

# Denise T D De Ridder

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/6337610/publications.pdf>

Version: 2024-02-01

92  
papers

5,171  
citations

126858

33  
h-index

91828

69  
g-index

96  
all docs

96  
docs citations

96  
times ranked

5398  
citing authors

#	ARTICLE	IF	CITATIONS
1	Taking Stock of Self-Control. <i>Personality and Social Psychology Review</i> , 2012, 16, 76-99.	3.4	1,186
2	Psychological adjustment to chronic disease. <i>Lancet, The</i> , 2008, 372, 246-255.	6.3	490
3	Eating behavior and food purchases during the COVID-19 lockdown: A cross-sectional study among adults in the Netherlands. <i>Appetite</i> , 2021, 157, 105002.	1.8	208
4	Bedtime procrastination: introducing a new area of procrastination. <i>Frontiers in Psychology</i> , 2014, 5, 611.	1.1	175
5	Nudging healthy food choices: a field experiment at the train station. <i>Journal of Public Health</i> , 2016, 38, e133-e137.	1.0	173
6	Healthy diet: Health impact, prevalence, correlates, and interventions. <i>Psychology and Health</i> , 2017, 32, 907-941.	1.2	172
7	Effortless inhibition: habit mediates the relation between self-control and unhealthy snack consumption. <i>Frontiers in Psychology</i> , 2014, 5, 444.	1.1	165
8	“Because I Am Worth It” <i>Personality and Social Psychology Review</i> , 2014, 18, 119-138.	3.4	145
9	Why are people with high self-control happier? The effect of trait self-control on happiness as mediated by regulatory focus. <i>Frontiers in Psychology</i> , 2014, 5, 722.	1.1	141
10	Health on impulse: When low self-control promotes healthy food choices.. <i>Health Psychology</i> , 2014, 33, 103-109.	1.3	107
11	Does training general practitioners to elicit patients’ illness representations and action plans influence their communication as a whole?. <i>Patient Education and Counseling</i> , 2007, 66, 327-336.	1.0	101
12	The power of habits: Unhealthy snacking behaviour is primarily predicted by habit strength. <i>British Journal of Health Psychology</i> , 2012, 17, 758-770.	1.9	97
13	The potential of peer social norms to shape food intake in adolescents and young adults: a systematic review of effects and moderators. <i>Health Psychology Review</i> , 2016, 10, 326-340.	4.4	93
14	What is wrong with coping assessment? A review of conceptual and methodological issues. <i>Psychology and Health</i> , 1997, 12, 417-431.	1.2	92
15	Eating by example. Effects of environmental cues on dietary decisions. <i>Appetite</i> , 2013, 70, 1-5.	1.8	87
16	“m still standing: A longitudinal study on the effect of a default nudge. <i>Psychology and Health</i> , 2018, 33, 669-681.	1.2	87
17	Lessons learned from trait self-control in well-being: making the case for routines and initiation as important components of trait self-control. <i>Health Psychology Review</i> , 2017, 11, 89-99.	4.4	86
18	The relative benefits of being optimistic: Optimism as a coping resource in multiple sclerosis and Parkinson's disease. <i>British Journal of Health Psychology</i> , 2000, 5, 141-155.	1.9	82

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19	Does optimism affect symptom report in chronic disease?. Journal of Psychosomatic Research, 2004, 56, 341-350.	1.2	62
20	It's my party and I eat if I want to. Reasons for unhealthy snacking. Appetite, 2015, 84, 20-27.	1.8	61
21	The Explanations People Give for Going to Bed Late: A Qualitative Study of the Varieties of Bedtime Procrastination. Behavioral Sleep Medicine, 2019, 17, 753-762.	1.1	56
22	Obesity, overconsumption and self-regulation failure: the unsung role of eating appropriateness standards. Health Psychology Review, 2013, 7, 146-165.	4.4	49
23	The proof is in the eating: subjective peer norms are associated with adolescents' eating behaviour. Public Health Nutrition, 2015, 18, 1044-1051.	1.1	48
24	Who diets? Most people and especially when they worry about food. Appetite, 2014, 80, 103-108.	1.8	46
25	Who Participates in Diabetes Self-management Interventions?. The Diabetes Educator, 2007, 33, 465-474.	2.6	45
26	Navigating the obesogenic environment: How psychological sensitivity to the food environment and self-regulatory competence are associated with adolescent unhealthy snacking. Eating Behaviors, 2015, 17, 19-22.	1.1	45
27	Nudgeability: Mapping Conditions of Susceptibility to Nudge Influence. Perspectives on Psychological Science, 2022, 17, 346-359.	5.2	44
28	Cool and independent or foolish and undisciplined? Adolescents' prototypes of (un)healthy eaters and their association with eating behaviour. Appetite, 2009, 53, 407-413.	1.8	43
29	Hungry for an intervention? Adolescents' ratings of acceptability of eating-related intervention strategies. BMC Public Health, 2015, 16, 5.	1.2	43
30	“When the going gets tough, who keeps going?” Depletion sensitivity moderates the ego-depletion effect. Frontiers in Psychology, 2014, 5, 647.	1.1	41
31	Health behaviour procrastination: a novel reasoned route towards self-regulatory failure. Health Psychology Review, 2016, 10, 313-325.	4.4	41
32	Is spousal support always helpful to patients with asthma or diabetes? A prospective study. Psychology and Health, 2005, 20, 497-508.	1.2	40
33	Activation in inhibitory brain regions during food choice correlates with temptation strength and self-regulatory success in weight-concerned women. Frontiers in Neuroscience, 2014, 8, 308.	1.4	38
34	Always Gamble on an Empty Stomach: Hunger Is Associated with Advantageous Decision Making. PLoS ONE, 2014, 9, e111081.	1.1	35
35	Sweet lies: neural, visual, and behavioral measures reveal a lack of self-control conflict during food choice in weight-concerned women. Frontiers in Behavioral Neuroscience, 2014, 8, 184.	1.0	32
36	Owing to the Force of Circumstances? The Impact of Situational Features and Personal Characteristics on Coping Patterns Across Situations. Psychology and Health, 2003, 18, 217-236.	1.2	29

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37	Situational aspects are more important in shaping proactive coping behaviour than individual characteristics: A vignette study among adults preparing for ageing. <i>Psychology and Health</i> , 2006, 21, 809-825.	1.2	29
38	Stress in chronic disease: Do the perceptions of patients and their general practitioners match?. <i>British Journal of Health Psychology</i> , 2001, 6, 229-242.	1.9	28
39	How to Form Good Habits? A Longitudinal Field Study on the Role of Self-Control in Habit Formation. <i>Frontiers in Psychology</i> , 2020, 11, 560.	1.1	28
40	No worries, no impact? A systematic review of emotional, cognitive, and behavioural responses to the diagnosis of type 2 diabetes. <i>Health Psychology Review</i> , 2008, 2, 65-93.	4.4	27
41	Communicating eating-related rules. Suggestions are more effective than restrictions. <i>Appetite</i> , 2015, 86, 45-53.	1.8	27
42	Unraveling the Relationship Between Trait Self-Control and Subjective Well-Being: The Mediating Role of Four Self-Control Strategies. <i>Frontiers in Psychology</i> , 2019, 10, 706.	1.1	26
43	Improving cardiometabolic health through nudging dietary behaviours and physical activity in low SES adults: design of the Supreme Nudge project. <i>BMC Public Health</i> , 2018, 18, 899.	1.2	25
44	Too Depleted to Turn In: The Relevance of End-of-the-Day Resource Depletion for Reducing Bedtime Procrastination. <i>Frontiers in Psychology</i> , 2018, 9, 252.	1.1	24
45	The influence of nudge transparency on the experience of autonomy. <i>Comprehensive Results in Social Psychology</i> , 2021, 5, 49-63.	1.1	24
46	Double trouble: restrained eaters do not eat less and feel worse. <i>Psychology and Health</i> , 2013, 28, 686-700.	1.2	23
47	Thinking before sinning: reasoning processes in hedonic consumption. <i>Frontiers in Psychology</i> , 2014, 5, 1268.	1.1	21
48	Cueing healthier alternatives for take-away: a field experiment on the effects of (disclosing) three nudges on food choices. <i>BMC Public Health</i> , 2019, 19, 974.	1.2	21
49	Justified indulgence: self-licensing effects on caloric consumption. <i>Psychology and Health</i> , 2019, 34, 24-43.	1.2	21
50	Under pressure: Nudging increases healthy food choice in a virtual reality supermarket, irrespective of system 1 reasoning. <i>Appetite</i> , 2021, 160, 105116.	1.8	20
51	The Hunger Games: Using hunger to promote healthy choices in self-control conflicts. <i>Appetite</i> , 2017, 116, 401-409.	1.8	19
52	Simple nudges that are not so easy. <i>Behavioural Public Policy</i> , 2020, , 1-19.	1.6	19
53	Is Optimism Sensitive to the Stressors of Chronic Disease? The Impact of Type 1 Diabetes Mellitus and Multiple Sclerosis on Optimistic Beliefs. <i>Psychology and Health</i> , 2003, 18, 277-294.	1.2	18
54	Patient-oriented interventions to improve antibiotic prescribing practices in respiratory tract infections: a meta-analysis. <i>Health Psychology Review</i> , 2012, 6, 92-112.	4.4	17

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55	The snack that has it all: People's associations with ideal snacks. <i>Appetite</i> , 2020, 152, 104722.	1.8	16
56	Introducing functional and dysfunctional self-licensing: Associations with indices of (un)successful dietary regulation. <i>Journal of Personality</i> , 2019, 87, 934-947.	1.8	15
57	Making plans for healthy diet: The role of motivation and action orientation. <i>European Journal of Social Psychology</i> , 2009, 39, 622-630.	1.5	14
58	When in Doubt, Follow the Crowd? Responsiveness to Social Proof Nudges in the Absence of Clear Preferences. <i>Frontiers in Psychology</i> , 2020, 11, 1385.	1.1	13
59	Who accepts nudges? nudge acceptability from a self-regulation perspective. <i>PLoS ONE</i> , 2021, 16, e0260531.	1.1	13
60	Personality moderates the links of social identity with work motivation and job searching. <i>Frontiers in Psychology</i> , 2014, 5, 1044.	1.1	12
61	The (bitter) sweet taste of nudge effectiveness: The role of habits in a portion size nudge, a proof of concept study. <i>Appetite</i> , 2020, 151, 104699.	1.8	12
62	Eat Me If You Can: Cognitive Mechanisms Underlying the Distance Effect. <i>PLoS ONE</i> , 2013, 8, e84643.	1.1	12
63	UnAdulterated " Children and adults' visual attention to healthy and unhealthy food. <i>Eating Behaviors</i> , 2015, 17, 90-93.	1.1	11
64	Effects of a short self-management intervention for patients with asthma and diabetes: Evaluating health-related quality of life using then-test methodology. <i>Psychology and Health</i> , 2007, 22, 387-411.	1.2	10
65	Confabulating reasons for behaving bad: The psychological consequences of unconsciously activated behaviour that violates one's standards. <i>European Journal of Social Psychology</i> , 2014, 44, 255-266.	1.5	9
66	The characteristics of a potential goal threat predict attention and information-seeking in middle-aged and older adults. <i>Motivation and Emotion</i> , 2008, 32, 90-99.	0.8	8
67	Defying Food " How Distance Determines Monkeys' Ability to Inhibit Reaching for Food. <i>Frontiers in Psychology</i> , 2016, 7, 158.	1.1	8
68	And How Would That Make You Feel? How People Expect Nudges to Influence Their Sense of Autonomy. <i>Frontiers in Psychology</i> , 2020, 11, 607894.	1.1	8
69	The effect of nudges on autonomy in hypothetical and real life settings. <i>PLoS ONE</i> , 2021, 16, e0256124.	1.1	8
70	Make it a habit: how habit strength, goal importance and self-control predict hand washing behaviour over time during the COVID-19 pandemic. <i>Psychology and Health</i> , 2022, 37, 1528-1546.	1.2	8
71	Investigating sex differences in psychological predictors of snack intake among a large representative sample. <i>Public Health Nutrition</i> , 2016, 19, 625-632.	1.1	7
72	Commentary: Why Don't You Go to Bed on Time? A Daily Diary Study on the Relationships Between Chronotype, Self-Control Resources and the Phenomenon of Bedtime Procrastination. <i>Frontiers in Psychology</i> , 2018, 9, 915.	1.1	7

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73	Beyond Discrete Choices – Investigating the Effectiveness of a Proximity Nudge With Multiple Alternative Options. <i>Frontiers in Psychology</i> , 2020, 11, 1211.	1.1	7
74	Evaluating the Potential Benefit of a Combined Weight Loss Program in Dogs and Their Owners. <i>Frontiers in Veterinary Science</i> , 2021, 8, 653920.	0.9	7
75	How food overconsumption has hijacked our notions about eating as a pleasurable activity. <i>Current Opinion in Psychology</i> , 2022, 46, 101324.	2.5	7
76	Current issues and new directions in Psychology and Health: Back to the future: What good are health goals in the presence of immediate interests?. <i>Psychology and Health</i> , 2007, 22, 513-516.	1.2	6
77	Hot or not: Visceral influences on coping planning for weight loss attempts. <i>Psychology and Health</i> , 2011, 26, 501-516.	1.2	6
78	Does confrontation with potential goal failure promote self-regulation? Examining the role of distress in the pursuit of weight goals. <i>Psychology and Health</i> , 2007, 22, 677-698.	1.2	5
79	Themed issue: Plans, norms, motivation, and cheating a little – The curious case of healthy eating. <i>Psychology and Health</i> , 2012, 27, 1-6.	1.2	5
80	Improving HIV prevention programs: the role of identity in shaping healthy sexual behavior of rural adolescents in South Africa. <i>Vulnerable Children and Youth Studies</i> , 2015, 10, 93-103.	0.5	5
81	Distinguishing between self-control and perceived control over the environment to understand disadvantaged neighbourhood health and lifestyle outcomes. <i>Psychology and Health</i> , 2019, 34, 1282-1293.	1.2	5
82	Discussing overweight in dogs during a regular consultation in general practice in the Netherlands. <i>Journal of Animal Physiology and Animal Nutrition</i> , 2021, 105 Suppl 1, 56-64.	1.0	5
83	What’s in a nudge?. <i>TSG: Tijdschrift Voor Gezondheidswetenschappen</i> , 2016, 94, 261-265.	0.1	4
84	Looking Fat or Being Bad? Effects of Body Size and Eating Style on Peer Evaluation in Adolescents. <i>Journal of Applied Social Psychology</i> , 2011, 41, 579-587.	1.3	3
85	Snacks and The City: Unexpected Low Sales of an Easy-Access, Tasty, and Healthy Snack at an Urban Snacking Hotspot. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7538.	1.2	3
86	The role of pre-treatment proactive coping skills in successful weight management. <i>Eating Behaviors</i> , 2014, 15, 515-518.	1.1	2
87	Discussing overweight in children during a regular consultation in general practice: a qualitative study. <i>BMC Family Practice</i> , 2020, 21, 18.	2.9	2
88	“Keep your distance for me” A field experiment on empathy prompts to promote distancing during the COVID-19 pandemic. <i>Journal of Community and Applied Social Psychology</i> , 2022, 32, 755-766.	1.4	2
89	How highlighted utensils influence consumption in a dark setting. <i>Psychology and Health</i> , 2018, 33, 1302-1314.	1.2	1
90	Appropriateness standards can help to curb the epidemic of overweight: response to Dewitte and to Herman and Polivy. <i>Health Psychology Review</i> , 2013, 7, 173-176.	4.4	0

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91	Selfâ€Control Success Revealed: Greater Approach Motivation Towards Healthy versus Unhealthy Food. <i>Applied Cognitive Psychology</i> , 2016, 30, 846-853.	0.9	0
92	Study Protocol of the Ten Years Up Project: Mapping the Development of Self-Regulation Strategies in Young Adults Over Time. <i>Frontiers in Psychology</i> , 2021, 12, 729609.	1.1	0