

Richard Koestner

List of Publications by Year in descending order

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Version: 2024-02-01

92
papers

6,030
citations

108046

37
h-index

87275

74
g-index

92
all docs

92
docs citations

92
times ranked

4571
citing authors

#	ARTICLE	IF	CITATIONS
1	Navigating the ups and downs: Peer and family autonomy support during personal goals and crises on identity development. <i>Self and Identity</i> , 2022, 21, 456-473.	1.0	6
2	A not so perfect plan: An examination of the differential influence of multidimensional perfectionism on missed and gained events during the COVID-19 pandemic. <i>Personality and Individual Differences</i> , 2022, 184, 111214.	1.6	4
3	From the Good Life to Good Living: A Longitudinal Study Investigating the Relationship Between Good-Life Coherence and Motivation, Goal Progress and Subjective Well-Being. <i>Journal of Happiness Studies</i> , 2022, 23, 1887-1900.	1.9	3
4	Better Together: Family and Peer Support for Black Young Adults During the COVID-19 Pandemic and the Black Lives Matter Movement. <i>Trends in Psychology</i> , 2022, 30, 688-705.	0.7	4
5	Autonomy support in a couples weight loss trial: Helping yourself while helping others.. <i>Families, Systems and Health</i> , 2022, 40, 70-78.	0.4	1
6	Collective autonomy: Why groups fight for power and status. <i>Social and Personality Psychology Compass</i> , 2022, 16, .	2.0	5
7	Agreeableness and Conscientiousness promote successful adaptation to the Covid-19 pandemic through effective internalization of public health guidelines. <i>Motivation and Emotion</i> , 2022, 46, 476-485.	0.8	5
8	The role of goal-related autonomy: A self-determination theory analysis of perfectionism, poor goal progress, and depressive symptoms.. <i>Journal of Counseling Psychology</i> , 2021, 68, 88-97.	1.4	15
9	On the efficacy of volitional personality change in young adulthood: Convergent evidence using a longitudinal personal goal paradigm. <i>Motivation and Emotion</i> , 2021, 45, 171-185.	0.8	3
10	When Goal Pursuit Gets Hairy: A Longitudinal Goal Study Examining the Role of Controlled Motivation and Action Crises in Predicting Changes in Hair Cortisol, Perceived Stress, Health, and Depression Symptoms. <i>Clinical Psychological Science</i> , 2021, 9, 1214-1221.	2.4	8
11	A Remarkable Alliance: Sibling Autonomy Support and Goal Progress in Emerging Adulthood. <i>Family Relations</i> , 2021, 70, 1571-1582.	1.1	5
12	A generative legacy: SDT's refined understanding of the central role of autonomy in human lives.. <i>Motivation Science</i> , 2021, 7, 111-112.	1.2	4
13	Why are we together? A dyadic longitudinal investigation of relationship motivation, goal progress, and adjustment. <i>Journal of Personality</i> , 2020, 88, 464-477.	1.8	4
14	Sacrifice—but at what price? A longitudinal study of young adults's sacrifice of basic psychological needs in pursuit of career goals. <i>Motivation and Emotion</i> , 2020, 44, 99-115.	0.8	14
15	Them, Us, and I: How Group Contexts Influence Basic Psychological Needs. <i>Current Directions in Psychological Science</i> , 2020, 29, 47-54.	2.8	17
16	A longitudinal investigation of trait goal concordance on goal progress: The mediating role of autonomous goal motivation. <i>Journal of Personality</i> , 2020, 88, 530-543.	1.8	6
17	Do mindful people set better goals? Investigating the relation between trait mindfulness, self-concordance, and goal progress. <i>Journal of Research in Personality</i> , 2020, 88, 104015.	0.9	13
18	Passion and grit in the pursuit of long-term personal goals in college students. <i>Learning and Individual Differences</i> , 2020, 83-84, 101939.	1.5	8

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19	A randomized controlled trial of a theory-based weight-loss program for couples.. Health Psychology, 2020, 39, 137-146.	1.3	20
20	The relation of parental support of emerging adults's goals to well-being over time: The mediating roles of goal progress and autonomy need satisfaction.. Motivation Science, 2020, 6, 374-385.	1.2	11
21	Letting Go of Gold: Examining the Role of Autonomy in Elite Athletes's Disengagement from Their Athletic Careers and Well-Being in Retirement. Journal of Clinical Sport Psychology, 2020, 14, 88-108.	0.6	7
22	Examining the associations of autonomy and directive support given and received with relationship satisfaction in the context of goals that romantic partners have for one another. Motivation and Emotion, 2019, 43, 874-882.	0.8	10
23	In good time: A longitudinal investigation of trait self-control in determining changes in motivation quality. Personality and Individual Differences, 2019, 139, 132-137.	1.6	20
24	The path from intrinsic aspirations to subjective well-being is mediated by changes in basic psychological need satisfaction and autonomous motivation: A large prospective test. Motivation and Emotion, 2019, 43, 232-241.	0.8	54
25	Fear of missing out: prevalence, dynamics, and consequences of experiencing FOMO. Motivation and Emotion, 2018, 42, 725-737.	0.8	174
26	Perfectionism and the pursuit of personal goals: A self-determination theory analysis. Motivation and Emotion, 2018, 42, 37-49.	0.8	11
27	The role of partner autonomy support in motivation, well-being, and weight loss among women with higher baseline BMI.. Families, Systems and Health, 2018, 36, 347-356.	0.4	9
28	Distinguishing self-oriented perfectionism-striving and self-oriented perfectionism-critical in school-aged children: Divergent patterns of perceived parenting, personal affect and school performance. Personality and Individual Differences, 2017, 113, 136-141.	1.6	22
29	Stuck in Limbo: Motivational Antecedents and Consequences of Experiencing Action Crises in Personal Goal Pursuit. Journal of Personality, 2017, 85, 893-905.	1.8	45
30	Different ways of knowing a child and their relations to mother's reported autonomy support. Social Development, 2017, 26, 630-644.	0.8	22
31	Project TEAMS (Talking about Eating, Activity, and Mutual Support): a randomized controlled trial of a theory-based weight loss program for couples. BMC Public Health, 2017, 17, 749.	1.2	15
32	Autonomous and controlled motivation for interpersonal therapy for depression: Between-therapists and within-therapist effects.. Journal of Counseling Psychology, 2017, 64, 525-537.	1.4	15
33	Keeping Up with the Joneses: Friends's Perfectionism and Students's Orientation Toward Extrinsic Aspirations. Journal of Personality, 2016, 84, 702-715.	1.8	7
34	Some goals just feel easier: Self-concordance leads to goal progress through subjective ease, not effort. Personality and Individual Differences, 2016, 96, 237-242.	1.6	82
35	The role of intrinsic values for self-growth and community contribution at different life stages: Differentially predicting the vitality of university students and teachers over one year. Personality and Individual Differences, 2016, 98, 48-52.	1.6	8
36	The humble path to progress: Goal-specific aspirational content predicts goal progress and goal vitality. Personality and Individual Differences, 2016, 90, 99-107.	1.6	17

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37	Saying "no" to temptation: Want-to motivation improves self-regulation by reducing temptation rather than by increasing self-control.. Journal of Personality and Social Psychology, 2015, 109, 677-693.	2.6	159
38	Consequences of interpersonal spin on couple-relevant goal progress and relationship satisfaction in romantic relationships.. Journal of Personality and Social Psychology, 2015, 109, 722-737.	2.6	25
39	Why do people set more self-concordant goals in need satisfying domains? Testing authenticity as a mediator. Personality and Individual Differences, 2015, 77, 131-136.	1.6	16
40	Affect variation across days of the week: influences of perfectionism and academic motivation. Motivation and Emotion, 2015, 39, 521-530.	0.8	22
41	Effects of Neuroticism on Goal Support, Goal Progress, and Depressive Symptoms. Journal of Social and Clinical Psychology, 2015, 34, 674-691.	0.2	3
42	Goal Internalization and Persistence as a Function of Autonomous and Directive Forms of Goal Support. Journal of Personality, 2015, 83, 179-190.	1.8	42
43	The Role of Self-Compassion in Goal Pursuit and Well-Being Among University Freshmen. Self and Identity, 2014, 13, 579-593.	1.0	59
44	Self-Growth in the College Years. Social Psychological and Personality Science, 2014, 5, 705-712.	2.4	22
45	Where Do Self-Concordant Goals Come From? The Role of Domain-Specific Psychological Need Satisfaction. Personality and Social Psychology Bulletin, 2014, 40, 700-711.	1.9	52
46	Promoting Optimal Parenting and Children's Mental Health: A Preliminary Evaluation of the How-to Parenting Program. Journal of Child and Family Studies, 2014, 23, 949-964.	0.7	133
47	Affect Across the Year: How Perfectionism Influences the Pattern of University Students' Affect Across the Calendar Year. Journal of Social and Clinical Psychology, 2014, 33, 124-142.	0.2	19
48	Autonomy support, self-regulation, and weight loss.. Health Psychology, 2014, 33, 332-339.	1.3	94
49	On the directive function of episodic memories in people's lives: A look at romantic relationships.. Journal of Personality and Social Psychology, 2013, 104, 164-179.	2.6	42
50	Psychological need satisfaction across levels of experience: Their organization and contribution to general well-being. Journal of Research in Personality, 2013, 47, 41-51.	0.9	72
51	Distinguishing Autonomous and Directive Forms of Goal Support. Personality and Social Psychology Bulletin, 2012, 38, 1609-1620.	1.9	72
52	Influencing value priorities and increasing well-being: The effects of reflecting on intrinsic values. Journal of Positive Psychology, 2012, 7, 249-261.	2.6	43
53	The determinants of negative maternal parenting behaviours: maternal, child, and paternal characteristics and their interaction. Early Child Development and Care, 2012, 182, 683-700.	0.7	9
54	Inspired to get there: The effects of trait and goal inspiration on goal progress. Personality and Individual Differences, 2012, 52, 56-60.	1.6	54

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55	Mediating the effects of self-criticism and self-oriented perfectionism on goal pursuit. <i>Personality and Individual Differences</i> , 2012, 52, 765-770.	1.6	28
56	Transmitting Intrinsic Value Priorities from Mothers to Adolescents: The Moderating Role of a Supportive Family Environment. <i>Child Development Research</i> , 2011, 2011, 1-9.	1.8	9
57	Psychological needs, motivation, and well-being: A test of self-determination theory across multiple domains. <i>Personality and Individual Differences</i> , 2011, 50, 387-391.	1.6	263
58	Childhood correlates of adult levels of incongruence between implicit and explicit motives. <i>Motivation and Emotion</i> , 2011, 35, 306-316.	0.8	13
59	The Effects of Self-Criticism and Self-Oriented Perfectionism on Goal Pursuit. <i>Personality and Social Psychology Bulletin</i> , 2011, 37, 964-975.	1.9	59
60	Self-regulation and adaptation during and after college: A one-year prospective study. <i>Personality and Individual Differences</i> , 2010, 49, 869-873.	1.6	12
61	Self-criticism, motivation, and goal progress of athletes and musicians: A prospective study. <i>Personality and Individual Differences</i> , 2009, 47, 279-283.	1.6	35
62	Trust in organismic development, autonomy support, and adaptation among mothers and their children. <i>Motivation and Emotion</i> , 2008, 32, 173-188.	0.8	48
63	Why Faster, Higher, Stronger isn't Necessarily Better™ The Relations of Paralympian and Women's Soccer Teams' Performance to National Well-being. <i>Social Indicators Research</i> , 2008, 88, 273-280.	1.4	6
64	Autonomous Motivation, Controlled Motivation, and Goal Progress. <i>Journal of Personality</i> , 2008, 76, 1201-1230.	1.8	274
65	A self-determination theory perspective on parenting.. <i>Canadian Psychology</i> , 2008, 49, 194-200.	1.4	392
66	Autonomy support from family and friends and weight loss in college women.. <i>Families, Systems and Health</i> , 2008, 26, 404-416.	0.4	49
67	Reaching one's personal goals: A motivational perspective focused on autonomy.. <i>Canadian Psychology</i> , 2008, 49, 60-67.	1.4	57
68	Self-Criticism, Goal Motivation, and Goal Progress. <i>Journal of Social and Clinical Psychology</i> , 2007, 26, 826-840.	0.2	43
69	Autonomous motivation for therapy: A new common factor in brief treatments for depression. <i>Psychotherapy Research</i> , 2007, 17, 137-147.	1.1	175
70	Political support for self-determination, wealth, and national subjective well-being. <i>Motivation and Emotion</i> , 2007, 31, 174-181.	0.8	23
71	Exploring the Relation of Independent and Interdependent Self-Construals to Why and How People Pursue Personal Goals. <i>Journal of Social Psychology</i> , 2006, 146, 517-531.	1.0	36
72	What Valentine Announcements Reveal about the Romantic Emotions of Men and Women. <i>Sex Roles</i> , 2006, 55, 767-773.	1.4	6

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73	Bolstering Implementation Plans for the Long Haul: The Benefits of Simultaneously Boosting Self-Concordance or Self-Efficacy. <i>Personality and Social Psychology Bulletin</i> , 2006, 32, 1547-1558.	1.9	106
74	A Longitudinal Study of the Relationship of Maternal Autonomy Support to Children's Adjustment and Achievement in School. <i>Journal of Personality</i> , 2005, 73, 1215-1236.	1.8	157
75	Implementation Intentions, Perfectionism, and Goal Progress: Perhaps the Road to Hell Is Paved With Good Intentions. <i>Personality and Social Psychology Bulletin</i> , 2005, 31, 902-912.	1.9	76
76	Introducing Uninteresting Tasks to Children: A Comparison of the Effects of Rewards and Autonomy Support. <i>Journal of Personality</i> , 2004, 72, 139-166.	1.8	94
77	Attaining personal goals: Self-concordance plus implementation intentions equals success.. <i>Journal of Personality and Social Psychology</i> , 2002, 83, 231-244.	2.6	406
78	Attaining personal goals: self-concordance plus implementation intentions equals success. <i>Journal of Personality and Social Psychology</i> , 2002, 83, 231-44.	2.6	54
79	Examining Individual Differences in the Internalization of Political Values: Validation of the Self-Determination Scale of Political Motivation. <i>Journal of Research in Personality</i> , 2001, 35, 41-61.	0.9	40
80	Intrinsic Versus Identified Regulation in Distinct Political Campaigns: The Consequences of Following Politics for Pleasure Versus Personal Meaningfulness. <i>Personality and Social Psychology Bulletin</i> , 1999, 25, 287-298.	1.9	57
81	Agency, communion, and well-being: Extending Helgeson's (1994) model.. <i>Journal of Personality and Social Psychology</i> , 1997, 73, 593-609.	2.6	48
82	Dependency and Distress at Summer Camp. <i>Journal of Youth and Adolescence</i> , 1997, 26, 217-232.	1.9	14
83	Identified and introjected forms of political internalization: Extending self-determination theory.. <i>Journal of Personality and Social Psychology</i> , 1996, 70, 1025-1036.	2.6	152
84	Linking personal values to gender. <i>Sex Roles</i> , 1996, 34-34, 621-636.	1.4	38
85	Dependency, self-criticism, and perceptions of inferiority at summer camp: I'm even worse than you think. <i>Journal of Youth and Adolescence</i> , 1996, 25, 113-126.	1.9	35
86	Seeking innovating team players: contextual determinants of preferred applicant attributes. <i>International Journal of Human Resource Management</i> , 1996, 7, 521-533.	3.3	5
87	Dependency, self-criticism and social interactions. <i>British Journal of Clinical Psychology</i> , 1995, 34, 543-553.	1.7	49
88	Personality Correlates of Depressive Style in Autobiographies of Creative Achievers. <i>Journal of Creative Behavior</i> , 1995, 29, 75-94.	1.6	45
89	Self-Regulation and Academic Procrastination. <i>Journal of Social Psychology</i> , 1995, 135, 607-619.	1.0	292
90	Setting limits on children's behavior: The differential effects of controlling vs. informational styles on intrinsic motivation and creativity. <i>Journal of Personality</i> , 1984, 52, 233-248.	1.8	493

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91	Relation of reward contingency and interpersonal context to intrinsic motivation: A review and test using cognitive evaluation theory.. Journal of Personality and Social Psychology, 1983, 45, 736-750.	2.6	724
92	Choosing to lose it: The role of autonomous motivation in goal disengagement. Motivation and Emotion, 0, , .	0.8	5