

Tania Gaspar

List of Publications by Year in descending order

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Version: 2024-02-01

88
papers

2,243
citations

279798

23
h-index

233421

45
g-index

93
all docs

93
docs citations

93
times ranked

3157
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|---|-----|-----------|
| 1 | Mental health outcomes in times of economic recession: a systematic literature review. BMC Public Health, 2015, 16, 115. | 2.9 | 345 |
| 2 | Subjective health, symptom load and quality of life of children and adolescents in Europe. International Journal of Public Health, 2009, 54, 151-159. | 2.3 | 159 |
| 3 | An international scoring system for self-reported health complaints in adolescents. European Journal of Public Health, 2008, 18, 294-299. | 0.3 | 140 |
| 4 | Measuring mental health and well-being of school-children in 15 European countries using the KIDSCREEN-10 Index. International Journal of Public Health, 2009, 54, 160-166. | 2.3 | 133 |
| 5 | Girls growing through adolescence have a higher risk of poor health. Quality of Life Research, 2006, 15, 1577-1585. | 3.1 | 117 |
| 6 | Sleep deprivation in adolescents: correlations with health complaints and health-related quality of life. Sleep Medicine, 2015, 16, 521-527. | 1.6 | 117 |
| 7 | Family-related predictors of body weight and weight-related behaviours among children and adolescents: a systematic umbrella review. Child: Care, Health and Development, 2012, 38, 321-331. | 1.7 | 101 |
| 8 | How Are Adolescents Sleeping? Adolescent Sleep Patterns and Sociodemographic Differences in 24 European and North American Countries. Journal of Adolescent Health, 2020, 66, S81-S88. | 2.5 | 96 |
| 9 | Effects of School-based Interventions Targeting Obesity-Related Behaviors and Body Weight Change: A Systematic Umbrella Review. Behavioral Medicine, 2011, 37, 15-25. | 1.9 | 63 |
| 10 | Inventory of current EU paediatric vision and hearing screening programmes. Journal of Medical Screening, 2015, 22, 55-64. | 2.3 | 58 |
| 11 | At-Home Environment, Out-of-Home Environment, Snacks and Sweetened Beverages Intake in Preadolescence, Early and Mid-Adolescence: The Interplay Between Environment and Self-Regulation. Journal of Youth and Adolescence, 2013, 42, 1873-1883. | 3.5 | 50 |
| 12 | The Role of Individual- and Macro-Level Social Determinants on Young Adolescents' Psychosomatic Complaints. Journal of Early Adolescence, 2012, 32, 126-158. | 1.9 | 43 |
| 13 | Health-Related Quality of Life in Children and Adolescents: Subjective Well Being. Spanish Journal of Psychology, 2012, 15, 177-186. | 2.1 | 43 |
| 14 | Hungry for an intervention? Adolescents' ratings of acceptability of eating-related intervention strategies. BMC Public Health, 2015, 16, 5. | 2.9 | 43 |
| 15 | Associations between self-reported fitness and self-rated health, life-satisfaction and health-related quality of life among adolescents. Journal of Exercise Science and Fitness, 2017, 15, 8-11. | 2.2 | 40 |
| 16 | Access to excess: how do adolescents deal with unhealthy foods in their environment?. European Journal of Public Health, 2013, 23, 752-756. | 0.3 | 39 |
| 17 | Health-related quality of life in portuguese children and adolescents. Psicologia: Reflexao E Critica, 2012, 25, 230-237. | 0.9 | 37 |
| 18 | Mutual relations between sleep deprivation, sleep stealers and risk behaviours in adolescents. Sleep Science, 2016, 9, 7-13. | 1.0 | 35 |

| # | ARTICLE | IF | CITATIONS |
|----|---|-----|-----------|
| 19 | Unemployment, Parental Distress and Youth Emotional Well-Being: The Moderation Roles of Parent-Youth Relationship and Financial Deprivation. <i>Child Psychiatry and Human Development</i> , 2016, 47, 751-758. | 1.9 | 28 |
| 20 | School effects on students' engagement with school: Academic performance moderates the effect of school support for learning on students' engagement. <i>Learning and Individual Differences</i> , 2018, 67, 67-77. | 2.7 | 28 |
| 21 | Micro-environmental characteristics related to body weight, diet, and physical activity of children and adolescents: a systematic umbrella review. <i>International Journal of Environmental Health Research</i> , 2011, 21, 317-330. | 2.7 | 27 |
| 22 | Food Culture in the Home Environment: Family Meal Practices and Values Can Support Healthy Eating and Self-Regulation in Young People in Four European Countries. <i>Applied Psychology: Health and Well-Being</i> , 2015, 7, 22-40. | 3.0 | 27 |
| 23 | Psychometric Properties of a Brief Version of the Escala de Satisfação com o Suporte Social for Children and Adolescents. <i>Spanish Journal of Psychology</i> , 2009, 12, 360-372. | 2.1 | 26 |
| 24 | Assessing self-regulation strategies: development and validation of the tempest self-regulation questionnaire for eating (TESQ-E) in adolescents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 106. | 4.6 | 23 |
| 25 | Distress and unemployment: the related economic and noneconomic factors in a sample of unemployed adults. <i>International Journal of Public Health</i> , 2016, 61, 821-828. | 2.3 | 22 |
| 26 | Impact of Covid-19 in Global Health and Psychosocial Risks at Work. <i>Journal of Occupational and Environmental Medicine</i> , 2021, 63, 581-587. | 1.7 | 21 |
| 27 | Factors affecting the well-being of adolescents living with unemployed parents in times of economic recession: findings from the Portuguese HBSC study. <i>Public Health</i> , 2017, 143, 17-24. | 2.9 | 20 |
| 28 | Sleep variability and fatigue in adolescents: Associations with school-related features. <i>International Journal of Psychology</i> , 2016, 51, 323-331. | 2.8 | 19 |
| 29 | <i>Dream Teens</i>: Adolescents-Led Participatory Project in Portugal in the Context of the Economic Recession. <i>Health Promotion Practice</i> , 2018, 19, 51-59. | 1.6 | 18 |
| 30 | Responses to positive affect, life satisfaction and self-esteem: A cross-lagged panel analysis during middle adolescence. <i>Scandinavian Journal of Psychology</i> , 2018, 59, 462-472. | 1.5 | 18 |
| 31 | Sleep and Awakening Quality during COVID-19 Confinement: Complexity and Relevance for Health and Behavior. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3506. | 2.6 | 18 |
| 32 | The trajectory of COVID-19 pandemic and handwashing adherence: findings from 14 countries. <i>BMC Public Health</i> , 2021, 21, 1791. | 2.9 | 18 |
| 33 | Social support influences on eating awareness in children and adolescents: the mediating effect of self-regulatory strategies. <i>Global Public Health</i> , 2016, 11, 437-448. | 2.0 | 17 |
| 34 | The Effect of a Social-Emotional School-Based Intervention upon Social and Personal Skills in Children and Adolescents. <i>Journal of Education and Learning</i> , 2018, 7, 57. | 0.4 | 17 |
| 35 | Parent-child perceptions of quality of life: Implications for health intervention. <i>Journal of Family Studies</i> , 2010, 16, 143-154. | 1.5 | 16 |
| 36 | Children with Special Education Needs and Subjective Well-being: Social and Personal Influence. <i>International Journal of Disability Development and Education</i> , 2016, 63, 500-513. | 1.1 | 15 |

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|----|--|-----|-----------|
| 37 | Sleep in adolescence: sex matters?. <i>Sleep Science</i> , 2019, 12, 138-146. | 1.0 | 15 |
| 38 | Unemployment as a source of mental distress to individuals and their family: Unemployed parents' perceptions during the economic recession. <i>International Journal of Social Psychiatry</i> , 2016, 62, 477-486. | 3.1 | 14 |
| 39 | Health risk behaviors before and during COVID-19 and gender differences. <i>Journal of Community Psychology</i> , 2022, 50, 1102-1110. | 1.8 | 13 |
| 40 | Parental Unemployment and Youth Life Satisfaction: The Moderating Roles of Satisfaction with Family Life. <i>Journal of Child and Family Studies</i> , 2016, 25, 3214-3219. | 1.3 | 11 |
| 41 | Longitudinal Association between Sport Participation and Depressive Symptoms after a Two-Year Follow-Up in Mid-Adolescence. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7469. | 2.6 | 10 |
| 42 | Relationship Between Family Functioning, Parents' Psychosocial Factors, and Children's Well-Being. <i>Journal of Family Issues</i> , 2022, 43, 2380-2397. | 1.6 | 10 |
| 43 | The Interplay Between Strictness of Policies and Individuals' Self-Regulatory Efforts: Associations with Handwashing During the COVID-19 Pandemic. <i>Annals of Behavioral Medicine</i> , 2022, 56, 368-380. | 2.9 | 9 |
| 44 | Family Environment and Portuguese Adolescents: Impact on Quality of Life and Well-Being. <i>Children</i> , 2022, 9, 200. | 1.5 | 8 |
| 45 | Communication and Information About 'Safer Sex' Intervention Issues Within Communities of African Migrants Living in Poorer Neighborhoods in Portugal. <i>Journal of Poverty</i> , 2008, 12, 333-350. | 1.1 | 7 |
| 46 | Optimismo em crianças e adolescentes: adaptação e validade do LOT-R. <i>Psicologia: Reflexão e Crítica</i> , 2009, 22, 439-446. | 0.9 | 7 |
| 47 | Relationship Between Subjective Wellbeing and Weight Perception in Children and Adolescents: Gender and Age Differences. <i>Child Indicators Research</i> , 2017, 10, 811-824. | 2.3 | 6 |
| 48 | Unemployment, life satisfaction and deprivation: Gender and partnership differences in the context of economic recession. <i>Work</i> , 2017, 57, 79-86. | 1.1 | 6 |
| 49 | Perception of quantity and quality of sleep and their association with health related quality of life and life satisfaction during adolescence. <i>Health Education and Care</i> , 2017, 2, . | 0.2 | 6 |
| 50 | The impact of a rural or urban context in eating awareness and self-regulation strategies in children and adolescents from eight European countries. <i>International Journal of Psychology</i> , 2014, 49, n/a-n/a. | 2.8 | 5 |
| 51 | Assessing the impact of the European resilience curriculum in preschool, early and late primary school children. <i>School Psychology International</i> , 2021, 42, 539-566. | 1.9 | 5 |
| 52 | Psychosocial Factors Related to Bullying and Victimization in Children and Adolescents. <i>Health Behavior and Policy Review</i> , 2014, 1, 452-459. | 0.4 | 5 |
| 53 | Ecological Model Explaining the Psychosocial Adaptation to COVID-19. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 5159. | 2.6 | 5 |
| 54 | Young people's well-being and the economic crisis: How does parental unemployment and family wealth affect the downturn experience?. <i>Children and Youth Services Review</i> , 2016, 69, 219-222. | 1.9 | 4 |

| # | ARTICLE | IF | CITATIONS |
|----|---|-----|-----------|
| 55 | Perception of management and public health experts about organizational, professionals and patients related factors that influence the performance in health organizations.. Procedia Computer Science, 2021, 181, 166-172. | 2.0 | 4 |
| 56 | LEARNING AND WELL-BEING ECOSYSTEMS: FACTORS THAT INFLUENCE SCHOOL SUCCESS. Psicologia, Saãde & Doenãsas, 2020, 21, 462-481. | 0.1 | 4 |
| 57 | Chronic Conditions, School Participation and Quality of Life of Portuguese Adolescents: Highlights from the Health Behavior in School aged Children study - HBSC 2018. Child Indicators Research, 2022, 15, 297-313. | 2.3 | 4 |
| 58 | Parental Emotional Support, Family Functioning and Children's Quality of Life. Psychological Studies, 2022, 67, 189-199. | 1.0 | 4 |
| 59 | Estratãgias de Auto-Regulaãõo em Prã-Adolescentes e Adolescentes: Versão Portuguesa do TESQ-E. Psicologia: Reflexao E Critica, 2015, 28, 649-658. | 0.9 | 3 |
| 60 | New Highlights About Worries, Coping, and Well-Being During Childhood and Adolescence. Psychology Research (Libertyville, Ill), 2013, 3, . | 0.1 | 3 |
| 61 | Alcohol and tobacco use in Portuguese adolescents: The relationship with social factors, future expectations, physical and psychological symptoms. Children and Society, 2022, 36, 1010-1025. | 1.7 | 3 |
| 62 | Young People Living with Unemployed Parents during a Labour Market-Crisis: How Do Portugal and Scotland Compare?. Child Indicators Research, 2017, 10, 1135-1144. | 2.3 | 2 |
| 63 | Making the best out of youthã€™The <i>Improve the Youth</i> project. Journal of Community Psychology, 2021, 49, 2071-2085. | 1.8 | 2 |
| 64 | Foreign adolescents living in Portugal: Quality of life and school experiences. Journal of Community Psychology, 2021, 49, 1806-1818. | 1.8 | 2 |
| 65 | Desvantagem socio-econã3mica, etnicidade e consumo de Alãcool na adolescãancia. Analise Psicologica, 2012, 24, 495-508. | 0.2 | 2 |
| 66 | KIDSCREEN -52: PARENTã€™S PERCEPTION OF THEIR CHILDRENã€™S QUALITY OF LIFE. Psicologia, Saãde & Doenãsas, 2013, 14, . | 0.1 | 2 |
| 67 | HEALTHY WORKPLACE ECOSYSTEMS (EATS): AN ASSESSMENT TOOL FOR HEALTHY WORKPLACES. Psicologia, Saãde & Doenãsas, 2022, 23, 253-269. | 0.1 | 2 |
| 68 | Towards a Global Perspective of Environmental Health: Defining the Research Grounds of an Institute of Environmental Health. Sustainability, 2020, 12, 8963. | 3.2 | 1 |
| 69 | PSYCHOSOCIAL FACTORS THAT PROMOTE POSITIVE DEVELOPMENT THROUGHOUT LIFE. Psicologia, Saãde & Doenãsas, 2021, 22, 142-160. | 0.1 | 1 |
| 70 | Promoãõo do bem-estar na adolescãancia: Impacto do estatuto socio- econã3mico e do estatuto migrante. Analise Psicologica, 2012, 26, 265-279. | 0.2 | 1 |
| 71 | Caffeine, Sleep Duration and Adolescentsã€™ Perception of Health Related Quality of Life. British Journal of Education Society & Behavioural Science, 2016, 16, 1-9. | 0.1 | 1 |
| 72 | Risks and Comorbid Factors of Frequent Headaches during Childhood and Adolescence. Journal of Clinical Case Studies, 2017, 2, . | 0.1 | 1 |

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|----|--|-----|-----------|
| 73 | Mental Health and Interpersonal Relationships Impact in Psychological and Physical Symptoms During Adolescence. EREBEA Revista De Humanidades Y Ciencias Sociales, 0, 10, . | 0.0 | 1 |
| 74 | Effects of Covid-19 confinement on portuguese adultsâ€™ nutrition, physical activity and sleep. Clinical Nutrition ESPEN, 2021, 46, S618-S619. | 1.2 | 1 |
| 75 | How social connection helps promote mental health and positive human development in college students in Portugal? - Data from the national HBSC/ JUnP. EREBEA Revista De Humanidades Y Ciencias Sociales, 0, 10, . | 0.0 | 1 |
| 76 | What Factors Do Young People Define as Determinants of Their Well-Being? Findings from the Improve the Youth Project.. Medycyna Wieku Rozwojowego, 2022, , . | 0.2 | 1 |
| 77 | Prevention and Psychotherapy: Downstream and Upstream Models and Methods. , 2019, 05, . | | 0 |
| 78 | â€œFOR ME IT EASYâ€ SOCIAL AND PERSONAL SKILLS SCALE. Psicologia, SaÃde & DoenÃas, 2015, 16, . | 0.1 | 0 |
| 79 | O Consumo de Ãcool nos Adolescentes Migrantes: PercepÃes dos TÃcnicos e dos Adolescentes Face aos Factores Ligados Ã ProtecÃo e ao Risco. , 2015, , 73-104. | | 0 |
| 80 | Os Jovens e o Ãcool: Notas para um DiÃlogo entre GeraÃes Ã Volta dos Consumos e de Alternativas Psico-Sociais, na Procura do Bem-Estar Pessoal e Relacional. , 2015, , 141-168. | | 0 |
| 81 | Programa competÃncias integradas: perceÃo dos professores e psicÃlogos. Revista Brasileira De Terapias Cognitivas, 2019, 15, . | 0.0 | 0 |
| 82 | Media, Well-Being, and Health during Childhood and Adolescence. , 2019, , 137-147. | | 0 |
| 83 | Impacto dos fatores psicossociais de risco na qualidade de vida da populaÃo no processo de reforma. Psicologia, 2020, 34, 121-134. | 0.3 | 0 |
| 84 | Being Positive, Participative and Flexible: tools to human development and progress. EREBEA Revista De Humanidades Y Ciencias Sociales, 0, 10, . | 0.0 | 0 |
| 85 | MIGRANTS AND REFUGEES DURING THE COVID-19 PANDEMIC: HIGHLIGHTS FROM THE STUDY APARTTOGETHER/WHO. Psicologia, SaÃde & DoenÃas, 2021, 22, 816-827. | 0.1 | 0 |
| 86 | LIVING UNDER PANDEMICS COVID-19: HIGHLIGHTS FROM THE EUCLID INTERNATIONAL STUDY IN PORTUGAL. Psicologia, SaÃde & DoenÃas, 2021, 22, 802-815. | 0.1 | 0 |
| 87 | NATIONAL STUDY OF HEALTH BEHAVIOR CHANGE DURING COVID-19 PANDEMIC: FOCUS ON HANDWASHINGâ€ Psicologia, SaÃde & DoenÃas, 2022, 23, 141-153. | 0.1 | 0 |
| 88 | ADOLESCENT SEXUALITY IN THE NORTH AND THE MUNICIPALITY VILA NOVA DE FAMALICÃO. Psicologia, SaÃde & DoenÃas, 2022, 23, 216-228. | 0.1 | 0 |