

# Thomas R Wjicki

## 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.

52  
papers

6,834  
citations

32  
h-index

52  
g-index

52  
ext. papers

7,828  
ext. citations

4.6  
avg, IF

5.05  
L-index

#	Paper	IF	Citations
52	Exercise training increases size of hippocampus and improves memory. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , <b>2011</b> , 108, 3017-22	11.5	2627
51	Aerobic fitness is associated with hippocampal volume in elderly humans. <i>Hippocampus</i> , <b>2009</b> , 19, 1030-9	9.5	693
50	The influence of aerobic fitness on cerebral white matter integrity and cognitive function in older adults: results of a one-year exercise intervention. <i>Human Brain Mapping</i> , <b>2013</b> , 34, 2972-85	5.9	345
49	Plasticity of brain networks in a randomized intervention trial of exercise training in older adults. <i>Frontiers in Aging Neuroscience</i> , <b>2010</b> , 2,	5.3	343
48	Neurobiological markers of exercise-related brain plasticity in older adults. <i>Brain, Behavior, and Immunity</i> , <b>2013</b> , 28, 90-9	16.6	266
47	The association between aerobic fitness and executive function is mediated by prefrontal cortex volume. <i>Brain, Behavior, and Immunity</i> , <b>2012</b> , 26, 811-9	16.6	205
46	Functional connectivity: a source of variance in the association between cardiorespiratory fitness and cognition?. <i>Neuropsychologia</i> , <b>2010</b> , 48, 1394-406	3.2	178
45	Internet intervention for increasing physical activity in persons with multiple sclerosis. <i>Multiple Sclerosis Journal</i> , <b>2011</b> , 17, 116-28	5	145
44	Self-regulatory processes and exercise adherence in older adults: executive function and self-efficacy effects. <i>American Journal of Preventive Medicine</i> , <b>2011</b> , 41, 284-90	6.1	138
43	Measuring enjoyment of physical activity in older adults: invariance of the physical activity enjoyment scale (paces) across groups and time. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2011</b> , 8, 103	8.4	134
42	Physical activity and cardiorespiratory fitness are beneficial for white matter in low-fit older adults. <i>PLoS ONE</i> , <b>2014</b> , 9, e107413	3.7	105
41	Cardiorespiratory fitness and attentional control in the aging brain. <i>Frontiers in Human Neuroscience</i> , <b>2011</b> , 4, 229	3.3	104
40	Assessing outcome expectations in older adults: the multidimensional outcome expectations for exercise scale. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i> , <b>2009</b> , 64, 33-40	4.6	104
39	Growth trajectories of exercise self-efficacy in older adults: influence of measures and initial status. <i>Health Psychology</i> , <b>2011</b> , 30, 75-83	5	91
38	Physical activity and quality of life in community dwelling older adults. <i>Health and Quality of Life Outcomes</i> , <b>2009</b> , 7, 10	3	81
37	Beyond vascularization: aerobic fitness is associated with N-acetylaspartate and working memory. <i>Brain and Behavior</i> , <b>2012</b> , 2, 32-41	3.4	78
36	White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. <i>NeuroImage</i> , <b>2016</b> , 131, 91-101	7.9	76

35	Cardiorespiratory fitness, hippocampal volume, and frequency of forgetting in older adults. <i>Neuropsychology</i> , <b>2011</b> , 25, 545-53	3.8	74
34	Social cognitive influences on physical activity behavior in middle-aged and older adults. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i> , <b>2012</b> , 67, 18-26	4.6	71
33	Effects of change in physical activity on physical function limitations in older women: mediating roles of physical function performance and self-efficacy. <i>Journal of the American Geriatrics Society</i> , <b>2007</b> , 55, 1967-73	5.6	68
32	Caudate Nucleus Volume Mediates the Link between Cardiorespiratory Fitness and Cognitive Flexibility in Older Adults. <i>Journal of Aging Research</i> , <b>2012</b> , 2012, 939285	2.3	63
31	Non-Exercise Estimated Cardiorespiratory Fitness: Associations with Brain Structure, Cognition, and Memory Complaints in Older Adults. <i>Mental Health and Physical Activity</i> , <b>2011</b> , 4, 5-11	5	62
30	Pathways from physical activity to quality of life in older women. <i>Annals of Behavioral Medicine</i> , <b>2008</b> , 36, 13-20	4.5	61
29	Construct validation of a non-exercise measure of cardiorespiratory fitness in older adults. <i>BMC Public Health</i> , <b>2010</b> , 10, 59	4.1	57
28	Effects of a DVD-delivered exercise intervention on physical function in older adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2013</b> , 68, 1076-82	6.4	55
27	Internet-delivered physical activity intervention for college students with mental health disorders: a randomized pilot trial. <i>Psychology, Health and Medicine</i> , <b>2010</b> , 15, 646-59	2.1	52
26	Validation of the multidimensional outcome expectations for exercise scale in ambulatory, symptom-free persons with multiple sclerosis. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2010</b> , 91, 100-5	2.8	49
25	Executive function processes predict mobility outcomes in older adults. <i>Journal of the American Geriatrics Society</i> , <b>2014</b> , 62, 285-90	5.6	44
24	Brain activation during dual-task processing is associated with cardiorespiratory fitness and performance in older adults. <i>Frontiers in Aging Neuroscience</i> , <b>2015</b> , 7, 154	5.3	44
23	Physical activity and quality of life in older adults: an 18-month panel analysis. <i>Quality of Life Research</i> , <b>2013</b> , 22, 1647-54	3.7	41
22	Trajectory of declines in physical activity in community-dwelling older women: social cognitive influences. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i> , <b>2009</b> , 64, 543-50	4.6	39
21	Differential exercise effects on quality of life and health-related quality of life in older adults: a randomized controlled trial. <i>Quality of Life Research</i> , <b>2015</b> , 24, 455-62	3.7	34
20	Social cognitive correlates of physical activity in inactive adults with multiple sclerosis. <i>International Journal of Rehabilitation Research</i> , <b>2011</b> , 34, 115-20	1.8	31
19	Physical activity, function, and quality of life: design and methods of the FlexToBa trial. <i>Contemporary Clinical Trials</i> , <b>2012</b> , 33, 228-36	2.3	28
18	Preliminary validation of the short physical performance battery in older adults with multiple sclerosis: secondary data analysis. <i>BMC Geriatrics</i> , <b>2015</b> , 15, 157	4.1	24

17	Influence of allowable interruption period on estimates of accelerometer wear time and sedentary time in older adults. <i>Journal of Aging and Physical Activity</i> , <b>2014</b> , 22, 255-60	1.6	23
16	Promoting Physical Activity in Low-Active Adolescents via Facebook: A Pilot Randomized Controlled Trial to Test Feasibility. <i>JMIR Research Protocols</i> , <b>2014</b> , 3, e56	2	22
15	Physical activity levels and patterns in older adults: the influence of a DVD-based exercise program. <i>Journal of Behavioral Medicine</i> , <b>2015</b> , 38, 91-7	3.6	21
14	Maintenance Effects of a DVD-Delivered Exercise Intervention on Physical Function in Older Adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2015</b> , 70, 785-9	6.4	21
13	Trajectories of change in self-esteem in older adults: exercise intervention effects. <i>Journal of Behavioral Medicine</i> , <b>2011</b> , 34, 298-306	3.6	21
12	Effects of a DVD-delivered exercise intervention on physical function in older adults with multiple sclerosis: A pilot randomized controlled trial. <i>Multiple Sclerosis Journal - Experimental, Translational and Clinical</i> , <b>2015</b> , 1, 2055217315584838	2	16
11	A profile for predicting attrition from exercise in older adults. <i>Prevention Science</i> , <b>2013</b> , 14, 489-96	4	15
10	Improving physical functional and quality of life in older adults with multiple sclerosis via a DVD-delivered exercise intervention: a study protocol. <i>BMJ Open</i> , <b>2014</b> , 4, e006250	3	14
9	Effects of a Home-Based DVD-Delivered Physical Activity Program on Self-Esteem in Older Adults: Results From a Randomized Controlled Trial. <i>Psychosomatic Medicine</i> , <b>2017</b> , 79, 71-80	3.7	12
8	Effects of a DVD-delivered exercise program on patterns of sedentary behavior in older adults: a randomized controlled trial. <i>Preventive Medicine Reports</i> , <b>2016</b> , 3, 238-43	2.6	11
7	Validity of the multidimensional outcome expectations for exercise scale in continuing-care retirement communities. <i>Journal of Aging and Physical Activity</i> , <b>2012</b> , 20, 456-68	1.6	10
6	The perceived importance of physical activity: associations with psychosocial and health-related outcomes. <i>Journal of Physical Activity and Health</i> , <b>2013</b> , 10, 343-9	2.5	10
5	II. Physical activity: measurement and behavioral patterns in children and youth. <i>Monographs of the Society for Research in Child Development</i> , <b>2014</b> , 79, 7-24	6.6	7
4	The interpretation of physical activity, exercise, and sedentary behaviours by persons with multiple sclerosis. <i>Disability and Rehabilitation</i> , <b>2019</b> , 41, 166-171	2.4	7
3	Effects of a DVD-Delivered Exercise Intervention on Maintenance of Physical Activity in Older Adults. <i>Journal of Physical Activity and Health</i> , <b>2016</b> , 13, 594-8	2.5	6
2	Reply to Coen et al.: Exercise, hippocampal volume, and memory. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , <b>2011</b> , 108, E90-E90	11.5	5
1	Longitudinal invariance and construct validity of the abbreviated late-life function and disability instrument in healthy older adults. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2011</b> , 92, 785-91	2.8	3