

# Markus Gerber

## 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.

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	Exercise types and working memory components during development.. <i>Trends in Cognitive Sciences</i> , <b>2022</b> ,	14	1
252	Impact of a school-based health intervention program on body composition among South African primary schoolchildren: results from the KaziAfya cluster-randomized controlled trial.. <i>BMC Medicine</i> , <b>2022</b> , 20, 27	11.4	0
251	The Importance of Physical Activityfor Mental Health.. <i>Praxis</i> , <b>2022</b> , 110, e186-e190	0.1	0
250	Pay attention! The influence of coach-, content-, and player-related factors on focus of attention statements during tennis training.. <i>European Journal of Sport Science</i> , <b>2022</b> , 1-17	3.9	0
249	Does dispositional self-control moderate the association between stress at work and physical activity after work? Areal-life study with police officers. <i>German Journal of Exercise and Sport Research</i> , <b>2022</b> , 52, 290	1.2	0
248	Effectiveness of a personal health coaching intervention (diabetescoach) in patients with type 2 diabetes: protocol for an open-label, pragmatic randomised controlled trial. <i>BMJ Open</i> , <b>2022</b> , 12, e057948	2.8	0
247	Individuals at Risk of Exercise Addiction Have Higher Scores for Depression, ADHD, and Childhood Trauma.. <i>Frontiers in Sports and Active Living</i> , <b>2021</b> , 3, 761844	2.3	2
246	Effects of an exercise and sport intervention among refugees living in a Greek refugee camp on mental health, physical fitness and cardiovascular risk markers: study protocol for the SALEEM pragmatic randomized controlled trial. <i>Trials</i> , <b>2021</b> , 22, 827	2.8	
245	Sustainability of a school-based health intervention for prevention of non-communicable diseases in marginalised communities: protocol for a mixed-methods cohort study. <i>BMJ Open</i> , <b>2021</b> , 11, e047296 <sup>3</sup>		
244	Reply to Hertenstein et al.'s commentary on Brupbacher et al.: The effects of exercise on sleep in unipolar depression: A systematic review and network meta-analysis. <i>Sleep Medicine Reviews</i> , <b>2021</b> , 60, 101562	10.2	
243	Psychosocial Health and Physical Activity in People With Major Depression in the Context of COVID-19. <i>Frontiers in Sports and Active Living</i> , <b>2021</b> , 3, 685117	2.3	0
242	Self-Esteem and Symptoms of Eating-Disordered Behavior Among Female Adolescents. <i>Psychological Reports</i> , <b>2021</b> , 124, 1515-1538	1.6	2
241	Aerobic Exercise and Stretching as Add-On to Inpatient Treatment for Depression Have No Differential Effects on Stress-Axis Activity, Serum-BDNF, TNF-Alpha and Objective Sleep Measures. <i>Brain Sciences</i> , <b>2021</b> , 11,	3.4	2
240	Prevalence of Stunting and Relationship between Stunting and Associated Risk Factors with Academic Achievement and Cognitive Function: A Cross-Sectional Study with South African Primary School Children. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	2
239	How are academic achievement and inhibitory control associated with physical fitness, soil-transmitted helminth infections, food insecurity and stunting among South African primary schoolchildren?. <i>BMC Public Health</i> , <b>2021</b> , 21, 852	4.1	1
238	Very preterm birth and cognitive control: The mediating roles of motor skills and physical fitness. <i>Developmental Cognitive Neuroscience</i> , <b>2021</b> , 49, 100956	5.5	0
237	Effects of Quiet Mind Training on Alpha Power Suppression and Fine Motor Skill Acquisition. <i>Journal of Motor Behavior</i> , <b>2021</b> , 53, 399-408	1.4	

236	Combined virtual reality and physical training improved the bimanual coordination of women with multiple sclerosis. <i>Neuropsychological Rehabilitation</i> , <b>2021</b> , 31, 552-569	3.1	8
235	Effects of Quiet Mind Training on Alpha Power Suppression and Fine Motor Skill Acquisition. <i>Journal of Motor Behavior</i> , <b>2021</b> , 53, 1-10	1.4	1
234	Impact of a physical education-based behavioural skill training program on cognitive antecedents and exercise and sport behaviour among adolescents: a cluster-randomized controlled trial. <i>Physical Education and Sport Pedagogy</i> , <b>2021</b> , 26, 16-35	3.8	6
233	Neurocognitive processes mediate the relation between children's motor skills, cardiorespiratory fitness and response inhibition: Evidence from source imaging. <i>Psychophysiology</i> , <b>2021</b> , 58, e13716	4.1	2
232	Effects of Judo on Neurocognitive Indices of Response Inhibition in Preadolescent Children: A Randomized Controlled Trial. <i>Medicine and Science in Sports and Exercise</i> , <b>2021</b> , 53, 1648-1655	1.2	1
231	Physical Activity, Cardiorespiratory Fitness and Clustered Cardiovascular Risk in South African Primary Schoolchildren from Disadvantaged Communities: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
230	Physical Activity, Mental Health, and Well-Being in Very Pre-Term and Term Born Adolescents: An Individual Participant Data Meta-Analysis of Two Accelerometry Studies. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	2
229	Associations between physical activity, basic motor competencies and automatic evaluations of exercise. <i>Journal of Sports Sciences</i> , <b>2021</b> , 39, 1903-1909	3.6	1
228	Do different cognitive domains mediate the association between moderate-to-vigorous physical activity and adolescents' off-task behaviour in the classroom?. <i>British Journal of Educational Psychology</i> , <b>2021</b> , e12445	3.2	1
227	How children with neurodevelopmental disorders can benefit from the neurocognitive effects of exercise. <i>Neuroscience and Biobehavioral Reviews</i> , <b>2021</b> , 127, 514-519	9	1
226	Associations Between Household Socioeconomic Status, Car Ownership, Physical Activity, and Cardiorespiratory Fitness in South African Primary Schoolchildren Living in Marginalized Communities. <i>Journal of Physical Activity and Health</i> , <b>2021</b> , 18, 883-894	2.5	1
225	Muscle strength and executive function in children and adolescents with autism spectrum disorder. <i>Autism Research</i> , <b>2021</b> , 14, 2555-2563	5.1	1
224	Hypertension among South African children in disadvantaged areas and associations with physical activity, fitness, and cardiovascular risk markers: A cross-sectional study. <i>Journal of Sports Sciences</i> , <b>2021</b> , 39, 2454-2467	3.6	
223	Moderate-to-Vigorous Physical Activity Is Associated With Cardiorespiratory Fitness Among Primary Schoolchildren Living in Cte d'Ivoire, South Africa, and Tanzania. <i>Frontiers in Public Health</i> , <b>2021</b> , 9, 671782	6	1
222	Dietary diversity among households living in Kilombero district, in Morogoro region, South-Eastern Tanzania. <i>Journal of Agriculture and Food Research</i> , <b>2021</b> , 5, 100171	2.6	2
221	No fun, no gain: The stress-buffering effect of physical activity on life satisfaction depends on adolescents' intrinsic motivation. <i>Psychology of Sport and Exercise</i> , <b>2021</b> , 56, 102004	4.2	3
220	The effects of exercise on sleep in unipolar depression: A systematic review and network meta-analysis. <i>Sleep Medicine Reviews</i> , <b>2021</b> , 59, 101452	10.2	9
219	Neurophysiological correlates of interference control and response inhibition processes in children and adolescents engaging in open- and closed-skill sports. <i>Journal of Sport and Health Science</i> , <b>2021</b>	8.2	1

218	Associations Between Cardiorespiratory Fitness and Endocrine, Autonomous and Psychological Stress Reactivity in Male Adolescents. <i>Journal of Psychophysiology</i> , <b>2021</b> , 35, 23-34	1	3
217	Mental disorders in individuals at risk for exercise addiction - A systematic review. <i>Addictive Behaviors Reports</i> , <b>2020</b> , 12, 100314	3.7	5
216	Among Persons With Multiple Sclerosis (MS), Objective Sleep, Psychological Functioning, and Higher Physical Activity Scores Remained Stable Over 2 Years-Results From a Small Study Under Naturalistic Conditions. <i>Frontiers in Psychiatry</i> , <b>2020</b> , 11, 586244	5	3
215	Changes in Self-Reported Physical Activity Predict Health-Related Quality of Life Among South African Schoolchildren: Findings From the DASH Intervention Trial. <i>Frontiers in Public Health</i> , <b>2020</b> , 8, 492618	6	4
214	Effects of Aerobic Exercise on Cortisol Stress Reactivity in Response to the Trier Social Stress Test in Inpatients with Major Depressive Disorders: A Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	1
213	Ambulatory Assessment for Physical Activity Research: State of the Science, Best Practices and Future Directions. <i>Psychology of Sport and Exercise</i> , <b>2020</b> , 50, 101742-101742	4.2	23
212	Association between cardiorespiratory fitness and social cognition in healthy adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 1722-1728	4.6	4
211	Assessing physical activity in people with mental illness: 23-country reliability and validity of the simple physical activity questionnaire (SIMPAQ). <i>BMC Psychiatry</i> , <b>2020</b> , 20, 108	4.2	35
210	Responses of fitness center employees to cases of suspected eating disorders or excessive exercise. <i>Journal of Eating Disorders</i> , <b>2020</b> , 8, 8	4.1	4
209	Systematic review and meta-analysis investigating moderators of long-term effects of exercise on cognition in healthy individuals. <i>Nature Human Behaviour</i> , <b>2020</b> , 4, 603-612	12.8	83
208	Influence of Regular Physical Activity on Mitochondrial Activity and Symptoms of Burnout-An Interventional Pilot Study. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	9
207	Coping tendencies and changes in athlete burnout over time. <i>Psychology of Sport and Exercise</i> , <b>2020</b> , 48, 101666	4.2	10
206	Better Objective Sleep Was Associated with Better Subjective Sleep and Physical Activity; Results from an Exploratory Study under Naturalistic Conditions among Persons with Multiple Sclerosis. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	7
205	Cardiovascular Risk Markers and Cognitive Performance in Children. <i>Journal of Pediatrics</i> , <b>2020</b> , 224, 162-165.e1	3.6	1
204	Sport, Stress und Gesundheit <b>2020</b> , 581-606		5
203	Assessing physical activity through questionnaires [A consensus of best practices and future directions. <i>Psychology of Sport and Exercise</i> , <b>2020</b> , 50, 101715	4.2	20
202	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> , <b>2020</b> , 27, 53-64	3.5	16
201	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> , <b>2020</b> , 20, 981-991	3.9	16

200	Effects of school-based physical activity and multi-micronutrient supplementation intervention on growth, health and well-being of schoolchildren in three African countries: the KaziAfya cluster randomised controlled trial protocol with a 2 × 2 factorial design. <i>Trials</i> , <b>2020</b> , 21, 22	2.8	6
199	A cloned classical swine fever virus derived from the vaccine strain GPE causes cytopathic effect in CPK-NS cells via type-I interferon-dependent necroptosis. <i>Virus Research</i> , <b>2020</b> , 276, 197809	6.4	2
198	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> , <b>2020</b> , 47, 101636	4.2	17
197	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> , <b>2020</b> , 276, 866-876	6.6	14
196	Association of Exercise with Inhibitory Control and Prefrontal Brain Activity Under Acute Psychosocial Stress. <i>Brain Sciences</i> , <b>2020</b> , 10,	3.4	2
195	Excessive Exercise-A Meta-Review. <i>Frontiers in Psychiatry</i> , <b>2020</b> , 11, 521572	5	5
194	The Influence of an Acute Exercise Bout on Adolescents' Stress Reactivity, Interference Control, and Brain Oxygenation Under Stress. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 581965	3.4	1
193	Does Cardiorespiratory Fitness Buffer Stress Reactivity and Stress Recovery in Police Officers? A Real-Life Study. <i>Frontiers in Psychiatry</i> , <b>2020</b> , 11, 594	5	13
192	Stress-buffering effects of physical activity and cardiorespiratory fitness on metabolic syndrome: A prospective study in police officers. <i>PLoS ONE</i> , <b>2020</b> , 15, e0236526	3.7	3
191	Association between physical activity, cardiorespiratory fitness and clustered cardiovascular risk in South African children from disadvantaged communities: results from a cross-sectional study. <i>BMJ Open Sport and Exercise Medicine</i> , <b>2020</b> , 6, e000823	3.4	6
190	Prevention of Overweight and Hypertension through Cardiorespiratory Fitness and Extracurricular Sport Participation among South African Schoolchildren. <i>Sustainability</i> , <b>2020</b> , 12, 6581	3.6	4
189	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> , <b>2020</b> , 24, 693-703	3.7	23
188	Costs resulting from nonprofessional soccer injuries in Switzerland: A detailed analysis. <i>Journal of Sport and Health Science</i> , <b>2020</b> , 9, 240-247	8.2	3
187	Association of change in physical activity associated with change in sleep complaints: results from a six-year longitudinal study with Swedish health care workers. <i>Sleep Medicine</i> , <b>2020</b> , 69, 189-197	4.6	4
186	The Role of Motor Competences in Predicting Working Memory Maintenance and Preparatory Processing. <i>Child Development</i> , <b>2020</b> , 91, 799-813	4.9	11
185	Exploring psychosocial mediators of remote physical activity counselling: a secondary analysis of data from a 1-year randomized control trial (Movingcall). <i>Journal of Behavioral Medicine</i> , <b>2020</b> , 43, 271-285	3.6	1
184	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> , <b>2020</b> , 37, 101380	4	13
183	Favorable impact of long-term exercise on disease symptoms in pediatric patients with inflammatory bowel disease. <i>BMC Pediatrics</i> , <b>2019</b> , 19, 297	2.6	7

182	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> , <b>2019</b> , 10, 536	5	11
181	A Combined EEG-fNIRS Study Investigating Mechanisms Underlying the Association between Aerobic Fitness and Inhibitory Control in Young Adults. <i>Neuroscience</i> , <b>2019</b> , 419, 23-33	3.9	19
180	Effect of a Multidimensional Physical Activity Intervention on Body Mass Index, Skinfolds and Fitness in South African Children: Results from a Cluster-Randomised Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	12
179	The impact of lifestyle Physical Activity Counselling in IN-PATients with major depressive disorders on physical activity, cardiorespiratory fitness, depression, and cardiovascular health risk markers: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2019</b> , 20, 367	2.8	7
178	Acute Exercise and Emotion Recognition in Young Adolescents. <i>Journal of Sport and Exercise Psychology</i> , <b>2019</b> , 41, 129-136	1.5	11
177	Dual-task training on cognition and resistance training improved both balance and working memory in older people. <i>Physician and Sportsmedicine</i> , <b>2019</b> , 47, 471-478	2.4	24
176	The acute effects of aerobic exercise on sleep in patients with depression: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2019</b> , 20, 352	2.8	3
175	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> , <b>2019</b> , 16,	4.6	8
174	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> , <b>2019</b> , 10, 262	5	9
173	Effects of earlier bedtimes on sleep duration, sleep complaints and psychological functioning in adolescents. <i>Somnologie</i> , <b>2019</b> , 23, 116-124	2	1
172	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> , <b>2019</b> , 10, 265	5	29
171	The effects of aerobic, resistance, and meditative movement exercise on sleep in individuals with depression: protocol for a systematic review and network meta-analysis. <i>Systematic Reviews</i> , <b>2019</b> , 8, 105	3	4
170	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> , <b>2019</b> , 67, 350-360	2	11
169	Implicit and explicit attitudes towards sport among young elite athletes with high versus low burnout symptoms. <i>Journal of Sports Sciences</i> , <b>2019</b> , 37, 1673-1680	3.6	8
168	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> , <b>2019</b> , 113, 58-64	5.2	11
167	Among adolescents, addiction susceptibility and sleep-related dysfunction have a common cognitive-emotional base and predict poor sleep quantity. <i>Journal of Substance Use</i> , <b>2019</b> , 24, 426-431	0.8	5
166	Coaching and Prompting for Remote Physical Activity Promotion: Study Protocol of a Three-Arm Randomized Controlled Trial (Movingcall). <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	6
165	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> , <b>2019</b> , 22, 96-100	4.4	24



164	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> , <b>2019</b> , 39, 46	9.4	21
163	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> , <b>2019</b> , 16,	4.6	20
162	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> , <b>2019</b> , 16,	4.6	9
161	Impact of an 8-Week Exercise and Sport Intervention on Post-Traumatic Stress Disorder Symptoms, Mental Health, and Physical Fitness among Male Refugees Living in a Greek Refugee Camp. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	8
160	Examining the Effectiveness of a PETTLEP Imagery Intervention on the Football Skill Performance of Novice Athletes. <i>Journal of Imagery Research in Sport and Physical Activity</i> , <b>2019</b> , 14,	1	5
159	Effect of Quiet Eye and Quiet Mind Training on Motor Learning Among Novice Dart Players. <i>Motor Control</i> , <b>2019</b> , 24, 204-221	1.3	1
158	Effects of a School-Based Health Intervention Program in Marginalized Communities of Port Elizabeth, South Africa (the KaziBantu Study): Protocol for a Randomized Controlled Trial. <i>JMIR Research Protocols</i> , <b>2019</b> , 8, e14097	2	2
157	A Comparison of Injuries in Different Non-Professional Soccer Settings: Incidence Rates, Causes and Characteristics. <i>The Open Sports Sciences Journal</i> , <b>2019</b> , 12, 28-34	0.5	2
156	Does mental toughness buffer the relationship between perceived stress, depression, burnout, anxiety, and sleep?. <i>International Journal of Stress Management</i> , <b>2019</b> , 26, 297-305	3.5	20
155	Challenges Associated with the Implementation of an Exercise and Sport Intervention Program in a Greek Refugee Camp: A Report of Professional Practice. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	1
154	Commentary: Early Risk Detection of Burnout: Development of the Burnout Prevention Questionnaire for Coaches. <i>Frontiers in Psychology</i> , <b>2019</b> , 10, 2721	3.4	1
153	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> , <b>2019</b> , 22, 672-676	4.4	9
152	Core executive functions are selectively related to different facets of motor competence in preadolescent children. <i>European Journal of Sport Science</i> , <b>2019</b> , 19, 375-383	3.9	20
151	Teaching Stress Management in Physical Education: A Quasi-Experimental Study with Vocational Students. <i>Scandinavian Journal of Educational Research</i> , <b>2019</b> , 63, 245-257	1.2	5
150	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> , <b>2019</b> , 8, 280-288	8.2	12
149	Further Evidence of the Zero-Association Between Symptoms of Insomnia and Facial Emotion Recognition-Results From a Sample of Adults in Their Late 30s. <i>Frontiers in Psychiatry</i> , <b>2018</b> , 9, 754	5	5
148	Effects of Aerobic Exercise on Cognitive Performance Among Young Adults in a Higher Education Setting. <i>Research Quarterly for Exercise and Sport</i> , <b>2018</b> , 89, 164-172	1.9	11
147	Physical activity and dual disease burden among South African primary schoolchildren from disadvantaged neighbourhoods. <i>Preventive Medicine</i> , <b>2018</b> , 112, 104-110	4.3	9

146	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> , <b>2018</b> , 21, 833-838	4.4	28
145	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> , <b>2018</b> , 36, 630-636	3.6	11
144	Heart rate variability and salivary cortisol in very preterm children during school age. <i>Psychoneuroendocrinology</i> , <b>2018</b> , 87, 27-34	5	8
143	Physical activity and health-related quality of life among schoolchildren from disadvantaged neighbourhoods in Port Elizabeth, South Africa. <i>Quality of Life Research</i> , <b>2018</b> , 27, 205-216	3.7	13
142	Contingent Negative Variation and Working Memory Maintenance in Adolescents with Low and High Motor Competencies. <i>Neural Plasticity</i> , <b>2018</b> , 2018, 9628787	3.3	16
141	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> , <b>2018</b> , 39, 104-113	4.2	24
140	Acute Bouts of Exercising Improved Mood, Rumination and Social Interaction in Inpatients With Mental Disorders. <i>Frontiers in Psychology</i> , <b>2018</b> , 9, 249	3.4	22
139	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> , <b>2018</b> , 9, 182	5	24
138	Psychiatric In-Patients Are More Likely to Meet Recommended Levels of Health-Enhancing Physical Activity If They Engage in Exercise and Sport Therapy Programs. <i>Frontiers in Psychiatry</i> , <b>2018</b> , 9, 322	5	2
137	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> , <b>2018</b> , 9, 305	5	33
136	Sprint interval training (SIT) substantially reduces depressive symptoms in major depressive disorder (MDD): A randomized controlled trial. <i>Psychiatry Research</i> , <b>2018</b> , 265, 292-297	9.9	18
135	Acute and Long-term Effects of Resistance Training on Executive Function. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , <b>2018</b> , 2, 200-207	2.4	17
134	In inpatient substance use disorder treatment in Switzerland, exercise programmes are implemented but not evaluated – A missed opportunity for improving treatment. <i>Mental Health and Physical Activity</i> , <b>2018</b> , 15, 7-10	5	0
133	Psychometric properties of the Shirom-Melamed Burnout Measure (SMBM) among adolescents: results from three cross-sectional studies. <i>BMC Psychiatry</i> , <b>2018</b> , 18, 266	4.2	12
132	Association between gastrointestinal tract infections and glycated hemoglobin in school children of poor neighborhoods in Port Elizabeth, South Africa. <i>PLoS Neglected Tropical Diseases</i> , <b>2018</b> , 12, e0006332	4.8	8
131	Changes in injury incidences and causes in Swiss amateur soccer between the years 2004 and 2015. <i>Swiss Medical Weekly</i> , <b>2018</b> , 148, w14690	3.1	1
130	Stressregulation und Sport: Ein Überblick zum Stand der Forschung <b>2018</b> , 3-20		2
129	Stress als Risikofaktor für körperliche und psychische Gesundheitsbeeinträchtigungen <b>2018</b> , 93-122		3



128 Physiologische Wirkmechanismen des Sports unter Stress **2018**, 251-273

127 Sportaktivität, Stress und Burnout **2018**, 343-374

126 Chronic effects of exercise implemented during school-break time on neurophysiological indices of inhibitory control in adolescents. *Trends in Neuroscience and Education*, **2018**, 10, 1-7 3.7 26

125 When Low Leisure-Time Physical Activity Meets Unsatisfied Psychological Needs: Insights From a Stress-Buffer Perspective. *Frontiers in Psychology*, **2018**, 9, 2097 3.4 9

124 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. *PLoS ONE*, **2018**, 13, e0206908 3.7 18

123 Anaerobic Exercise Training in the Therapy of Substance Use Disorders: A Systematic Review. *Frontiers in Psychiatry*, **2018**, 9, 644 5 10

122 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. *Frontiers in Psychiatry*, **2018**, 9, 694 5 11

121 The effects of an acute bout of exercise on neural activity in alcohol and cocaine craving: study protocol for a randomised controlled trial. *Trials*, **2018**, 19, 713 2.8 6

120 Cross-Sectional and Longitudinal Associations Between Athlete Burnout, Insomnia, and Polysomnographic Indices in Young Elite Athletes. *Journal of Sport and Exercise Psychology*, **2018**, 40, 312-324 1.5 14

119 Cortisol Impacted on Explicit Learning Encoding, but Not on Storage and Retrieval, and Was Not Associated With Sleep Patterns-Results From the Trier Social Stress Test for Children (TSST-C) Among 9-Years Old Children. *Frontiers in Psychology*, **2018**, 9, 2240 3.4 5

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88	Stress als Risikofaktor für körperliche und psychische Gesundheitsbeeinträchtigungen <b>2017</b> , 1-39		1
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79	Poor Sleep Is Related to Lower Emotional Competence Among Adolescents. <i>Behavioral Sleep Medicine</i> , <b>2016</b> , 14, 602-14	4.2	53
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61	Disease, activity and schoolchildren's health (DASH) in Port Elizabeth, South Africa: a study protocol. <i>BMC Public Health</i> , <b>2015</b> , 15, 1285	4.1	15
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59	Perfectionism related to self-reported insomnia severity, but not when controlled for stress and emotion regulation. <i>Neuropsychiatric Disease and Treatment</i> , <b>2015</b> , 11, 263-71	3.1	35
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55	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> , <b>2015</b> , 37, 180-92	1.5	23
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52	Sportliche Aktivität und Stresstoleranz <b>2015</b> , 391-418		
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50	Youths with migration backgrounds and their experiences of physical education: an examination of three cases. <i>Sport, Education and Society</i> , <b>2014</b> , 19, 186-203	2.6	23
49	Physical activity in employees with differing occupational stress and mental health profiles: A latent profile analysis. <i>Psychology of Sport and Exercise</i> , <b>2014</b> , 15, 649-658	4.2	56
48	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> , <b>2014</b> , 57, 117-24	5.2	33
47	Dexamethasone stimulated gene expression in peripheral blood indicates glucocorticoid-receptor hypersensitivity in job-related exhaustion. <i>Psychoneuroendocrinology</i> , <b>2014</b> , 44, 35-46	5	22
46	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> , <b>2014</b> , 135, 17-24	3.5	105
45	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> , <b>2014</b> , 33, 1309-18	5	110
44	"Sleep well, our tough heroes!"--in adolescence, greater mental toughness is related to better sleep schedules. <i>Behavioral Sleep Medicine</i> , <b>2014</b> , 12, 444-54	4.2	37
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41	Adolescents with greater mental toughness show higher sleep efficiency, more deep sleep and fewer awakenings after sleep onset. <i>Journal of Adolescent Health</i> , <b>2014</b> , 54, 109-13	5.8	73
40	Perceived fitness protects against stress-based mental health impairments among police officers who report good sleep. <i>Journal of Occupational Health</i> , <b>2014</b> , 55, 376-84	2.3	28
39	Aerobic exercise training and burnout: a pilot study with male participants suffering from burnout. <i>BMC Research Notes</i> , <b>2013</b> , 6, 78	2.3	63



38	Both hair cortisol levels and perceived stress predict increased symptoms of depression: an exploratory study in young adults. <i>Neuropsychobiology</i> , <b>2013</b> , 68, 100-9	4	36
37	Cardiorespiratory fitness protects against stress-related symptoms of burnout and depression. <i>Patient Education and Counseling</i> , <b>2013</b> , 93, 146-52	3.1	75
36	Adolescents with high mental toughness adapt better to perceived stress: A longitudinal study with Swiss vocational students. <i>Personality and Individual Differences</i> , <b>2013</b> , 54, 808-814	3.3	75
35	Sport's Just Healthy? Locating Healthism within Discourses of Social Integration. <i>Journal of Ethnic and Migration Studies</i> , <b>2013</b> , 39, 759-772	2.1	12
34	Objectively assessed physical activity is associated with increased hair cortisol content in young adults. <i>Stress</i> , <b>2013</b> , 16, 593-9	3	27
33	Executive function performance is reduced during occupational burnout but can recover to the level of healthy controls. <i>Journal of Psychiatric Research</i> , <b>2013</b> , 47, 1824-30	5.2	31
32	Contribution of physical education to overall physical activity. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2013</b> , 23, 600-6	4.6	50
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29	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> , <b>2013</b> , 17, 98-109	2.4	16
28	Swiss youths, migration and integrative sport: A critical-constructive reading of popular discourse. <i>European Journal for Sport and Society</i> , <b>2013</b> , 10, 143-160	0.8	2
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13	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> , <b>2010</b> , 46, 133-41	5.8	171
12	Do exercise and fitness buffer against stress among Swiss police and emergency response service officers?. <i>Psychology of Sport and Exercise</i> , <b>2010</b> , 11, 286-294	4.2	51
11	Fitness and exercise as correlates of sleep complaints: is it all in our minds?. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 893-901	1.2	65
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9	The relation between sleep and pain among a non-clinical sample of young adults. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , <b>2010</b> , 260, 543-51	5.1	18
8	The relationship between shift work, perceived stress, sleep and health in Swiss police officers. <i>Journal of Criminal Justice</i> , <b>2010</b> , 38, 1167-1175	3.6	59
7	Einfluss eines Kurz-Interventionsprogramms auf das Bewegungsverhalten und seine psychologischen Voraussetzungen bei Bergewichtigen und Adipösen. <i>Zeitschrift Fur Gesundheitspsychologie</i> , <b>2010</b> , 18, 159-169		7
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