

Danielle Symons Downs

List of Publications by Year in descending order

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Version: 2024-02-01

106
papers

3,961
citations

185998

28
h-index

128067

60
g-index

111
all docs

111
docs citations

111
times ranked

3632
citing authors

#	ARTICLE	IF	CITATIONS
1	Exercise dependence: a systematic review. <i>Psychology of Sport and Exercise</i> , 2002, 3, 89-123.	1.1	412
2	How Much is Too Much? The Development and Validation of the Exercise Dependence Scale. <i>Psychology and Health</i> , 2002, 17, 387-404.	1.2	339
3	The Theories of Reasoned Action and Planned Behavior Applied to Exercise: A Meta-analytic Update. <i>Journal of Physical Activity and Health</i> , 2005, 2, 76-97.	1.0	259
4	Factorial Validity and Psychometric Examination of the Exercise Dependence Scale-Revised. <i>Measurement in Physical Education and Exercise Science</i> , 2004, 8, 183-201.	1.3	254
5	Elicitation studies and the theory of planned behavior: a systematic review of exercise beliefs. <i>Psychology of Sport and Exercise</i> , 2005, 6, 1-31.	1.1	192
6	Women's Exercise Beliefs and Behaviors During Their Pregnancy and Postpartum. <i>Journal of Midwifery and Women's Health</i> , 2004, 49, 138-144.	0.7	173
7	Comparison of Body Image between Athletes and Nonathletes: A Meta-Analytic Review. <i>Journal of Applied Sport Psychology</i> , 2001, 13, 323-339.	1.4	161
8	Understanding Exercise Beliefs and Behaviors in Women With Gestational Diabetes Mellitus. <i>Diabetes Care</i> , 2006, 29, 236-240.	4.3	111
9	Determinants of Pregnancy and Postpartum Depression: Prospective Influences of Depressive Symptoms, Body Image Satisfaction, and Exercise Behavior. <i>Annals of Behavioral Medicine</i> , 2008, 36, 54-63.	1.7	106
10	Physical Activity and Pregnancy. <i>Research Quarterly for Exercise and Sport</i> , 2012, 83, 485-502.	0.8	106
11	Exercising for two: examining pregnant women's second trimester exercise intention and behavior using the framework of the theory of planned behavior. <i>Women's Health Issues</i> , 2003, 13, 222-228.	0.9	80
12	Preconception Predictors of Weight Gain During Pregnancy. <i>Women's Health Issues</i> , 2010, 20, 126-132.	0.9	78
13	Physical Activity and Pregnancy: Past and Present Evidence and Future Recommendations. <i>Research Quarterly for Exercise and Sport</i> , 2012, 83, 485-502.	0.8	74
14	Review of Self-Reported Physical Activity Assessments for Pregnancy: Summary of the Evidence for Validity and Reliability. <i>Paediatric and Perinatal Epidemiology</i> , 2012, 26, 479-494.	0.8	68
15	Improving Women's Preconceptional Health. <i>Women's Health Issues</i> , 2008, 18, S87-S96.	0.9	62
16	Mediating Effects of Body Image Satisfaction on Exercise Behavior, Depressive Symptoms, and Gestational Weight Gain in Pregnancy. <i>Annals of Behavioral Medicine</i> , 2011, 42, 381-390.	1.7	61
17	Improving Women's Preconceptional Health: Long-Term Effects of the Strong Healthy Women Behavior Change Intervention in the Central Pennsylvania Women's Health Study. <i>Women's Health Issues</i> , 2011, 21, 265-271.	0.9	57
18	Baby Steps: Pedometer-Determined and Self-Reported Leisure-Time Exercise Behaviors of Pregnant Women. <i>Journal of Physical Activity and Health</i> , 2009, 6, 63-72.	1.0	54

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19	Preconceptional health: Risks of adverse pregnancy outcomes by reproductive life stage in the Central Pennsylvania Women's Health Study (CePAWHS). <i>Women's Health Issues</i> , 2006, 16, 216-224.	0.9	52
20	Strategies to Promote Physical Activity During Pregnancy. <i>American Journal of Lifestyle Medicine</i> , 2013, 7, 38-50.	0.8	52
21	Physical activity and sedentary behavior across 12 months in cohort samples of couples without children, expecting their first child, and expecting their second child. <i>Journal of Behavioral Medicine</i> , 2014, 37, 533-542.	1.1	49
22	Pathways Linking Perceived Athletic Competence and Parental Support at Age 9 Years to Girls' Physical Activity at Age 11 Years. <i>Research Quarterly for Exercise and Sport</i> , 2006, 77, 23-31.	0.8	47
23	Association of Prenatal Physical Activity and Gestational Weight Gain: Results from the First Baby Study. <i>Women's Health Issues</i> , 2013, 23, e233-e238.	0.9	43
24	A multilevel examination of exercise intention and behavior during pregnancy. <i>Social Science and Medicine</i> , 2008, 66, 2555-2561.	1.8	37
25	Oh baby! Motivation for healthy eating during parenthood transitions: a longitudinal examination with a theory of planned behavior perspective. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 88.	2.0	37
26	Plausible Reports of Energy Intake May Predict Body Mass Index in Pre-Adolescent Girls. <i>Journal of the American Dietetic Association</i> , 2008, 108, 131-135.	1.3	33
27	Pregnant women's third trimester exercise behaviors, body mass index, and pregnancy outcomes. <i>Psychology and Health</i> , 2007, 22, 545-559.	1.2	32
28	Effects of abstinence from habitual involvement in regular exercise on feeling states: An ecological momentary assessment study. <i>British Journal of Health Psychology</i> , 2008, 13, 237-255.	1.9	30
29	Breastfeeding initiation and duration and child health outcomes in the first baby study. <i>Preventive Medicine</i> , 2019, 118, 1-6.	1.6	30
30	Development and evaluation of a multimedia CD-ROM for exercise during pregnancy and postpartum. <i>Patient Education and Counseling</i> , 2008, 70, 215-219.	1.0	29
31	Design of the Central Pennsylvania Women's Health Study (CePAWHS) Strong Healthy Women Intervention: Improving Preconceptional Health. <i>Maternal and Child Health Journal</i> , 2009, 13, 18-28.	0.7	29
32	Hop, Skip â€¦ No! Explaining Adolescent Girls' Disinclination for Physical Activity. <i>Annals of Behavioral Medicine</i> , 2010, 39, 290-302.	1.7	28
33	Comparison of the Dietary Intakes of New Parents, Second-Time Parents, and Nonparents: A Longitudinal Cohort Study. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014, 114, 450-456.	0.4	28
34	Postpartum Perceived Stress Explains the Association between Perceived Social Support and Depressive Symptoms. <i>Women's Health Issues</i> , 2020, 30, 231-239.	0.9	28
35	Exercising for two: examining pregnant women's second trimester exercise intention and behavior using the framework of the theory of planned behavior. <i>Women's Health Issues</i> , 2003, 13, 222-8.	0.9	28
36	A missing piece of the transtheoretical model applied to exercise: Development and validation of the temptation to not exercise scale. <i>Psychology and Health</i> , 2001, 16, 381-390.	1.2	27

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37	Individually Tailored, Adaptive Intervention to Manage Gestational Weight Gain: Protocol for a Randomized Controlled Trial in Women With Overweight and Obesity. <i>JMIR Research Protocols</i> , 2018, 7, e150.	0.5	27
38	Self-Determined to Exercise? Leisure-Time Exercise Behavior, Exercise Motivation, and Exercise Dependence in Youth. <i>Journal of Physical Activity and Health</i> , 2013, 10, 176-184.	1.0	26
39	Adolescent body satisfaction: the role of perceived parental encouragement for physical activity. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009, 6, 90.	2.0	25
40	Randomized Face-to-face vs. Home exercise interventions in pregnant women with gestational diabetes. <i>Psychology of Sport and Exercise</i> , 2017, 30, 73-81.	1.1	24
41	Adaptive, behavioral intervention impact on weight gain, physical activity, energy intake, and motivational determinants: results of a feasibility trial in pregnant women with overweight/obesity. <i>Journal of Behavioral Medicine</i> , 2021, 44, 605-621.	1.1	24
42	Preconception Predictors of Birth Outcomes: Prospective Findings from the Central Pennsylvania Women's Health Study. <i>Maternal and Child Health Journal</i> , 2011, 15, 829-835.	0.7	23
43	Objectively Assessing Treadmill Walking During the Second and Third Pregnancy Trimesters. <i>Journal of Physical Activity and Health</i> , 2012, 9, 21-28.	1.0	23
44	Belief-level markers of physical activity among young adult couples: Comparisons across couples without children and new parents. <i>Psychology and Health</i> , 2014, 29, 1320-1340.	1.2	22
45	Associations between prenatal sleep and psychological health: a systematic review. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 619-630.	1.4	22
46	Walking for Health in Pregnancy. <i>Research Quarterly for Exercise and Sport</i> , 2008, 79, 28-35.	0.8	20
47	Control Systems Engineering for Optimizing a Prenatal Weight Gain Intervention to Regulate Infant Birth Weight. <i>American Journal of Public Health</i> , 2014, 104, 1247-1254.	1.5	20
48	Falling Short of Guidelines? Nutrition and Weight Gain Knowledge in Pregnancy. <i>Journal of Women's Health Care</i> , 2014, 03, .	0.2	18
49	The Preconception Period analysis of Risks and Exposures Influencing health and Development (PrePARED) consortium. <i>Paediatric and Perinatal Epidemiology</i> , 2019, 33, 490-502.	0.8	18
50	Youth Exercise Intention and Past Exercise Behavior. <i>Research Quarterly for Exercise and Sport</i> , 2006, 77, 91-99.	0.8	17
51	Prospective Examination of Leisure-Time Exercise Behavior During Pregnancy. <i>Journal of Applied Sport Psychology</i> , 2005, 17, 240-246.	1.4	16
52	Pregnant women exaggerate cautious gait patterns during the transition between level and hill surfaces. <i>Journal of Electromyography and Kinesiology</i> , 2013, 23, 1237-1242.	0.7	16
53	A Comparison of Theory of Planned Behavior Beliefs and Healthy Eating Between Couples Without Children and First-Time Parents. <i>Journal of Nutrition Education and Behavior</i> , 2015, 47, 216-224.e1.	0.3	16
54	Does Physical Activity Intensity Moderate Social Cognition and Behavior Relationships?. <i>Journal of American College Health</i> , 2009, 58, 213-222.	0.8	14

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55	Preconceptional health behavior change in women with overweight and obesity: prototype for SMART strong healthy women intervention. <i>MHealth</i> , 2018, 4, 24-24.	0.9	14
56	Walking for Health in Pregnancy: Assessment by Indirect Calorimetry and Accelerometry. <i>Research Quarterly for Exercise and Sport</i> , 2008, 79, 28-35.	0.8	14
57	Social cognitive correlates of physical activity across 12 months in cohort samples of couples without children, expecting their first child, and expecting their second child.. <i>Health Psychology</i> , 2014, 33, 792-802.	1.3	13
58	Beliefs About Using Smartphones for Health Behavior Change: an Elicitation Study with Overweight and Obese Rural Women. <i>Journal of Technology in Behavioral Science</i> , 2019, 4, 33-41.	1.3	12
59	Rationale and Design of the Women's Health And Daily Experiences Project: Protocol for an Ecological Momentary Assessment Study to Identify Real-Time Predictors of Midlife Women's Physical Activity. <i>JMIR Research Protocols</i> , 2020, 9, e19044.	0.5	12
60	Determinants of Eating Attitudes among Overweight and Nonoverweight Adolescents. <i>Journal of Adolescent Health</i> , 2007, 41, 138-145.	1.2	11
61	The Power of Believing: Salient Belief Predictors of Exercise Behavior in Normal Weight, Overweight, and Obese Pregnant Women. <i>Journal of Physical Activity and Health</i> , 2015, 12, 1168-1176.	1.0	11
62	Obesity in Special Populations. <i>Primary Care - Clinics in Office Practice</i> , 2016, 43, 109-120.	0.7	11
63	A Prospective Examination of Physical Activity Predictors in Pregnant Women with Normal Weight and Overweight/Obesity. <i>Women's Health Issues</i> , 2018, 28, 502-508.	0.9	11
64	Predicting the physical activity of new parents who participated in a physical activity intervention. <i>Social Science and Medicine</i> , 2021, 284, 114221.	1.8	11
65	Examination of the Validity of a Stages of Exercise Change Algorithm. <i>Journal of Applied Social Psychology</i> , 2003, 33, 1179-1189.	1.3	10
66	Intensively Adaptive Interventions Using Control Systems Engineering: Two Illustrative Examples. <i>Statistics for Social and Behavioral Sciences</i> , 2018, , 121-173.	0.3	10
67	System Identification Approaches for Energy Intake Estimation: Enhancing Interventions for Managing Gestational Weight Gain. <i>IEEE Transactions on Control Systems Technology</i> , 2020, 28, 63-78.	3.2	9
68	Youth Exercise Intention and Past Exercise Behavior: Examining the Moderating Influences of Sex and Meeting Exercise Recommendations. <i>Research Quarterly for Exercise and Sport</i> , 2006, 77, 91-99.	0.8	9
69	Assessment of postural sway with a pendant-mounted wearable sensor. <i>Gait and Posture</i> , 2022, 92, 199-205.	0.6	9
70	Moderators of Youth Exercise Intention and Behavior. <i>Health Education and Behavior</i> , 2013, 40, 305-310.	1.3	8
71	Uncontrolled Eating during Pregnancy Predicts Fetal Growth: The Healthy Mom Zone Trial. <i>Nutrients</i> , 2019, 11, 899.	1.7	8
72	Exercise addiction and dependence.. , 2019, , 589-604.		8

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73	Influences of prior miscarriage and weight status on perinatal psychological well-being, exercise motivation and behavior. <i>Midwifery</i> , 2016, 43, 29-36.	1.0	7
74	Gestational Weight Gain Intervention Impacts Determinants of Healthy Eating and Exercise in Overweight/Obese Pregnant Women. <i>Journal of Obesity</i> , 2018, 2018, 1-12.	1.1	7
75	Short Nighttime Sleep Duration and High Number of Nighttime Awakenings Explain Increases in Gestational Weight Gain and Decreases in Physical Activity but Not Energy Intake among Pregnant Women with Overweight/Obesity. <i>Clocks & Sleep</i> , 2020, 2, 487-501.	0.9	7
76	Beliefs about Using Smartphones for Health Behavior Change: An Elicitation Study with Overweight and Obese Rural Women. <i>Journal of Technology in Behavioral Science</i> , 2019, 4, 33-41.	1.3	7
77	Differences between accelerometer cut point methods among midlife women with cardiovascular risk markers. <i>Menopause</i> , 2020, 27, 559-567.	0.8	6
78	Effect of Technology-Supported Interventions on Prenatal Gestational Weight Gain, Physical Activity, and Healthy Eating Behaviors: a Systematic Review and Meta-analysis. <i>Journal of Technology in Behavioral Science</i> , 2021, 6, 25-41.	1.3	6
79	Obstetric Physicians' Beliefs and Knowledge on Guidelines and Screening Tools to Reduce Opioid Use After Childbirth. <i>Obstetrics and Gynecology</i> , 2021, 137, 325-333.	1.2	6
80	Relationship among sex, imagery, and exercise dependence symptoms. <i>Psychology of Addictive Behaviors</i> , 2002, 16, 169-72.	1.4	6
81	The Role of Exercise in Preventing and Treating Gestational Diabetes: A Comprehensive Review and Recommendations for Future Research. <i>Journal of Applied Biobehavioral Research</i> , 2007, 12, 141-177.	2.0	5
82	Mobile Health Technology in Prenatal Care: Understanding OBGYN Providers' Beliefs About Using Technology to Manage Gestational Weight Gain. <i>Journal of Technology in Behavioral Science</i> , 2019, 4, 17-24.	1.3	5
83	Fostering spirituality and psychosocial health through mind-body practices in underserved populations. <i>Integrative Medicine Research</i> , 2022, 11, 100755.	0.7	5
84	The Moderating Influence of Asthma Diagnosis on Biobehavioral Health Characteristics of Women of Reproductive Age. <i>Maternal and Child Health Journal</i> , 2012, 16, 448-455.	0.7	4
85	Patterns of Gestational Weight Gain and Infants Born Large-for-Gestational Age Across Consecutive Pregnancies. <i>Women's Health Issues</i> , 2019, 29, 194-200.	0.9	4
86	Influence of prenatal perceived stress on postpartum weight retention is mediated by high gestational weight gain in women with overweight. <i>Clinical Obesity</i> , 2021, 11, e12446.	1.1	4
87	Systematic review of the associations between prenatal sleep behaviours and components of energy balance for regulating weight gain. <i>Journal of Sleep Research</i> , 2023, 32, e13619.	1.7	4
88	Postpartum Mothers' Leisure-Time Exercise Behavior is Linked to Positive Emotion During Partner Discussions. <i>Research Quarterly for Exercise and Sport</i> , 2017, 88, 447-454.	0.8	3
89	Low Resting Energy Expenditure Is Associated with High Gestational Weight Gain Only When Resting Energy Expenditure Fluctuates. <i>Reproductive Sciences</i> , 2021, 28, 2582-2591.	1.1	3
90	Underreporting of Energy Intake Increases over Pregnancy: An Intensive Longitudinal Study of Women with Overweight and Obesity. <i>Nutrients</i> , 2022, 14, 2326.	1.7	3

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91	Predictors of Postpartum Exercise According to Prepregnancy Body Mass Index and Gestational Weight Gain. <i>Journal of Physical Activity and Health</i> , 2017, 14, 797-807.	1.0	2
92	Identifying ActiGraph non-wear time in pregnant women with overweight or obesity. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 1197-1201.	0.6	2
93	Variation in urine osmolality throughout pregnancy: a longitudinal, randomized-control trial among women with overweight and obesity. <i>European Journal of Nutrition</i> , 2022, 61, 127-140.	1.8	2
94	Encouraging appropriate gestational weight gain in high-risk gravida: A randomized controlled trial. <i>Obesity Science and Practice</i> , 2022, 8, 261-271.	1.0	2
95	Optimizing behavioral interventions to regulate gestational weight gain with sequential decision policies using hybrid model predictive control. <i>Computers and Chemical Engineering</i> , 2022, 160, 107721.	2.0	2
96	A dynamical systems model of intrauterine fetal growth. <i>Mathematical and Computer Modelling of Dynamical Systems</i> , 2018, 24, 661-687.	1.4	1
97	Gender and Black-White Race Differences in Young Adult Exercise Dependence Prevalence and Associated Disordered Eating. <i>Research Quarterly for Exercise and Sport</i> , 2020, 92, 1-9.	0.8	1
98	Effect of housework on physical activity during transitions to parenthood. <i>Women and Health</i> , 2021, 61, 50-65.	0.4	1
99	Feasibility and Acceptability of Guided Imagery to Sequentially Address Multiple Health Behaviors During Pregnancy. <i>Journal of Midwifery and Women's Health</i> , 2021, 66, 664-670.	0.7	1
100	Couple-Based Physical Activity Planning for New Parents: A Randomized Trial. <i>American Journal of Preventive Medicine</i> , 2021, 61, 518-528.	1.6	1
101	Pathways Linking Perceived Athletic Competence and Parental Support at Age 9 Years to Girls' Physical Activity at Age 11 Years. <i>Research Quarterly for Exercise and Sport</i> , 2006, 77, 23-31.	0.8	1
102	A control-based observer approach for estimating energy intake during pregnancy. <i>International Journal of Robust and Nonlinear Control</i> , 2023, 33, 5105-5127.	2.1	1
103	Obstetricians' Prescribing practices for pain management after delivery. <i>Pain Management</i> , 2022, 12, 645-652.	0.7	1
104	Impact of Imposed Exercise on Children's Ad Libitum Energy Intake. <i>FASEB Journal</i> , 2016, 30, 418.5.	0.2	0
105	Individual Differences in Post-exercise Ad Libitum Energy Intake in Children. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 157.	0.2	0
106	Low prenatal resting energy expenditure and high energy intake predict high gestational weight gain in pregnant women with overweight/obesity. <i>Obesity Research and Clinical Practice</i> , 2022, 16, 281-287.	0.8	0