

# Benjamin Gardner

## List of Publications by Year in descending order

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Version: 2024-02-01

138  
papers

9,247  
citations

61984

43  
h-index

46799

89  
g-index

147  
all docs

147  
docs citations

147  
times ranked

9156  
citing authors

#	ARTICLE	IF	CITATIONS
1	A review and analysis of the use of “habit”™ in understanding, predicting and influencing health-related behaviour. <i>Health Psychology Review</i> , 2015, 9, 277-295.	8.6	669
2	Promoting habit formation. <i>Health Psychology Review</i> , 2013, 7, S137-S158.	8.6	544
3	Towards parsimony in habit measurement: Testing the convergent and predictive validity of an automaticity subscale of the Self-Report Habit Index. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 102.	4.6	526
4	A Systematic Review and Meta-analysis of Applications of the Self-Report Habit Index to Nutrition and Physical Activity Behaviours. <i>Annals of Behavioral Medicine</i> , 2011, 42, 174-187.	2.9	431
5	Making health habitual: the psychology of “habit-formation”™ and general practice. <i>British Journal of General Practice</i> , 2012, 62, 664-666.	1.4	374
6	How to reduce sitting time? A review of behaviour change strategies used in sedentary behaviour reduction interventions among adults. <i>Health Psychology Review</i> , 2016, 10, 89-112.	8.6	357
7	Mainstream consumers driving plug-in battery-electric and plug-in hybrid electric cars: A qualitative analysis of responses and evaluations. <i>Transportation Research, Part A: Policy and Practice</i> , 2012, 46, 140-153.	4.2	340
8	What drives car use? A grounded theory analysis of commuters’™ reasons for driving. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2007, 10, 187-200.	3.7	290
9	Modelling motivation and habit in stable travel mode contexts. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2009, 12, 68-76.	3.7	209
10	Experiences of habit formation: A qualitative study. <i>Psychology, Health and Medicine</i> , 2011, 16, 484-489.	2.4	202
11	Changing diet and physical activity to reduce gestational weight gain: a meta-analysis. <i>Obesity Reviews</i> , 2011, 12, e602-20.	6.5	201
12	Using theory to synthesise evidence from behaviour change interventions: The example of audit and feedback. <i>Social Science and Medicine</i> , 2010, 70, 1618-1625.	3.8	190
13	Psychological correlates of car use: A meta-analysis. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2008, 11, 300-311.	3.7	186
14	Forming a flossing habit: An exploratory study of the psychological determinants of habit formation. <i>British Journal of Health Psychology</i> , 2013, 18, 338-353.	3.5	174
15	Habitual behaviors or patterns of practice? Explaining and changing repetitive climate-relevant actions. <i>Wiley Interdisciplinary Reviews: Climate Change</i> , 2015, 6, 113-128.	8.1	164
16	Habitual instigation and habitual execution: Definition, measurement, and effects on behaviour frequency. <i>British Journal of Health Psychology</i> , 2016, 21, 613-630.	3.5	160
17	Can we reduce car use and, if so, how? A review of available evidence. <i>Transportation Research, Part A: Policy and Practice</i> , 2011, 45, 401-418.	4.2	156
18	Healthy feeding habits: efficacy results from a cluster-randomized, controlled exploratory trial of a novel, habit-based intervention with parents. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 769-777.	4.7	130

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19	Putting habit into practice, and practice into habit: a process evaluation and exploration of the acceptability of a habit-based dietary behaviour change intervention. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 135.	4.6	128
20	Going Green? Modeling the Impact of Environmental Concerns and Perceptions of Transportation Alternatives on Decisions to Drive. <i>Journal of Applied Social Psychology</i> , 2010, 40, 831-849.	2.0	119
21	Does intrinsic motivation strengthen physical activity habit? Modeling relationships between self-determination, past behaviour, and habit strength. <i>Journal of Behavioral Medicine</i> , 2013, 36, 488-497.	2.1	116
22	Weekday and weekend patterns of objectively measured sitting, standing, and stepping in a sample of office-based workers: the active buildings study. <i>BMC Public Health</i> , 2015, 15, 9.	2.9	113
23	Habit, identity, and repetitive action: A prospective study of binge drinking in UK students. <i>British Journal of Health Psychology</i> , 2012, 17, 565-581.	3.5	112
24	Patterns and correlates of physical activity behaviour over 10 years in older adults: prospective analyses from the English Longitudinal Study of Ageing. <i>BMJ Open</i> , 2015, 5, e007423-e007423.	1.9	107
25	Relationship between sedentary behavior and depression: A mediation analysis of influential factors across the lifespan among 42,469 people in low- and middle-income countries. <i>Journal of Affective Disorders</i> , 2018, 229, 231-238.	4.1	107
26	Modelling Habit Formation and Its Determinants. , 2018, , 207-229.		107
27	Internet-based intervention for smoking cessation (StopAdvisor) in people with low and high socioeconomic status: a randomised controlled trial. <i>Lancet Respiratory Medicine</i> , 2014, 2, 997-1006.	10.7	104
28	Acceptability of a theory-based sedentary behaviour reduction intervention for older adults (â€œOn Your Feet to Earn Your Seatâ€™). <i>Health Promotion International</i> , 2017, 32, 101-107.	2.9	98
29	Habitual exercise instigation (vs. execution) predicts healthy adultsâ€™ exercise frequency.. <i>Health Psychology</i> , 2016, 35, 69-77.	1.6	98
30	Health promotion interventions for community-dwelling older people with mild or pre-frailty: a systematic review and meta-analysis. <i>BMC Geriatrics</i> , 2017, 17, 157.	2.7	90
31	Beyond the â€œteachable momentâ€™ â€“ A conceptual analysis of women's perinatal behaviour change. <i>Women and Birth</i> , 2016, 29, e67-e71.	2.0	82
32	On Your Feet to Earn Your Seat: pilot RCT of a theory-based sedentary behaviour reduction intervention for older adults. <i>Pilot and Feasibility Studies</i> , 2017, 3, 23.	1.2	72
33	â€œOn Your Feet to Earn Your Seatâ€™, a habit-based intervention to reduce sedentary behaviour in older adults: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 368.	1.6	68
34	â€œDistancersâ€™ and â€œnon-distancersâ€™? The potential social psychological impact of moralizing COVID-19 mitigating practices on sustained behaviour change. <i>British Journal of Social Psychology</i> , 2020, 59, 653-662.	2.8	66
35	Does habit weaken the relationship between intention and behaviour? Revisiting the habitâ€“intention interaction hypothesis. <i>Social and Personality Psychology Compass</i> , 2020, 14, e12553.	3.7	66
36	Swallowing interventions for the treatment of dysphagia after head and neck cancer: a systematic review of behavioural strategies used to promote patient adherence to swallowing exercises. <i>BMC Cancer</i> , 2017, 17, 43.	2.6	64

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37	Predicting Automaticity in Exercise Behaviour: The Role of Perceived Behavioural Control, Affect, Intention, Action Planning, and Behaviour. <i>International Journal of Behavioral Medicine</i> , 2014, 21, 767-774.	1.7	63
38	Reflecting on non-reflective action: An exploratory think-aloud study of self-report habit measures. <i>British Journal of Health Psychology</i> , 2014, 19, 258-273.	3.5	58
39	Childhood correlates of adult TV viewing time: a 32-year follow-up of the 1970 British Cohort Study. <i>Journal of Epidemiology and Community Health</i> , 2015, 69, 309-313.	3.7	53
40	Contesting the "national interest" and maintaining "our lifestyle": A discursive analysis of political rhetoric around climate change. <i>British Journal of Social Psychology</i> , 2010, 49, 601-625.	2.8	52
41	Active Commuting and Habit Strength: An Interactive and Discriminant Analyses Approach. <i>American Journal of Health Promotion</i> , 2011, 25, e27-e36.	1.7	50
42	Development of StopAdvisor. <i>Translational Behavioral Medicine</i> , 2012, 2, 263-275.	2.4	50
43	Evolution of physical activity habits after a context change: The case of COVID-19 lockdown. <i>British Journal of Health Psychology</i> , 2021, 26, 1135-1154.	3.5	49
44	Home-based health promotion for older people with mild frailty: the HomeHealth intervention development and feasibility RCT. <i>Health Technology Assessment</i> , 2017, 21, 1-128.	2.8	48
45	The Measurement of Habit. , 2018, , 31-49.		47
46	The ways that people talk about natural resources: Discursive strategies as barriers to environmentally sustainable practices. <i>British Journal of Social Psychology</i> , 2005, 44, 603-620.	2.8	45
47	Mental health and well-being concerns of fly-in fly-out workers and their partners in Australia: a qualitative study. <i>BMJ Open</i> , 2018, 8, e019516.	1.9	42
48	Depressive symptoms, handgrip strength, and weight status in US older adults. <i>Journal of Affective Disorders</i> , 2018, 238, 305-310.	4.1	39
49	Psychological predictors of dietary intentions in pregnancy. <i>Journal of Human Nutrition and Dietetics</i> , 2012, 25, 345-353.	2.5	37
50	What contributes to action plan enactment? Examining characteristics of physical activity plans. <i>British Journal of Health Psychology</i> , 2017, 22, 940-957.	3.5	37
51	What psychological and behaviour changes are initiated by "expert patient" training and what training techniques are most helpful?. <i>Psychology and Health</i> , 2009, 24, 1153-1165.	2.2	36
52	Intrinsic Rewards, Fruit and Vegetable Consumption, and Habit Strength: A Three-Wave Study Testing the Associative-Cybernetic Model. <i>Applied Psychology: Health and Well-Being</i> , 2014, 6, 119-134.	3.0	35
53	Association between participation in outdoor play and sport at 10years old with physical activity in adulthood. <i>Preventive Medicine</i> , 2015, 74, 31-35.	3.4	35
54	Beliefs underlying UK parents' views towards MMR promotion interventions: A qualitative study. <i>Psychology, Health and Medicine</i> , 2010, 15, 220-230.	2.4	34

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55	Specifying the content of home-based health behaviour change interventions for older people with frailty or at risk of frailty: an exploratory systematic review. <i>BMJ Open</i> , 2017, 7, e014127.	1.9	34
56	Patient Experiences of Swallowing Exercises After Head and Neck Cancer: A Qualitative Study Examining Barriers and Facilitators Using Behaviour Change Theory. <i>Dysphagia</i> , 2017, 32, 559-569.	1.8	34
57	Is sitting invisible? Exploring how people mentally represent sitting. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 85.	4.6	34
58	Staff and student views of lecture capture: a qualitative study. <i>International Journal of Educational Technology in Higher Education</i> , 2019, 16, .	7.6	34
59	A pilot study of StopAdvisor: A theory-based interactive internet-based smoking cessation intervention aimed across the social spectrum. <i>Addictive Behaviors</i> , 2012, 37, 1365-1370.	3.0	32
60	Exploratory study of the impact of perceived reward on habit formation. <i>BMC Psychology</i> , 2018, 6, 62.	2.1	32
61	Seeking Health Information and Support Online: Does It Differ as a Function of Engagement in Risky Health Behaviors? Evidence From the Health Information National Trends Survey. <i>Journal of Medical Internet Research</i> , 2014, 16, e253.	4.3	32
62	How we are misinterpreting physical activity intention “ behavior relations and what to do about it. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 71.	4.6	30
63	A matter of habit: Recognizing the multiple roles of habit in health behaviour. <i>British Journal of Health Psychology</i> , 2019, 24, 241-249.	3.5	30
64	Do habits always override intentions? Pitting unhealthy snacking habits against snack-avoidance intentions. <i>BMC Psychology</i> , 2015, 3, 8.	2.1	29
65	Correlates of physical activity among community-dwelling adults aged 50 or over in six low- and middle-income countries. <i>PLoS ONE</i> , 2017, 12, e0186992.	2.5	28
66	Role of habit in treatment adherence among adults with cystic fibrosis. <i>Thorax</i> , 2019, 74, 197-199.	5.6	28
67	Habit Interventions. , 2020, , 599-616.		28
68	Breaking habits or breaking habitual behaviours? Old habits as a neglected factor in weight loss maintenance. <i>Appetite</i> , 2021, 162, 105183.	3.7	28
69	Developing habit-based health behaviour change interventions: twenty-one questions to guide future research. <i>Psychology and Health</i> , 2023, 38, 518-540.	2.2	26
70	Sociodemographic, behavioural and health factors associated with changes in older adults’s TV viewing over 24years. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 102.	4.6	25
71	Office workers’s experiences of attempts to reduce sitting-time: an exploratory, mixed-methods uncontrolled intervention pilot study. <i>BMC Public Health</i> , 2019, 19, 819.	2.9	25
72	How does habit form? Guidelines for tracking real-world habit formation. <i>Cogent Psychology</i> , 2022, 9, .	1.3	25

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73	Correlates of children's independent outdoor play: Cross-sectional analyses from the Millennium Cohort Study. Preventive Medicine Reports, 2017, 8, 10-14.	1.8	24
74	How, when and why do young women use nutrition information on food labels? A qualitative analysis. Psychology and Health, 2013, 28, 202-216.	2.2	23
75	Defining and measuring the habit impulse: response to commentaries. Health Psychology Review, 2015, 9, 318-322.	8.6	23
76	Experiences of hearing loss and views towards interventions to promote uptake of rehabilitation support among UK adults. International Journal of Audiology, 2016, 55, 666-673.	1.7	23
77	Health behaviours of Australian fly-in, fly-out workers and partners during on-shift and off-shift days: an ecological momentary assessment study. BMJ Open, 2018, 8, e023631.	1.9	23
78	Identifying acceptable components for home-based health promotion services for older people with mild frailty: A qualitative study. Health and Social Care in the Community, 2018, 26, 393-403.	1.6	22
79	“Habitually deciding” or “habitually doing”? A response to Hagger (2019). Psychology of Sport and Exercise, 2020, 47, 101539.	2.1	22
80	The needs and preferences of pregnant smokers regarding tailored Internet-based smoking cessation interventions: a qualitative interview study. BMC Public Health, 2014, 14, 1070.	2.9	21
81	Implementation of Evidence-Based Practice From a Learning Perspective. Worldviews on Evidence-Based Nursing, 2017, 14, 192-199.	2.9	20
82	Behaviour change among overweight and socially disadvantaged adults: A longitudinal study of the NHS Health Trainer Service. Psychology and Health, 2012, 27, 1178-1193.	2.2	19
83	Improving swallowing outcomes in patients with head and neck cancer using a theory-based pretreatment swallowing intervention package: protocol for a randomised feasibility study. BMJ Open, 2017, 7, e014167.	1.9	18
84	“Could you sit down please?” A qualitative analysis of employees’ experiences of standing in normally-seated workplace meetings. PLoS ONE, 2018, 13, e0198483.	2.5	18
85	Predicting what mothers feed their preschoolers: Guided by an extended theory of planned behaviour. Appetite, 2019, 137, 250-258.	3.7	18
86	Staff and students perception of lecture capture. Internet and Higher Education, 2020, 46, 100732.	6.5	18
87	Determinants of objective adherence to nebulised medications among adults with cystic fibrosis: an exploratory mixed methods study comparing low and high adherers. Health Psychology and Behavioral Medicine, 2017, 5, 299-316.	1.8	17
88	How did the public respond to the 2015 expert consensus public health guidance statement on workplace sedentary behaviour? A qualitative analysis. BMC Public Health, 2017, 17, 47.	2.9	17
89	SIP SMART: a parallel group randomised feasibility trial of a tailored pre-treatment swallowing intervention package compared with usual care for patients with head and neck cancer. BMC Cancer, 2020, 20, 360.	2.6	17
90	Modelling predictors of UK undergraduates’ attitudes towards smart drugs. Trends in Neuroscience and Education, 2019, 14, 33-39.	3.1	16

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91	â€˜The Habitual Use of the Self-report Habit Indexâ€™: A Reply. Annals of Behavioral Medicine, 2012, 43, 141-142.	2.9	15
92	Comparing motivational, self-regulatory and habitual processes in a computer-tailored physical activity intervention in hospital employees - protocol for the PATHS randomised controlled trial. BMC Public Health, 2017, 17, 518.	2.9	15
93	Helping Patients With Head and Neck Cancer Understand Dysphagia: Exploring the Use of Video-Animation. American Journal of Speech-Language Pathology, 2019, 28, 697-705.	1.8	15
94	The Post-Pandemic Lecture: Views from Academic Staff across the UK. Education Sciences, 2022, 12, 123.	2.6	15
95	What influences the selection of contextual cues when starting a new routine behaviour? An exploratory study. BMC Psychology, 2020, 8, 29.	2.1	14
96	Public support in England for raising the price of cigarettes to fund tobacco control activities. Tobacco Control, 2010, 19, 331-333.	3.2	13
97	Identification of behaviour change components in swallowing interventions for head and neck cancer patients: protocol for a systematic review. Systematic Reviews, 2015, 4, 89.	5.3	13
98	Are parents more willing to vaccinate their children than themselves?. Journal of Health Psychology, 2016, 21, 781-787.	2.3	13
99	Occupational Physical Activity Habits of UK Office Workers: Cross-Sectional Data from the Active Buildings Study. International Journal of Environmental Research and Public Health, 2018, 15, 1214.	2.6	12
100	Health promotion for mild frailty based on behaviour change: Perceptions of older people and service providers. Health and Social Care in the Community, 2019, 27, 1333-1343.	1.6	12
101	A method for studying decision-making by guideline development groups. Implementation Science, 2009, 4, 48.	6.9	11
102	Physical activity levels in children with sensory problems: Cross-sectional analyses from the Millennium Cohort Study. Disability and Health Journal, 2018, 11, 58-61.	2.8	11
103	Changing healthcare professionals' non-reflective processes to improve the quality of care. Social Science and Medicine, 2022, 298, 114840.	3.8	11
104	Towards consensus in conceptualizing and operationalizing physical activity maintenance. Psychology of Sport and Exercise, 2022, 61, 102214.	2.1	11
105	â€˜On Your Feet to Earn Your Seatâ€™: update to randomised controlled trial protocol. Trials, 2015, 16, 330.	1.6	10
106	Moving upstream in health promoting policies for older people with early frailty in England? A policy analysis. Journal of Health Services Research and Policy, 2018, 23, 168-175.	1.7	10
107	Accounting for automatic processes in sleep health. Journal of Sleep Research, 2020, 29, e12987.	3.2	10
108	Validation of the CPAP Habit Index-5: A Tool to Understand Adherence to CPAP Treatment in Patients with Obstructive Sleep Apnea. Sleep Disorders, 2014, 2014, 1-9.	1.4	9



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109	Promoting <scp>CPAP</scp> adherence in clinical practice: A survey of Swedish and Norwegian <scp>CPAP</scp> practitionersâ€™ beliefs and practices. Journal of Sleep Research, 2018, 27, e12675.	3.2	9
110	A case study: Views on the practice of opting in and out of lecture capture. Education and Information Technologies, 2019, 24, 3075-3090.	5.7	9
111	The ReSiT study (reducing sitting time): rationale and protocol for an exploratory pilot study of an intervention to reduce sitting time among office workers. Pilot and Feasibility Studies, 2017, 3, 47.	1.2	8
112	Towards a Psychology of the Foodâ€Energyâ€Water Nexus: Costs and Opportunities. Journal of Social Issues, 2020, 76, 136-149.	3.3	8
113	Views towards compulsory MMR vaccination in the UK. Archives of Disease in Childhood, 2010, 95, 658-659.	1.9	7
114	Correlates of sedentary behavior among community-dwelling adults with anxiety in six low- and middle-income countries. Psychiatry Research, 2019, 273, 501-508.	3.3	7
115	Understanding the relationship between safety beliefs and knowledge for cognitive enhancers in UK university students. PLoS ONE, 2021, 16, e0244865.	2.5	7
116	Behavioral Intervention Components Associated With Cost-effectiveness: A Comparison of Six Domains. Annals of Behavioral Medicine, 2022, 56, 176-192.	2.9	7
117	Effects of captions, transcripts and reminders on learning and perceptions of lecture capture. International Journal of Educational Technology in Higher Education, 2022, 19, 20.	7.6	7
118	&lt;p&gt;A pragmatic behavior-based habit index for adherence to nebulized treatments among adults with cystic fibrosis&lt;/p&gt;. Patient Preference and Adherence, 2019, Volume 13, 283-294.	1.8	6
119	Parents and children active together: a randomized trial protocol examining motivational, regulatory, and habitual intervention approaches. BMC Public Health, 2020, 20, 1436.	2.9	6
120	Accounting for the role of habit in lifestyle intervention research. European Journal of Cardiovascular Nursing, 2013, 12, 5-6.	0.9	5
121	From â€does it work?â€™ to â€what makes it work?â€™: The importance of making assumptions explicit when designing and evaluating behavioural interventions. European Journal of Cardiovascular Nursing, 2014, 13, 292-294.	0.9	5
122	Sedentary Behavior and Mental Health. , 2018, , 107-119.		5
123	Do preparatory behaviours predict alcohol consumption among UK university students?. British Journal of Health Psychology, 2021, 26, 343-359.	3.5	5
124	Home-based, tailored intervention for reducing falls after stroke (FAST): Protocol for a randomized trial. International Journal of Stroke, 2021, 16, 174749302199199.	5.9	5
125	The Automaticity of Positive and Negative Thinking: A Scoping Review of Mental Habits. Cognitive Therapy and Research, 2021, 45, 1037-1063.	1.9	5
126	Challenges, opportunities and solutions for local physical activity stakeholders: an implementation case study from a cross-sectoral physical activity network in Northeast England. BMC Public Health, 2020, 20, 1760.	2.9	5



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127	Identifying the content of home-based health behaviour change interventions for frail older people: a systematic review protocol. <i>Systematic Reviews</i> , 2015, 4, 151.	5.3	4
128	A dual process model to predict adolescents' screen time and physical activity. <i>Psychology and Health</i> , 2023, 38, 827-846.	2.2	4
129	Family-based habit intervention to promote parent support for child physical activity in Canada: protocol for a randomised trial. <i>BMJ Open</i> , 2020, 10, e033732.	1.9	4
130	How do people interpret and respond to self-report sitting time questionnaires? a think-aloud study. <i>Psychology of Sport and Exercise</i> , 2020, 50, 101718.	2.1	3
131	Habit Facilitates Actioning Sun Protective Behavior Intentions. <i>Behavioral Medicine</i> , 2022, 48, 313-319.	1.9	3
132	A randomised controlled trial of a theory-based interactive internet-based smoking cessation intervention (‘‘StopAdvisor’’): Study protocol. <i>Journal of Smoking Cessation</i> , 2013, 8, 63-70.	1.0	2
133	Identifying as someone who avoids virus transmission strengthens physical distancing habit-behaviour relationships: A longitudinal multinational study during the COVID-19 pandemic. <i>Applied Psychology: Health and Well-Being</i> , 2022, 14, 1464-1482.	3.0	2
134	Clinical and cost-effectiveness of a personalised health promotion intervention enabling independence in older people with mild frailty (‘‘HomeHealth’’) compared to treatment as usual: study protocol for a randomised controlled trial. <i>BMC Geriatrics</i> , 2022, 22, .	2.7	2
135	How do office workers respond to media coverage of sitting?. <i>Occupational Medicine</i> , 2019, 69, 372-375.	1.4	1
136	Family-based habit intervention to promote parent support for child physical activity in Canada: protocol for a randomised trial. <i>BMJ Open</i> , 2020, 10, e033732.	1.9	1
137	Experiences of successful physical activity maintenance among adults with type 2 diabetes: a theory-based qualitative study. <i>Psychology and Health</i> , 2024, 39, 399-416.	2.2	1
138	Reflective and non-reflective influences on cannabis use among undergraduate students: A qualitative study. <i>Journal of American College Health</i> , 2024, 72, 328-334.	1.5	0