

# Philayrath Phongsavan

## List of Publications by Year in descending order

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Version: 2024-02-01

102  
papers

3,592  
citations

147801  
31  
h-index

155660  
55  
g-index

108  
all docs

108  
docs citations

108  
times ranked

5308  
citing authors

#	ARTICLE	IF	CITATIONS
1	An analysis of current obesity strategies for adolescents in <scp>NSW</scp> against best practice recommendations: Implications for researchers, policymakers and practitioners. Health Promotion Journal of Australia, 2023, 34, 390-397.	1.2	1
2	Effects of telephone support or short message service on body mass index, eating and screen time behaviours of children age 2â€‰%years: A 3â€‰arm randomized controlled trial. Pediatric Obesity, 2022, 17, e12875.	2.8	10
3	Acceptability and feasibility of an online physical activity program for women over 50: a pilot trial. Translational Behavioral Medicine, 2022, 12, 225-236.	2.4	1
4	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.	2.4	4
5	Characteristics and effectiveness of physical activity, nutrition and/or sleep interventions to improve the mental well-being of teachers: A scoping review. Health Education Journal, 2022, 81, 196-210.	1.2	2
6	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. Frontiers in Public Health, 2022, 10, .	2.7	2
7	Meal replacement soups and shakes: do they have a place in public health practice to manage weight loss?. Public Health Research and Practice, 2021, 31, .	1.5	2
8	Hunger for Home Delivery: Cross-Sectional Analysis of the Nutritional Quality of Complete Menus on an Online Food Delivery Platform in Australia. Nutrients, 2021, 13, 905.	4.1	26
9	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.	1.0	3
10	Modifiable predictors of breastfeeding status and duration at 6 and 12 months postpartum. Birth, 2021, , .	2.2	10
11	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.	2.1	12
12	Effects of divorce and widowhood on subsequent health behaviours and outcomes in a sample of middle-aged and older Australian adults. Scientific Reports, 2021, 11, 15237.	3.3	18
13	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.	2.2	4
14	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.	1.9	4
15	Community support for policy interventions targeting unhealthy food environments in public institutions. Health Promotion Journal of Australia, 2021, , .	1.2	3
16	Shifting From Tokenism to Meaningful Adolescent Participation in Research for Obesity Prevention: A Systematic Scoping Review. Frontiers in Public Health, 2021, 9, 789535.	2.7	14
17	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.	2.6	8
18	Active Women over 50 online information and support to promote physical activity behaviour change: study protocol for a pilot trial. Pilot and Feasibility Studies, 2020, 6, 91.	1.2	2

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19	Impact and acceptance of a state-wide policy to remove sugar-sweetened beverages in hospitals in New South Wales, Australia. <i>Health Promotion Journal of Australia</i> , 2020, 32, 444-450.	1.2	7
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.	2.9	57
21	â€œStill on Trackâ€ A Qualitative Exploration of Participant Experiences of a Weight Loss Maintenance Program. <i>Healthcare (Switzerland)</i> , 2020, 8, 21.	2.0	5
22	Beyond weight loss: Impact of a weight management programme for mid-older Australians in private health insurance. <i>Clinical Obesity</i> , 2020, 10, e12359.	2.0	1
23	Effects of Telephone and Short Message Service Support on Infant Feeding Practices, â€œTummy Time,â€ and Screen Time at 6 and 12 Months of Child Age. <i>JAMA Pediatrics</i> , 2020, 174, 657.	6.2	38
24	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.	1.1	1
25	Review of Evaluation Metrics Used in Digital and Traditional Tobacco Control Campaigns. <i>Journal of Medical Internet Research</i> , 2020, 22, e17432.	4.3	29
26	Are Financial Incentives for Lifestyle Behavior Change Informed or Inspired by Behavioral Economics? A Mapping Review. <i>American Journal of Health Promotion</i> , 2019, 33, 131-141.	1.7	8
27	Healthy Weight for Life programme: Evaluating the practice and effectiveness of a weight loss maintenance programme in the private health insurance setting. <i>SAGE Open Medicine</i> , 2019, 7, 205031211987381.	1.8	4
28	Linking two randomised controlled trials for Healthy BeginningsÂ©: optimising early obesity prevention programs for children under 3â€‰years. <i>BMC Public Health</i> , 2019, 19, 739.	2.9	16
29	Telephone based coaching for adults at risk of diabetes: impact of Australiaâ€™s Get Healthy Service. <i>Translational Behavioral Medicine</i> , 2019, 9, 1178-1185.	2.4	5
30	Are outdoor gyms located in areas of greatest need and impact? An audit in Sydney, Australia. <i>Annals of Leisure Research</i> , 2019, 22, 395-403.	1.7	7
31	Get Healthy, Stay Healthy: Evaluation of the Maintenance of Lifestyle Changes Six Months After an Extended Contact Intervention. <i>JMIR MHealth and UHealth</i> , 2019, 7, e11070.	3.7	8
32	A review of the impact of physical activity mass media campaigns on low compared to high socioeconomic groups. <i>Health Education Research</i> , 2018, 33, 429-446.	1.9	9
33	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.	2.9	22
34	Participant perspectives of a 6-month telephone-based lifestyle coaching program. <i>Public Health Research and Practice</i> , 2018, 28, .	1.5	2
35	Capacity building in physical activity and non-communicable disease prevention: a low-cost online training course can reach isolated practitioners. <i>Global Health Promotion</i> , 2017, 24, 27-33.	1.3	3
36	Evaluating standards-based assessment rubrics in a postgraduate public health subject. <i>Assessment and Evaluation in Higher Education</i> , 2017, 42, 837-849.	5.6	9

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37	A 3-Arm randomised controlled trial of Communicating Healthy Beginnings Advice by Telephone (CHAT) to mothers with infants to prevent childhood obesity. BMC Public Health, 2017, 17, 79.	2.9	56
38	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.	3.7	15
39	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.	0.4	6
40	Weight-Related Goal Setting in a Telephone-Based Preventive Health-Coaching Program: Demonstration of Effectiveness. American Journal of Health Promotion, 2017, 31, 491-501.	1.7	8
41	Insights for conducting real-time focus groups online using a web conferencing service. F1000Research, 2017, 6, 122.	1.6	41
42	Cardiac Patients's™ Experiences and Perceptions of Social Media: Mixed-Methods Study. Journal of Medical Internet Research, 2017, 19, e323.	4.3	17
43	Impact of the <i>Swap It, Don't™ Stop It</i> Australian National Mass Media Campaign on Promoting Small Changes to Lifestyle Behaviors. Journal of Health Communication, 2016, 21, 1276-1285.	2.4	35
44	Preventive health coaching: is there room to be more prescriptive?. International Journal of Health Promotion and Education, 2016, 54, 82-94.	0.9	4
45	Combined Association of Diet and Cardiorespiratory Fitness with Metabolic Syndrome in Chinese Schoolchildren. Maternal and Child Health Journal, 2016, 20, 1904-1910.	1.5	9
46	Maximising follow-up participation rates in a large scale 45 and Up Study in Australia. Emerging Themes in Epidemiology, 2016, 13, 6.	2.7	23
47	Process evaluation of TXT2BFiT: a multi-component mHealth randomised controlled trial to prevent weight gain in young adults. International Journal of Behavioral Nutrition and Physical Activity, 2016, 13, 7.	4.6	62
48	Improved eating behaviours mediate weight gain prevention of young adults: moderation and mediation results of a randomised controlled trial of TXT2BFiT, mHealth program. International Journal of Behavioral Nutrition and Physical Activity, 2016, 13, 44.	4.6	32
49	Impact of an outdoor gym on park users's™ physical activity: A natural experiment. Health and Place, 2016, 37, 26-34.	3.3	74
50	Associations between multiple health risk behaviors and mental health among Chinese college students. Psychology, Health and Medicine, 2016, 21, 377-385.	2.4	62
51	Evaluating the Maintenance of Lifestyle Changes in a Randomized Controlled Trial of the 'Get Healthy, Stay Healthy'™ Program. JMIR MHealth and UHealth, 2016, 4, e42.	3.7	36
52	A Mobile Health Lifestyle Program for Prevention of Weight Gain in Young Adults (TXT2BFiT): Nine-Month Outcomes of a Randomized Controlled Trial. JMIR MHealth and UHealth, 2016, 4, e78.	3.7	93
53	Effectiveness of a Pedometer-Based Telephone Coaching Program on Weight and Physical Activity for People Referred to a Cardiac Rehabilitation Program. Journal of Cardiopulmonary Rehabilitation and Prevention, 2015, 35, 124-129.	2.1	25
54	Role of general practice in the utilisation of the NSW Get Healthy Information and Coaching Service. Australian Journal of Primary Health, 2015, 21, 182.	0.9	6

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55	Are Total, Intensity- and Domain-Specific Physical Activity Levels Associated with Life Satisfaction among University Students?. PLoS ONE, 2015, 10, e0118137.	2.5	28
56	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.	1.5	5
57	Effectiveness of a mHealth Lifestyle Program With Telephone Support (TXT2BFiT) to Prevent Unhealthy Weight Gain in Young Adults: Randomized Controlled Trial. JMIR MHealth and UHealth, 2015, 3, e66.	3.7	122
58	Effective Strategies to Recruit Young Adults Into the TXT2BFiT mHealth Randomized Controlled Trial for Weight Gain Prevention. JMIR Research Protocols, 2015, 4, e66.	1.0	45
59	Piloting proactive marketing to recruit disadvantaged adults to a community-wide obesity prevention program. Public Health Research and Practice, 2015, 25, e2521521.	1.5	1
60	Longer Term Impact of the Mass Media Campaign to Promote the Get Healthy Information and Coaching Service®. Health Promotion Practice, 2014, 15, 828-838.	1.6	8
61	'Translational formative evaluation': critical in up-scaling public health programmes. Health Promotion International, 2014, 29, 38-46.	1.8	20
62	Variation in health inequalities according to measures of socioeconomic status and age. Australian and New Zealand Journal of Public Health, 2014, 38, 436-440.	1.8	33
63	“Get Healthy, Stay Healthy”™: protocol for evaluation of a lifestyle intervention delivered by text-message following the Get Healthy Information and Coaching Service®. BMC Public Health, 2014, 14, 112.	2.9	10
64	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. Preventive Medicine, 2014, 63, 72-80.	3.4	31
65	Driving: A Road to Unhealthy Lifestyles and Poor Health Outcomes. PLoS ONE, 2014, 9, e94602.	2.5	79
66	Effectiveness of Australia’s Get Healthy Information and Coaching Service®: maintenance of self-reported anthropometric and behavioural changes after program completion. BMC Public Health, 2013, 13, 175.	2.9	32
67	Age, Gender, Social Contacts, and Psychological Distress. Journal of Aging and Health, 2013, 25, 921-943.	1.7	31
68	Evaluation Framework for Translational Research. Health Promotion Practice, 2013, 14, 380-389.	1.6	30
69	Does Playground Improvement Increase Physical Activity among Children? A Quasi-Experimental Study of a Natural Experiment. Journal of Environmental and Public Health, 2013, 2013, 1-9.	0.9	52
70	Where you live matters: Challenges and opportunities to address the urban-rural divide through innovative secondary cardiac rehabilitation programs. Australian Journal of Rural Health, 2013, 21, 170-177.	1.5	14
71	Effectiveness of Australia's Get Healthy Information and Coaching Service®: Translational research with population wide impact. Preventive Medicine, 2012, 55, 292-298.	3.4	76
72	Using mass-media communications to increase population usage of Australia’s Get Healthy Information and Coaching Service®. BMC Public Health, 2012, 12, 762.	2.9	11

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73	Brief Report “ Process evaluation of the advertising campaign for the NSW Get Healthy Information and Coaching Service. Health Promotion Journal of Australia, 2011, 22, 68-71.	1.2	18
74	Prevalence and risk factors of diabetes and impaired fasting glucose in Nauru. BMC Public Health, 2011, 11, 719.	2.9	43
75	Psychosocial Profiles of Adolescent Nonsmokers in the Pacific. Asia-Pacific Journal of Public Health, 2011, 23, 57-69.	1.0	6
76	Characteristics of participants in Australia's Get Healthy telephone-based lifestyle information and coaching service: reaching disadvantaged communities and those most at need. Health Education Research, 2011, 26, 1097-1106.	1.9	37
77	Cross-national comparisons of socioeconomic differences in the prevalence of leisure-time and occupational physical activity, and active commuting in six Asia-Pacific countries. Journal of Epidemiology and Community Health, 2011, 65, 35-43.	3.7	99
78	Randomised controlled trial of a pedometer-based telephone intervention to increase physical activity among cardiac patients not attending cardiac rehabilitation. Patient Education and Counseling, 2010, 80, 212-218.	2.2	58
79	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.	1.7	12
80	Can a Motivational Intervention Overcome an Unsupportive Environment for Walking? Findings from the Step-by-Step Study. Annals of Behavioral Medicine, 2009, 38, 137-146.	2.9	27
81	Effects of a Pedometer-Based Intervention on Physical Activity Levels After Cardiac Rehabilitation. Journal of Cardiopulmonary Rehabilitation and Prevention, 2009, 29, 105-114.	2.1	75
82	Intentional injury reported by young people in the Federated States of Micronesia, Kingdom of Tonga and Vanuatu. BMC Public Health, 2008, 8, 145.	2.9	8
83	The prevalence and correlates of physical inactivity among adults in Ho Chi Minh City. BMC Public Health, 2008, 8, 204.	2.9	96
84	Promoting walking as an adjunct intervention to group cognitive behavioral therapy for anxiety disorders: A pilot group randomized trial. Journal of Anxiety Disorders, 2008, 22, 959-968.	3.2	124
85	Psychosocial impact of specialized cardiac genetic clinics for hypertrophic cardiomyopathy. Genetics in Medicine, 2008, 10, 117-120.	2.4	102
86	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.	1.2	8
87	How Can We Increase Physical Activity Levels?. , 2008, , 302-316.		1
88	Mental Illness and Physical Activity: Therapists' Beliefs and Practices. Australian and New Zealand Journal of Psychiatry, 2007, 41, 458-459.	2.3	22
89	Gender differences in influences of perceived environmental and psychosocial correlates on recommended level of physical activity among New Zealanders. Psychology of Sport and Exercise, 2007, 8, 939-950.	2.1	30
90	Promoting Walking with Pedometers in the Community The Step-by-Step Trial. American Journal of Preventive Medicine, 2007, 32, 290-297.	3.0	82

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91	Comparison of tobacco, alcohol and illegal drug usage among school students in three Pacific Island societies. Drug and Alcohol Dependence, 2007, 88, 9-18.	3.2	37
92	Promoting Physical Activity Participation among Children and Adolescents. Epidemiologic Reviews, 2007, 29, 144-159.	3.5	299
93	Social capital, socio-economic status and psychological distress among Australian adults. Social Science and Medicine, 2006, 63, 2546-2561.	3.8	200
94	Jolly, fit and fat: Should we be singing the "Santa Too Fat Blues"? Cmaj, 2006, 175, 1563-1566.	2.0	3
95	Physical activity measurement- a primer for health promotion. Global Health Promotion, 2006, 13, 92-103.	0.7	122
96	Health behaviour and lifestyle of Pacific youth surveys: a resource for capacity building. Health Promotion International, 2005, 20, 238-248.	1.8	25
97	Mastery of fundamental motor skills among new south wales school students: Prevalence and sociodemographic distribution. Journal of Science and Medicine in Sport, 1999, 2, 93-105.	1.3	70
98	Epidemiology of substance use in adolescence: prevalence, trends and policy implications. Drug and Alcohol Dependence, 1999, 55, 187-207.	3.2	223
99	Methods of the NSW schools fitness and physical activity survey, 1997. Journal of Science and Medicine in Sport, 1998, 1, 111-124.	1.3	30
100	The cost-effectiveness of a cardiovascular risk reduction program in general practice. Health Policy, 1997, 41, 105-119.	3.0	56
101	Mental health care practices and educational needs of general practitioners. Medical Journal of Australia, 1995, 162, 139-142.	1.7	34
102	Insights for conducting real-time focus groups online using a web conferencing service. F1000Research, 0, 6, 122.	1.6	54