

Helena Fonseca

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.

44
papers

527
citations

12
h-index

21
g-index

46
ext. papers

618
ext. citations

2.7
avg, IF

3.65
L-index

| # | Paper | IF | Citations |
|----|--|-----|-----------|
| 44 | Vigorous physical activity: a potential ally in adolescent obesity management.. <i>European Journal of Sport Science</i> , 2022 , 1-25 | 3.9 | |
| 43 | Combined high-intensity interval training as an obesity-management strategy for adolescents. <i>European Journal of Sport Science</i> , 2021 , 1-12 | 3.9 | 2 |
| 42 | Adolescent medicine during specialized paediatric training: the past, the present and the future. <i>International Journal of Adolescent Medicine and Health</i> , 2021 , 33, 83-88 | 1.1 | |
| 41 | The effect of a physical activity consultation in the management of adolescent excess weight: Results from a non-randomized controlled trial. <i>Clinical Obesity</i> , 2021 , 11, e12484 | 3.6 | 2 |
| 40 | Why are certain age bands used for children in paediatric studies of medicines?. <i>Archives of Disease in Childhood</i> , 2021 , 106, 631-635 | 2.2 | 0 |
| 39 | Metabolically healthy overweight adolescents: definition and components. <i>Annals of Pediatric Endocrinology and Metabolism</i> , 2020 , 25, 256-264 | 2.9 | 3 |
| 38 | Acanthosis nigricans as a clinical marker of insulin resistance among overweight adolescents. <i>Annals of Pediatric Endocrinology and Metabolism</i> , 2019 , 24, 99-103 | 2.9 | 3 |
| 37 | Social media and children: what is the paediatrician's role?. <i>European Journal of Pediatrics</i> , 2019 , 178, 1605-1612 | 4.1 | 6 |
| 36 | Quality-of-life outcomes of a weight management program for adolescents based on motivational interviewing. <i>Patient Education and Counseling</i> , 2019 , 102, 718-725 | 3.1 | 4 |
| 35 | Paediatric departments need to improve residents' training in adolescent medicine and health: a position paper of the European Academy of Paediatrics. <i>European Journal of Pediatrics</i> , 2018 , 177, 479-487 | 4.1 | 23 |
| 34 | Effect of a Physical Activity Consultation in the Management of Adolescent Overweight (the PAC-MAnO project): study rationale, design and methods. <i>BMJ Paediatrics Open</i> , 2018 , 2, e000214 | 2.4 | 4 |
| 33 | Anthropometric outcomes of a motivational interviewing school-based randomized trial involving adolescents with overweight. <i>European Journal of Pediatrics</i> , 2018 , 177, 1121-1130 | 4.1 | 7 |
| 32 | The effect of a physical activity consultation on body mass index z-score of overweight adolescents: results from a pediatric outpatient obesity clinic. <i>European Journal of Pediatrics</i> , 2017 , 176, 655-660 | 4.1 | 9 |
| 31 | Association between treatment adherence and quality of life among overweight adolescents. <i>Cadernos De Saude Publica</i> , 2017 , 33, e00171815 | 3.2 | 4 |
| 30 | Cross-sectional study showed psychosocial variables, gender and family involvement played an important role in an adolescent weight management programme. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2017 , 106, 105-111 | 3.1 | |
| 29 | Physical activity and cardiorespiratory fitness, but not sedentary behavior, are associated with carotid intima-media thickness in obese adolescents. <i>European Journal of Pediatrics</i> , 2016 , 175, 391-8 | 4.1 | 21 |
| 28 | Lifestyle and treatment adherence among overweight adolescents. <i>Journal of Health Psychology</i> , 2016 , 21, 562-72 | 3.1 | 6 |

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| 27 | Pathways between BMI and adherence to weight management in adolescence. <i>International Journal of Adolescent Medicine and Health</i> , 2016 , 29, | 1.1 | 3 |
| 26 | Effectiveness analysis of an internet-based intervention for overweight adolescents: next steps for researchers and clinicians. <i>BMC Obesity</i> , 2016 , 3, 15 | 3.6 | 7 |
| 25 | Controlled trial of an Internet-based intervention for overweight teens (Next.Step): effectiveness analysis. <i>European Journal of Pediatrics</i> , 2015 , 174, 1143-57 | 4.1 | 16 |
| 24 | Health promoting behaviors in adolescence: validation of the Portuguese version of the Adolescent Lifestyle Profile. <i>Jornal De Pediatria</i> , 2015 , 91, 358-65 | 2.6 | 17 |
| 23 | Development and Preliminary Validation of the Adherence to Weight Control Questionnaire. <i>Journal of Nursing Measurement</i> , 2015 , 23, 224-38 | 0.5 | 3 |
| 22 | Usability of an internet-based platform (Next.Step) for adolescent weight management. <i>Jornal De Pediatria</i> , 2015 , 91, 68-74 | 2.6 | 9 |
| 21 | Usability of an internet-based platform (Next.Step) for adolescent weight management. <i>Jornal De Pediatria (Versão Em Português)</i> , 2015 , 91, 68-74 | 0.2 | 0 |
| 20 | Put Yourself in My Shoes: Perspectives of Adolescents about What Makes an Obesity Intervention Effective. <i>Health</i> , 2015 , 07, 1833-1840 | 0.4 | 3 |
| 19 | Internet-based intervention programme for obese adolescents and their families (Next.Step): research protocol of a controlled trial. <i>Journal of Advanced Nursing</i> , 2014 , 70, 904-14 | 3.1 | 12 |
| 18 | Managing paediatric obesity: a multidisciplinary intervention including peers in the therapeutic process. <i>BMC Pediatrics</i> , 2014 , 14, 89 | 2.6 | 3 |
| 17 | Short- and medium-term impact of a residential weight-loss camp for overweight adolescents. <i>International Journal of Adolescent Medicine and Health</i> , 2014 , 26, 33-8 | 1.1 | 7 |
| 16 | SAPHO syndrome in an adolescent: a clinical case with unusual severe systemic impact. <i>Journal of Adolescent Health</i> , 2014 , 55, 304-6 | 5.8 | 5 |
| 15 | Psychosocial Correlates in the Context of Body Mass Index and Overweight 2012 , 2273-2284 | | |
| 14 | How much does overweight impact the adolescent developmental process?. <i>Child: Care, Health and Development</i> , 2011 , 37, 135-42 | 2.8 | 8 |
| 13 | Are adolescent weight-related problems and general well-being essentially an issue of age, gender or rather a pubertal timing issue?. <i>Journal of Pediatric Endocrinology and Metabolism</i> , 2011 , 24, 251-6 | 1.6 | 4 |
| 12 | Prevalence of metabolic syndrome in a Portuguese obese adolescent population according to three different definitions. <i>European Journal of Pediatrics</i> , 2010 , 169, 935-40 | 4.1 | 18 |
| 11 | Helping adolescents develop resilience: steps the pediatrician can take in the office. <i>Adolescent Medicine: State of the Art Reviews</i> , 2010 , 21, 152-60, xi | | 2 |
| 10 | Are overweight and obese adolescents different from their peers?. <i>Pediatric Obesity</i> , 2009 , 4, 166-74 | | 59 |

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| 9 | Are overweight adolescents at higher risk of engaging in unhealthy weight-control behaviours?. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2009 , 98, 847-52 | 3.1 | 17 |
| 8 | Sexuality in the child, teen, and young adult: concepts for the clinician. <i>Primary Care - Clinics in Office Practice</i> , 2007 , 34, 275-92; abstract vii | 2.2 | 13 |
| 7 | Preventing and treating adolescent obesity: a position paper of the Society for Adolescent Medicine. <i>Journal of Adolescent Health</i> , 2006 , 38, 784-7 | 5.8 | 43 |
| 6 | Perception of overweight and obesity among Portuguese adolescents: an overview of associated factors. <i>European Journal of Public Health</i> , 2005 , 15, 323-8 | 2.1 | 48 |
| 5 | Helping Adolescents Develop Resilience 2005 , 152-160 | | 1 |
| 4 | The development and pilot-testing of a training curriculum in adolescent medicine and health. <i>Journal of Adolescent Health</i> , 2004 , 35, 51-7 | 5.8 | 7 |
| 3 | Familial correlates of extreme weight control behaviors among adolescents. <i>International Journal of Eating Disorders</i> , 2002 , 32, 441-8 | 6.3 | 34 |
| 2 | Health risk behaviors and associated risk and protective factors among Brazilian adolescents in Santos, Brazil. <i>Journal of Adolescent Health</i> , 2001 , 28, 295-302 | 5.8 | 90 |
| 1 | Defining and assessing risky behaviours. <i>Journal of Advanced Nursing</i> , 1993 , 18, 1911-6 | 3.1 | 4 |