

# Cecilie Thogersen-Ntoumani

## List of Publications by Year in Descending Order

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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.

103  
papers

4,417  
citations

29  
h-index

65  
g-index

111  
ext. papers

5,391  
ext. citations

4.2  
avg, IF

5.85  
L-index

#	Paper	IF	Citations
103	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> , <b>2021</b> , 26, 767-788	8.3	6
102	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> , <b>2021</b> , 1-22	2.9	0
101	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> , <b>2021</b> , 1-11	1.6	0
100	Volunteer Motivation and Retention of Older Peer Walk Leaders: A 4-Month Long Investigation. <i>Gerontologist, The</i> , <b>2021</b> , 61, 1118-1130	5	4
99	The Aussie-FIT process evaluation: feasibility and acceptability of a weight loss intervention for men, delivered in Australian Football League settings. <i>Psychology and Health</i> , <b>2021</b> , 1-20	2.9	1
98	Mind the gap: Habit and self-determined motivation predict health behaviours in middle-aged and older adults. <i>British Journal of Health Psychology</i> , <b>2021</b> , 26, 1095-1113	8.3	4
97	Stress, physical activity, sedentary behavior, and resilience-The effects of naturalistic periods of elevated stress: A measurement-burst study. <i>Psychophysiology</i> , <b>2021</b> , 58, e13846	4.1	1
96	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> , <b>2021</b> , 15, 214-244	7.1	140
95	Untapping the Health Enhancing Potential of Vigorous Intermittent Lifestyle Physical Activity (VILPA): Rationale, Scoping Review, and a 4-Pillar Research Framework. <i>Sports Medicine</i> , <b>2021</b> , 51, 1-10	10.6	7
94	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> , <b>2021</b> , 21, 23	3.6	3
93	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> , <b>2021</b> , 9, 251-284	2.2	
92	Mobilising people as assets for active ageing promotion: a multi-stakeholder perspective on peer volunteering initiatives. <i>BMC Public Health</i> , <b>2021</b> , 21, 150	4.1	1
91	Cross-sectional and longitudinal comparisons of self-reported and device-assessed physical activity and sedentary behaviour. <i>Journal of Science and Medicine in Sport</i> , <b>2020</b> , 23, 831-835	4.4	5
90	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> , <b>2020</b> , 91, 105969	2.3	1
89	Effective Peer Leader Attributes for the Promotion of Walking in Older Adults. <i>Gerontologist, The</i> , <b>2020</b> , 60, 1137-1148	5	11
88	Stress, physical activity, and resilience resources: Tests of direct and moderation effects in young adults.. <i>Sport, Exercise, and Performance Psychology</i> , <b>2020</b> , 9, 418-436	2.3	6
87	Self-Compassion and Need Frustration Moderate the Effects of Upward Appearance Comparisons on Body Image Discrepancies. <i>Journal of Psychology: Interdisciplinary and Applied</i> , <b>2020</b> , 154, 292-308	2.7	2

86	Measuring psychological need states in sport: Theoretical considerations and a new measure. <i>Psychology of Sport and Exercise</i> , <b>2020</b> , 47, 101617	4.2	16
85	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> , <b>2020</b> , 17, e1003136	11.6	6
84	"It's Better Together": A Nested Longitudinal Study Examining the Benefits of Walking Regularly With Peers Versus Primarily Alone in Older Adults. <i>Journal of Aging and Physical Activity</i> , <b>2020</b> , 29, 455-465	1.6	3
83	Team resilience: A scoping review of conceptual and empirical work. <i>Work and Stress</i> , <b>2020</b> , 34, 57-81	6.1	26
82	Longitudinal relations between psychological distress and moderate-to-vigorous physical activity: A latent change score approach. <i>Psychology of Sport and Exercise</i> , <b>2020</b> , 47, 101490	4.2	6
81	Profiles of adversity and resilience resources: A latent class analysis of two samples. <i>British Journal of Psychology</i> , <b>2020</b> , 111, 174-199	4	3
80	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 <b>2020</b> , 17, e1003136		
79	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 <b>2020</b> , 17, e1003136		
78	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 <b>2020</b> , 17, e1003136		
77	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 <b>2020</b> , 17, e1003136		
76	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> , <b>2019</b> , 7, 202-233	2.2	9
75	Differential effects of perceptions of equal, favourable and unfavourable autonomy support on educational and well-being outcomes. <i>Contemporary Educational Psychology</i> , <b>2019</b> , 58, 33-43	5.6	10
74	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> , <b>2019</b> , 89, 257-278	1.8	1
73	Body image, physical activity, and sport: A scoping review. <i>Psychology of Sport and Exercise</i> , <b>2019</b> , 42, 48-57	4.2	59
72	Dyadic interventions to promote physical activity and reduce sedentary behaviour: systematic review and meta-analysis. <i>Health Psychology Review</i> , <b>2019</b> , 13, 91-109	7.1	75
71	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> , <b>2018</b> , 40, 10-19	1.5	14
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> , <b>2018</b> , 26, 553-560	1.6	9
69	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> , <b>2018</b> , 52, 19-28	4.5	12

68	Beware of your teaching style: A school-year long investigation of controlling teaching and student motivational experiences. <i>Learning and Instruction</i> , <b>2018</b> , 53, 50-63	5.8	83
67	Reliability and validity of two fitness tracker devices in the laboratory and home environment for older community-dwelling people. <i>BMC Geriatrics</i> , <b>2018</b> , 18, 103	4.1	33
66	The emergence of team resilience: A multilevel conceptual model of facilitating factors. <i>Journal of Occupational and Organizational Psychology</i> , <b>2018</b> , 91, 729-768	3.7	49
65	A diary study of appearance social comparisons and need frustration in young women. <i>Personality and Individual Differences</i> , <b>2018</b> , 122, 120-126	3.3	8
64	Putting self-determination theory into practice: application of adaptive motivational principles in the exercise domain. <i>Qualitative Research in Sport, Exercise and Health</i> , <b>2018</b> , 10, 75-91	7	25
63	The Need-Relevant Instructor Behaviors Scale: Development and Initial Validation. <i>Journal of Sport and Exercise Psychology</i> , <b>2018</b> , 40, 259-268	1.5	10
62	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> , <b>2018</b> , 8, e022663	3	14
61	Community Gardening: Basic Psychological Needs as Mechanisms to Enhance Individual and Community Well-Being. <i>Ecopsychology</i> , <b>2018</b> , 10, 173-180	1.7	8
60	Longitudinal associations between exercise identity and exercise motivation: A multilevel growth curve model approach. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 746-753	4.6	17
59	Do exerciser weight status and perceived motivation predict instructors' motivation and beliefs about the exerciser? A test of motivation contagion effects. <i>Body Image</i> , <b>2018</b> , 26, 10-18	7.4	5
58	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> , <b>2017</b> , 15, 236-257	2.5	12
57	A Diary Study of Self-Compassion, Upward Social Comparisons, and Body Image-Related Outcomes. <i>Applied Psychology: Health and Well-Being</i> , <b>2017</b> , 9, 242-258	6.8	17
56	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> , <b>2017</b> , 9, 60-80	6.8	18
55	Presenteeism, stress resilience, and physical activity in older manual workers: a person-centred analysis. <i>European Journal of Ageing</i> , <b>2017</b> , 14, 385-396	3.6	8
54	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. <i>BMJ Open</i> , <b>2017</b> , 7, e015543	3	7
53	Stirring the motivational soup: within-person latent profiles of motivation in exercise. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2017</b> , 14, 4	8.4	31
52	Perceptions of Group-Based Walks and Strategies to Inform the Development of an Intervention in Retirement Villages: Perspectives of Residents and Village Managers. <i>Journal of Aging and Physical Activity</i> , <b>2017</b> , 25, 261-268	1.6	5
51	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> , <b>2017</b> , 27, 1026-1034	4.6	61

50	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> , <b>2017</b> , 10, 252-269	4.8	25
49	Equal prioritisation does not yield lower levels of participation in physical activities than higher prioritisation. <i>Psychology of Sport and Exercise</i> , <b>2016</b> , 22, 123-130	4.2	1
48	Intrinsic motivation in two exercise interventions: Associations with fitness and body composition. <i>Health Psychology</i> , <b>2016</b> , 35, 195-8	5	21
47	Prioritizing Intentions on the Margins: Effects of Marginally Higher Prioritization Strategies on Physical Activity Participation. <i>Journal of Sport and Exercise Psychology</i> , <b>2016</b> , 38, 355-366	1.5	0
46	Umumš the wordUPredictors and outcomes of weight concerns in pre-adolescent and early adolescent girls. <i>Body Image</i> , <b>2016</b> , 16, 107-12	7.4	7
45	The effect of need supportive text messages on motivation and physical activity behaviour. <i>Journal of Behavioral Medicine</i> , <b>2016</b> , 39, 574-86	3.6	36
44	Habitual physical activity is associated with the maintenance of neutrophil migratory dynamics in healthy older adults. <i>Brain, Behavior, and Immunity</i> , <b>2016</b> , 56, 12-20	16.6	34
43	Validating a measure of life satisfaction in older adolescents and testing invariance across time and gender. <i>Personality and Individual Differences</i> , <b>2016</b> , 99, 217-224	3.3	4
42	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> , <b>2015</b> , 25, 778-87	4.6	19
41	Motivational processes and well-being in cardiac rehabilitation: a self-determination theory perspective. <i>Psychology, Health and Medicine</i> , <b>2015</b> , 20, 518-29	2.1	24
40	Low-Volume High-Intensity Interval Training in a Gym Setting Improves Cardio-Metabolic and Psychological Health. <i>PLoS ONE</i> , <b>2015</b> , 10, e0139056	3.7	61
39	Motivating the unmotivated: how can health behavior be changed in those unwilling to change?. <i>Frontiers in Psychology</i> , <b>2015</b> , 6, 835	3.4	78
38	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> , <b>2015</b> , 3, 190-203	2.2	19
37	The effect of the physical environment and levels of activity on affective states. <i>Journal of Environmental Psychology</i> , <b>2014</b> , 38, 241-251	6.7	33
36	Body image during the menopausal transition: a systematic scoping review. <i>Health Psychology Review</i> , <b>2014</b> , 8, 473-89	7.1	24
35	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> , <b>2014</b> , 7, 89-94	5	16
34	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> , <b>2014</b> , 15, 190-197	4.2	22
33	Autonomy support and control in weight management: what important others do and say matters. <i>British Journal of Health Psychology</i> , <b>2014</b> , 19, 540-52	8.3	38

32	Step by step: The feasibility of a 16-week workplace lunchtime walking intervention for physically inactive employees. <i>Journal of Physical Activity and Health</i> , <b>2014</b> , 11, 1354-61	2.5	10
31	Physical activity adoption to adherence, lapse, and dropout: a self-determination theory perspective. <i>Qualitative Health Research</i> , <b>2014</b> , 24, 706-18	3.9	55
30	The development of synchronous text-based instant messaging as an online interviewing tool. <i>International Journal of Social Research Methodology: Theory and Practice</i> , <b>2014</b> , 17, 677-692	2.8	20
29	Changing Bodies: Experiences of Women Who Have Undergone a Surgically Induced Menopause. <i>Qualitative Health Research</i> , <b>2014</b> , 24, 738-748	3.9	10
28	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> , <b>2013</b> , 5, 291-310	6.8	31
27	Motivation contagion when instructing obese individuals: a test in exercise settings. <i>Journal of Sport and Exercise Psychology</i> , <b>2012</b> , 34, 525-38	1.5	14
26	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> , <b>2012</b> , 48, 213-23	3.7	76
25	Exercise imagery and its correlates in older adults. <i>Psychology of Sport and Exercise</i> , <b>2012</b> , 13, 19-25	4.2	6
24	Self-Determination Theory Applied to Health Contexts: A Meta-Analysis. <i>Perspectives on Psychological Science</i> , <b>2012</b> , 7, 325-40	9.8	913
23	Psychological need thwarting in the sport context: assessing the darker side of athletic experience. <i>Journal of Sport and Exercise Psychology</i> , <b>2011</b> , 33, 75-102	1.5	402
22	Self-Presentational Cognitions for Exercise in Female Adolescents. <i>Journal of Applied Social Psychology</i> , <b>2011</b> , 41, 429-444	2.1	6
21	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> , <b>2011</b> , 35, 413-422	2.5	13
20	Health and well-being profiles of older European adults. <i>European Journal of Ageing</i> , <b>2011</b> , 8, 75	3.6	9
19	Changes in need satisfaction and motivation orientation as predictors of psychological and behavioural outcomes in exercise referral. <i>Psychology and Health</i> , <b>2011</b> , 26, 1521-39	2.9	26
18	Self-determination theory and diminished functioning: the role of interpersonal control and psychological need thwarting. <i>Personality and Social Psychology Bulletin</i> , <b>2011</b> , 37, 1459-73	4.1	552
17	Developmental changes in achievement motivation and affect in physical education: Growth trajectories and demographic differences. <i>Psychology of Sport and Exercise</i> , <b>2010</b> , 11, 83-90	4.2	38
16	Unhealthy weight control behaviours in adolescent girls: a process model based on self-determination theory. <i>Psychology and Health</i> , <b>2010</b> , 25, 535-50	2.9	91
15	The controlling interpersonal style in a coaching context: development and initial validation of a psychometric scale. <i>Journal of Sport and Exercise Psychology</i> , <b>2010</b> , 32, 193-216	1.5	204

14	"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> , <b>2010</b> , 10, 578	4.1	24
13	Achievement goals, self-handicapping, and performance: a 2 x 2 achievement goal perspective. <i>Journal of Sports Sciences</i> , <b>2009</b> , 27, 1471-82	3.6	27
12	The Effects of Social Identity and Perceived Autonomy Support on Health Behaviour Within the Theory of Planned Behaviour. <i>Current Psychology</i> , <b>2009</b> , 28, 55-68	1.4	43
11	The role of motivation to eat in the prediction of weight control behaviors in female and male adolescents. <i>Eating Behaviors</i> , <b>2009</b> , 10, 107-14	3	11
10	Developmental trajectories of motivation in physical education: Course, demographic differences, and antecedents.. <i>Journal of Educational Psychology</i> , <b>2009</b> , 101, 717-728	5.3	72
9	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> , <b>2009</b> , 19, 286-96	4.6	21
8	The Effects of Self-Discordance, Self-Concordance, and Implementation Intentions on Health Behavior. <i>Journal of Applied Biobehavioral Research</i> , <b>2008</b> , 13, 198-214	1.7	18
7	Typologies of Greek inactive older adults based on reasons for abstaining from exercise and conditions for change. <i>Journal of Sports Sciences</i> , <b>2008</b> , 26, 1341-50	3.6	8
6	Achievement goals in physical education: Examining the predictive ability of five different dimensions of motivational climate. <i>European Physical Education Review</i> , <b>2007</b> , 13, 267-285	2.8	17
5	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> , <b>2007</b> , 12, 301-15	3.1	74
4	The role of self-determined motivation in the understanding of exercise-related behaviours, cognitions and physical self-evaluations. <i>Journal of Sports Sciences</i> , <b>2006</b> , 24, 393-404	3.6	221
3	Relationships between exercise and three components of mental well-being in corporate employees. <i>Psychology of Sport and Exercise</i> , <b>2005</b> , 6, 609-627	4.2	30
2	Physical activity and mental well-being typologies in corporate employees: A mixed methods approach. <i>Work and Stress</i> , <b>2005</b> , 19, 50-67	6.1	17
1	Psychosocial outcomes of sport participation for middle-aged and older adults: a systematic review and meta-analysis. <i>International Review of Sport and Exercise Psychology</i> , 1-22	4.8	2