based high school health education curriculum with increased exercise. <i>Journal of School Nursing</i> , <b>2015</b> , 31, 196-204	2.1	2
75	Evidence-Based Referral: Effects of the Revised "Youth Fit 4 Life" Protocol on Physical Activity Outputs <b>2015</b> , 19, 48-53		5

74	Temporal aspects of psychosocial predictors of increased fruit and vegetable intake in adults with severe obesity: mediation by physical activity. <i>Journal of Community Health</i> , <b>2014</b> , 39, 454-63	4	9
73	Behavioural support of a proposed neurocognitive connection between physical activity and improved eating behaviour in obese women. <i>Obesity Research and Clinical Practice</i> , <b>2014</b> , 8, e325-30	5.4	4
72	Generalization of theory-based predictions for improved nutrition to adults with morbid obesity: Implications of initiating exercise. <i>International Journal of Clinical and Health Psychology</i> , <b>2014</b> , 14, 1-8	5.1	7
71	Treatment-associated changes in body composition, health behaviors, and mood as predictors of change in body satisfaction in obese women: effects of age and race/ethnicity. <i>Health Education and Behavior</i> , <b>2014</b> , 41, 633-41	4.2	3
70	Association of multimodal treatment-induced improvements in stress, exercise volume, nutrition, and weight with improved blood pressure in severely obese women. <i>International Journal of Behavioral Medicine</i> , <b>2013</b> , 20, 397-402	2.6	3
69	Reciprocal effects of treatment-induced increases in exercise and improved eating, and their psychosocial correlates, in obese adults seeking weight loss: a field-based trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2013</b> , 10, 133	8.4	12
68	Effects of a cognitive-behaviorally based physical activity treatment for 4- and 5-year-old children attending US preschools. <i>International Journal of Behavioral Medicine</i> , <b>2013</b> , 20, 562-6	2.6	27
67	Cognitive-behavioural physical activity treatment in African-American pre-schoolers: effects of age, sex, and BMI. <i>Journal of Paediatrics and Child Health</i> , <b>2013</b> , 49, E128-32	1.3	56
66	Effects of the Start For Life treatment on physical activity in primarily African American preschool children of ages 3-5 years. <i>Psychology, Health and Medicine</i> , <b>2013</b> , 18, 300-9	2.1	25
65	Mediation of social cognitive theory variables in the relationship of exercise and improved eating in sedentary adults with severe obesity. <i>Psychology, Health and Medicine</i> , <b>2013</b> , 18, 714-24	2.1	11
64	Moderation of age, sex, and ethnicity on psychosocial predictors of increased exercise and improved eating. <i>Journal of Psychology: Interdisciplinary and Applied</i> , <b>2013</b> , 147, 455-68	2.7	5
63	Reducing high BMI in African American preschoolers: effects of a behavior-based physical activity intervention on caloric expenditure. <i>Southern Medical Journal</i> , <b>2013</b> , 106, 456-9	0.6	15
62	Contrast of biochemical and psychosocial explanations of the relationship of exercise and improved mood. <i>Perceptual and Motor Skills</i> , <b>2012</b> , 114, 693-7	2.2	3
61	Supported exercise improves controlled eating and weight through its effects on psychosocial factors: extending a systematic research program toward treatment development <b>2012</b> , 16, 7-18		74
60	From morbid obesity to a healthy weight using cognitive-behavioral methods: a woman's three-year process with one and one-half years of weight maintenance <b>2012</b> , 16, 54-9		1
59	Path analysis of exercise treatment-induced changes in psychological factors leading to weight loss. <i>Psychology and Health</i> , <b>2011</b> , 26, 1081-98	2.9	77
58	Self-regulatory skills usage strengthens the relations of self-efficacy for improved eating, exercise, and weight in the severely obese: toward an explanatory model. <i>Behavioral Medicine</i> , <b>2011</b> , 37, 71-6	4.4	27
57	Effects of the coach approach intervention on adherence to exercise in obese women: assessing mediation of social cognitive theory factors. <i>Research Quarterly for Exercise and Sport</i> , <b>2011</b> , 82, 99-108	1.9	72

56	Moderation of participant characteristics in the relationships of changes in self-regulation for exercise with self-regulation for controlled eating, and self-efficacy for exercise with self-efficacy for controlled eating. <i>Psychological Reports</i> , <b>2011</b> , 108, 329-37	1.6	3
55	Relationships between self-regulation skills and physical activity and fruit and vegetable consumption in obese adults: mediation of mood and self-efficacy. <i>Psychological Reports</i> , <b>2011</b> , 108, 95-103	1.6	8
54	Changes in Theory-Based Psychological Factors Predict Weight Loss in Women with Class III Obesity Initiating Supported Exercise. <i>Journal of Obesity</i> , <b>2010</b> , 2010,	3.7	15
53	Relations of transtheoretical model stage, self-efficacy, and voluntary physical activity in African American preadolescents. <i>Research Quarterly for Exercise and Sport</i> , <b>2010</b> , 81, 239-44	1.9	10
52	Initial body mass index and free-time physical activity moderate effects of the Youth Fit for Life treatment in African-American pre-adolescents. <i>Perceptual and Motor Skills</i> , <b>2010</b> , 110, 789-800	2.2	6
51	Psychological factors associated with weight loss in obese and severely obese women in a behavioral physical activity intervention. <i>Health Education and Behavior</i> , <b>2010</b> , 37, 593-606	4.2	17
50	Relations of changes in self-regulatory efficacy and physical self-concept with improvements in body satisfaction in obese women initiating exercise with cognitive-behavioral support. <i>Body Image</i> , <b>2010</b> , 7, 356-9	7.4	20
49	A Meta-Analytic Review of the Youth Fit For Life Intervention for Effects on Body Mass Index in 5- to 12-year-old Children. <i>Health Psychology Review</i> , <b>2010</b> , 4, 6-21	7.1	13
48	Dose-response and self-efficacy effects of an exercise program on vigor change in obese women. <i>American Journal of the Medical Sciences</i> , <b>2010</b> , 339, 127-32	2.2	4
47	Relationship of exercise program participation with weight loss in adults with severe obesity: assessing psychologically based mediators. <i>Southern Medical Journal</i> , <b>2010</b> , 103, 1119-23	0.6	8
46	Association of reduction in waist circumference with normalization of mood in obese women initiating exercise supported by the Coach Approach protocol. <i>Southern Medical Journal</i> , <b>2010</b> , 103, 517-21	0.6	7
45	Psychological factors discriminating between successful and unsuccessful weight loss in a behavioral exercise and nutrition education treatment. <i>International Journal of Behavioral Medicine</i> , <b>2010</b> , 17, 168-75	2.6	16
44	Relations of self-regulation and self-efficacy for exercise and eating and BMI change: A field investigation. <i>BioPsychoSocial Medicine</i> , <b>2010</b> , 4, 10	2.8	29
43	Predictors of exercise-induced mood change during a 6-month exercise and nutrition education program with obese women. <i>Perceptual and Motor Skills</i> , <b>2009</b> , 109, 931-40	2.2	4
42	Correlations of changes in weight and body satisfaction for obese women initiating exercise: assessing effects of ethnicity. <i>Psychological Reports</i> , <b>2009</b> , 105, 1072-6	1.6	2
41	Effects of the Youth Fit for Life protocol on physiological, psychological, and behavioral factors at YMCA Calgary after-school care sites. <i>Psychological Reports</i> , <b>2009</b> , 104, 879-95	1.6	12
40	Correlates of changes in voluntary physical activity associated with the Youth Fit For Life intervention during after-school care. <i>Psychological Reports</i> , <b>2008</b> , 102, 911-9	1.6	5
39	Relations of mood with body mass index changes in severely obese women enrolled in a supported physical activity treatment. <i>Obesity Facts</i> , <b>2008</b> , 1, 88-92	5.1	15

38	Relations of exercise, self-appraisal, mood changes and weight loss in obese women: testing propositions based on Baker and Brownell's (2000) model. <i>American Journal of the Medical Sciences</i> , <b>2008</b> , 335, 198-204	2.2	37
37	Relations of mood and exercise with weight loss in formerly sedentary obese women. <i>American Journal of Health Behavior</i> , <b>2008</b> , 32, 676-83	1.9	4
36	Effects of a computer feedback treatment and behavioral support protocol on drop out from a newly initiated exercise program. <i>Perceptual and Motor Skills</i> , <b>2007</b> , 105, 55-66	2.2	6
35	Effects of the COACH APPROACH intervention on drop-out rates among adults initiating exercise programs at nine YMCAs over three years. <i>Perceptual and Motor Skills</i> , <b>2007</b> , 104, 459-66	2.2	27
34	Relations of physical self-concept and muscular strength with resistance Exercise-induced Feeling State scores in older women. <i>Perceptual and Motor Skills</i> , <b>2007</b> , 104, 183-90	2.2	3
33	Relations of age with changes in self-efficacy and physical self-concept in preadolescents participating in a physical activity intervention during afterschool care. <i>Perceptual and Motor Skills</i> , <b>2007</b> , 105, 221-6	2.2	14
32	Contrast of frequency of positive and negative feeling state changes associated with standard and reduced cardiovascular exercise. <i>Perceptual and Motor Skills</i> , <b>2007</b> , 105, 159-62	2.2	
31	Relations of sex differences in initial Body Mass Index and physical activity with observed changes over 12 weeks among children in the Youth Fit for Life after-school care intervention. <i>Perceptual and Motor Skills</i> , <b>2007</b> , 105, 1196-202	2.2	2
30	Relations of changes in exercise self-efficacy, physical self-concept, and body satisfaction with weight changes in obese white and African American women initiating a physical activity program. <i>Ethnicity and Disease</i> , <b>2007</b> , 17, 19-22	1.8	26
29	Moderating effects of physical self-appraisal on relations of weight with energy changes for obese women initiating a supported exercise and nutrition information program. <i>Psychological Reports</i> , <b>2006</b> , 99, 925-9	1.6	4
28	Relations of perceived bodily changes with actual changes and changes in mood in obese women initiating an exercise and weight-loss program. <i>Perceptual and Motor Skills</i> , <b>2006</b> , 103, 238-40	2.2	13
27	Correlates of mood changes in obese women initiating a moderate exercise and nutrition information program. <i>Psychological Reports</i> , <b>2006</b> , 99, 225-9	1.6	4
26	Sex differences in correlations between personal incentives and self-motivation, and occurrence of perceived positive changes in feeling states after exercise. <i>Psychological Reports</i> , <b>2006</b> , 98, 95-8	1.6	1
25	Preliminary testing of a brief inventory for assessing changes in exercise-induced feeling states. <i>Perceptual and Motor Skills</i> , <b>2006</b> , 102, 776-80	2.2	6
24	Relations of physical self-concept and self-efficacy with frequency of voluntary physical activity in preadolescents: implications for after-school care programming. <i>Journal of Psychosomatic Research</i> , <b>2006</b> , 61, 515-20	4.1	50
23	Effects of a 12-week physical activity protocol delivered by YMCA after-school counselors (Youth Fit for Life) on fitness and self-efficacy changes in 5-12-year-old boys and girls. <i>Research Quarterly for Exercise and Sport</i> , <b>2005</b> , 76, 468-76	1.9	56
22	Relations of self-motivation, perceived physical condition, and exercise-induced changes in revitalization and exhaustion with attendance in women initiating a moderate cardiovascular exercise regimen. <i>Women and Health</i> , <b>2005</b> , 42, 77-93	1.7	17
21	Preliminary validation of an assessment for evaluating administration of a structured exercise counseling protocol. <i>Perceptual and Motor Skills</i> , <b>2005</b> , 100, 723-4	2.2	

20	Relations of body esteem factors with exercise session attendance in women initiating a physical activity program. <i>Perceptual and Motor Skills</i> , <b>2005</b> , 100, 995-1003	2.2	4
19	Age as a moderator of relations of physical self-concept and mood changes associated with 10 weeks of programmed exercise in women. <i>Perceptual and Motor Skills</i> , <b>2005</b> , 101, 840-4	2.2	6
18	Changes in depressed mood associated with 10 weeks of moderate cardiovascular exercise in formerly sedentary adults. <i>Psychological Reports</i> , <b>2005</b> , 96, 855-62	1.6	22
17	Improvements in self-concept associated with reductions in negative mood in preadolescents enrolled in an after-school physical activity program. <i>Psychological Reports</i> , <b>2005</b> , 97, 400-4	1.6	17
16	Correlations of depression and total mood disturbance with physical activity and self-concept in preadolescents enrolled in an after-school exercise program. <i>Psychological Reports</i> , <b>2005</b> , 96, 891-8	1.6	28
15	Relationship between before-to-after-exercise feeling state changes and exercise session attendance over 14 weeks: Testing principles of Operant Conditioning. <i>European Journal of Sport Science</i> , <b>2005</b> , 5, 159-163	3.9	20
14	Preliminary evaluation of a 10-wk. resistance and cardiovascular exercise protocol on physiological and psychological measures for a sample of older women. <i>Perceptual and Motor Skills</i> , <b>2004</b> , 98, 163-70	2.2	12
13	Relationship of feeling states after exercise and Total Mood Disturbance over 10 weeks in formerly sedentary women. <i>Perceptual and Motor Skills</i> , <b>2004</b> , 99, 107-15	2.2	8
12	Relationship between self-efficacy and changes in rated tension and depression for 9- to 12-yr.-old children enrolled in a 12-wk. after-school physical activity program. <i>Perceptual and Motor Skills</i> , <b>2004</b> , 99, 191-4	2.2	16
11	Association of exercise counselors' sex with exercise session attendance in women enrolled in a cognitive behavioral treatment system. <i>Perceptual and Motor Skills</i> , <b>2004</b> , 99, 48-50	2.2	1
10	Relationship between number of exercise counseling sessions attended and adherence to a new exercise program. <i>Psychological Reports</i> , <b>2004</b> , 94, 907-8	1.6	1
9	Relation of body fat to depression and overall mood changes over a 10-wk. course of moderate exercise in formerly sedentary older women. <i>Psychological Reports</i> , <b>2004</b> , 95, 447-8	1.6	0
8	Relationship of social cognitive theory factors to exercise maintenance in adults. <i>Perceptual and Motor Skills</i> , <b>2004</b> , 99, 142-8	2.2	18
7	Mood states of formerly sedentary younger and older women at weeks 1 and 10 of a moderate exercise program. <i>Psychological Reports</i> , <b>2004</b> , 94, 1337-42	1.6	6
6	Effects of a cognitive behavioral treatment protocol on the drop-out rates of exercise participants in 17 YMCA facilities of six cities. <i>Psychological Reports</i> , <b>2004</b> , 95, 250-6	1.6	23
5	Sex differences in relations of cardiorespiratory and mood changes associated with self-selected amounts of cardiovascular exercise. <i>Psychological Reports</i> , <b>2003</b> , 93, 1339-46	1.6	5
4	Preliminary estimates of effects of a cognitive behavioral treatment system on drop-out rates in exercise programs at three YMCA facilities. <i>Psychological Reports</i> , <b>2003</b> , 93, 1025-31	1.6	6
3	Relation of perceived fitness with health changes and physiological changes in women exercisers. <i>Perceptual and Motor Skills</i> , <b>2002</b> , 95, 226	2.2	4



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|---|--|-----|----|
| 2 | Relation of rated fatigue and changes in energy after exercise and over 14 weeks in previously sedentary women exercisers. <i>Perceptual and Motor Skills</i> , <b>2002</b> , 95, 719-27 | 2.2 | 13 |
| 1 | Effects of obesity treatment-associated changes in mood and self-regulation on high emotional eating. <i>Current Psychology</i> , 1  | 1.4 |    |