

Mitch Duncan

List of Publications by Year in descending order

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Version: 2024-02-01

203
papers

8,487
citations

76322

40
h-index

64791

79
g-index

212
all docs

212
docs citations

212
times ranked

11813
citing authors

#	ARTICLE	IF	CITATIONS
1	A meta-meta-analysis of the effect of physical activity on depression and anxiety in non-clinical adult populations. <i>Health Psychology Review</i> , 2015, 9, 366-378.	8.6	745
2	Efficacy of interventions that use apps to improve diet, physical activity and sedentary behaviour: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 127.	4.6	697
3	Effects of high-intensity interval training on cardiometabolic health: a systematic review and meta-analysis of intervention studies. <i>British Journal of Sports Medicine</i> , 2017, 51, 494-503.	6.7	481
4	Perceived environment and physical activity: a meta-analysis of selected environmental characteristics. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2005, 2, 11.	4.6	302
5	Diabetes Self-Management Smartphone Application for Adults With Type 1 Diabetes: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2013, 15, e235.	4.3	290
6	Associations of children's independent mobility and active travel with physical activity, sedentary behaviour and weight status: A systematic review. <i>Journal of Science and Medicine in Sport</i> , 2013, 16, 312-319.	1.3	249
7	Psychosocial and environmental factors associated with physical activity among city dwellers in regional Queensland. <i>Preventive Medicine</i> , 2005, 40, 363-372.	3.4	226
8	Using Smartphone Technology to Monitor Physical Activity in the 10,000 Steps Program: A Matched Caseâ€“Control Trial. <i>Journal of Medical Internet Research</i> , 2012, 14, e55.	4.3	151
9	Relationships of Land Use Mix with Walking for Transport: Do Land Uses and Geographical Scale Matter?. <i>Journal of Urban Health</i> , 2010, 87, 782-795.	3.6	141
10	GIS or GPS? A Comparison of Two Methods For Assessing Route Taken During Active Transport. <i>American Journal of Preventive Medicine</i> , 2007, 33, 51-53.	3.0	134
11	Effectiveness of a Web- and Mobile Phone-Based Intervention to Promote Physical Activity and Healthy Eating in Middle-Aged Males: Randomized Controlled Trial of the ManUp Study. <i>Journal of Medical Internet Research</i> , 2014, 16, e136.	4.3	131
12	A systematic review and meta-analysis of cognitive and behavioral interventions to improve sleep health in adults without sleep disorders. <i>Sleep Medicine Reviews</i> , 2018, 40, 160-169.	8.5	126
13	Engagement and Nonusage Attrition With a Free Physical Activity Promotion Program: The Case of 10,000 Steps Australia. <i>Journal of Medical Internet Research</i> , 2015, 17, e176.	4.3	125
14	Applying GPS to enhance understanding of transport-related physical activity. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 549-556.	1.3	122
15	Combining GPS, GIS, and Accelerometry: Methodological Issues in the Assessment of Location and Intensity of Travel Behaviors. <i>Journal of Physical Activity and Health</i> , 2010, 7, 102-108.	2.0	108
16	Sleep and physical activity in relation to all-cause, cardiovascular disease and cancer mortality risk. <i>British Journal of Sports Medicine</i> , 2022, 56, 718-724.	6.7	96
17	Portable Global Positioning System Receivers. <i>American Journal of Preventive Medicine</i> , 2013, 44, e19-e29.	3.0	92
18	Interest and preferences for using advanced physical activity tracking devices: results of a national cross-sectional survey. <i>BMJ Open</i> , 2016, 6, e011243.	1.9	86

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19	Associations of physical activity and screen-time on health related quality of life in adults. Preventive Medicine, 2012, 55, 46-49.	3.4	83
20	A Review of the Effectiveness of Physical Activity Interventions for Adult Males. Sports Medicine, 2012, 42, 281-300.	6.5	80
21	Understanding occupational sitting: Prevalence, correlates and moderating effects in Australian employees. Preventive Medicine, 2014, 67, 288-294.	3.4	75
22	What a Man Wants. American Journal of Men's Health, 2012, 6, 453-461.	1.6	71
23	Comparative efficacy of simultaneous versus sequential multiple health behavior change interventions among adults: A systematic review of randomised trials. Preventive Medicine, 2016, 89, 211-223.	3.4	69
24	Associations of health-behavior patterns, mental health and self-rated health. Preventive Medicine, 2019, 118, 295-303.	3.4	66
25	Perceptions of air pollution during the work-related commute by adults in Queensland, Australia. Atmospheric Environment, 2009, 43, 5791-5795.	4.1	65
26	Associations between children's independent mobility and physical activity. BMC Public Health, 2014, 14, 91.	2.9	60
27	Cross-Sectional Associations between Multiple Lifestyle Behaviors and Health-Related Quality of Life in the 10,000 Steps Cohort. PLoS ONE, 2014, 9, e94184.	2.5	57
28	The Effectiveness of a Web-Based Computer-Tailored Physical Activity Intervention Using Fitbit Activity Trackers: Randomized Trial. Journal of Medical Internet Research, 2018, 20, e11321.	4.3	57
29	Recruitment and Retention of Children in Behavioral Health Risk Factor Studies: REACH Strategies. International Journal of Behavioral Medicine, 2014, 21, 794-803.	1.7	55
30	Associations of overall sitting time and sitting time in different contexts with depression, anxiety, and stress symptoms. Mental Health and Physical Activity, 2014, 7, 105-110.	1.8	54
31	Design, Development, and Formative Evaluation of a Smartphone Application for Recording and Monitoring Physical Activity Levels. Health Education and Behavior, 2013, 40, 140-151.	2.5	53
32	Associations between occupational indicators and total, work-based and leisure-time sitting: a cross-sectional study. BMC Public Health, 2013, 13, 1110.	2.9	51
33	Activity Trackers Implement Different Behavior Change Techniques for Activity, Sleep, and Sedentary Behaviors. Interactive Journal of Medical Research, 2017, 6, e13.	1.4	51
34	How do different delivery schedules of tailored web-based physical activity advice for breast cancer survivors influence intervention use and efficacy?. Journal of Cancer Survivorship, 2017, 11, 80-91.	2.9	50
35	Temporal trends in and relationships between screen time, physical activity, overweight and obesity. BMC Public Health, 2012, 12, 1060.	2.9	49
36	The association between short sleep and obesity after controlling for demographic, lifestyle, work and health related factors. Sleep Medicine, 2013, 14, 319-323.	1.6	49

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37	Active lifestyles related to excellent self-rated health and quality of life: cross sectional findings from 194,545 participants in The 45 and Up Study. <i>BMC Public Health</i> , 2013, 13, 1071.	2.9	48
38	How Do Different Occupational Factors Influence Total, Occupational, and Leisure-Time Physical Activity?. <i>Journal of Physical Activity and Health</i> , 2015, 12, 200-207.	2.0	48
39	Australian children's independent mobility levels: secondary analyses of cross-sectional data between 1991 and 2012. <i>Children's Geographies</i> , 2016, 14, 408-421.	2.3	48
40	Examining Participant Engagement in an Information Technology-Based Physical Activity and Nutrition Intervention for Men: The Manup Randomized Controlled Trial. <i>JMIR Research Protocols</i> , 2014, 3, e2.	1.0	47
41	Efficacy of an m-Health Physical Activity and Sleep Health Intervention for Adults: A Randomized Waitlist-Controlled Trial. <i>American Journal of Preventive Medicine</i> , 2019, 57, 503-514.	3.0	46
42	Utility of Global Positioning System to Measure Active Transport in Urban Areas. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1851-1857.	0.4	45
43	The Association Between Physical Activity, Sitting Time, Sleep Duration, and Sleep Quality as Correlates of Presenteeism. <i>Journal of Occupational and Environmental Medicine</i> , 2015, 57, 321-328.	1.7	45
44	What Kinds of Website and Mobile Phoneâ€œDelivered Physical Activity and Nutrition Interventions Do Middle-Aged Men Want?. <i>Journal of Health Communication</i> , 2013, 18, 1070-1083.	2.4	42
45	Individual characteristics associated with physical activity intervention delivery mode preferences among adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 25.	4.6	42
46	Physical activity recommendations from general practitioners in Australia. Results from a national survey. <i>Australian and New Zealand Journal of Public Health</i> , 2016, 40, 83-90.	1.8	42
47	Examining the Correlates of Online Health Informationâ€œSeeking Behavior Among Men Compared With Women. <i>American Journal of Men's Health</i> , 2018, 12, 1358-1367.	1.6	42
48	Physical Activity Levels by Occupational Category in Non-Metropolitan Australian Adults. <i>Journal of Physical Activity and Health</i> , 2010, 7, 718-723.	2.0	41
49	TaylorActive â€œ Examining the effectiveness of web-based personally-tailored videos to increase physical activity: a randomised controlled trial protocol. <i>BMC Public Health</i> , 2015, 15, 1020.	2.9	41
50	Barriers and Enablers to Modifying Sleep Behavior in Adolescents and Young Adults: A Qualitative Investigation. <i>Behavioral Sleep Medicine</i> , 2019, 17, 1-11.	2.1	41
51	Using Web 2.0 applications to promote health-related physical activity: findings from the WALK 2.0 randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2017, 51, 1433-1440.	6.7	40
52	Chronic disease risks and use of a smartphone application during a physical activity and dietary intervention in Australian truck drivers. <i>Australian and New Zealand Journal of Public Health</i> , 2016, 40, 91-93.	1.8	39
53	Efficacy of a Multi-component m-Health Weight-loss Intervention in Overweight and Obese Adults: A Randomised Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6200.	2.6	39
54	Association of neighbourhood residence and preferences with the built environment, work-related travel behaviours, and health implications for employed adults: Findings from the URBAN study. <i>Social Science and Medicine</i> , 2012, 75, 1469-1476.	3.8	37

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55	Examining the use of evidence-based and social media supported tools in freely accessible physical activity intervention websites. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 105.	4.6	37
56	Balanced: a randomised trial examining the efficacy of two self-monitoring methods for an app-based multi-behaviour intervention to improve physical activity, sitting and sleep in adults. <i>BMC Public Health</i> , 2016, 16, 670.	2.9	37
57	Patterns of Diet, Physical Activity, Sitting and Sleep Are Associated with Socio-Demographic, Behavioural, and Health-Risk Indicators in Adults. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 2375.	2.6	37
58	Prevalence and correlates of resistance training in a regional Australian population. <i>British Journal of Sports Medicine</i> , 2010, 44, 653-656.	6.7	36
59	Development and reliability testing of a self-report instrument to measure the office layout as a correlate of occupational sitting. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 16.	4.6	36
60	Socio-demographic factors and neighbourhood social cohesion influence adults' willingness to grant children greater independent mobility: A cross-sectional study. <i>BMC Public Health</i> , 2015, 15, 690.	2.9	36
61	The impact of an m-Health financial incentives program on the physical activity and diet of Australian truck drivers. <i>BMC Public Health</i> , 2017, 17, 467.	2.9	36
62	Cross-sectional associations between multiple lifestyle behaviours and excellent well-being in Australian adults. <i>Preventive Medicine</i> , 2018, 116, 119-125.	3.4	36
63	Physical activity and sleep are inconsistently related in healthy children: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2020, 51, 101278.	8.5	36
64	WALK 2.0 - Using Web 2.0 applications to promote health-related physical activity: A randomised controlled trial protocol. <i>BMC Public Health</i> , 2013, 13, 436.	2.9	35
65	Cue Consistency Associated with Physical Activity Automaticity and Behavior. <i>Behavioral Medicine</i> , 2016, 42, 248-253.	1.9	35
66	Effectiveness of a Web 2.0 Intervention to Increase Physical Activity in Real-World Settings: Randomized Ecological Trial. <i>Journal of Medical Internet Research</i> , 2017, 19, e390.	4.3	35
67	Examining commute routes: applications of GIS and GPS technology. <i>Environmental Health and Preventive Medicine</i> , 2010, 15, 327-330.	3.4	34
68	Effectiveness of a website and mobile phone based physical activity and nutrition intervention for middle-aged males: Trial protocol and baseline findings of the ManUp Study. <i>BMC Public Health</i> , 2012, 12, 656.	2.9	34
69	Differences in health-related quality of life between three clusters of physical activity, sitting time, depression, anxiety, and stress. <i>BMC Public Health</i> , 2014, 14, 1088.	2.9	34
70	Effects of Light Intensity Activity on CVD Risk Factors: A Systematic Review of Intervention Studies. <i>BioMed Research International</i> , 2015, 2015, 1-10.	1.9	34
71	A systematic review of outdoor gym use: Current evidence and future directions. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 1335-1343.	1.3	33
72	Greater bed- and wake-time variability is associated with less healthy lifestyle behaviors: a cross-sectional study. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , 2016, 24, 31-40.	1.6	32

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73	A gut reaction: the combined influence of exercise and diet on gastrointestinal microbiota in rats. <i>Journal of Applied Microbiology</i> , 2017, 122, 1627-1638.	3.1	31
74	A cross-sectional cluster analysis of the combined association of physical activity and sleep with sociodemographic and health characteristics in mid-aged and older adults. <i>Maturitas</i> , 2017, 102, 56-61.	2.4	31
75	More real-world trials are needed to establish if web-based physical activity interventions are effective. <i>British Journal of Sports Medicine</i> , 2019, 53, 1553-1554.	6.7	31
76	The influence of sleep health on dietary intake: a systematic review and meta-analysis of intervention studies. <i>Journal of Human Nutrition and Dietetics</i> , 2021, 34, 273-285.	2.5	30
77	The effectiveness of a web 2.0 physical activity intervention in older adults – a randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018, 15, 4.	4.6	29
78	Do singles or couples live healthier lifestyles? Trends in Queensland between 2005-2014. <i>PLoS ONE</i> , 2018, 13, e0192584.	2.5	29
79	Associations between Changes in Activity and Sleep Quality and Duration over Two Years. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 2425-2432.	0.4	28
80	Latent Class Analysis of Multiple Health Risk Behaviors among Australian University Students and Associations with Psychological Distress. <i>Nutrients</i> , 2021, 13, 425.	4.1	28
81	Physical activity trends in Queensland (2002 to 2008): are women becoming more active than men?. <i>Australian and New Zealand Journal of Public Health</i> , 2010, 34, 248-254.	1.8	27
82	Identifying correlates of breaks in occupational sitting: a cross-sectional study. <i>Building Research and Information</i> , 2015, 43, 646-658.	3.9	27
83	Too far from home? Adult attitudes on children's independent mobility range. <i>Children's Geographies</i> , 2016, 14, 482-489.	2.3	27
84	Impact of increasing social media use on sitting time and body mass index. <i>Health Promotion Journal of Australia</i> , 2017, 28, 91-95.	1.2	27
85	Controversies in the Science of Sedentary Behaviour and Health: Insights, Perspectives and Future directions from the 2018 Queensland Sedentary Behaviour Think Tank. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4762.	2.6	27
86	Impact of COVID-19 on Physical Activity Among 10,000 Steps Members and Engagement With the Program in Australia: Prospective Study. <i>Journal of Medical Internet Research</i> , 2021, 23, e23946.	4.3	27
87	Do Participants' Preferences for Mode of Delivery (Text, Video, or Both) Influence the Effectiveness of a Web-Based Physical Activity Intervention?. <i>Journal of Medical Internet Research</i> , 2012, 14, e37.	4.3	27
88	10,000 Steps Australia: a community-wide eHealth physical activity promotion programme. <i>British Journal of Sports Medicine</i> , 2018, 52, 885-886.	6.7	26
89	Mediating relationship between body mass index and the direct measures of the Theory of Planned Behaviour on physical activity intention. <i>Psychology, Health and Medicine</i> , 2008, 13, 168-179.	2.4	25
90	Is preference for mHealth intervention delivery platform associated with delivery platform familiarity?. <i>BMC Public Health</i> , 2016, 16, 619.	2.9	25

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91	Addictive Eating and Its Relation to Physical Activity and Sleep Behavior. <i>Nutrients</i> , 2018, 10, 1428.	4.1	25
92	Research Combining Physical Activity and Sleep: A Bibliometric Analysis. <i>Perceptual and Motor Skills</i> , 2020, 127, 154-181.	1.3	25
93	Measuring children's independent mobility: comparing objective and self-report approaches. <i>Children's Geographies</i> , 2011, 9, 263-271.	2.3	24
94	Sitting Time, Physical Activity and Sleep by Work Type and Pattern—The Australian Longitudinal Study on Women's Health. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 290.	2.6	24
95	Effect of different intensities of physical activity on cardiometabolic markers and vascular and cardiac function in adult rats fed with a high-fat high-carbohydrate diet. <i>Journal of Sport and Health Science</i> , 2018, 7, 109-119.	6.5	23
96	Validity and responsiveness to change of the Active Australia Survey according to gender, age, BMI, education, and physical activity level and awareness. <i>BMC Public Health</i> , 2019, 19, 407.	2.9	23
97	Efficacy of an m-Health Physical Activity and Sleep Intervention to Improve Sleep Quality in Middle-Aged Adults: The Refresh Study Randomized Controlled Trial. <i>Annals of Behavioral Medicine</i> , 2020, 54, 470-483.	2.9	23
98	Geographic location, physical activity and perceptions of the environment in Queensland adults. <i>Health and Place</i> , 2009, 15, 204-209.	3.3	22
99	Daily steps and diet, but not sleep, are related to mortality in older Australians. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 276-282.	1.3	22
100	Identifying population subgroups at risk for underestimating weight health risks and overestimating physical activity health benefits. <i>Journal of Health Psychology</i> , 2011, 16, 760-769.	2.3	21
101	Randomised controlled trial using a theory-based m-health intervention to improve physical activity and sleep health in adults: the Synergy Study protocol. <i>BMJ Open</i> , 2018, 8, e018997.	1.9	21
102	Can you elaborate on that? Addressing participants' need for cognition in computer-tailored health behavior interventions. <i>Health Psychology Review</i> , 2018, 12, 437-452.	8.6	21
103	The bidirectional association between sleep and physical activity: A 6.9-year longitudinal analysis of 38,601 UK Biobank participants. <i>Preventive Medicine</i> , 2021, 143, 106315.	3.4	21
104	Investigating the relationship between leader behaviours and group cohesion within women's walking groups. <i>Journal of Science and Medicine in Sport</i> , 2011, 14, 325-330.	1.3	20
105	Are web-based personally tailored physical activity videos more effective than personally tailored text-based interventions? Results from the three-arm randomised controlled TaylorActive trial. <i>British Journal of Sports Medicine</i> , 2021, 55, 336-343.	6.7	20
106	Travel perceptions, behaviors, and environment by degree of urbanization. <i>Preventive Medicine</i> , 2008, 47, 265-269.	3.4	19
107	A Pilot Study of the Feasibility of an Internet-based Electronic Outpatient Cardiac Rehabilitation (eOCR) Program in Rural Primary Care. <i>Heart Lung and Circulation</i> , 2013, 22, 352-359.	0.4	19
108	Sociodemographic and behavioral correlates of insufficient sleep in Australian adults. <i>Sleep Health</i> , 2019, 5, 12-17.	2.5	19

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109	8-year trends in physical activity, nutrition, TV viewing time, smoking, alcohol and BMI: A comparison of younger and older Queensland adults. PLoS ONE, 2017, 12, e0172510.	2.5	18
110	Impact of a Social Media Campaign on Reach, Uptake, and Engagement with a Free Web- and App-Based Physical Activity Intervention: The 10,000 Steps Australia Program. International Journal of Environmental Research and Public Health, 2019, 16, 5076.	2.6	18
111	Practical Nutrition Knowledge Mediates the Relationship Between Sociodemographic Characteristics and Diet Quality in Adults: A Cross-Sectional Analysis. American Journal of Health Promotion, 2020, 34, 59-62.	1.7	18
112	Diet and sleep health: a scoping review of intervention studies in adults. Journal of Human Nutrition and Dietetics, 2020, 33, 308-329.	2.5	18
113	Associations between children's active travel and levels of physical activity and sedentary behavior. Journal of Transport and Health, 2015, 2, 336-342.	2.2	17
114	Examining an Australian physical activity and nutrition intervention using RE-AIM. Health Promotion International, 2016, 31, 450-458.	1.8	17
115	Feasibility and Preliminary Efficacy of an m-Health Intervention Targeting Physical Activity, Diet, and Sleep Quality in Shift-Workers. International Journal of Environmental Research and Public Health, 2019, 16, 3810.	2.6	17
116	Correlates of resistance training in post-treatment breast cancer survivors. Supportive Care in Cancer, 2014, 22, 2757-2766.	2.2	16
117	Validity of the Stages of Change in Steps instrument (SoC-Step) for achieving the physical activity goal of 10,000 steps per day. BMC Public Health, 2015, 15, 1197.	2.9	16
118	Quantitative analysis of sport development event legacy: an examination of the Australian Surf Life Saving Championships. European Sport Management Quarterly, 2015, 15, 364-380.	3.8	16
119	Recruitment, screening, and baseline participant characteristics in the WALK 2.0 study: A randomized controlled trial using web 2.0 applications to promote physical activity. Contemporary Clinical Trials Communications, 2016, 2, 25-33.	1.1	16
120	Light-intensity and high-intensity interval training improve cardiometabolic health in rats. Applied Physiology, Nutrition and Metabolism, 2016, 41, 945-952.	1.9	16
121	Effects of an Activity Tracker and App Intervention to Increase Physical Activity in Whole Families – The Step It Up Family Feasibility Study. International Journal of Environmental Research and Public Health, 2020, 17, 7655.	2.6	16
122	Socio-economic differences in public opinion regarding water fluoridation in Queensland. Australian and New Zealand Journal of Public Health, 2007, 31, 336-339.	1.8	15
123	UWALK: the development of a multi-strategy, community-wide physical activity program. Translational Behavioral Medicine, 2017, 7, 16-27.	2.4	15
124	Comparing motivational, self-regulatory and habitual processes in a computer-tailored physical activity intervention in hospital employees - protocol for the PATHS randomised controlled trial. BMC Public Health, 2017, 17, 518.	2.9	15
125	Is There a Link between Different Types of Alcoholic Drinks and Obesity? An Analysis of 280,183 UK Biobank Participants. International Journal of Environmental Research and Public Health, 2020, 17, 5178.	2.6	15
126	Associations of object control motor skill proficiency, game play competence, physical activity and cardiorespiratory fitness among primary school children. Journal of Sports Sciences, 2019, 37, 173-179.	2.0	14

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127	Clusters of health behaviours in Queensland adults are associated with different socio-demographic characteristics. <i>Journal of Public Health</i> , 2019, 41, 268-277.	1.8	14
128	Validation of a pouch-mounted activPAL3 accelerometer. <i>Gait and Posture</i> , 2014, 40, 688-693.	1.4	13
129	Resistance training in addition to aerobic activity is associated with lower likelihood of depression and comorbid depression and anxiety symptoms: A cross sectional analysis of Australian women. <i>Preventive Medicine</i> , 2019, 126, 105773.	3.4	13
130	A systematic review of cognitive assessment in physical activity research involving children and adolescents. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 740-745.	1.3	13
131	Codesigning Parks for Increasing Park Visits and Physical Activity in a Low-Socioeconomic Community: The Active By Community Design Experience. <i>Health Promotion Practice</i> , 2021, 22, 338-348.	1.6	13
132	Associations of muscle-strengthening and aerobic exercise with self-reported components of sleep health among a nationally representative sample of 47,564 US adults. <i>Sleep Health</i> , 2021, 7, 281-288.	2.5	13
133	WALK 2.0: Examining the effectiveness of Web 2.0 features to increase physical activity in a "real world" setting: an ecological trial protocol. <i>BMJ Open</i> , 2014, 4, e006374.	1.9	12
134	Healthy mind, healthy body: A randomized trial testing the efficacy of a computer-tailored vs. interactive web-based intervention for increasing physical activity and reducing depressive symptoms. <i>Mental Health and Physical Activity</i> , 2016, 11, 29-37.	1.8	12
135	The prevalence and performance of resistance exercise training activities in an Australian population in relation to health authority guidelines. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 616-620.	1.3	12
136	Integrating smartphone technology, social support and the outdoor built environment to promote community-based aerobic and resistance-based physical activity: Rationale and study protocol for the "ecofit" randomized controlled trial. <i>Contemporary Clinical Trials Communications</i> , 2019, 16, 100457.	1.1	12
137	Every Step Counts: Understanding the Success of Implementing The 10,000 Steps Project. <i>Studies in Health Technology and Informatics</i> , 2020, 268, 15-30.	0.3	12
138	Which population groups are most unaware of CVD risks associated with sitting time?. <i>Preventive Medicine</i> , 2014, 65, 103-108.	3.4	11
139	Efficacy of a computer-tailored web-based physical activity intervention using Fitbits for older adults: a randomised controlled trial protocol. <i>BMJ Open</i> , 2019, 9, e033305.	1.9	11
140	Associations between quality of life and duration and frequency of physical activity and sedentary behaviour: Baseline findings from the WALK 2.0 randomised controlled trial. <i>PLoS ONE</i> , 2017, 12, e0180072.	2.5	11
141	Physical activity screening to recruit inactive randomized controlled trial participants: how much is too much?. <i>Trials</i> , 2015, 16, 446.	1.6	10
142	Designing more engaging computer-tailored physical activity behaviour change interventions for breast cancer survivors: lessons from the iMove More for Life study. <i>Supportive Care in Cancer</i> , 2017, 25, 3569-3585.	2.2	10
143	Does a physically active lifestyle attenuate the association between alcohol consumption and mortality risk? Findings from the UK biobank. <i>Preventive Medicine</i> , 2020, 130, 105901.	3.4	10
144	Patterns of physical activity, sitting time, and sleep in Australian adults: A latent class analysis. <i>Sleep Health</i> , 2020, 6, 828-834.	2.5	10

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145	Association between TV viewing and heart disease mortality: observational study using negative control outcome. <i>Journal of Epidemiology and Community Health</i> , 2020, 74, 391-394.	3.7	10
146	Associations between social capital and health status in an Australian population. <i>Psychology, Health and Medicine</i> , 2008, 13, 471-482.	2.4	9
147	Mediators of aggression in a school-based physical activity intervention for low-income adolescent boys. <i>Mental Health and Physical Activity</i> , 2018, 14, 39-46.	1.8	9
148	The impact of exercise environments on adolescents' cognitive and psychological outcomes: A randomised controlled trial. <i>Psychology of Sport and Exercise</i> , 2020, 49, 101707.	2.1	9
149	The Effectiveness of a Computer-Tailored Web-Based Physical Activity Intervention Using Fitbit Activity Trackers in Older Adults (Active for Life): Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2022, 24, e31352.	4.3	9
150	Examining the efficacy of a multicomponent m-Health physical activity, diet and sleep intervention for weight loss in overweight and obese adults: randomised controlled trial protocol. <i>BMJ Open</i> , 2018, 8, e026179.	1.9	8
151	Should I sit or stand: likelihood of adherence to messages about reducing sitting time. <i>BMC Public Health</i> , 2019, 19, 871.	2.9	8
152	A systematic review of workplace behavioral interventions to promote sleep health in men. <i>Sleep Health</i> , 2020, 6, 418-430.	2.5	8
153	Sleep, diet, activity, and incident poor self-rated health: A population-based cohort study.. <i>Health Psychology</i> , 2021, 40, 252-262.	1.6	8
154	The Association Between Logging Steps Using a Website, App, or Fitbit and Engaging With the 10,000 Steps Physical Activity Program: Observational Study. <i>Journal of Medical Internet Research</i> , 2021, 23, e22151.	4.3	8
155	Acceptability, usefulness, and satisfaction with a web-based video-tailored physical activity intervention: The TaylorActive randomized controlled trial. <i>Journal of Sport and Health Science</i> , 2022, 11, 133-144.	6.5	8
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