

# Eric B Hekler

## List of Publications by Year in descending order

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Version: 2024-02-01

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	Technology-mediated just-in-time adaptive interventions (JITAs) to reduce harmful substance use: a systematic review. <i>Addiction</i> , 2022, 117, 1220-1241.	3.3	42
2	Advancing Behavioral Intervention and Theory Development for Mobile Health: The HeartSteps II Protocol. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2267.	2.6	9
3	Accuracy and Precision of Energy Expenditure, Heart Rate, and Steps Measured by Combined-Sensing Fitbits Against Reference Measures: Systematic Review and Meta-analysis. <i>JMIR MHealth and UHealth</i> , 2022, 10, e35626.	3.7	14
4	Is It Time to Restructure the National Institutes of Health?. <i>American Journal of Public Health</i> , 2022, 112, 965-968.	2.7	4
5	Un esquema de decisiones para intervenciones adaptativas comportamentales de actividad física basado en control predictivo por modelo híbrido: ilustración con Just Walk. <i>RIAI - Revista Iberoamericana De Automatica E Informatica Industrial</i> , 2022, 19, 297-308.	1.0	1
6	Behavior science in the evolving world of digital health: considerations on anticipated opportunities and challenges. <i>Translational Behavioral Medicine</i> , 2021, 11, 495-503.	2.4	9
7	Evaluation of intervention components to maximize outcomes of behavioral obesity treatment delivered online: A factorial experiment following the multiphase optimization strategy framework. <i>Contemporary Clinical Trials</i> , 2021, 100, 106217.	1.8	13
8	Innovative methods for observing and changing complex health behaviors: four propositions. <i>Translational Behavioral Medicine</i> , 2021, 11, 676-685.	2.4	47
9	Editorial: Creating Evidence From Real World Patient Digital Data. <i>Frontiers in Computer Science</i> , 2021, 2, .	2.8	2
10	We're all in this together: recommendations from the Society of Behavioral Medicine's Open Science Working Group. <i>Translational Behavioral Medicine</i> , 2021, 11, 693-698.	2.4	8
11	Characterizing and predicting person-specific, day-to-day, fluctuations in walking behavior. <i>PLoS ONE</i> , 2021, 16, e0251659.	2.5	16
12	Experiment in a Box (XB): An Interactive Technology Framework for Sustainable Health Practices. <i>Frontiers in Computer Science</i> , 2021, 3, .	2.8	1
13	Proposing a new approach to funding behavioural interventions using iterative methods. <i>Psychology and Health</i> , 2021, 36, 787-791.	2.2	12
14	Goal setting and achievement for walking: A series of N-of-1 digital interventions.. <i>Health Psychology</i> , 2021, 40, 30-39.	1.6	13
15	Lessons Learned: Beta-Testing the Digital Health Checklist for Researchers Prompts a Call to Action by Behavioral Scientists. <i>Journal of Medical Internet Research</i> , 2021, 23, e25414.	4.3	9
16	Development of a Control-Oriented Model of Social Cognitive Theory for Optimized mHealth Behavioral Interventions. <i>IEEE Transactions on Control Systems Technology</i> , 2020, 28, 331-346.	5.2	25
17	System Identification of <i>Just Walk</i>: Using Matchable-Observable Linear Parametrizations. <i>IEEE Transactions on Control Systems Technology</i> , 2020, 28, 264-275.	5.2	3
18	Digital health at the age of the Anthropocene. <i>The Lancet Digital Health</i> , 2020, 2, e290-e291.	12.3	19

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19	Citizen science to further precision medicine: from vision to implementation. <i>JAMIA Open</i> , 2020, 3, 2-8.	2.0	24
20	Engineering Person-Specific Behavioral Interventions to Promote Physical Activity. <i>Exercise and Sport Sciences Reviews</i> , 2020, 48, 170-179.	3.0	21
21	Using Self-Study and Peer-to-Peer Support to Change "Sick" Care to "Health" Care: The Patient Perspective. <i>Frontiers in Digital Health</i> , 2020, 2, 2.	2.8	3
22	Feasibility, Acceptability, and Influence of mHealth-Supported N-of-1 Trials for Enhanced Cognitive and Emotional Well-Being in US Volunteers. <i>Frontiers in Public Health</i> , 2020, 8, 260.	2.7	6
23	Modelling multiple health behavior change with network analyses: results from a one-year study conducted among overweight and obese adults. <i>Journal of Behavioral Medicine</i> , 2020, 43, 254-261.	2.1	16
24	Precision Health: The Role of the Social and Behavioral Sciences in Advancing the Vision. <i>Annals of Behavioral Medicine</i> , 2020, 54, 805-826.	2.9	89
25	Tuning. <i>Interactions</i> , 2020, 27, 48-53.	1.0	8
26	Toward an open mechanistic science of behavior change.. <i>Health Psychology</i> , 2020, 39, 841-845.	1.6	4
27	Agile Science. , 2020, , 66-71.		0
28	Why we need a small data paradigm. <i>BMC Medicine</i> , 2019, 17, 133.	5.5	112
29	In search of a daily physical activity "sweet spot": Piloting a digital tracking intervention for people with multiple sclerosis. <i>Digital Health</i> , 2019, 5, 205520761987207.	1.8	5
30	The history and future of digital health in the field of behavioral medicine. <i>Journal of Behavioral Medicine</i> , 2019, 42, 67-83.	2.1	137
31	Efficacy of Contextually Tailored Suggestions for Physical Activity: A Micro-randomized Optimization Trial of HeartSteps. <i>Annals of Behavioral Medicine</i> , 2019, 53, 573-582.	2.9	137
32	Modeling individual differences: A case study of the application of system identification for personalizing a physical activity intervention. <i>Journal of Biomedical Informatics</i> , 2018, 79, 82-97.	4.3	37
33	Adaptive step goals and rewards: a longitudinal growth model of daily steps for a smartphone-based walking intervention. <i>Journal of Behavioral Medicine</i> , 2018, 41, 74-86.	2.1	83
34	Fostering Sustainability Transitions by Designing for the Convergence of Policy Windows and Transition Arenas. <i>Sustainability</i> , 2018, 10, 2975.	3.2	9
35	Rethinking Evaluations of MHealth Systems for Behavior Change. <i>GetMobile (New York, N Y)</i> , 2018, 22, 11-14.	1.0	10
36	Technology Innovations in Dietary Intake and Physical Activity Assessment: Challenges and Recommendations for Future Directions. <i>American Journal of Preventive Medicine</i> , 2018, 55, e117-e122.	3.0	6

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37	Intensively Adaptive Interventions Using Control Systems Engineering: Two Illustrative Examples. <i>Statistics for Social and Behavioral Sciences</i> , 2018, , 121-173.	0.3	10
38	Tutorial for Using Control Systems Engineering to Optimize Adaptive Mobile Health Interventions. <i>Journal of Medical Internet Research</i> , 2018, 20, e214.	4.3	109
39	<i>Agile Science.</i> , 2018, , 1-6.		1
40	<i>Agile Science.</i> , 2018, , 1-6.		1
41	Validation of Consumer-Based Hip and Wrist Activity Monitors in Older Adults With Varied Ambulatory Abilities. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2017, 72, 229-236.	3.6	91
42	Applying and advancing behavior change theories and techniques in the context of a digital health revolution: proposals for more effectively realizing untapped potential. <i>Journal of Behavioral Medicine</i> , 2017, 40, 85-98.	2.1	118
43	Wearable Technology and Long-term Weight Loss. <i>JAMA - Journal of the American Medical Association</i> , 2017, 317, 317.	7.4	7
44	Mobile User Research: A Practical Guide. <i>Synthesis Lectures on Mobile and Pervasive Computing</i> , 2017, 9, i-195.	0.1	7
45	<i>Toward Usable Evidence.</i> , 2017, 2017, 3071-3082.		30
46	<i>Control Systems Engineering for Optimizing Behavioral mHealth Interventions.</i> , 2017, , 455-493.		7
47	System identification of Just Walk: A behavioral mHealth intervention for promoting physical activity. , 2017, , .		22
48	<i>Self-Experimentation for Behavior Change.</i> , 2017, , .		49
49	Dose and timing of text messages for increasing physical activity among pregnant women: a randomized controlled trial. <i>Translational Behavioral Medicine</i> , 2017, 7, 212-223.	2.4	24
50	Behavior change interventions: the potential of ontologies for advancing science and practice. <i>Journal of Behavioral Medicine</i> , 2017, 40, 6-22.	2.1	135
51	A MoliZoft System Identification Approach of the Just Walk Data. <i>IFAC-PapersOnLine</i> , 2017, 50, 12508-12513.	0.9	2
52	Control-Relevant Design of System Identification Experiments to Improve Behavioral Interventions. <i>IFAC-PapersOnLine</i> , 2017, 50, 15115-15120.	0.9	1
53	<i>Modeling Opportunities in mHealth Cyber-Physical Systems.</i> , 2017, , 443-453.		4
54	Validation of a Smartphone App for the Assessment of Sedentary and Active Behaviors. <i>JMIR MHealth and UHealth</i> , 2017, 5, e119.	3.7	10

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55	An enhanced identification test monitoring procedure for MIMO systems relying on uncertainty estimates. , 2016, , .		4
56	Advancing Models and Theories for Digital Behavior Change Interventions. American Journal of Preventive Medicine, 2016, 51, 825-832.	3.0	132
57	A decision framework for an adaptive behavioral intervention for physical activity using hybrid model predictive control. , 2016, , .		16
58	A control engineering approach for optimizing physical activity behavioral interventions. , 2016, , .		3
59	Evaluating Digital Health Interventions. American Journal of Preventive Medicine, 2016, 51, 843-851.	3.0	553
60	The Pace of Technologic Change. American Journal of Preventive Medicine, 2016, 51, 816-824.	3.0	144
61	BeWell24: development and process evaluation of a smartphone app to improve sleep, sedentary, and active behaviors in US Veterans with increased metabolic risk. Translational Behavioral Medicine, 2016, 6, 438-448.	2.4	46
62	Agile science: creating useful products for behavior change in the real world. Translational Behavioral Medicine, 2016, 6, 317-328.	2.4	171
63	Development of a dynamic computational model of social cognitive theory. Translational Behavioral Medicine, 2016, 6, 483-495.	2.4	47
64	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
65	Researcher-Centered Design of Statistics. , 2016, , .		70
66	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
67	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
68	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
69	Microrandomized trials: An experimental design for developing just-in-time adaptive interventions.. Health Psychology, 2015, 34, 1220-1228.	1.6	449
70	Design of Informative Identification Experiments for Behavioral Interventions. IFAC-PapersOnLine, 2015, 48, 1325-1330.	0.9	11
71	An identification test monitoring procedure for MIMO systems based on statistical uncertainty estimation. , 2015, , .		10
72	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

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73	A system identification approach for improving behavioral interventions based on Social Cognitive Theory. , 2015, , .		20
74	Understanding Users' Creation of Behavior Change Plans with Theory-Based Support. , 2015, , .		6
75	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
76	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
77	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
78	Losing It Online. , 2014, , .		19
79	A dynamical systems model of Social Cognitive Theory. , 2014, , .		48
80	Design and evaluation of theory-informed technology to augment a wellness motivation intervention. Translational Behavioral Medicine, 2014, 4, 95-107.	2.4	15
81	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
82	Exercise advice by humans versus computers: Maintenance effects at 18 months.. Health Psychology, 2014, 33, 192-196.	1.6	27
83	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
84	The Stanford Healthy Neighborhood Discovery Tool. American Journal of Preventive Medicine, 2013, 44, e41-e47.	3.0	73
85	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
86	Mind the theoretical gap. , 2013, , .		194
87	Exploring Behavioral Markers of Long-Term Physical Activity Maintenance. Health Education and Behavior, 2013, 40, 51S-62S.	2.5	35
88	"Alien Health Game": An Embodied Exergame to Instruct in Nutrition and MyPlate. Games for Health Journal, 2013, 2, 354-361.	2.0	39
89	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
90	An Adaptive Physical Activity Intervention for Overweight Adults: A Randomized Controlled Trial. PLoS ONE, 2013, 8, e82901.	2.5	138

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91	Are daily fluctuations in perceived environment associated with walking?. Psychology and Health, 2012, 27, 1009-1020.	2.2	30
92	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
93	The CHOICE study: A "taste-test" of utilitarian vs. leisure walking among older adults.. Health Psychology, 2012, 31, 126-129.	1.6	18
94	Objective Light-Intensity Physical Activity Associations With Rated Health in Older Adults. American Journal of Epidemiology, 2010, 172, 1155-1165.	3.4	460
95	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
96	Improving Usability of Social and Behavioral Sciences™ 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