

Jutta Mata

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.

67
papers

2,765
citations

25
h-index

52
g-index

69
ext. papers

3,308
ext. citations

4.7
avg, IF

5.35
L-index

#	Paper	IF	Citations
67	Nudging and boosting children's restaurant menus for healthier food choice: A blinded quasi-randomized controlled trial in a real life setting.. <i>BMC Public Health</i> , 2022 , 22, 78	4.1	0
66	Happy and healthy: How family mealtime routines relate to child nutritional health.. <i>Appetite</i> , 2022 , 171, 105939	4.5	1
65	A theory-based video intervention to enhance communication and engagement in online health communities: two experiments.. <i>Health Psychology and Behavioral Medicine</i> , 2022 , 10, 199-228	2.2	
64	Environmental Issues Are Health Issues. <i>European Psychologist</i> , 2021 , 26, 219-229	4.4	4
63	Equity Effects of Dietary Nudging Field Experiments: Systematic Review. <i>Frontiers in Public Health</i> , 2021 , 9, 668998	6	2
62	Morning resolutions, evening disillusion: Theories of willpower affect how health behaviours change across the day. <i>European Journal of Personality</i> , 2021 , 35, 398-415	5.1	1
61	Health behaviors and mental health during the COVID-19 pandemic: A longitudinal population-based survey in Germany. <i>Social Science and Medicine</i> , 2021 , 287, 114333	5.1	19
60	Relations between sweetened beverage consumption and individual, interpersonal, and environmental factors: a 6-year longitudinal study in German children and adolescents. <i>International Journal of Public Health</i> , 2020 , 65, 559-570	4	4
59	Bo good it might become an addiction Ein kritischer Kommentar zur Markteinführung der neuen Coca-Cola-Freestyle-Automaten. <i>Adipositas - Ursachen Folgeerkrankungen Therapie</i> , 2020 , 14, 153-157	0.2	
58	The association between weight stigma and mental health: A meta-analysis. <i>Obesity Reviews</i> , 2020 , 21, e12935	10.6	60
57	Soft drink consumption and mental health problems: Longitudinal relations in children and adolescents. <i>Social Science and Medicine</i> , 2020 , 258, 113123	5.1	5
56	The Role of Constructiveness in Interparental Conflict for Mothers' Perception of Children's Health. <i>Family Relations</i> , 2020 , 69, 683-697	1.5	3
55	Autonomous Goal Striving Promotes a Nonlimited Theory About Willpower. <i>Personality and Social Psychology Bulletin</i> , 2019 , 45, 1295-1307	4.1	10
54	Quality matters: A meta-analysis on components of healthy family meals. <i>Health Psychology</i> , 2019 , 38, 1137-1149	5	18
53	Accuracy of food preference predictions in couples. <i>Appetite</i> , 2019 , 133, 344-352	4.5	1
52	Parents' considerable underestimation of sugar and their child's risk of overweight. <i>International Journal of Obesity</i> , 2018 , 42, 1097-1100	5.5	13
51	Psychosocial Pretreatment Predictors of Weight Control: A Systematic Review Update. <i>Obesity Facts</i> , 2018 , 11, 67-82	5.1	21

50	The frequency of family meals and nutritional health in children: a meta-analysis. <i>Obesity Reviews</i> , 2018 , 19, 638-653	10.6	56
49	Public Beliefs About Obesity Relative to Other Major Health Risks: Representative Cross-Sectional Surveys in the USA, the UK, and Germany. <i>Annals of Behavioral Medicine</i> , 2018 , 52, 273-286	4.5	18
48	Feeling interruptedBeing responsive: How online messages relate to affect at work. <i>Journal of Organizational Behavior</i> , 2018 , 39, 369-383	6.9	49
47	How cohabitation, marriage, separation, and divorce influence BMI: A prospective panel study. <i>Health Psychology</i> , 2018 , 37, 948-958	5	18
46	'I feel better when' An analysis of the memory-experience gap for peoples' estimates of the relationship between health behaviours and experiences. <i>Psychology and Health</i> , 2017 , 32, 1152-1166	2.9	6
45	Adaptive Coping Mediates the Relation Between Mothers'and Daughters'Depressive Symptoms: A Moderated Mediation Study. <i>Journal of Social and Clinical Psychology</i> , 2017 , 36, 171-195	1.6	1
44	Anticipatory and consummatory pleasure and displeasure in major depressive disorder: An experience sampling study. <i>Journal of Abnormal Psychology</i> , 2017 , 126, 149-159	7	42
43	Realization of Personal Values Predicts Mental Health and Satisfaction with Life in a German Population. <i>Journal of Social and Clinical Psychology</i> , 2017 , 36, 651-674	1.6	1
42	Social nature of eating could explain missing link between food insecurity and childhood obesity. <i>Behavioral and Brain Sciences</i> , 2017 , 40, e122	0.9	7
41	Day-to-day variations in health behaviors and daily functioning: two intensive longitudinal studies. <i>Journal of Behavioral Medicine</i> , 2017 , 40, 307-319	3.6	9
40	The Dose Makes the Poison 2017 , 254-263		2
39	Use it or lose it! Cognitive activity as a protective factor for cognitive decline associated with Alzheimer's disease. <i>Swiss Medical Weekly</i> , 2017 , 147, w14407	3.1	4
38	The importance of physical activity and sleep for affect on stressful days: Two intensive longitudinal studies. <i>Emotion</i> , 2016 , 16, 488-97	4.1	26
37	Lower parental numeracy is associated with children being under- and overweight. <i>Social Science and Medicine</i> , 2016 , 161, 126-33	5.1	38
36	Higher body mass index, less exercise, but healthier eating in married adults: Nine representative surveys across Europe. <i>Social Science and Medicine</i> , 2015 , 138, 119-27	5.1	25
35	Emotion-Network Density in Major Depressive Disorder. <i>Clinical Psychological Science</i> , 2015 , 3, 292-300	6	133
34	Predicting long-term weight loss maintenance in previously overweight women: a signal detection approach. <i>Obesity</i> , 2015 , 23, 957-64	8	16
33	Emotional clarity as a function of neuroticism and major depressive disorder. <i>Emotion</i> , 2015 , 15, 615-24	4.1	25

32	Beyond emotional benefits: physical activity and sedentary behaviour affect psychosocial resources through emotions. <i>Psychology and Health</i> , 2015 , 30, 354-69	2.9	42
31	How health behaviors relate to academic performance via affect: an intensive longitudinal study. <i>PLoS ONE</i> , 2014 , 9, e111080	3.7	12
30	Symptom recognition of heart attack and stroke in nine European countries: a representative survey. <i>Health Expectations</i> , 2014 , 17, 376-87	3.7	19
29	Correlates of health-related quality of life, psychological well-being, and eating self-regulation after successful weight loss maintenance. <i>Journal of Behavioral Medicine</i> , 2013 , 36, 601-10	3.6	19
28	Exercise holds immediate benefits for affect and cognition in younger and older adults. <i>Psychology and Aging</i> , 2013 , 28, 587-94	3.6	142
27	The role of attention to emotion in recovery from major depressive disorder. <i>Depression Research and Treatment</i> , 2013 , 2013, 540726	3.8	10
26	Acute exercise attenuates negative affect following repeated sad mood inductions in persons who have recovered from depression. <i>Journal of Abnormal Psychology</i> , 2013 , 122, 45-50	7	38
25	Motivation, self-determination, and long-term weight control. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012 , 9, 22	8.4	212
24	Walk on the bright side: physical activity and affect in major depressive disorder. <i>Journal of Abnormal Psychology</i> , 2012 , 121, 297-308	7	119
23	The everyday emotional experience of adults with major depressive disorder: Examining emotional instability, inertia, and reactivity. <i>Journal of Abnormal Psychology</i> , 2012 , 121, 819-29	7	164
22	Self-regulation, motivation, and psychosocial factors in weight management. <i>Journal of Obesity</i> , 2012 , 2012, 582348	3.7	22
21	Feeling blue or turquoise? Emotional differentiation in major depressive disorder. <i>Psychological Science</i> , 2012 , 23, 1410-6	7.9	99
20	Usefulness of standard BMI cut-offs for quality of life and psychological well-being in women. <i>Obesity Facts</i> , 2012 , 5, 795-805	5.1	8
19	Symptom Recognition of Heart Attack and Stroke 2012 , 79-96		
18	Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. <i>Journal of Obesity</i> , 2011 , 2011, 936153	3.7	20
17	Concurrent and prospective relations between attention to emotion and affect intensity: an experience sampling study. <i>Emotion</i> , 2011 , 11, 1489-94	4.1	27
16	Why we eat what we eat: the role of autonomous motivation in eating behaviour regulation. <i>Nutrition Bulletin</i> , 2011 , 36, 102-107	3.5	45
15	Meat Label Information: Effects of Separate Versus Conjoint Presentation on Product Evaluation1. <i>Journal of Applied Social Psychology</i> , 2011 , 41, 1947-1957	2.1	1

14	5-HTTLPR moderates the relation between changes in depressive and bulimic symptoms in adolescent girls: a longitudinal study. <i>International Journal of Eating Disorders</i> , 2011 , 44, 383-8	6.3	11
13	Older but not wiser: Predicting a partner's preferences gets worse with age. <i>Journal of Consumer Psychology</i> , 2011 , 21, 184-191	3.1	10
12	Mediators of weight loss and weight loss maintenance in middle-aged women. <i>Obesity</i> , 2010 , 18, 725-358		255
11	Response: Re: Public Knowledge of Benefits of Breast and Prostate Cancer Screening in Europe. <i>Journal of the National Cancer Institute</i> , 2010 , 102, 356-357	9.7	
10	Maladaptive coping, adaptive coping, and depressive symptoms: variations across age and depressive state. <i>Behaviour Research and Therapy</i> , 2010 , 48, 459-66	5.2	115
9	When weight management lasts. Lower perceived rule complexity increases adherence. <i>Appetite</i> , 2010 , 54, 37-43	4.5	25
8	Change detection for new food labels. <i>Food Quality and Preference</i> , 2010 , 21, 140-147	5.8	17
7	BDNF genotype moderates the relation between physical activity and depressive symptoms. <i>Health Psychology</i> , 2010 , 29, 130-3	5	75
6	The effect of physical activity on weight loss is mediated by eating self-regulation. <i>Patient Education and Counseling</i> , 2010 , 79, 320-6	3.1	67
5	Public knowledge of benefits of breast and prostate cancer screening in Europe. <i>Journal of the National Cancer Institute</i> , 2009 , 101, 1216-20	9.7	170
4	Motivational "spill-over" during weight control: increased self-determination and exercise intrinsic motivation predict eating self-regulation. <i>Health Psychology</i> , 2009 , 28, 709-16	5	195
3	To give or not to give: children's and adolescents' sharing and moral negotiations in economic decision situations. <i>Child Development</i> , 2008 , 79, 562-76	4.9	128
2	Predicting children's meal preferences: how much do parents know?. <i>Appetite</i> , 2008 , 50, 367-75	4.5	49
1	Verständliche Risikokommunikation, leicht gemacht - Oder: Wie man verwirrende Wahrscheinlichkeitsangaben vermeidet. <i>Zeitschrift für Allgemeinmedizin</i> , 2005 , 81, 537-541		1