Eric B Hekler

List of Publications by Year
in descending order

96 papers	5,790 citations	159585 30 h-index	102487 66 g-index
99 all docs	99 docs citations	99 times ranked	7317 citing authors

#	Article	IF	Citations
1	Evaluating Digital Health Interventions. American Journal of Preventive Medicine, 2016, 51, 843-851.	3.0	553
2	Objective Light-Intensity Physical Activity Associations With Rated Health in Older Adults. American Journal of Epidemiology, 2010, 172, 1155-1165.	3.4	460
3	Microrandomized trials: An experimental design for developing just-in-time adaptive interventions.. Health Psychology, 2015, 34, 1220-1228.	1.6	449
4	Building health behavior models to guide the development of just-in-time adaptive interventions: A pragmatic framework.. Health Psychology, 2015, 34, 1209-1219.	1.6	417
5	Harnessing Different Motivational Frames via Mobile Phones to Promote Daily Physical Activity and Reduce Sedentary Behavior in Aging Adults. PLoS ONE, 2013, 8, e62613.	2.5	259
6	Mind the theoretical gap. , 2013, , .		194
7	Building new computational models to support health behavior change and maintenance: new opportunities in behavioral research. Translational Behavioral Medicine, 2015, 5, 335-346.	2.4	185
8	Agile science: creating useful products for behavior change in the real world. Translational Behavioral Medicine, 2016, 6, 317-328.	2.4	171
9	The Pace of Technologic Change. American Journal of Preventive Medicine, 2016, 51, 816-824.	3.0	144
10	An Adaptive Physical Activity Intervention for Overweight Adults: A Randomized Controlled Trial. PLoS ONE, 2013, 8, e82901.	2.5	138
11	The history and future of digital health in the field of behavioral medicine. Journal of Behavioral Medicine, 2019, 42, 67-83.	2.1	137
12	Efficacy of Contextually Tailored Suggestions for Physical Activity: A Micro-randomized Optimization Trial of HeartSteps. Annals of Behavioral Medicine, 2019, 53, 573-582.	2.9	137
13	Behavior change interventions: the potential of ontologies for advancing science and practice. Journal of Behavioral Medicine, 2017, 40, 6-22.	2.1	135
14	Advancing Models and Theories for Digital Behavior Change Interventions. American Journal of Preventive Medicine, 2016, 51, 825-832.	3.0	132
15	Reliability and Validity of CHAMPS Self-Reported Sedentary-to-Vigorous Intensity Physical Activity in Older Adults. Journal of Physical Activity and Health, 2012, 9, 225-236.	2.0	131
16	Applying and advancing behavior change theories and techniques in the context of a digital health revolution: proposals for more effectively realizing untapped potential. Journal of Behavioral Medicine, 2017, 40, 85-98.	2.1	118
17	Effects of Three Motivationally Targeted Mobile Device Applications on Initial Physical Activity and Sedentary Behavior Change in Midlife and Older Adults: A Randomized Trial. PLoS ONE, 2016, 11, e0156370.	2.5	117
18	Why we need a small data paradigm. BMC Medicine, 2019, 17, 133.	5.5	112

#	ARTICLE	IF	CITATIONS
19	Tutorial for Using Control Systems Engineering to Optimize Adaptive Mobile Health Interventions. Journal of Medical Internet Research, 2018, 20, e214.	4.3	109
20	Validation of Physical Activity Tracking via Android Smartphones Compared to ActiGraph Accelerometer: Laboratory-Based and Free-Living Validation Studies. JMIR MHealth and UHealth, 2015, 3, e36.	3.7	96
21	Validation of Consumer-Based Hip and Wrist Activity Monitors in Older Adults With Varied Ambulatory Abilities. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2017, 72, 229-236.	3.6	91
22	Precision Health: The Role of the Social and Behavioral Sciences in Advancing the Vision. Annals of Behavioral Medicine, 2020, 54, 805-826.	2.9	89
23	Adaptive step goals and rewards: a longitudinal growth model of daily steps for a smartphone-based walking intervention. Journal of Behavioral Medicine, 2018, 41, 74-86.	2.1	83
24	The Stanford Healthy Neighborhood Discovery Tool. American Journal of Preventive Medicine, 2013, 44, e41-e47.	3.0	73
25	Researcher-Centered Design of Statistics. , 2016, , .		70
26	Effects of a College Course About Food and Society on Students' Eating Behaviors. American Journal of Preventive Medicine, 2010, 38, 543-547.	3.0	66
27	Self-Experimentation for Behavior Change. , 2017, , .		49
28	A dynamical systems model of Social Cognitive Theory. , 2014, , .		48
29	Development of a dynamic computational model of social cognitive theory. Translational Behavioral Medicine, 2016, 6, 483-495.	2.4	47
30	Innovative methods for observing and changing complex health behaviors: four propositions. Translational Behavioral Medicine, 2021, 11, 676-685.	2.4	47
31	BeWell24: development and process evaluation of a smartphone â€œappâ€•to improve sleep, sedentary, and active behaviors in US Veterans with increased metabolic risk. Translational Behavioral Medicine, 2016, 6, 438-448.	2.4	46
32	Automated Behavioral Text Messaging and Face-to-Face Intervention for Parents of Overweight or Obese Preschool Children: Results From a Pilot Study. JMIR MHealth and UHealth, 2016, 4, e21.	3.7	46
33	Technologyâ€mediated justâ€inâ€time adaptive interventions (JITAIs) to reduce harmful substance use: a systematic review. Addiction, 2022, 117, 1220-1241.	3.3	42
34	"Alien Health Game": An Embodied Exergame to Instruct in Nutrition and<i>MyPlate</i>. Games for Health Journal, 2013, 2, 354-361.	2.0	39
35	Modeling individual differences: A case study of the application of system identification for personalizing a physical activity intervention. Journal of Biomedical Informatics, 2018, 79, 82-97.	4.3	37
36	Exploring Behavioral Markers of Long-Term Physical Activity Maintenance. Health Education and Behavior, 2013, 40, 51S-62S.	2.5	35

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37	Are daily fluctuations in perceived environment associated with walking?. Psychology and Health, 2012, 27, 1009-1020.	2.2	30
38	Toward Usable Evidence. , 2017, 2017, 3071-3082.		30
39	Harnessing the potential of older adults to measure and modify their environments: long-term successes of the Neighborhood Eating and Activity Advocacy Team (NEAAT) Study. Translational Behavioral Medicine, 2014, 4, 226-227.	2.4	27
40	Exercise advice by humans versus computers: Maintenance effects at 18 months.. Health Psychology, 2014, 33, 192-196.	1.6	27
41	Development of a Control-Oriented Model of Social Cognitive Theory for Optimized mHealth Behavioral Interventions. IEEE Transactions on Control Systems Technology, 2020, 28, 331-346.	5.2	25
42	Dose and timing of text messages for increasing physical activity among pregnant women: a randomized controlled trial. Translational Behavioral Medicine, 2017, 7, 212-223.	2.4	24
43	Citizen science to further precision medicine: from vision to implementation. JAMIA Open, 2020, 3, 2-8.	2.0	24
44	System identification of Just Walk: A behavioral mHealth intervention for promoting physical activity. , 2017, , .		22
45	A qualitative study of shopper experiences at an urban farmers' market using the Stanford Healthy Neighborhood Discovery Tool. Public Health Nutrition, 2015, 18, 994-1000.	2.2	21
46	Engineering Person-Specific Behavioral Interventions to Promote Physical Activity. Exercise and Sport Sciences Reviews, 2020, 48, 170-179.	3.0	21
47	A system identification approach for improving behavioral interventions based on Social Cognitive Theory. , 2015, , .		20
48	Combining Motivational and Physical Intervention Components to Promote Fall-Reducing Physical Activity Among Community-Dwelling Older Adults. American Journal of Health Promotion, 2016, 30, 638-644.	1.7	20
49	Impact of San Francisco's Toy Ordinance on Restaurants and Children's Food Purchases, 2011–2012. Preventing Chronic Disease, 2014, 11, E122.	3.4	19
50	Losing It Online. , 2014, , .		19
51	Digital health at the age of the Anthropocene. The Lancet Digital Health, 2020, 2, e290-e291.	12.3	19
52	The CHOICE study: A "taste-test" of utilitarian vs. leisure walking among older adults.. Health Psychology, 2012, 31, 126-129.	1.6	18
53	A decision framework for an adaptive behavioral intervention for physical activity using hybrid model predictive control. , 2016, , .		16
54	Modelling multiple health behavior change with network analyses: results from a one-year study conducted among overweight and obese adults. Journal of Behavioral Medicine, 2020, 43, 254-261.	2.1	16

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55	Characterizing and predicting person-specific, day-to-day, fluctuations in walking behavior. PLoS ONE, 2021, 16, e0251659.	2.5	16
56	Design and evaluation of theory-informed technology to augment a wellness motivation intervention. Translational Behavioral Medicine, 2014, 4, 95-107.	2.4	15
57	Accuracy and Precision of Energy Expenditure, Heart Rate, and Steps Measured by Combined-Sensing Fitbits Against Reference Measures: Systematic Review and Meta-analysis. JMIR MHealth and UHealth, 2022, 10, e35626.	3.7	14
58	Evaluation of intervention components to maximize outcomes of behavioral obesity treatment delivered online: A factorial experiment following the multiphase optimization strategy framework. Contemporary Clinical Trials, 2021, 100, 106217.	1.8	13
59	Goal setting and achievement for walking: A series of N-of-1 digital interventions.. Health Psychology, 2021, 40, 30-39.	1.6	13
60	Determining who responds better to a computer- vs. human-delivered physical activity intervention: results from the community health advice by telephone (CHAT) trial. International Journal of Behavioral Nutrition and Physical Activity, 2013, 10, 109.	4.6	12
61	Proposing a new approach to funding behavioural interventions using iterative methods. Psychology and Health, 2021, 36, 787-791.	2.2	12
62	Design of Informative Identification Experiments for Behavioral Interventions. IFAC-PapersOnLine, 2015, 48, 1325-1330.	0.9	11
63	An identification test monitoring procedure for MIMO systems based on statistical uncertainty estimation. , 2015, , .		10
64	Rethinking Evaluations of MHealth Systems for Behavior Change. GetMobile (New York, N Y), 2018, 22, 11-14.	1.0	10
65	Intensively Adaptive Interventions Using Control Systems Engineering: Two Illustrative Examples. Statistics for Social and Behavioral Sciences, 2018, , 121-173.	0.3	10
66	Validation of a Smartphone App for the Assessment of Sedentary and Active Behaviors. JMIR MHealth and UHealth, 2017, 5, e119.	3.7	10
67	Fostering Sustainability Transitions by Designing for the Convergence of Policy Windows and Transition Arenas. Sustainability, 2018, 10, 2975.	3.2	9
68	Behavior science in the evolving world of digital health: considerations on anticipated opportunities and challenges. Translational Behavioral Medicine, 2021, 11, 495-503.	2.4	9
69	Exploring the Relationship Between Changes in Weight and Utterances in an Online Weight Loss Forum: A Content and Correlational Analysis Study. Journal of Medical Internet Research, 2014, 16, e254.	4.3	9
70	Advancing Behavioral Intervention and Theory Development for Mobile Health: The HeartSteps II Protocol. International Journal of Environmental Research and Public Health, 2022, 19, 2267.	2.6	9
71	Lessons Learned: Beta-Testing the Digital Health Checklist for Researchers Prompts a Call to Action by Behavioral Scientists. Journal of Medical Internet Research, 2021, 23, e25414.	4.3	9
72	Weâ€™re all in this together: recommendations from the Society of Behavioral Medicineâ€™s Open Science Working Group. Translational Behavioral Medicine, 2021, 11, 693-698.	2.4	8

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73	Tuning. Interactions, 2020, 27, 48-53.	1.0	8
74	Wearable Technology and Long-term Weight Loss. JAMA - Journal of the American Medical Association, 2017, 317, 317.	7.4	7
75	Mobile User Research: A Practical Guide. Synthesis Lectures on Mobile and Pervasive Computing, 2017, 9, i-195.	0.1	7
76	Control Systems Engineering for Optimizing Behavioral mHealth Interventions. , 2017, , 455-493.		7
77	Understanding Users' Creation of Behavior Change Plans with Theory-Based Support. , 2015, , .		6
78	Technology Innovations in Dietary Intake and Physical Activity Assessment: Challenges and Recommendations for Future Directions. American Journal of Preventive Medicine, 2018, 55, e117-e122.	3.0	6
79	Feasibility, Acceptability, and Influence of mHealth-Supported N-of-1 Trials for Enhanced Cognitive and Emotional Well-Being in US Volunteers. Frontiers in Public Health, 2020, 8, 260.	2.7	6
80	In search of a daily physical activity â€œsweet spotâ€ Piloting a digital tracking intervention for people with multiple sclerosis. Digital Health, 2019, 5, 205520761987207.	1.8	5
81	Improving Usability of Social and Behavioral Sciencesâ€™ Evidence: A Call to Action for a National Infrastructure Project for Mining Our Knowledge. Communications of the Association for Information Systems, 0, , 1-17.	0.9	5
82	An enhanced identification test monitoring procedure for MIMO systems relying on uncertainty estimates. , 2016, , .		4
83	Modeling Opportunities in mHealth Cyber-Physical Systems. , 2017, , 443-453.		4
84	Toward an open mechanistic science of behavior change.. Health Psychology, 2020, 39, 841-845.	1.6	4
85	Is It Time to Restructure the National Institutes of Health?. American Journal of Public Health, 2022, 112, 965-968.	2.7	4
86	A control engineering approach for optimizing physical activity behavioral interventions. , 2016, , .		3
87	System Identification of <i>Just Walk</i>: Using Matchable-Observable Linear Parametrizations. IEEE Transactions on Control Systems Technology, 2020, 28, 264-275.	5.2	3
88	Using Self-Study and Peer-to-Peer Support to Change â€œSickâ€Care to â€œHealthâ€Care: The Patient Perspective. Frontiers in Digital Health, 2020, 2, 2.	2.8	3
89	A MoliZoft System Identification Approach of the Just Walk Data. IFAC-PapersOnLine, 2017, 50, 12508-12513.	0.9	2
90	Editorial: Creating Evidence From Real World Patient Digital Data. Frontiers in Computer Science, 2021, 2, .	2.8	2

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91	Control-Relevant Design of System Identification Experiments to Improve Behavioral Interventions. IFAC-PapersOnLine, 2017, 50, 15115-15120.	0.9	1
92	Experiment in a Box (XB): An Interactive Technology Framework for Sustainable Health Practices. Frontiers in Computer Science, 2021, 3, .	2.8	1
93	Agile Science. , 2018, , 1-6.		1
94	Agile Science. , 2018, , 1-6.		1
95	Un esquema de decisiones para intervenciones adaptativas comportamentales de actividad fÃsica basado en control predictivo por modelo hÃbrido: ilustraciÃ³n con Just Walk. RIAI - Revista Iberoamericana De Automatica E Informatica Industrial, 2022, 19, 297-308.	1.0	1
96	Agile Science. , 2020, , 66-71.		0