

# Cecilie Thogersen-Ntoumani

## List of Publications by Year in descending order

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Version: 2024-02-01

108  
papers

6,417  
citations

136740

32  
h-index

74018

75  
g-index

111  
all docs

111  
docs citations

111  
times ranked

6228  
citing authors

#	ARTICLE	IF	CITATIONS
1	Self-Determination Theory Applied to Health Contexts. <i>Perspectives on Psychological Science</i> , 2012, 7, 325-340.	5.2	1,309
2	Self-Determination Theory and Diminished Functioning. <i>Personality and Social Psychology Bulletin</i> , 2011, 37, 1459-1473.	1.9	720
3	Psychological Need Thwarting in the Sport Context: Assessing the Darker Side of Athletic Experience. <i>Journal of Sport and Exercise Psychology</i> , 2011, 33, 75-102.	0.7	536
4	A meta-analysis of self-determination theory-informed intervention studies in the health domain: effects on motivation, health behavior, physical, and psychological health. <i>Health Psychology Review</i> , 2021, 15, 214-244.	4.4	374
5	The Controlling Interpersonal Style in a Coaching Context: Development and Initial Validation of a Psychometric Scale. <i>Journal of Sport and Exercise Psychology</i> , 2010, 32, 193-216.	0.7	291
6	The role of self-determined motivation in the understanding of exercise-related behaviours, cognitions and physical self-evaluations. <i>Journal of Sports Sciences</i> , 2006, 24, 393-404.	1.0	275
7	Body image, physical activity, and sport: A scoping review. <i>Psychology of Sport and Exercise</i> , 2019, 42, 48-57.	1.1	149
8	Motivating the unmotivated: how can health behavior be changed in those unwilling to change?. <i>Frontiers in Psychology</i> , 2015, 6, 835.	1.1	127
9	Beware of your teaching style: A school-year long investigation of controlling teaching and student motivational experiences. <i>Learning and Instruction</i> , 2018, 53, 50-63.	1.9	123
10	Unhealthy weight control behaviours in adolescent girls: a process model based on self-determination theory. <i>Psychology and Health</i> , 2010, 25, 535-550.	1.2	109
11	Dyadic interventions to promote physical activity and reduce sedentary behaviour: systematic review and meta-analysis. <i>Health Psychology Review</i> , 2019, 13, 91-109.	4.4	105
12	A longitudinal examination of coach and peer motivational climates in youth sport: Implications for moral attitudes, well-being, and behavioral investment.. <i>Developmental Psychology</i> , 2012, 48, 213-223.	1.2	95
13	A Self-determination Theory Approach to the Study of Body Image Concerns, Self-presentation and Self-perceptions in a Sample of Aerobic Instructors. <i>Journal of Health Psychology</i> , 2007, 12, 301-315.	1.3	89
14	Low-Volume High-Intensity Interval Training in a Gym Setting Improves Cardio-Metabolic and Psychological Health. <i>PLoS ONE</i> , 2015, 10, e0139056.	1.1	86
15	Developmental trajectories of motivation in physical education: Course, demographic differences, and antecedents.. <i>Journal of Educational Psychology</i> , 2009, 101, 717-728.	2.1	84
16	The emergence of team resilience: A multilevel conceptual model of facilitating factors. <i>Journal of Occupational and Organizational Psychology</i> , 2018, 91, 729-768.	2.6	81
17	The effects of training group exercise class instructors to adopt a motivationally adaptive communication style. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1026-1034.	1.3	77
18	Physical Activity Adoption to Adherence, Lapse, and Dropout. <i>Qualitative Health Research</i> , 2014, 24, 706-718.	1.0	73

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19	Food Choice and Nutrition: A Social Psychological Perspective. <i>Nutrients</i> , 2015, 7, 8712-8715.	1.7	59
20	Team resilience: A scoping review of conceptual and empirical work. <i>Work and Stress</i> , 2020, 34, 57-81.	2.8	54
21	The Effects of Social Identity and Perceived Autonomy Support on Health Behaviour Within the Theory of Planned Behaviour. <i>Current Psychology</i> , 2009, 28, 55-68.	1.7	51
22	Autonomy support and control in weight management: What important others do and say matters. <i>British Journal of Health Psychology</i> , 2014, 19, 540-552.	1.9	51
23	Reliability and validity of two fitness tracker devices in the laboratory and home environment for older community-dwelling people. <i>BMC Geriatrics</i> , 2018, 18, 103.	1.1	51
24	The effect of need supportive text messages on motivation and physical activity behaviour. <i>Journal of Behavioral Medicine</i> , 2016, 39, 574-586.	1.1	50
25	Predicting Psychological Needs and Well-Being of Individuals Engaging in Weight Management: The Role of Important Others. <i>Applied Psychology: Health and Well-Being</i> , 2013, 5, 291-310.	1.6	49
26	Habitual physical activity is associated with the maintenance of neutrophil migratory dynamics in healthy older adults. <i>Brain, Behavior, and Immunity</i> , 2016, 56, 12-20.	2.0	49
27	Developmental changes in achievement motivation and affect in physical education: Growth trajectories and demographic differences. <i>Psychology of Sport and Exercise</i> , 2010, 11, 83-90.	1.1	48
28	The effect of the physical environment and levels of activity on affective states. <i>Journal of Environmental Psychology</i> , 2014, 38, 241-251.	2.3	47
29	Relationships between exercise and three components of mental well-being in corporate employees. <i>Psychology of Sport and Exercise</i> , 2005, 6, 609-627.	1.1	46
30	Stirring the motivational soup: within-person latent profiles of motivation in exercise. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 4.	2.0	46
31	Putting self-determination theory into practice: application of adaptive motivational principles in the exercise domain. <i>Qualitative Research in Sport, Exercise and Health</i> , 2018, 10, 75-91.	3.3	42
32	Evaluating quality of implementation in physical activity interventions based on theories of motivation: current challenges and future directions. <i>International Review of Sport and Exercise Psychology</i> , 2017, 10, 252-269.	3.1	37
33	Measuring psychological need states in sport: Theoretical considerations and a new measure. <i>Psychology of Sport and Exercise</i> , 2020, 47, 101617.	1.1	36
34	Body image during the menopausal transition: a systematic scoping review. <i>Health Psychology Review</i> , 2014, 8, 473-489.	4.4	31
35	Achievement goals, self-handicapping, and performance: A 2 Å— 2 achievement goal perspective. <i>Journal of Sports Sciences</i> , 2009, 27, 1471-1482.	1.0	30
36	Changes in need satisfaction and motivation orientation as predictors of psychological and behavioural outcomes in exercise referral. <i>Psychology and Health</i> , 2011, 26, 1521-1539.	1.2	30

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37	Untapping the Health Enhancing Potential of Vigorous Intermittent Lifestyle Physical Activity (VLPA): Rationale, Scoping Review, and a 4-Pillar Research Framework. <i>Sports Medicine</i> , 2021, 51, 1-10.	3.1	30
38	Motivational processes and well-being in cardiac rehabilitation: a self-determination theory perspective. <i>Psychology, Health and Medicine</i> , 2015, 20, 518-529.	1.3	29
39	Intrinsic motivation in two exercise interventions: Associations with fitness and body composition.. <i>Health Psychology</i> , 2016, 35, 195-198.	1.3	29
40	Longitudinal associations between exercise identity and exercise motivation: A multilevel growth curve model approach. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 746-753.	1.3	28
41	An ecological model of predictors of stages of change for physical activity in Greek older adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2009, 19, 286-296.	1.3	27
42	Sources of autonomy support, subjective vitality and physical activity behaviour associated with participation in a lunchtime walking intervention for physically inactive adults. <i>Psychology of Sport and Exercise</i> , 2014, 15, 190-197.	1.1	27
43	A Diary Study of Self-Compassion, Upward Social Comparisons, and Body Image-Related Outcomes. <i>Applied Psychology: Health and Well-Being</i> , 2017, 9, 242-258.	1.6	27
44	The development of synchronous text-based instant messaging as an online interviewing tool. <i>International Journal of Social Research Methodology: Theory and Practice</i> , 2014, 17, 677-692.	2.3	26
45	An intervention to train group exercise class instructors to adopt a motivationally adaptive communication style: a quasi-experimental study protocol. <i>Health Psychology and Behavioral Medicine</i> , 2015, 3, 190-203.	0.8	25
46	In It Together: A Qualitative Evaluation of Participant Experiences of a 10-Week, Group-Based, Workplace HIIT Program for Insufficiently Active Adults. <i>Journal of Sport and Exercise Psychology</i> , 2018, 40, 10-19.	0.7	25
47	"Step by Step". A feasibility study of a lunchtime walking intervention designed to increase walking, improve mental well-being and work performance in sedentary employees: Rationale and study design. <i>BMC Public Health</i> , 2010, 10, 578.	1.2	24
48	Profiles of Physical Function, Physical Activity, and Sedentary Behavior and their Associations with Mental Health in Residents of Assisted Living Facilities. <i>Applied Psychology: Health and Well-Being</i> , 2017, 9, 60-80.	1.6	24
49	Physical activity and mental well-being typologies in corporate employees: A mixed methods approach. <i>Work and Stress</i> , 2005, 19, 50-67.	2.8	23
50	Protocol for a gender-sensitised weight loss and healthy living programme for overweight and obese men delivered in Australian football league settings (Aussie-FIT): A feasibility and pilot randomised controlled trial. <i>BMJ Open</i> , 2018, 8, e022663.	0.8	22
51	A gender-sensitised weight-loss and healthy living program for men with overweight and obesity in Australian Football League settings (Aussie-FIT): A pilot randomised controlled trial. <i>PLoS Medicine</i> , 2020, 17, e1003136.	3.9	22
52	The Effects of Self-Discordance, Self-Concordance, and Implementation Intentions on Health Behavior. <i>Journal of Applied Biobehavioral Research</i> , 2008, 13, 198-214.	2.0	21
53	Changes in work affect in response to lunchtime walking in previously physically inactive employees: A randomized trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, 778-787.	1.3	21
54	Achievement goals in physical education: Examining the predictive ability of five different dimensions of motivational climate. <i>European Physical Education Review</i> , 2007, 13, 267-285.	1.2	19

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55	A step in the right direction? Change in mental well-being and self-reported work performance among physically inactive university employees during a walking intervention. <i>Mental Health and Physical Activity</i> , 2014, 7, 89-94.	0.9	19
56	Motivation Contagion When Instructing Obese Individuals: A Test in Exercise Settings. <i>Journal of Sport and Exercise Psychology</i> , 2012, 34, 525-538.	0.7	18
57	Trial feasibility and process evaluation of a motivationally-embellished group peer led walking intervention in retirement villages using the RE-AIM framework: the residents in action trial (RiAT). <i>Health Psychology and Behavioral Medicine</i> , 2019, 7, 202-233.	0.8	17
58	Effective Peer Leader Attributes for the Promotion of Walking in Older Adults. <i>Gerontologist</i> , The, 2020, 60, 1137-1148.	2.3	17
59	When feeling attractive matters too much to women: A process underpinning the relation between psychological need satisfaction and unhealthy weight control behaviors. <i>Motivation and Emotion</i> , 2011, 35, 413-422.	0.8	16
60	Differential effects of perceptions of equal, favourable and unfavourable autonomy support on educational and well-being outcomes. <i>Contemporary Educational Psychology</i> , 2019, 58, 33-43.	1.6	16
61	Does self-compassion help to deal with dietary lapses among overweight and obese adults who pursue weight-loss goals?. <i>British Journal of Health Psychology</i> , 2021, 26, 767-788.	1.9	16
62	The Role of Physical Activity and Sedentary Behavior in Predicting Daily Pain and Fatigue in Older Adults: a Diary Study. <i>Annals of Behavioral Medicine</i> , 2018, 52, 19-28.	1.7	15
63	Changing Bodies. <i>Qualitative Health Research</i> , 2014, 24, 738-748.	1.0	14
64	Impact of aerobic and resistance exercise combination on physical self-perceptions and self-esteem in women with obesity with one-year follow-up. <i>International Journal of Sport and Exercise Psychology</i> , 2017, 15, 236-257.	1.1	14
65	A diary study of appearance social comparisons and need frustration in young women. <i>Personality and Individual Differences</i> , 2018, 122, 120-126.	1.6	14
66	The Need-Relevant Instructor Behaviors Scale: Development and Initial Validation. <i>Journal of Sport and Exercise Psychology</i> , 2018, 40, 259-268.	0.7	14
67	Presenteeism, stress resilience, and physical activity in older manual workers: a person-centred analysis. <i>European Journal of Ageing</i> , 2017, 14, 385-396.	1.2	13
68	Community Gardening: Basic Psychological Needs as Mechanisms to Enhance Individual and Community Well-Being. <i>Ecopsychology</i> , 2018, 10, 173-180.	0.8	12
69	The role of motivation to eat in the prediction of weight control behaviors in female and male adolescents. <i>Eating Behaviors</i> , 2009, 10, 107-114.	1.1	11
70	“Shall We Dance?” Older Adults’ Perspectives on the Feasibility of a Dance Intervention for Cognitive Function. <i>Journal of Aging and Physical Activity</i> , 2018, 26, 553-560.	0.5	11
71	Longitudinal relations between psychological distress and moderate-to-vigorous physical activity: A latent change score approach. <i>Psychology of Sport and Exercise</i> , 2020, 47, 101490.	1.1	11
72	Development and feasibility of a mobile phone application designed to support physically inactive employees to increase walking. <i>BMC Medical Informatics and Decision Making</i> , 2021, 21, 23.	1.5	11

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73	Stress, physical activity, and resilience resources: Tests of direct and moderation effects in young adults.. Sport, Exercise, and Performance Psychology, 2020, 9, 418-436.	0.6	11
74	Typologies of Greek inactive older adults based on reasons for abstaining from exercise and conditions for change. Journal of Sports Sciences, 2008, 26, 1341-1350.	1.0	10
75	Health and well-being profiles of older European adults. European Journal of Ageing, 2011, 8, 75-85.	1.2	10
76	Step by Step: The Feasibility of a 16-Week Workplace Lunchtime Walking Intervention for Physically Inactive Employees. Journal of Physical Activity and Health, 2014, 11, 1354-1361.	1.0	10
77	Cross-sectional and longitudinal comparisons of self-reported and device-assessed physical activity and sedentary behaviour. Journal of Science and Medicine in Sport, 2020, 23, 831-835.	0.6	10
78	Older Adults's Perceptions toward Walking: A Qualitative Study Using a Social-Ecological Model. International Journal of Environmental Research and Public Health, 2021, 18, 7686.	1.2	10
79	Psychosocial outcomes of sport participation for middle-aged and older adults: a systematic review and meta-analysis. International Review of Sport and Exercise Psychology, 0, , 1-22.	3.1	10
80	Self-Presentational Cognitions for Exercise in Female Adolescents. Journal of Applied Social Psychology, 2011, 41, 429-444.	1.3	9
81	"Let's Better Together": A Nested Longitudinal Study Examining the Benefits of Walking Regularly With Peers Versus Primarily Alone in Older Adults. Journal of Aging and Physical Activity, 2021, 29, 455-465.	0.5	9
82	Mind the gap: Habit and self-determined motivation predict health behaviours in middle-aged and older adults. British Journal of Health Psychology, 2021, 26, 1095-1113.	1.9	8
83	Exercise imagery and its correlates in older adults. Psychology of Sport and Exercise, 2012, 13, 19-25.	1.1	7
84	"Mum's the word": Predictors and outcomes of weight concerns in pre-adolescent and early adolescent girls. Body Image, 2016, 16, 107-112.	1.9	7
85	Protocol for the residents in action pilot cluster randomised controlled trial (RIAT): evaluating a behaviour change intervention to promote walking, reduce sitting and improve mental health in physically inactive older adults in retirement villages. BMJ Open, 2017, 7, e015543.	0.8	7
86	Perceptions of Group-Based Walks and Strategies to Inform the Development of an Intervention in Retirement Villages: Perspectives of Residents and Village Managers. Journal of Aging and Physical Activity, 2017, 25, 261-268.	0.5	7
87	Volunteer Motivation and Retention of Older Peer Walk Leaders: A 4-Month Long Investigation. Gerontologist, The, 2021, 61, 1118-1130.	2.3	7
88	The Aussie-FIT process evaluation: feasibility and acceptability of a weight loss intervention for men, delivered in Australian Football League settings. Psychology and Health, 2022, 37, 470-489.	1.2	7
89	Stress, physical activity, sedentary behavior, and resilience" The effects of naturalistic periods of elevated stress: A measurement-burst study. Psychophysiology, 2021, 58, e13846.	1.2	7
90	Do exerciser weight status and perceived motivation predict instructors' motivation and beliefs about the exerciser? A test of motivation contagion effects. Body Image, 2018, 26, 10-18.	1.9	6

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91	Profiles of adversity and resilience resources: A latent class analysis of two samples. <i>British Journal of Psychology</i> , 2020, 111, 174-199.	1.2	6
92	Feasibility and preliminary effects of a peer-led motivationally-embellished workplace walking intervention: A pilot cluster randomized trial (the START trial). <i>Contemporary Clinical Trials</i> , 2020, 91, 105969.	0.8	6
93	Mobilising people as assets for active ageing promotion: a multi-stakeholder perspective on peer volunteering initiatives. <i>BMC Public Health</i> , 2021, 21, 150.	1.2	6
94	Team resilience emergence: Perspectives and experiences of military personnel selected for elite military training. <i>European Journal of Social Psychology</i> , 2021, 51, 951-968.	1.5	6
95	It's a bit more complicated than that: A broader perspective on determinants of obesity. <i>Behavioral and Brain Sciences</i> , 2017, 40, e124.	0.4	5
96	Validating a measure of life satisfaction in older adolescents and testing invariance across time and gender. <i>Personality and Individual Differences</i> , 2016, 99, 217-224.	1.6	4
97	Self-Compassion and Need Frustration Moderate the Effects of Upward Appearance Comparisons on Body Image Discrepancies. <i>Journal of Psychology: Interdisciplinary and Applied</i> , 2020, 154, 292-308.	0.9	4
98	How can older peer leaders best support motivation for walking in physically inactive older adults? A self-determination theory perspective. <i>Psychology and Health</i> , 2023, 38, 927-948.	1.2	3
99	Is a female physical empowerment campaign effective in improving positive body image, motivation for physical activity, and physical activity behavior in young female adults? A two-study experimental test of "This Girl Can". <i>Body Image</i> , 2022, 42, 150-159.	1.9	2
100	Prioritizing Intentions on the Margins: Effects of Marginally Higher Prioritization Strategies on Physical Activity Participation. <i>Journal of Sport and Exercise Psychology</i> , 2016, 38, 355-366.	0.7	1
101	Equal prioritisation does not yield lower levels of participation in physical activities than higher prioritisation. <i>Psychology of Sport and Exercise</i> , 2016, 22, 123-130.	1.1	1
102	A Person-Centered Analysis of Motivation for Physical Activity and Perceived Neighborhood Environment in Residents of Assisted Living Facilities. <i>International Journal of Aging and Human Development</i> , 2019, 89, 257-278.	1.0	1
103	Postnatal Exercise Partners Study (PEEPS): a pilot randomized trial of a dyadic physical activity intervention for postpartum mothers and a significant other. <i>Health Psychology and Behavioral Medicine</i> , 2021, 9, 251-284.	0.8	1
104	Challenges to Engaging Older Adults in a Group-Based Walking Intervention: Lessons From the Residents in Action Trial. <i>Journal of Aging and Physical Activity</i> , 2022, 30, 788-798.	0.5	1
105	Title is missing!. , 2020, 17, e1003136.		0
106	Title is missing!. , 2020, 17, e1003136.		0
107	Title is missing!. , 2020, 17, e1003136.		0
108	Title is missing!. , 2020, 17, e1003136.		0