Panteleimon Ekkekakis

List of Publications by Year
in descending order

89 papers	8,264 citations	61857 43 h-index	54797 84 g-index
94 all docs	94 docs citations	94 times ranked	5094 citing authors

#	Article	IF	Citations
1	The Pleasure and Displeasure People Feel When they Exercise at Different Intensities. Sports Medicine, 2011, 41, 641-671.	3.1	815
2	Pleasure and displeasure from the body: Perspectives from exercise. Cognition and Emotion, 2003, 17, 213-239.	1.2	463
3	Exercise does not feel the same when you are overweight: the impact of self-selected and imposed intensity on affect and exertion. International Journal of Obesity, 2006, 30, 652-660.	1.6	393
4	Acute Aerobic Exercise and Affect. Sports Medicine, 1999, 28, 337-374.	3.1	337
5	The Relationship Between Exercise Intensity and Affective Responses Demystified: To Crack the 40-Year-Old Nut, Replace the 40-Year-Old Nutcracker!. Annals of Behavioral Medicine, 2008, 35, 136-149.	1.7	331
6	Affectiveâ€“Reflective Theory of physical inactivity and exercise. German Journal of Exercise and Sport Research, 2018, 48, 48-58.	1.0	316
7	Variation and homogeneity in affective responses to physical activity of varying intensities: An alternative perspective on doseâ€Šâ€“â€Šresponse based on evolutionary considerations. Journal of Sports Sciences, 2005, 23, 477-500.	1.0	289
8	Walking in (affective) circles: can short walks enhance affect?. Journal of Behavioral Medicine, 2000, 23, 245-275.	1.1	252
9	Let Them Roam Free?. Sports Medicine, 2009, 39, 857-888.	3.1	239
10	Exercise, Fitness, and Neurocognitive Function in Older Adults: The â€œSelective Improvementâ€•and â€œCardiovascular Fitnessâ€•Hypotheses. Annals of Behavioral Medicine, 2008, 36, 280-291.	1.7	209
11	The affective beneficence of vigorous exercise revisited. British Journal of Health Psychology, 2002, 7, 47-66.	1.9	205
12	Throwing the Mountains into the Lakes: On the Perils of Nomothetic Conceptions of the Exercise-Affect Relationship. Journal of Sport and Exercise Psychology, 2000, 22, 208-234.	0.7	187
13	Some like It Vigorous: Measuring Individual Differences in the Preference for and Tolerance of Exercise Intensity. Journal of Sport and Exercise Psychology, 2005, 27, 350-374.	0.7	181
14	Analysis of the affect measurement conundrum in exercise psychology: IV. A conceptual case for the affect circumplex. Psychology of Sport and Exercise, 2002, 3, 35-63.	1.1	177
15	Practical markers of the transition from aerobic to anaerobic metabolism during exercise: rationale and a case for affect-based exercise prescription. Preventive Medicine, 2004, 38, 149-159.	1.6	166
16	Sleep duration and overweight among Australian children and adolescents. Acta Paediatrica, International Journal of Paediatrics, 2006, 95, 956-963.	0.7	162
17	Illuminating the Black Box: Investigating Prefrontal Cortical Hemodynamics during Exercise with Near-Infrared Spectroscopy. Journal of Sport and Exercise Psychology, 2009, 31, 505-553.	0.7	154
18	Affective Responses to Increasing Levels of Exercise Intensity in Normalâ€weight, Overweight, and Obese Middleâ€aged Women. Obesity, 2010, 18, 79-85.	1.5	145

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19	The mysterious case of the public health guideline that is (almost) entirely ignored: call for a research agenda on the causes of the extreme avoidance of physical activity in obesity. Obesity Reviews, 2016, 17, 313-329.	3.1	144
20	Exercise Makes People Feel Better but People are Inactive: Paradox or Artifact?. Journal of Sport and Exercise Psychology, 2007, 29, 498-517.	0.7	142
21	Do â€˜Mind over Muscleâ€™ Strategies Work?. Sports Medicine, 2009, 39, 743-764.	3.1	136
22	Analysis of the affect measurement conundrum in exercise psychology. Psychology of Sport and Exercise, 2000, 1, 71-88.	1.1	132
23	What intensity of physical activity do previously sedentary middle-aged women select? Evidence of a coherent pattern from physiological, perceptual, and affective markers. Preventive Medicine, 2005, 40, 407-419.	1.6	120
24	Can You Have Your Vigorous Exercise and Enjoy It Too? Ramping Intensity Down Increases Postexercise, Remembered, and Forecasted Pleasure. Journal of Sport and Exercise Psychology, 2016, 38, 149-159.	0.7	108
25	Physical Exercise in Major Depression: Reducing the Mortality Gap While Improving Clinical Outcomes. Frontiers in Psychiatry, 2018, 9, 762.	1.3	107
26	Invited Guest Editorial: Envisioning the next fifty years of research on the exerciseâ€“affect relationship. Psychology of Sport and Exercise, 2013, 14, 751-758.	1.1	106
27	Honey, I shrunk the pooled SMD! Guide to critical appraisal of systematic reviews and meta-analyses using the Cochrane review on exercise for depression as example. Mental Health and Physical Activity, 2015, 8, 21-36.	0.9	102
28	More efficient, perhaps, but at what price? Pleasure and enjoyment responses to high-intensity interval exercise in low-active women with obesity. Psychology of Sport and Exercise, 2017, 28, 1-10.	1.1	102
29	Walking is popular among adults but is it pleasant? A framework for clarifying the link between walking and affect as illustrated in two studies. Psychology of Sport and Exercise, 2008, 9, 246-264.	1.1	99
30	The Affective Impact of Exercise Intensity That Slightly Exceeds the Preferred Level. Journal of Health Psychology, 2008, 13, 464-468.	1.3	93
31	The Dual-Mode Theory of affective responses to exercise in metatheoretical context: I. Initial impetus, basic postulates, and philosophical framework. International Review of Sport and Exercise Psychology, 2009, 2, 73-94.	3.1	92
32	Affective responses to and automatic affective valuations of physical activity: Fifty years of progress on the seminal question in exercise psychology. Psychology of Sport and Exercise, 2019, 42, 130-137.	1.1	83
33	The Dual-Mode Theory of affective responses to exercise in metatheoretical context: II. Bodiless heads, ethereal cognitive schemata, and other improbable dualistic creatures, exercising. International Review of Sport and Exercise Psychology, 2009, 2, 139-160.	3.1	82
34	People have feelings! Exercise psychology in paradigmatic transition. Current Opinion in Psychology, 2017, 16, 84-88.	2.5	77
35	Can High-Intensity Exercise Be More Pleasant? Attentional Dissociation Using Music and Video. Journal of Sport and Exercise Psychology, 2014, 36, 528-541.	0.7	76
36	Regional brain activation as a biological marker of affective responsivity to acute exercise: Influence of fitness. Psychophysiology, 2001, 38, 99-106.	1.2	70

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37	â€œMy Best Memory Is When I Was Done with Itâ€• PE Memories Are Associated with Adult Sedentary Behavior. Translational Journal of the American College of Sports Medicine, 2018, 3, 119-129.	0.3	64
38	Updating goal-setting theory in physical activity promotion: a critical conceptual review. Health Psychology Review, 2021, 15, 34-50.	4.4	64
39	The exercise-induced enhancement of influenza immunity is mediated in part by improvements in psychosocial factors in older adults. Brain, Behavior, and Immunity, 2005, 19, 357-366.	2.0	62
40	Is the Relationship of RPE to Psychological Factors Intensity-Dependent?. Medicine and Science in Sports and Exercise, 2005, 37, 1365-1373.	0.2	60
41	Regional brain activity and strenuous exercise: Predicting affective responses using EEG asymmetry. Biological Psychology, 2007, 75, 194-200.	1.1	54
42	Resting Frontal Asymmetry Predicts Self-Selected Walking Speed but Not Affective Responses to a Short Walk. Research Quarterly for Exercise and Sport, 2000, 71, 74-79.	0.8	49
43	The Preference for and Tolerance of the Intensity of Exercise Questionnaire: A psychometric evaluation among college women. Journal of Sports Sciences, 2008, 26, 499-510.	1.0	48
44	Predicting affective responses to exercise using resting EEG frontal asymmetry: Does intensity matter?. Biological Psychology, 2010, 83, 201-206.	1.1	43
45	A critical review of exercise as a treatment for clinically depressed adults: time to get pragmatic. Acta Neuropsychiatrica, 2017, 29, 65-71.	1.0	42
46	Can Self-Reported Preference for Exercise Intensity Predict Physiologically Defined Self-Selected Exercise Intensity?. Research Quarterly for Exercise and Sport, 2006, 77, 81-90.	0.8	41
47	Measuring State Anxiety in the Context of Acute Exercise Using the State Anxiety Inventory: An Attempt to Resolve the Brouhaha. Journal of Sport and Exercise Psychology, 1999, 21, 205-229.	0.7	39
48	Escape From Cognitivism: Exercise as Hedonic Experience. , 2016, , 389-414.		39
49	Analysis of the affect measurement conundrum in exercise psychology: II. A conceptual and methodological critique of the Exercise-induced Feeling inventory. Psychology of Sport and Exercise, 2001, 2, 1-26.	1.1	36
50	AFFECT-BASED EXERCISE PRESCRIPTION. ACSM's Health and Fitness Journal, 2017, 21, 10-15.	0.3	36
51	Do regression-based computer algorithms for determining the ventilatory threshold agree?. Journal of Sports Sciences, 2008, 26, 967-976.	1.0	35
52	Affect and Mindfulness as Predictors of Change in Mood Disturbance, Stress Symptoms, and Quality of Life in a Community-Based Yoga Program for Cancer Survivors. Evidence-based Complementary and Alternative Medicine, 2013, 2013, 1-13.	0.5	35
53	Can Self-Reported Tolerance of Exercise Intensity Play a Role in Exercise Testing?. Medicine and Science in Sports and Exercise, 2007, 39, 1193-1199.	0.2	33
54	Evaluation of the circumplex structure of the Activation Deactivation Adjective Check List before and after a short walk. Psychology of Sport and Exercise, 2005, 6, 83-101.	1.1	32

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55	Affect circumplex redux: the discussion on its utility as a measurement framework in exercise psychology continues. International Review of Sport and Exercise Psychology, 2008, 1, 139-159.	3.1	31
56	Physical Activity, Stress, and Metabolic Risk Score in 8- to 18-Year-Old Boys. Journal of Physical Activity and Health, 2008, 5, 294-307.	1.0	30
57	Role of Self-Reported Individual Differences in Preference for and Tolerance of Exercise Intensity in Fitness Testing Performance. Journal of Strength and Conditioning Research, 2014, 28, 2443-2451.	1.0	30
58	Affect and prefrontal hemodynamics during exercise under immersive audiovisual stimulation: Improving the experience of exercise for overweight adults. Journal of Sport and Health Science, 2019, 8, 325-338.	3.3	30
59	Exercise Is a Many-Splendored Thing, but for Some It Does Not Feel So Splendid: Staging a Resurgence of Hedonistic Ideas in the Quest to Understand Exercise Behavior. , 2012, , .		28
60	Psychologically informed physical fitness practice in schools: A field experiment. Psychology of Sport and Exercise, 2019, 40, 143-151.	1.1	28
61	Dynamics of pleasure-displeasure at the limit of exercise tolerance: conceptualizing the sense of exertional physical fatigue as an affective response. Journal of Experimental Biology, 2019, 222, .	0.8	27
62	Associations between attention, affect and cardiac activity in a single yoga session for female cancer survivors: An enactive neurophenomenology-based approach. Consciousness and Cognition, 2014, 27, 129-146.	0.8	26
63	Is Job-Related Stress the Link Between Cardiovascular Disease and the Law Enforcement Profession?. Journal of Occupational and Environmental Medicine, 2010, 52, 561-565.	0.9	24
64	Internal consistency and validity of measures of automatic exercise associations. Psychology of Sport and Exercise, 2019, 43, 4-15.	1.1	22
65	The transactional psychobiological nature of cognitive appraisal during exercise in environmentally stressful conditions. Psychology of Sport and Exercise, 2001, 2, 47-67.	1.1	21
66	Analysis of the affect measurement conundrum in exercise psychology. III. A conceptual and methodological critique of the Subjective Exercise Experiences Scale. Psychology of Sport and Exercise, 2001, 2, 205-232.	1.1	21
67	The (over)use of SMART goals for physical activity promotion: A narrative review and critique. Health Psychology Review, 2023, 17, 211-226.	4.4	21
68	Knowledge of Exercise Prescription Guidelines Among Certified Exercise Professionals. Journal of Strength and Conditioning Research, 2015, 29, 1422-1432.	1.0	20
69	Changing minds: Bounded rationality and heuristic processes in exercise-related judgments and choices.. Sport, Exercise, and Performance Psychology, 2016, 5, 337-351.	0.6	17
70	Ratings of affective valence closely track changes in oxygen uptake: Application to high-intensity interval exercise. Performance Enhancement and Health, 2020, 7, 100158.	0.8	17
71	Measurement of Affective Responses to Exercise. , 2016, , 299-321.		15
72	Exercise as antidepressant treatment: Time for the transition from trials to clinic?. General Hospital Psychiatry, 2017, 49, A1-A5.	1.2	13

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73	Critical Review of Measurement Practices in the Study of Automatic Associations of Sedentary Behavior, Physical Activity, and Exercise. Journal of Sport and Exercise Psychology, 2019, 41, 271-288.	0.7	13
74	REMOVED: Exercise as antidepressant treatment: Time for the transition from trials to clinic?. General Hospital Psychiatry, 2017, 49, 1.	1.2	12
75	Do you find exercise pleasant or unpleasant? The Affective Exercise Experiences (AFFEXX) questionnaire. Psychology of Sport and Exercise, 2021, 55, 101930.	1.1	12
76	Redrawing the Model of the Exercising Human in Exercise Prescriptions. , 2013, , 1421-1433.		11
77	A web-based video digitizing system for the study of projectile motion. Physics Teacher, 2000, 38, 37-40.	0.2	10
78	QuestionÃ¡rio de PreferÃªncia e TolerÂ¢ncia da Intensidade de ExercÃcio: versÃ£o em portuguÃªs do Brasil. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 550.	0.5	9
79	Affective, but hardly effective: a reply to Gauvin and Rejeski (2001). Psychology of Sport and Exercise, 2004, 5, 135-152.	1.1	8
80	Knowledge of Exercise Prescription Guidelines Across One 4-Year Kinesiology Curriculum. Research Quarterly for Exercise and Sport, 2016, 87, 124-130.	0.8	5
81	Mass media representations of the evidence as a possible deterrent to recommending exercise for the treatment of depression: Lessons five years after the extraordinary case of TREAD-UK. Journal of Sports Sciences, 2018, 36, 1860-1871.	1.0	5
82	P3b as an electroencephalographic index of automatic associations of exercise-related images. International Journal of Psychophysiology, 2020, 158, 114-122.	0.5	5
83	Why Is Exercise Underutilized in Clinical Practice Despite Evidence It Is Effective? Lessons in Pragmatism From the Inclusion of Exercise in Guidelines for the Treatment of Depression in the British National Health Service. Kinesiology Review, 2021, 10, 29-50.	0.4	4
84	Can Self-Reported Preference for Exercise Intensity Predict Physiologically Defined Self-Selected Exercise Intensity?. Research Quarterly for Exercise and Sport, 2006, 77, 81-90.	0.8	3
85	A Web-based digitized video image system for the study of motor coordination. Behavior Research Methods, 1999, 31, 57-62.	1.3	2
86	Contactless differentiation of pleasant and unpleasant valence: Assessment of the acoustic startle eyeblink response with infrared reflectance oculography. Behavior Research Methods, 2021, 53, 2092-2104.	2.3	2
87	Exercise and Psychological Well-Being. , 0, , 249-271.		1
88	BMI, Social Physique Anxiety, and Affective Responses to Physical Activity in Sedentary, Middle-aged Women. Medicine and Science in Sports and Exercise, 2004, 36, S64.	0.2	0
89	Physical activity and the â€˜feel-goodâ€™ effect. , 2018, , 210-229.		0