

# Philayrath Phongsavan

## List of Publications by Year in descending order

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Version: 2024-02-01

102  
papers

3,592  
citations

147566

31  
h-index

155451

55  
g-index

108  
all docs

108  
docs citations

108  
times ranked

5308  
citing authors

#	ARTICLE	IF	CITATIONS
1	Promoting Physical Activity Participation among Children and Adolescents. <i>Epidemiologic Reviews</i> , 2007, 29, 144-159.	1.3	299
2	Epidemiology of substance use in adolescence: prevalence, trends and policy implications. <i>Drug and Alcohol Dependence</i> , 1999, 55, 187-207.	1.6	223
3	Social capital, socio-economic status and psychological distress among Australian adults. <i>Social Science and Medicine</i> , 2006, 63, 2546-2561.	1.8	200
4	Promoting walking as an adjunct intervention to group cognitive behavioral therapy for anxiety disordersâ€”A pilot group randomized trial. <i>Journal of Anxiety Disorders</i> , 2008, 22, 959-968.	1.5	124
5	Physical activity measurement- a primer for health promotion. <i>Global Health Promotion</i> , 2006, 13, 92-103.	0.8	122
6	Effectiveness of a mHealth Lifestyle Program With Telephone Support (TXT2BFiT) to Prevent Unhealthy Weight Gain in Young Adults: Randomized Controlled Trial. <i>JMIR MHealth and UHealth</i> , 2015, 3, e66.	1.8	122
7	Psychosocial impact of specialized cardiac genetic clinics for hypertrophic cardiomyopathy. <i>Genetics in Medicine</i> , 2008, 10, 117-120.	1.1	102
8	Cross-national comparisons of socioeconomic differences in the prevalence of leisure-time and occupational physical activity, and active commuting in six Asia-Pacific countries. <i>Journal of Epidemiology and Community Health</i> , 2011, 65, 35-43.	2.0	99
9	The prevalence and correlates of physical inactivity among adults in Ho Chi Minh City. <i>BMC Public Health</i> , 2008, 8, 204.	1.2	96
10	A Mobile Health Lifestyle Program for Prevention of Weight Gain in Young Adults (TXT2BFiT): Nine-Month Outcomes of a Randomized Controlled Trial. <i>JMIR MHealth and UHealth</i> , 2016, 4, e78.	1.8	93
11	Promoting Walking with Pedometers in the CommunityThe Step-by-Step Trial. <i>American Journal of Preventive Medicine</i> , 2007, 32, 290-297.	1.6	82
12	Driving: A Road to Unhealthy Lifestyles and Poor Health Outcomes. <i>PLoS ONE</i> , 2014, 9, e94602.	1.1	79
13	Effectiveness of Australia's Get Healthy Information and Coaching ServiceÂ®: Translational research with population wide impact. <i>Preventive Medicine</i> , 2012, 55, 292-298.	1.6	76
14	Effects of a Pedometer-Based Intervention on Physical Activity Levels After Cardiac Rehabilitation. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2009, 29, 105-114.	1.2	75
15	Impact of an outdoor gym on park usersâ€™ physical activity: A natural experiment. <i>Health and Place</i> , 2016, 37, 26-34.	1.5	74
16	Mastery of fundamental motor skills among new south wales school students: Prevalence and sociodemographic distribution. <i>Journal of Science and Medicine in Sport</i> , 1999, 2, 93-105.	0.6	70
17	Process evaluation of TXT2BFiT: a multi-component mHealth randomised controlled trial to prevent weight gain in young adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 7.	2.0	62
18	Associations between multiple health risk behaviors and mental health among Chinese college students. <i>Psychology, Health and Medicine</i> , 2016, 21, 377-385.	1.3	62

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19	Randomised controlled trial of a pedometer-based telephone intervention to increase physical activity among cardiac patients not attending cardiac rehabilitation. <i>Patient Education and Counseling</i> , 2010, 80, 212-218.	1.0	58
20	Social engagement pattern, health behaviors and subjective well-being of older adults: an international perspective using WHO-SAGE survey data. <i>BMC Public Health</i> , 2020, 20, 99.	1.2	57
21	The cost-effectiveness of a cardiovascular risk reduction program in general practice. <i>Health Policy</i> , 1997, 41, 105-119.	1.4	56
22	A 3-Arm randomised controlled trial of Communicating Healthy Beginnings Advice by Telephone (CHAT) to mothers with infants to prevent childhood obesity. <i>BMC Public Health</i> , 2017, 17, 79.	1.2	56
23	Insights for conducting real-time focus groups online using a web conferencing service. <i>F1000Research</i> , 0, 6, 122.	0.8	54
24	Does Playground Improvement Increase Physical Activity among Children? A Quasi-Experimental Study of a Natural Experiment. <i>Journal of Environmental and Public Health</i> , 2013, 2013, 1-9.	0.4	52
25	Effective Strategies to Recruit Young Adults Into the TXT2BFIT mHealth Randomized Controlled Trial for Weight Gain Prevention. <i>JMIR Research Protocols</i> , 2015, 4, e66.	0.5	45
26	Prevalence and risk factors of diabetes and impaired fasting glucose in Nauru. <i>BMC Public Health</i> , 2011, 11, 719.	1.2	43
27	Insights for conducting real-time focus groups online using a web conferencing service. <i>F1000Research</i> , 2017, 6, 122.	0.8	41
28	Effects of Telephone and Short Message Service Support on Infant Feeding Practices, "Tummy Time," and Screen Time at 6 and 12 Months of Child Age. <i>JAMA Pediatrics</i> , 2020, 174, 657.	3.3	38
29	Comparison of tobacco, alcohol and illegal drug usage among school students in three Pacific Island societies. <i>Drug and Alcohol Dependence</i> , 2007, 88, 9-18.	1.6	37
30	Characteristics of participants in Australia's Get Healthy telephone-based lifestyle information and coaching service: reaching disadvantaged communities and those most at need. <i>Health Education Research</i> , 2011, 26, 1097-1106.	1.0	37
31	Evaluating the Maintenance of Lifestyle Changes in a Randomized Controlled Trial of the "Get Healthy, Stay Healthy" Program. <i>JMIR MHealth and UHealth</i> , 2016, 4, e42.	1.8	36
32	Impact of the "Swap It, Don't Stop It" Australian National Mass Media Campaign on Promoting Small Changes to Lifestyle Behaviors. <i>Journal of Health Communication</i> , 2016, 21, 1276-1285.	1.2	35
33	Mental health care practices and educational needs of general practitioners. <i>Medical Journal of Australia</i> , 1995, 162, 139-142.	0.8	34
34	Variation in health inequalities according to measures of socioeconomic status and age. <i>Australian and New Zealand Journal of Public Health</i> , 2014, 38, 436-440.	0.8	33
35	Effectiveness of Australia's Get Healthy Information and Coaching Service: maintenance of self-reported anthropometric and behavioural changes after program completion. <i>BMC Public Health</i> , 2013, 13, 175.	1.2	32
36	Improved eating behaviours mediate weight gain prevention of young adults: moderation and mediation results of a randomised controlled trial of TXT2BFIT, mHealth program. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 44.	2.0	32

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37	Age, Gender, Social Contacts, and Psychological Distress. <i>Journal of Aging and Health</i> , 2013, 25, 921-943.	0.9	31
38	Associations between socio-economic position and sedentary behaviour in a large population sample of Australian middle and older-aged adults: The Social, Economic, and Environmental Factor (SEEF) Study. <i>Preventive Medicine</i> , 2014, 63, 72-80.	1.6	31
39	Methods of the NSW schools fitness and physical activity survey, 1997. <i>Journal of Science and Medicine in Sport</i> , 1998, 1, 111-124.	0.6	30
40	Gender differences in influences of perceived environmental and psychosocial correlates on recommended level of physical activity among New Zealanders. <i>Psychology of Sport and Exercise</i> , 2007, 8, 939-950.	1.1	30
41	Evaluation Framework for Translational Research. <i>Health Promotion Practice</i> , 2013, 14, 380-389.	0.9	30
42	Review of Evaluation Metrics Used in Digital and Traditional Tobacco Control Campaigns. <i>Journal of Medical Internet Research</i> , 2020, 22, e17432.	2.1	29
43	Are Total, Intensity- and Domain-Specific Physical Activity Levels Associated with Life Satisfaction among University Students?. <i>PLoS ONE</i> , 2015, 10, e0118137.	1.1	28
44	Can a Motivational Intervention Overcome an Unsupportive Environment for Walking? Findings from the Step-by-Step Study. <i>Annals of Behavioral Medicine</i> , 2009, 38, 137-146.	1.7	27
45	Hunger for Home Delivery: Cross-Sectional Analysis of the Nutritional Quality of Complete Menus on an Online Food Delivery Platform in Australia. <i>Nutrients</i> , 2021, 13, 905.	1.7	26
46	Health behaviour and lifestyle of Pacific youth surveys: a resource for capacity building. <i>Health Promotion International</i> , 2005, 20, 238-248.	0.9	25
47	Effectiveness of a Pedometer-Based Telephone Coaching Program on Weight and Physical Activity for People Referred to a Cardiac Rehabilitation Program. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2015, 35, 124-129.	1.2	25
48	Maximising follow-up participation rates in a large scale 45 and Up Study in Australia. <i>Emerging Themes in Epidemiology</i> , 2016, 13, 6.	1.2	23
49	Mental Illness and Physical Activity: Therapists' Beliefs and Practices. <i>Australian and New Zealand Journal of Psychiatry</i> , 2007, 41, 458-459.	1.3	22
50	Acceptability of financial incentives for maintenance of weight loss in mid-older adults: a mixed methods study. <i>BMC Public Health</i> , 2018, 18, 244.	1.2	22
51	'Translational formative evaluation': critical in up-scaling public health programmes. <i>Health Promotion International</i> , 2014, 29, 38-46.	0.9	20
52	Brief Report "Process evaluation of the advertising campaign for the NSW Get Healthy Information and Coaching Service. <i>Health Promotion Journal of Australia</i> , 2011, 22, 68-71.	0.6	18
53	Effects of divorce and widowhood on subsequent health behaviours and outcomes in a sample of middle-aged and older Australian adults. <i>Scientific Reports</i> , 2021, 11, 15237.	1.6	18
54	Cardiac Patients' Experiences and Perceptions of Social Media: Mixed-Methods Study. <i>Journal of Medical Internet Research</i> , 2017, 19, e323.	2.1	17

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55	Linking two randomised controlled trials for Healthy Beginnings <sup>®</sup> : optimising early obesity prevention programs for children under 3 <sup>®</sup> years. BMC Public Health, 2019, 19, 739.	1.2	16
56	Improved confidence in performing nutrition and physical activity behaviours mediates behavioural change in young adults: Mediation results of a randomised controlled mHealth intervention. Appetite, 2017, 108, 425-433.	1.8	15
57	Where you live matters: Challenges and opportunities to address the urban <sup>®</sup> “rural divide through innovative secondary cardiac rehabilitation programs. Australian Journal of Rural Health, 2013, 21, 170-177.	0.7	14
58	Shifting From Tokenism to Meaningful Adolescent Participation in Research for Obesity Prevention: A Systematic Scoping Review. Frontiers in Public Health, 2021, 9, 789535.	1.3	14
59	A population-based lifestyle intervention to promote healthy weight and physical activity in people with cardiac disease: The PANACHE (Physical Activity, Nutrition And Cardiac HEalth) study protocol. BMC Cardiovascular Disorders, 2010, 10, 17.	0.7	12
60	Sources of information and the use of mobile applications for health and parenting information during pregnancy: Implications for health promotion. Health Informatics Journal, 2021, 27, 146045822110431.	1.1	12
61	Using mass-media communications to increase population usage of Australia <sup>®</sup> ™s Get Healthy Information and Coaching Service <sup>®</sup> . BMC Public Health, 2012, 12, 762.	1.2	11
62	“Get Healthy, Stay Healthy <sup>®</sup> ™: protocol for evaluation of a lifestyle intervention delivered by text-message following the Get Healthy Information and Coaching Service <sup>®</sup> . BMC Public Health, 2014, 14, 112.	1.2	10
63	Modifiable predictors of breastfeeding status and duration at 6 and 12 months postpartum. Birth, 2021, , .	1.1	10
64	Effects of telephone support or short message service on body mass index, eating and screen time behaviours of children age 2 <sup>®</sup> years: A 3 <sup>®</sup> arm randomized controlled trial. Pediatric Obesity, 2022, 17, e12875.	1.4	10
65	Combined Association of Diet and Cardiorespiratory Fitness with Metabolic Syndrome in Chinese Schoolchildren. Maternal and Child Health Journal, 2016, 20, 1904-1910.	0.7	9
66	Evaluating standards-based assessment rubrics in a postgraduate public health subject. Assessment and Evaluation in Higher Education, 2017, 42, 837-849.	3.9	9
67	A review of the impact of physical activity mass media campaigns on low compared to high socioeconomic groups. Health Education Research, 2018, 33, 429-446.	1.0	9
68	Intentional injury reported by young people in the Federated States of Micronesia, Kingdom of Tonga and Vanuatu. BMC Public Health, 2008, 8, 145.	1.2	8
69	Process evaluation in an intervention designed to promote physical activity among adults with anxiety disorders: Evidence of acceptability and adherence. Health Promotion Journal of Australia, 2008, 19, 137-143.	0.6	8
70	Longer Term Impact of the Mass Media Campaign to Promote the Get Healthy Information and Coaching Service <sup>®</sup> . Health Promotion Practice, 2014, 15, 828-838.	0.9	8
71	Weight-Related Goal Setting in a Telephone-Based Preventive Health-Coaching Program: Demonstration of Effectiveness. American Journal of Health Promotion, 2017, 31, 491-501.	0.9	8
72	Are Financial Incentives for Lifestyle Behavior Change Informed or Inspired by Behavioral Economics? A Mapping Review. American Journal of Health Promotion, 2019, 33, 131-141.	0.9	8

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73	Get Healthy, Stay Healthy: Evaluation of the Maintenance of Lifestyle Changes Six Months After an Extended Contact Intervention. JMIR MHealth and UHealth, 2019, 7, e11070.	1.8	8
74	How Helpful and What Is the Quality of Digital Sources of Healthy Lifestyle Information Used by Australian Adolescents? A Mixed Methods Study. International Journal of Environmental Research and Public Health, 2021, 18, 12844.	1.2	8
75	Are outdoor gyms located in areas of greatest need and impact? An audit in Sydney, Australia. Annals of Leisure Research, 2019, 22, 395-403.	1.0	7
76	Impact and acceptance of a state-wide policy to remove sugar-sweetened beverages in hospitals in New South Wales, Australia. Health Promotion Journal of Australia, 2020, 32, 444-450.	0.6	7
77	Psychosocial Profiles of Adolescent Nonsmokers in the Pacific. Asia-Pacific Journal of Public Health, 2011, 23, 57-69.	0.4	6
78	Effects of a Pedometer-Based Telephone Coaching Intervention on Physical Activity Among People with Cardiac Disease in Urban, Rural and Semi-Rural Settings: A Replication Study. Heart Lung and Circulation, 2017, 26, 354-361.	0.2	6
79	Role of general practice in the utilisation of the NSW Get Healthy Information and Coaching Service. Australian Journal of Primary Health, 2015, 21, 182.	0.4	6
80	Telephone based coaching for adults at risk of diabetes: impact of Australia's Get Healthy Service. Translational Behavioral Medicine, 2019, 9, 1178-1185.	1.2	5
81	â€œIâ€™m Still on Trackâ€: A Qualitative Exploration of Participant Experiences of a Weight Loss Maintenance Program. Healthcare (Switzerland), 2020, 8, 21.	1.0	5
82	Comprehensive sector-wide strategies to prevent and control obesity: what are the potential health and broader societal benefits? A case study from Australia. Public Health Research and Practice, 2015, 25, e2541545.	0.7	5
83	Preventive health coaching: is there room to be more prescriptive?. International Journal of Health Promotion and Education, 2016, 54, 82-94.	0.4	4
84	Healthy Weight for Life programme: Evaluating the practice and effectiveness of a weight loss maintenance programme in the private health insurance setting. SAGE Open Medicine, 2019, 7, 205031211987381.	0.7	4
85	Towards healthier food choices for hospital staff and visitors: impacts of a healthy food and drink policy implemented at scale in Australia. Public Health Nutrition, 2021, 24, 5877-5884.	1.1	4
86	Ethnicity matters in perceived impacts and information sources of COVID-19 among mothers with young children in Australia: a cross-sectional study. BMJ Open, 2021, 11, e050557.	0.8	4
87	Psychometric assessment of scales for measuring loneliness and social isolation: an analysis of the household, income and labour dynamics in Australia (HILDA) survey. Health and Quality of Life Outcomes, 2022, 20, 40.	1.0	4
88	Jolly, fit and fat: Should we be singing the "Santa Too Fat Blues"?. Cmaj, 2006, 175, 1563-1566.	0.9	3
89	Capacity building in physical activity and non-communicable disease prevention: a low-cost online training course can reach isolated practitioners. Global Health Promotion, 2017, 24, 27-33.	0.7	3
90	Correlates of Domain-Specific Physical Activity Among Older Adults in Six Low- to Middle-Income Countries: Analysis of Nationally Representative Samples From Study of Global Aging and Adult Health (SAGE) (Wave 1). Journal of Aging and Physical Activity, 2021, 29, 475-495.	0.5	3

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91	Community support for policy interventions targeting unhealthy food environments in public institutions. <i>Health Promotion Journal of Australia</i> , 2021, , .	0.6	3
92	Active Women over 50 online information and support to promote physical activity behaviour change: study protocol for a pilot trial. <i>Pilot and Feasibility Studies</i> , 2020, 6, 91.	0.5	2
93	Meal replacement soups and shakes: do they have a place in public health practice to manage weight loss?. <i>Public Health Research and Practice</i> , 2021, 31, .	0.7	2
94	Participant perspectives of a 6-month telephone-based lifestyle coaching program. <i>Public Health Research and Practice</i> , 2018, 28, .	0.7	2
95	Characteristics and effectiveness of physical activity, nutrition and/or sleep interventions to improve the mental well-being of teachers: A scoping review. <i>Health Education Journal</i> , 2022, 81, 196-210.	0.6	2
96	Demographic Predictors of Mothers' Willingness to Vaccinate Young Children Against COVID-19, Get Tested and Isolate: A Cross-Sectional Survey Before and During the Greater Sydney Lockdown 2021, Australia. <i>Frontiers in Public Health</i> , 2022, 10, .	1.3	2
97	Beyond weight loss: Impact of a weight management programme for midâ€older Australians in private health insurance. <i>Clinical Obesity</i> , 2020, 10, e12359.	1.1	1
98	Sociodemographic and health risk profile associated with participation in a private health insurance weight loss maintenance and chronic disease management program. <i>Australian Health Review</i> , 2020, 44, 642-649.	0.5	1
99	How Can We Increase Physical Activity Levels?. , 2008, , 302-316.		1
100	Piloting proactive marketing to recruit disadvantaged adults to a community-wide obesity prevention program. <i>Public Health Research and Practice</i> , 2015, 25, e2521521.	0.7	1
101	Acceptability and feasibility of an online physical activity program for women over 50: a pilot trial. <i>Translational Behavioral Medicine</i> , 2022, 12, 225-236.	1.2	1
102	An analysis of current obesity strategies for adolescents in <scp>NSW</scp> against best practice recommendations: Implications for researchers, policymakers and practitioners. <i>Health Promotion Journal of Australia</i> , 2023, 34, 390-397.	0.6	1