

Markus Gerber

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.

253 papers	5,614 citations	41 h-index	63 g-index
273 ext. papers	7,167 ext. citations	3.8 avg, IF	6.1 L-index

#	Paper	IF	Citations
253	Acute effects of moderate aerobic exercise on specific aspects of executive function in different age and fitness groups: A meta-analysis. <i>Psychophysiology</i> , 2016 , 53, 1611-1626	4.1	232
252	EPA guidance on physical activity as a treatment for severe mental illness: a meta-review of the evidence and Position Statement from the European Psychiatric Association (EPA), supported by the International Organization of Physical Therapists in Mental Health (IOPTMH). <i>European Psychiatry</i> , 2018 , 54, 124-144	6	197
251	High exercise levels are related to favorable sleep patterns and psychological functioning in adolescents: a comparison of athletes and controls. <i>Journal of Adolescent Health</i> , 2010 , 46, 133-41	5.8	171
250	Review article: do exercise and fitness protect against stress-induced health complaints? A review of the literature. <i>Scandinavian Journal of Public Health</i> , 2009 , 37, 801-19	3	166
249	Daily morning running for 3 weeks improved sleep and psychological functioning in healthy adolescents compared with controls. <i>Journal of Adolescent Health</i> , 2012 , 51, 615-22	5.8	121
248	Increased self-reported and objectively assessed physical activity predict sleep quality among adolescents. <i>Physiology and Behavior</i> , 2013 , 120, 46-53	3.5	116
247	The relationships of change in physical activity with change in depression, anxiety, and burnout: a longitudinal study of Swedish healthcare workers. <i>Health Psychology</i> , 2014 , 33, 1309-18	5	110
246	Increased objectively assessed vigorous-intensity exercise is associated with reduced stress, increased mental health and good objective and subjective sleep in young adults. <i>Physiology and Behavior</i> , 2014 , 135, 17-24	3.5	105
245	The relationship between physical activity and sleep from mid adolescence to early adulthood. A systematic review of methodological approaches and meta-analysis. <i>Sleep Medicine Reviews</i> , 2016 , 28, 32-45	10.2	95
244	Are adolescents with high mental toughness levels more resilient against stress?. <i>Stress and Health</i> , 2013 , 29, 164-71	3.7	94
243	Messung der Bewegungs- und Sportaktivität mit dem BSA-Fragebogen. <i>Zeitschrift Fur Gesundheitspsychologie</i> , 2015 , 23, 60-76		88
242	Validation of the German version of the insomnia severity index in adolescents, young adults and adult workers: results from three cross-sectional studies. <i>BMC Psychiatry</i> , 2016 , 16, 174	4.2	87
241	Systematic review and meta-analysis investigating moderators of long-term effects of exercise on cognition in healthy individuals. <i>Nature Human Behaviour</i> , 2020 , 4, 603-612	12.8	83
240	A Broad RNA Virus Survey Reveals Both miRNA Dependence and Functional Sequestration. <i>Cell Host and Microbe</i> , 2016 , 19, 409-23	23.4	82
239	Cardiorespiratory fitness protects against stress-related symptoms of burnout and depression. <i>Patient Education and Counseling</i> , 2013 , 93, 146-52	3.1	75
238	Adolescents with high mental toughness adapt better to perceived stress: A longitudinal study with Swiss vocational students. <i>Personality and Individual Differences</i> , 2013 , 54, 808-814	3.3	75
237	Is the increase of hypomanic stages during adolescence related to gender and developmental tasks?. <i>World Journal of Biological Psychiatry</i> , 2010 , 11, 594-602	3.8	74

236	Adolescents with greater mental toughness show higher sleep efficiency, more deep sleep and fewer awakenings after sleep onset. <i>Journal of Adolescent Health</i> , 2014 , 54, 109-13	5.8	73
235	Adolescents' exercise and physical activity are associated with mental toughness. <i>Mental Health and Physical Activity</i> , 2012 , 5, 35-42	5	71
234	Fitness and exercise as correlates of sleep complaints: is it all in our minds?. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 893-901	1.2	65
233	Aerobic exercise training and burnout: a pilot study with male participants suffering from burnout. <i>BMC Research Notes</i> , 2013 , 6, 78	2.3	63
232	In a randomized case-control trial with 10-years olds suffering from attention deficit/hyperactivity disorder (ADHD) sleep and psychological functioning improved during a 12-week sleep-training program. <i>World Journal of Biological Psychiatry</i> , 2014 , 15, 609-19	3.8	60
231	Influence of Regular Physical Activity and Fitness on Stress Reactivity as Measured with the Trier Social Stress Test Protocol: A Systematic Review. <i>Sports Medicine</i> , 2018 , 48, 2607-2622	10.6	60
230	The relationship between shift work, perceived stress, sleep and health in Swiss police officers. <i>Journal of Criminal Justice</i> , 2010 , 38, 1167-1175	3.6	59
229	"Don't crack under pressure!"--Do leisure time physical activity and self-esteem moderate the relationship between school-based stress and psychosomatic complaints?. <i>Journal of Psychosomatic Research</i> , 2008 , 65, 363-9	4.1	57
228	Physical activity and self-esteem: testing direct and indirect relationships associated with psychological and physical mechanisms. <i>Neuropsychiatric Disease and Treatment</i> , 2016 , 12, 2617-2625	3.1	57
227	Physical activity in employees with differing occupational stress and mental health profiles: A latent profile analysis. <i>Psychology of Sport and Exercise</i> , 2014 , 15, 649-658	4.2	56
226	The relation of objective sleep patterns, depressive symptoms, and sleep disturbances in adolescent children and their parents: a sleep-EEG study with 47 families. <i>Journal of Psychiatric Research</i> , 2012 , 46, 1374-82	5.2	55
225	Poor Sleep Is Related to Lower Emotional Competence Among Adolescents. <i>Behavioral Sleep Medicine</i> , 2016 , 14, 602-14	4.2	53
224	Acculturation and physical activity among immigrants: a systematic review. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , 2012 , 20, 313-341	1.4	51
223	Do exercise and fitness buffer against stress among Swiss police and emergency response service officers?. <i>Psychology of Sport and Exercise</i> , 2010 , 11, 286-294	4.2	51
222	Evidence for similarities between adolescents and parents in sleep patterns. <i>Sleep Medicine</i> , 2009 , 10, 1124-31	4.6	51
221	Contribution of physical education to overall physical activity. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013 , 23, 600-6	4.6	50
220	High self-perceived exercise exertion before bedtime is associated with greater objectively assessed sleep efficiency. <i>Sleep Medicine</i> , 2014 , 15, 1031-6	4.6	49
219	'Football is good for your sleep': favorable sleep patterns and psychological functioning of adolescent male intense football players compared to controls. <i>Journal of Health Psychology</i> , 2009 , 14, 1144-55	3.1	48

218	Impact of aerobic exercise on sleep and motor skills in children with autism spectrum disorders - a pilot study. <i>Neuropsychiatric Disease and Treatment</i> , 2015 , 11, 1911-20	3.1	47
217	During early to mid adolescence, moderate to vigorous physical activity is associated with restoring sleep, psychological functioning, mental toughness and male gender. <i>Journal of Sports Sciences</i> , 2017 , 35, 426-434	3.6	46
216	Low vigorous physical activity is associated with increased adrenocortical reactivity to psychosocial stress in students with high stress perceptions. <i>Psychoneuroendocrinology</i> , 2017 , 80, 104-113	5	46
215	Effects of stress and mental toughness on burnout and depressive symptoms: A prospective study with young elite athletes. <i>Journal of Science and Medicine in Sport</i> , 2018 , 21, 1200-1205	4.4	46
214	Evidence of favorable sleep-EEG patterns in adolescent male vigorous football players compared to controls. <i>World Journal of Biological Psychiatry</i> , 2010 , 11, 465-475	3.8	44
213	Fitness Moderates the Relationship between Stress and Cardiovascular Risk Factors. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 2075-2081	1.2	43
212	An event-related potential investigation of the acute effects of aerobic and coordinative exercise on inhibitory control in children with ADHD. <i>Developmental Cognitive Neuroscience</i> , 2017 , 28, 21-28	5.5	39
211	Exercise is medicine for patients with major depressive disorders: but only if the "pill" is taken!. <i>Neuropsychiatric Disease and Treatment</i> , 2016 , 12, 1977-81	3.1	38
210	During early and mid-adolescence, greater mental toughness is related to increased sleep quality and quality of life. <i>Journal of Health Psychology</i> , 2016 , 21, 905-15	3.1	37
209	Changes in mental health in compliers and non-compliers with physical activity recommendations in patients with stress-related exhaustion. <i>BMC Psychiatry</i> , 2015 , 15, 272	4.2	37
208	"Sleep well, our tough heroes!"--in adolescence, greater mental toughness is related to better sleep schedules. <i>Behavioral Sleep Medicine</i> , 2014 , 12, 444-54	4.2	37
207	Both hair cortisol levels and perceived stress predict increased symptoms of depression: an exploratory study in young adults. <i>Neuropsychobiology</i> , 2013 , 68, 100-9	4	36
206	Assessing physical activity in people with mental illness: 23-country reliability and validity of the simple physical activity questionnaire (SIMPAQ). <i>BMC Psychiatry</i> , 2020 , 20, 108	4.2	35
205	In 6- to 8-year-old children, hair cortisol is associated with body mass index and somatic complaints, but not with stress, health-related quality of life, blood pressure, retinal vessel diameters, and cardiorespiratory fitness. <i>Psychoneuroendocrinology</i> , 2017 , 76, 1-10	5	35
204	Perfectionism related to self-reported insomnia severity, but not when controlled for stress and emotion regulation. <i>Neuropsychiatric Disease and Treatment</i> , 2015 , 11, 263-71	3.1	35
203	Dream recall and its relationship to sleep, perceived stress, and creativity among adolescents. <i>Journal of Adolescent Health</i> , 2011 , 49, 525-31	5.8	35
202	Depression, hypomania, and dysfunctional sleep-related cognitions as mediators between stress and insomnia: The best advice is not always found on the pillow!. <i>International Journal of Stress Management</i> , 2010 , 17, 114-134	3.5	34
201	Moderating Effects of Exercise Duration and Intensity in Neuromuscular vs. Endurance Exercise Interventions for the Treatment of Depression: A Meta-Analytical Review. <i>Frontiers in Psychiatry</i> , 2018 , 9, 305	5	33

200	Electroconvulsive therapy and aerobic exercise training increased BDNF and ameliorated depressive symptoms in patients suffering from treatment-resistant major depressive disorder. <i>Journal of Psychiatric Research</i> , 2014 , 57, 117-24	5.2	33
199	Burnout and Mental Health in Swiss Vocational Students: The Moderating Role of Physical Activity. <i>Journal of Research on Adolescence</i> , 2015 , 25, 63-74	3.2	33
198	Examining Dark Triad traits in relation to mental toughness and physical activity in young adults. <i>Neuropsychiatric Disease and Treatment</i> , 2016 , 12, 229-35	3.1	32
197	Executive function performance is reduced during occupational burnout but can recover to the level of healthy controls. <i>Journal of Psychiatric Research</i> , 2013 , 47, 1824-30	5.2	31
196	In Patients With Multiple Sclerosis, Both Objective and Subjective Sleep, Depression, Fatigue, and Paresthesia Improved After 3 Weeks of Regular Exercise. <i>Frontiers in Psychiatry</i> , 2019 , 10, 265	5	29
195	THE RELATIONSHIP BETWEEN MENTAL TOUGHNESS, STRESS, AND BURNOUT AMONG ADOLESCENTS: A LONGITUDINAL STUDY WITH SWISS VOCATIONAL STUDENTS (.). <i>Psychological Reports</i> , 2015 , 117, 703-23	1.6	29
194	The effects of a school-based exercise program on neurophysiological indices of working memory operations in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2018 , 21, 833-838	4.4	28
193	Perceived fitness protects against stress-based mental health impairments among police officers who report good sleep. <i>Journal of Occupational Health</i> , 2014 , 55, 376-84	2.3	28
192	'Bright side' and 'dark side' hypomania are associated with differences in psychological functioning, sleep and physical activity in a non-clinical sample of young adults. <i>Journal of Affective Disorders</i> , 2011 , 131, 68-78	6.6	28
191	Associations between selective attention and soil-transmitted helminth infections, socioeconomic status, and physical fitness in disadvantaged children in Port Elizabeth, South Africa: An observational study. <i>PLoS Neglected Tropical Diseases</i> , 2017 , 11, e0005573	4.8	28
190	Concerns regarding hair cortisol as a biomarker of chronic stress in exercise and sport science. <i>Journal of Sports Science and Medicine</i> , 2012 , 11, 571-81	2.7	28
189	Intestinal parasites, growth and physical fitness of schoolchildren in poor neighbourhoods of Port Elizabeth, South Africa: a cross-sectional survey. <i>Parasites and Vectors</i> , 2016 , 9, 488	4	28
188	Electroconvulsive therapy (ECT) and aerobic exercise training (AET) increased plasma BDNF and ameliorated depressive symptoms in patients suffering from major depressive disorder. <i>Journal of Psychiatric Research</i> , 2016 , 76, 1-8	5.2	27
187	Objectively assessed physical activity is associated with increased hair cortisol content in young adults. <i>Stress</i> , 2013 , 16, 593-9	3	27
186	Examining Dark Triad traits in relation to sleep disturbances, anxiety sensitivity and intolerance of uncertainty in young adults. <i>Comprehensive Psychiatry</i> , 2016 , 68, 103-10	7.3	26
185	Chronic effects of exercise implemented during school-break time on neurophysiological indices of inhibitory control in adolescents. <i>Trends in Neuroscience and Education</i> , 2018 , 10, 1-7	3.7	26
184	Dual-task training on cognition and resistance training improved both balance and working memory in older people. <i>Physician and Sportsmedicine</i> , 2019 , 47, 471-478	2.4	24
183	Usefulness of the Athlete Burnout Questionnaire (ABQ) as a screening tool for the detection of clinically relevant burnout symptoms among young elite athletes. <i>Psychology of Sport and Exercise</i> , 2018 , 39, 104-113	4.2	24

182	Stability of Mental Toughness, Sleep Disturbances, and Physical Activity in Patients With Multiple Sclerosis (MS)-A Longitudinal and Pilot Study. <i>Frontiers in Psychiatry</i> , 2018 , 9, 182	5	24
181	Immediate and sustained effects of intermittent exercise on inhibitory control and task-related heart rate variability in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2019 , 22, 96-100	4.4	24
180	Mental toughness, sleep disturbances, and physical activity in patients with multiple sclerosis compared to healthy adolescents and young adults. <i>Neuropsychiatric Disease and Treatment</i> , 2016 , 12, 1571-9	3.1	24
179	A pilot randomized trial of exercise as adjunct therapy in a heroin-assisted treatment setting. <i>Journal of Substance Abuse Treatment</i> , 2017 , 76, 49-57	4.2	23
178	Ambulatory Assessment for Physical Activity Research: State of the Science, Best Practices and Future Directions. <i>Psychology of Sport and Exercise</i> , 2020 , 50, 101742-101742	4.2	23
177	Youths with migration backgrounds and their experiences of physical education: an examination of three cases. <i>Sport, Education and Society</i> , 2014 , 19, 186-203	2.6	23
176	The relationship between meeting vigorous physical activity recommendations and burnout symptoms among adolescents: an exploratory study with vocational students. <i>Journal of Sport and Exercise Psychology</i> , 2015 , 37, 180-92	1.5	23
175	The Acute Effects of Aerobic Exercise on Cognitive Flexibility and Task-Related Heart Rate Variability in Children With ADHD and Healthy Controls. <i>Journal of Attention Disorders</i> , 2020 , 24, 693-703	3.7	23
174	Acute Bouts of Exercising Improved Mood, Rumination and Social Interaction in Inpatients With Mental Disorders. <i>Frontiers in Psychology</i> , 2018 , 9, 249	3.4	22
173	Dexamethasone stimulated gene expression in peripheral blood indicates glucocorticoid-receptor hypersensitivity in job-related exhaustion. <i>Psychoneuroendocrinology</i> , 2014 , 44, 35-46	5	22
172	Effects of two types of exercise training on psychological well-being, sleep, quality of life and physical fitness in patients with high-grade glioma (WHO III and IV): study protocol for a randomized controlled trial. <i>Cancer Communications</i> , 2019 , 39, 46	9.4	21
171	Elite sport is not an additional source of distress for adolescents with high stress levels. <i>Perceptual and Motor Skills</i> , 2011 , 112, 581-99	2.2	21
170	The Origins of Mental Toughness - Prosocial Behavior and Low Internalizing and Externalizing Problems at Age 5 Predict Higher Mental Toughness Scores at Age 14. <i>Frontiers in Psychology</i> , 2016 , 7, 1221	3.4	21
169	Does Cardiorespiratory Fitness Moderate the Association between Occupational Stress, Cardiovascular Risk, and Mental Health in Police Officers?. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	20
168	Assessing physical activity through questionnaires A consensus of best practices and future directions. <i>Psychology of Sport and Exercise</i> , 2020 , 50, 101715	4.2	20
167	Does mental toughness buffer the relationship between perceived stress, depression, burnout, anxiety, and sleep?. <i>International Journal of Stress Management</i> , 2019 , 26, 297-305	3.5	20
166	Core executive functions are selectively related to different facets of motor competence in preadolescent children. <i>European Journal of Sport Science</i> , 2019 , 19, 375-383	3.9	20
165	A Combined EEG-fNIRS Study Investigating Mechanisms Underlying the Association between Aerobic Fitness and Inhibitory Control in Young Adults. <i>Neuroscience</i> , 2019 , 419, 23-33	3.9	19

164	Evidence of favorable sleep-EEG patterns in adolescent male vigorous football players compared to controls. <i>World Journal of Biological Psychiatry</i> , 2010 , 11, 465-75	3.8	19
163	In 6- to 8-year-old children, cardiorespiratory fitness moderates the relationship between severity of life events and health-related quality of life. <i>Quality of Life Research</i> , 2017 , 26, 695-706	3.7	18
162	Longitudinal relationships between perceived stress, exercise self-regulation and exercise involvement among physically active adolescents. <i>Journal of Sports Sciences</i> , 2015 , 33, 369-80	3.6	18
161	Sprint interval training (SIT) substantially reduces depressive symptoms in major depressive disorder (MDD): A randomized controlled trial. <i>Psychiatry Research</i> , 2018 , 265, 292-297	9.9	18
160	The relation between sleep and pain among a non-clinical sample of young adults. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , 2010 , 260, 543-51	5.1	18
159	Effect of a 20-week physical activity intervention on selective attention and academic performance in children living in disadvantaged neighborhoods: A cluster randomized control trial. <i>PLoS ONE</i> , 2018 , 13, e0206908	3.7	18
158	Acute and Long-term Effects of Resistance Training on Executive Function. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2018 , 2, 200-207	2.4	17
157	Implementation of a mindfulness-based stress reduction (MBSR) program to reduce stress, anxiety, and depression and to improve psychological well-being among retired Iranian football players. <i>Psychology of Sport and Exercise</i> , 2020 , 47, 101636	4.2	17
156	Effects of a physical education-based coping training on adolescents' coping skills, stress perceptions and quality of sleep. <i>Physical Education and Sport Pedagogy</i> , 2017 , 22, 213-230	3.8	16
155	Contingent Negative Variation and Working Memory Maintenance in Adolescents with Low and High Motor Competencies. <i>Neural Plasticity</i> , 2018 , 2018, 9628787	3.3	16
154	In Iranian female and male adolescents, romantic love is related to hypomania and low depressive symptoms, but also to higher state anxiety. <i>International Journal of Psychiatry in Clinical Practice</i> , 2013 , 17, 98-109	2.4	16
153	More than a simple pastime? The potential of physical activity to moderate the relationship between occupational stress and burnout symptoms.. <i>International Journal of Stress Management</i> , 2020 , 27, 53-64	3.5	16
152	Zumba dancing and aerobic exercise can improve working memory, motor function, and depressive symptoms in female patients with Fibromyalgia. <i>European Journal of Sport Science</i> , 2020 , 20, 981-991	3.9	16
151	The utility of two interview-based physical activity questionnaires in healthy young adults: Comparison with accelerometer data. <i>PLoS ONE</i> , 2018 , 13, e0203525	3.7	16
150	Disease, activity and schoolchildren's health (DASH) in Port Elizabeth, South Africa: a study protocol. <i>BMC Public Health</i> , 2015 , 15, 1285	4.1	15
149	Impaired objective and subjective sleep in children and adolescents with inflammatory bowel disease compared to healthy controls. <i>Sleep Medicine</i> , 2017 , 39, 25-31	4.6	14
148	Aerobic exercise or stretching as add-on to inpatient treatment of depression: Similar antidepressant effects on depressive symptoms and larger effects on working memory for aerobic exercise alone. <i>Journal of Affective Disorders</i> , 2020 , 276, 866-876	6.6	14
147	Cross-Sectional and Longitudinal Associations Between Athlete Burnout, Insomnia, and Polysomnographic Indices in Young Elite Athletes. <i>Journal of Sport and Exercise Psychology</i> , 2018 , 40, 312-324	1.5	14

146	Fitness, Stress, and Body Composition in Primary Schoolchildren. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 581-587	1.2	13
145	Physical activity and health-related quality of life among schoolchildren from disadvantaged neighbourhoods in Port Elizabeth, South Africa. <i>Quality of Life Research</i> , 2018 , 27, 205-216	3.7	13
144	Promoting graded exercise as a part of multimodal treatment in patients diagnosed with stress-related exhaustion. <i>Journal of Clinical Nursing</i> , 2015 , 24, 1904-15	3.2	13
143	Does Cardiorespiratory Fitness Buffer Stress Reactivity and Stress Recovery in Police Officers? A Real-Life Study. <i>Frontiers in Psychiatry</i> , 2020 , 11, 594	5	13
142	Physical activity interventions can improve emotion regulation and dimensions of empathy in persons with multiple sclerosis: An exploratory study. <i>Multiple Sclerosis and Related Disorders</i> , 2020 , 37, 101380	4	13
141	Effect of a Multidimensional Physical Activity Intervention on Body Mass Index, Skinfolts and Fitness in South African Children: Results from a Cluster-Randomised Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	12
140	Psychometric properties of the Shirom-Melamed Burnout Measure (SMBM) among adolescents: results from three cross-sectional studies. <i>BMC Psychiatry</i> , 2018 , 18, 266	4.2	12
139	SportII's Just HealthyII- Locating Healthism within Discourses of Social Integration. <i>Journal of Ethnic and Migration Studies</i> , 2013 , 39, 759-772	2.1	12
138	Aerobic exercise, ball sports, dancing, and weight lifting as moderators of the relationship between stress and depressive symptoms: an exploratory cross-sectional study with swiss university students. <i>Perceptual and Motor Skills</i> , 2014 , 119, 679-97	2.2	12
137	Mentale Toughness im Sport. <i>Sportwissenschaft</i> , 2011 , 41, 283-299		12
136	The current state of physical activity and exercise programs in German-speaking, Swiss psychiatric hospitals: results from a brief online survey. <i>Neuropsychiatric Disease and Treatment</i> , 2016 , 12, 1309-17	3.1	12
135	Adolescents' personal beliefs about sufficient physical activity are more closely related to sleep and psychological functioning than self-reported physical activity: A prospective study. <i>Journal of Sport and Health Science</i> , 2019 , 8, 280-288	8.2	12
134	Psychometric Properties and Convergent Validity of the Shirom-Melamed Burnout Measure in Two German-Speaking Samples of Adult Workers and Police Officers. <i>Frontiers in Psychiatry</i> , 2019 , 10, 536	5	11
133	Acute Exercise and Emotion Recognition in Young Adolescents. <i>Journal of Sport and Exercise Psychology</i> , 2019 , 41, 129-136	1.5	11
132	The Stress-Burnout Relationship: Examining the Moderating Effect of Physical Activity and Intrinsic Motivation for Off-Job Physical Activity. <i>Workplace Health and Safety</i> , 2019 , 67, 350-360	2	11
131	Is improved fitness following a 12-week exercise program associated with decreased symptom severity, better wellbeing, and fewer sleep complaints in patients with major depressive disorders? A secondary analysis of a randomized controlled trial. <i>Journal of Psychiatric Research</i> , 2019 , 113, 58-64	5.2	11
130	Effects of Aerobic Exercise on Cognitive Performance Among Young Adults in a Higher Education Setting. <i>Research Quarterly for Exercise and Sport</i> , 2018 , 89, 164-172	1.9	11
129	Moderate-to-vigorous physical activity, executive functions and prefrontal brain oxygenation in children: A functional near-infrared spectroscopy study. <i>Journal of Sports Sciences</i> , 2018 , 36, 630-636	3.6	11

128	In Individuals Following Aneurysmal Subarachnoid Haemorrhage, Hair Cortisol Concentrations Are Higher and More Strongly Associated with Psychological Functioning and Sleep Complaints than in Healthy Controls. <i>Neuropsychobiology</i> , 2017 , 75, 12-20	4	11
127	A Twelve-Week Moderate Exercise Programme Improved Symptoms of Depression, Insomnia, and Verbal Learning in Post-Aneurysmal Subarachnoid Haemorrhage Patients: A Comparison with Meningioma Patients and Healthy Controls. <i>Neuropsychobiology</i> , 2017 , 76, 59-71	4	11
126	"Always Look on the Bright Side of Life!" - Higher Hypomania Scores Are Associated with Higher Mental Toughness, Increased Physical Activity, and Lower Symptoms of Depression and Lower Sleep Complaints. <i>Frontiers in Psychology</i> , 2017 , 8, 2130	3.4	11
125	The Role of Motor Competences in Predicting Working Memory Maintenance and Preparatory Processing. <i>Child Development</i> , 2020 , 91, 799-813	4.9	11
124	Sprint Interval Training and Continuous Aerobic Exercise Training Have Similar Effects on Exercise Motivation and Affective Responses to Exercise in Patients With Major Depressive Disorders: A Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2018 , 9, 694	5	11
123	"Tell me, how bright your hypomania is, and I tell you, if you are happily in love!"--among young adults in love, bright side hypomania is related to reduced depression and anxiety, and better sleep quality. <i>International Journal of Psychiatry in Clinical Practice</i> , 2015 , 19, 24-31	2.4	10
122	Coping tendencies and changes in athlete burnout over time. <i>Psychology of Sport and Exercise</i> , 2020 , 48, 101666	4.2	10
121	Sleep Quality, Sleep EEG Pattern, Mental Well-Being and Cortisol Secretion in Patients with Ruptured Aneurysm Post-Treatment: A Comparison with Post-Surgery Meningioma Patients and Controls. <i>Neuropsychobiology</i> , 2016 , 73, 148-59	4	10
120	Anaerobic Exercise Training in the Therapy of Substance Use Disorders: A Systematic Review. <i>Frontiers in Psychiatry</i> , 2018 , 9, 644	5	10
119	Effects of Aerobic Exercise as Add-On Treatment for Inpatients With Moderate to Severe Depression on Depression Severity, Sleep, Cognition, Psychological Well-Being, and Biomarkers: Study Protocol, Description of Study Population, and Manipulation Check. <i>Frontiers in Psychiatry</i> , 2019 , 10, 262	5	9
118	Influence of Regular Physical Activity on Mitochondrial Activity and Symptoms of Burnout-An Interventional Pilot Study. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	9
117	Psychological wellbeing and physical activity in children and adolescents with inflammatory bowel disease compared to healthy controls. <i>BMC Gastroenterology</i> , 2017 , 17, 160	3	9
116	Physical activity and dual disease burden among South African primary schoolchildren from disadvantaged neighbourhoods. <i>Preventive Medicine</i> , 2018 , 112, 104-110	4.3	9
115	Stress Management in Physical Education Class: An Experiential Approach To Improve Coping Skills and Reduce Stress Perceptions in Adolescents. <i>Journal of Teaching in Physical Education</i> , 2016 , 35, 149-158	3.2	9
114	Telephone-Based Coaching and Prompting for Physical Activity: Short- and Long-Term Findings of a Randomized Controlled Trial (Movingcall). <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	9
113	Beyond intentional processes: The role of action and coping planning in explaining exercise behaviour among adolescents. <i>International Journal of Sport and Exercise Psychology</i> , 2011 , 9, 209-226	2.5	9
112	Does Physical Fitness Buffer the Relationship between Psychosocial Stress, Retinal Vessel Diameters, and Blood Pressure among Primary Schoolchildren?. <i>BioMed Research International</i> , 2016 , 2016, 6340431	3	9
111	Effects of a school-based physical activity program on retinal microcirculation and cognitive function in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2019 , 22, 672-676	4.4	9

110	When Low Leisure-Time Physical Activity Meets Unsatisfied Psychological Needs: Insights From a Stress-Buffer Perspective. <i>Frontiers in Psychology</i> , 2018 , 9, 2097	3.4	9
109	The effects of exercise on sleep in unipolar depression: A systematic review and network meta-analysis. <i>Sleep Medicine Reviews</i> , 2021 , 59, 101452	10.2	9
108	Aerobic exercise training in children and adolescents with inflammatory bowel disease: Influence on psychological functioning, sleep and physical performance [An exploratory trial. <i>Mental Health and Physical Activity</i> , 2017 , 13, 30-39	5	8
107	Injury Prevention in Amateur Soccer: A Nation-Wide Study on Implementation and Associations with Injury Incidence. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	8
106	Implicit and explicit attitudes towards sport among young elite athletes with high versus low burnout symptoms. <i>Journal of Sports Sciences</i> , 2019 , 37, 1673-1680	3.6	8
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