

# Michelle Jospe

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/7369065/publications.pdf>

Version: 2024-02-01

17  
papers

320  
citations

1039406

9  
h-index

940134

16  
g-index

18  
all docs

18  
docs citations

18  
times ranked

504  
citing authors

#	ARTICLE	IF	CITATIONS
1	Diet App Use by Sports Dietitians: A Survey in Five Countries. JMIR MHealth and UHealth, 2015, 3, e7.	1.8	67
2	High-Intensity Interval Training in the Real World: Outcomes from a 12-Month Intervention in Overweight Adults. Medicine and Science in Sports and Exercise, 2018, 50, 1818-1826.	0.2	59
3	The Effect of Different Types of Monitoring Strategies on Weight Loss: A Randomized Controlled Trial. Obesity, 2017, 25, 1490-1498.	1.5	37
4	Intermittent fasting, Paleolithic, or Mediterranean diets in the real world: exploratory secondary analyses of a weight-loss trial that included choice of diet and exercise. American Journal of Clinical Nutrition, 2020, 111, 503-514.	2.2	34
5	Determining how best to support overweight adults to adhere to lifestyle change: protocol for the SWIFT study. BMC Public Health, 2015, 15, 861.	1.2	19
6	Adherence to hunger training using blood glucose monitoring: a feasibility study. Nutrition and Metabolism, 2015, 12, 22.	1.3	17
7	Adherence to Hunger Training over 6 Months and the Effect on Weight and Eating Behaviour: Secondary Analysis of a Randomised Controlled Trial. Nutrients, 2017, 9, 1260.	1.7	15
8	Self-monitoring has no adverse effect on disordered eating in adults seeking treatment for obesity. Obesity Science and Practice, 2018, 4, 283-288.	1.0	11
9	“Am I really hungry?” A qualitative exploration of patients’ experience, adherence and behaviour change during hunger training: a pilot study. BMJ Open, 2019, 9, e032248.	0.8	10
10	A tool for assessing the satisfaction of a diet: Development and preliminary validation of the Diet Satisfaction Score. Nutrition and Dietetics, 2020, 77, 268-273.	0.9	10
11	Teaching people to eat according to appetite “ Does the method of glucose measurement matter?. Appetite, 2020, 151, 104691.	1.8	9
12	Bidirectional associations between sleep quality or quantity, and dietary intakes or eating behaviors in children 6–12 years old: a systematic review with evidence mapping. Nutrition Reviews, 2021, 79, 1079-1099.	2.6	8
13	Hunger Training as a Self-regulation Strategy in a Comprehensive Weight Loss Program for Breast Cancer Prevention: A Randomized Feasibility Study. Cancer Prevention Research, 2022, 15, 193-201.	0.7	6
14	A Low-Glucose Eating Pattern Improves Biomarkers of Postmenopausal Breast Cancer Risk: An Exploratory Secondary Analysis of a Randomized Feasibility Trial. Nutrients, 2021, 13, 4508.	1.7	5
15	Continuous Glucose Monitors as Wearable Lifestyle Behavior Change Tools in Obesity and Diabetes. , 2020, , 591-603.		4
16	Using Biological Feedback to Promote Health Behavior Change in Adults: Protocol for a Scoping Review. JMIR Research Protocols, 2022, 11, e32579.	0.5	4
17	Translating hunger training research to primary health: a qualitative study of nurse attitudes towards a novel weight management intervention. Journal of Primary Health Care, 2020, 12, 79.	0.2	3