

Nelli Hankonen

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.

106
papers

1,782
citations

21
h-index

40
g-index

123
ext. papers

2,310
ext. citations

4.5
avg. IF

5.12
L-index

#	Paper	IF	Citations
106	Implementation intention and planning interventions in Health Psychology: Recommendations from the Synergy Expert Group for research and practice. <i>Psychology and Health</i> , 2016 , 31, 814-39	2.9	131
105	How can interventions increase motivation for physical activity? A systematic review and meta-analysis. <i>Health Psychology Review</i> , 2018 , 12, 211-230	7.1	116
104	Developing Behavior Change Interventions for Self-Management in Chronic Illness: An Integrative Overview. <i>European Psychologist</i> , 2019 , 24, 7-25	4.4	90
103	Changing Behavior Using the Model of Action Phases 2020 , 77-88		88
102	A systematic review of school-based interventions targeting physical activity and sedentary behaviour among older adolescents. <i>International Review of Sport and Exercise Psychology</i> , 2016 , 9, 22-44 ⁸	4.8	86
101	Type 2 diabetes prevention in the real world: three-year results of the GOAL lifestyle implementation trial. <i>Diabetes Care</i> , 2009 , 32, 1418-20	14.6	84
100	The compendium of self-enactable techniques to change and self-manage motivation and behaviour v.1.0. <i>Nature Human Behaviour</i> , 2020 , 4, 215-223	12.8	83
99	Dynamic psychological and behavioral changes in the adoption and maintenance of exercise. <i>Health Psychology</i> , 2012 , 31, 306-15	5	81
98	'Let's Move It' - a school-based multilevel intervention to increase physical activity and reduce sedentary behaviour among older adolescents in vocational secondary schools: a study protocol for a cluster-randomised trial. <i>BMC Public Health</i> , 2016 , 16, 451	4.1	73
97	What explains the socioeconomic status gap in activity? Educational differences in determinants of physical activity and screentime. <i>BMC Public Health</i> , 2017 , 17, 144	4.1	72
96	Which behavior change techniques are associated with changes in physical activity, diet and body mass index in people with recently diagnosed diabetes?. <i>Annals of Behavioral Medicine</i> , 2015 , 49, 7-17	4.5	71
95	Gender differences in social cognitive determinants of exercise adoption. <i>Psychology and Health</i> , 2010 , 25, 55-69	2.9	65
94	Toward identifying a broader range of social cognitive determinants of dietary intentions and behaviors. <i>Applied Psychology: Health and Well-Being</i> , 2013 , 5, 118-35	6.8	63
93	Focusing on fidelity: narrative review and recommendations for improving intervention fidelity within trials of health behaviour change interventions. <i>Health Psychology and Behavioral Medicine</i> , 2020 , 8, 132-151	2.2	38
92	Why share expertise? A closer look at the quality of motivation to share or withhold knowledge. <i>Journal of Knowledge Management</i> , 2016 , 20, 181-198	7.3	37
91	Socioeconomic status and psychosocial mechanisms of lifestyle change in a type 2 diabetes prevention trial. <i>Annals of Behavioral Medicine</i> , 2009 , 38, 160-5	4.5	36
90	Why do people high in self-control eat more healthily? Social cognitions as mediators. <i>Annals of Behavioral Medicine</i> , 2014 , 47, 242-8	4.5	30

89	Changing Behavior Using the Theory of Planned Behavior 2020 , 17-31		25
88	Predicting changes in lifestyle and clinical outcomes in preventing diabetes: the Greater Green Triangle Diabetes Prevention Project. <i>Preventive Medicine</i> , 2012 , 54, 157-61	4.3	24
87	Randomised controlled feasibility study of a school-based multi-level intervention to increase physical activity and decrease sedentary behaviour among vocational school students. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 37	8.4	23
86	Relations Between Autonomous Motivation and Leisure-Time Physical Activity Participation: The Mediating Role of Self-Regulation Techniques. <i>Journal of Sport and Exercise Psychology</i> , 2016 , 38, 128-37 ^{1.5}		22
85	Healthy learning mind - Effectiveness of a mindfulness program on mental health compared to a relaxation program and teaching as usual in schools: A cluster-randomised controlled trial. <i>Journal of Affective Disorders</i> , 2020 , 260, 660-669	6.6	20
84	Changing Behavior Using the Health Action Process Approach 2020 , 89-103		19
83	What Motivates Experts to Share? A Prospective Test of the Model of Knowledge-Sharing Motivation. <i>Human Resource Management</i> , 2017 , 56, 871-885	4.8	17
82	Habit Interventions 2020 , 599-616		16
81	National policies for the promotion of physical activity and healthy nutrition in the workplace context: a behaviour change wheel guided content analysis of policy papers in Finland. <i>BMC Public Health</i> , 2017 , 18, 87	4.1	15
80	Self-control is associated with physical activity and fitness among young males. <i>Behavioral Medicine</i> , 2012 , 38, 83-9	4.4	15
79	Motivating voluntary compliance to behavioural restrictions: Self-determination theoryBased checklist of principles for COVID-19 and other emergency communications. <i>European Review of Social Psychology</i> , 1-43	5.5	14
78	Bayesian evaluation of behavior change interventions: a brief introduction and a practical example. <i>Health Psychology and Behavioral Medicine</i> , 2018 , 6, 49-78	2.2	12
77	What is setting the stage for abdominal obesity reduction? A comparison between personality and health-related social cognitions. <i>Journal of Behavioral Medicine</i> , 2010 , 33, 415-22	3.6	12
76	Attitudes and Persuasive Communication Interventions 2020 , 445-460		12
75	Using physical education to promote out-of school physical activity in lower secondary school students - a randomized controlled trial protocol. <i>BMC Public Health</i> , 2019 , 19, 157	4.1	11
74	Healthy Learning Mind - a school-based mindfulness and relaxation program: a study protocol for a cluster randomized controlled trial. <i>BMC Psychology</i> , 2016 , 4, 35	2.8	11
73	Understanding knowledge sharing in the work context by applying a belief elicitation study. <i>Journal of Knowledge Management</i> , 2015 , 19, 497-513	7.3	11
72	Changing Behavior Using Ecological Models 2020 , 237-250		11

71	Changing Behavior Using Integrated Theories 2020 , 208-224		11
70	Trait Self-Control, Social Cognition Constructs, and Intentions: Correlational Evidence for Mediation and Moderation Effects in Diverse Health Behaviours. <i>Applied Psychology: Health and Well-Being</i> , 2019 , 11, 407-437	6.8	10
69	Acceptability of Strategies to Reduce Student Sitting: A Mixed-Methods Study With College Teachers. <i>Health Promotion Practice</i> , 2017 , 18, 44-53	1.8	9
68	Changing Behavior Using Self-Determination Theory 2020 , 104-119		9
67	Thematic analysis of acceptability and fidelity of engagement for behaviour change interventions: The Let's Move It intervention interview study. <i>British Journal of Health Psychology</i> , 2020 , 25, 772-789	8.3	8
66	Gender-related personality traits, self-efficacy, and social support: how do they relate to women's waist circumference change?. <i>Journal of Health Psychology</i> , 2014 , 19, 1291-301	3.1	8
65	Moving from Theoretical Principles to Intervention Strategies: Applying the Experimental Medicine Approach 2020 , 285-299		8
64	Studying Behaviour Change Mechanisms under Complexity. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021 , 11,	2.3	8
63	Enhancing the translation of health behaviour change research into practice: a selective conceptual review of the synergy between implementation science and health psychology. <i>Health Psychology Review</i> , 2021 , 1-28	7.1	8
62	Using the critical incident technique for qualitative process evaluation of interventions: The example of the "Let's Move It" trial. <i>Social Science and Medicine</i> , 2019 , 232, 389-397	5.1	7
61	Applying Behavioral Theory to Increase Mindfulness Practice Among Adolescents: an Exploratory Intervention Study Using a Within-Trial RCT Design. <i>Mindfulness</i> , 2019 , 10, 312-324	2.9	7
60	Visualisation and network analysis of physical activity and its determinants: Demonstrating opportunities in analysing baseline associations in the Let's Move It trial. <i>Health Psychology and Behavioral Medicine</i> , 2019 , 7, 269-289	2.2	7
59	Self-Efficacy Interventions 2020 , 461-478		7
58	Planning and Implementation Intention Interventions 2020 , 572-585		7
57	Acceptability, reach and implementation of a training to enhance teachers' skills in physical activity promotion. <i>BMC Public Health</i> , 2020 , 20, 1568	4.1	6
56	Design, Implementation, and Evaluation of Behavior Change Interventions: A Ten-Task Guide 2020 , 269-284		6
55	Changing Behavior Using the Reflective-Impulsive Model 2020 , 164-177		6
54	Imagery, Visualization, and Mental Simulation Interventions 2020 , 479-494		6

53	Combining the reasoned action approach and habit formation to reduce sitting time in classrooms: Outcome and process evaluation of the Let's Move It teacher intervention. <i>Journal of Experimental Social Psychology</i> , 2019 , 81, 27-38	2.6	6
52	Training programme for novice physical activity instructors using Teaching Personal and Social Responsibility (TPSR) model: A programme development and protocol. <i>International Journal of Sport and Exercise Psychology</i> , 2021 , 19, 159-178	2.5	6
51	Promoting scientific integrity through open science in health psychology: results of the Synergy Expert Meeting of the European health psychology society. <i>Health Psychology Review</i> , 2021 , 15, 333-349	7.1	5
50	What triggers changes in adolescents' physical activity? Analysis of critical incidents during childhood and youth in student writings. <i>Psychology of Sport and Exercise</i> , 2019 , 45, 101564	4.2	5
49	Changing Behavior Using the Health Belief Model and Protection Motivation Theory 2020 , 46-59		5
48	Social Cognitions and Mental Health as Predictors of Adolescents' Mindfulness Practice. <i>Mindfulness</i> , 2020 , 11, 1204-1217	2.9	4
47	Dyadic Behavior Change Interventions 2020 , 632-648		4
46	Social Identity Interventions 2020 , 649-660		4
45	Participants' enactment of behavior change techniques: a call for increased focus on what people do to manage their motivation and behavior. <i>Health Psychology Review</i> , 2021 , 15, 185-194	7.1	4
44	Testing a physical education-delivered autonomy supportive intervention to promote leisure-time physical activity in lower secondary school students: the PETALS trial. <i>BMC Public Health</i> , 2020 , 20, 1438	4.1	3
43	Healthy eaters beat unhealthy eaters in prototype evaluation among men, but abstinence may pose a risk for social standing. <i>Health Psychology and Behavioral Medicine</i> , 2015 , 3, 323-336	2.2	3
42	Studying behaviour change mechanisms under complexity		3
41	Changing Behavior Using Social Cognitive Theory 2020 , 32-45		3
40	Changing Behavior by Changing Environments 2020 , 193-207		3
39	Developing Behavior Change Interventions 2020 , 300-317		3
38	Engagement of Stakeholders in the Design, Evaluation, and Implementation of Complex Interventions 2020 , 349-360		3
37	The Science of Behavior Change: The Road Ahead 2020 , 677-699		3
36	Changing Behavior Using the Common-Sense Model of Self-Regulation 2020 , 60-76		3

35	Autonomy-Supportive Interventions 2020 , 510-522		3
34	Simple and rationale-providing SMS reminders to promote accelerometer use: a within-trial randomised trial comparing persuasive messages. <i>BMC Public Health</i> , 2018 , 18, 1352	4.1	3
33	Genetic causal beliefs about morbidity: associations with health behaviors and health outcome beliefs about behavior changes between 1982-2002 in the Finnish population. <i>BMC Public Health</i> , 2015 , 15, 389	4.1	2
32	Developing habit-based health behaviour change interventions: twenty-one questions to guide future research. <i>Psychology and Health</i> , 2021 , 1-23	2.9	2
31	Participants' enactment of behavior change techniques: A call for increased focus on what people do to manage their motivation and behaviour		2
30	Changing Behavior Using Habit Theory 2020 , 178-192		2
29	Changing Behavior Using Social Identity Processes 2020 , 225-236		2
28	Addressing Underserved Populations and Disparities in Behavior Change 2020 , 385-400		2
27	Critical and Qualitative Approaches to Behavior Change 2020 , 430-442		2
26	Changing activity behaviours in vocational school students: the stepwise development and optimised content of the 'let's move it' intervention. <i>Health Psychology and Behavioral Medicine</i> , 2020 , 8, 440-460	2.2	2
25	Changing Behavior Using Theories at the Interpersonal, Organizational, Community, and Societal Levels 2020 , 251-266		2
24	Self-Control Interventions 2020 , 586-598		2
23	Monitoring Interventions 2020 , 537-553		2
22	Changing Behavior: A Theory- and Evidence-Based Approach 2020 , 1-14		1
21	A dual process model to predict adolescents' screen time and physical activity. <i>Psychology and Health</i> , 2021 , 1-20	2.9	1
20	Implementation Science and Translation in Behavior Change 2020 , 333-348		1
19	Maximizing User Engagement with Behavior Change Interventions 2020 , 361-371		1
18	Behavior Change in Community Contexts 2020 , 401-415		1

17	Changing Behavior Using the Transtheoretical Model 2020 , 136-149		1
16	Changing Behavior Using Integrative Self-Control Theory 2020 , 150-163		1
15	Incentive-Based Interventions 2020 , 523-536		1
14	Motivational Interviewing Interventions 2020 , 661-676		1
13	Feasibility of a Responsibility-Based Leadership Training Program for Novice Physical Activity Instructors. <i>Frontiers in Psychology</i> , 2021 , 12, 648235	3-4	1
12	Latent profile analysis as a method for process evaluations: Discovering response subgroups in a mindfulness intervention.. <i>Social Science and Medicine</i> , 2022 , 296, 114748	5-1	0
11	Predictors of school students' leisure-time physical activity: An extended trans-contextual model using Bayesian path analysis. <i>PLoS ONE</i> , 2021 , 16, e0258829	3-7	0
10	Affect-Based Interventions 2020 , 495-509		0
9	Goal Setting Interventions 2020 , 554-571		0
8	School-based mindfulness intervention for depressive symptoms in adolescence: For whom is it most effective?. <i>Journal of Adolescence</i> , 2022 , 94, 118-132	3-4	0
7	Changing healthcare professionals' non-reflective processes to improve the quality of care.. <i>Social Science and Medicine</i> , 2022 , 298, 114840	5-1	0
6	Is Trust in Health Information Related to Better Hand Hygiene Among Military Conscripts?. <i>Military Behavioral Health</i> , 2014 , 2, 82-88	0-6	
5	Evaluation of Behavior Change Interventions 2020 , 318-332		
4	Cost-Effectiveness Evaluations of Behavior Change Interventions 2020 , 372-384		
3	Changing Behavior in the Digital Age 2020 , 416-429		
2	Economic and Behavioral Economic Approaches to Behavior Change 2020 , 617-631		
1	Changing Behavior Using Control Theory 2020 , 120-135		