

Jeffrey M Brunstrom

List of Publications by Year in descending order

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Version: 2024-02-01

125
papers

5,032
citations

81434

41
h-index

116156

66
g-index

134
all docs

134
docs citations

134
times ranked

3982
citing authors

#	ARTICLE	IF	CITATIONS
1	“This snack is too small - I'll take a different one”: Quantifying “norm”™ and “choice”™ boundaries to inform effective portion-reduction strategies. <i>Appetite</i> , 2022, 171, 105886.	1.8	2
2	Virtual reality exergaming improves affect during physical activity and reduces subsequent food consumption in inactive adults. <i>Appetite</i> , 2022, 175, 106058.	1.8	4
3	Micronutrients and food choice: A case of “nutritional wisdom”™ in humans?. <i>Appetite</i> , 2022, 174, 106055.	1.8	6
4	Time to revisit the passive overconsumption hypothesis? Humans show sensitivity to calories in energy-rich meals. <i>American Journal of Clinical Nutrition</i> , 2022, 116, 581-588.	2.2	11
5	Social facilitation of energy intake in adult women is sustained over three days in a crossover laboratory experiment and is not compensated for under free-living conditions. <i>Appetite</i> , 2022, 176, 106141.	1.8	1
6	Associations between number of siblings, birth order, eating rate and adiposity in children and adults. <i>Clinical Obesity</i> , 2021, 11, e12438.	1.1	7
7	Sensory and physical characteristics of foods that impact food intake without affecting acceptability: Systematic review and meta-analyses. <i>Obesity Reviews</i> , 2021, 22, e13234.	3.1	12
8	People serve themselves larger portions before a social meal. <i>Scientific Reports</i> , 2021, 11, 11072.	1.6	8
9	When do children learn how to select a portion size?. <i>Appetite</i> , 2021, 164, 105247.	1.8	7
10	Multi-component food-items and eating behaviour: What do we know and what do we need to know?. <i>Appetite</i> , 2021, 168, 105718.	1.8	1
11	Recalled and momentary virtual portions created of snacks predict actual intake under laboratory stress condition. <i>Physiology and Behavior</i> , 2021, 238, 113479.	1.0	3
12	The social facilitation of eating: why does the mere presence of others cause an increase in energy intake?. <i>Physiology and Behavior</i> , 2021, 240, 113539.	1.0	12
13	Health, pleasure, and fullness: changing mindset affects brain responses and portion size selection in adults with overweight and obesity. <i>International Journal of Obesity</i> , 2020, 44, 428-437.	1.6	22
14	A review of evidence supporting current strategies, challenges, and opportunities to reduce portion sizes. <i>Nutrition Reviews</i> , 2020, 78, 91-114.	2.6	23
15	The influence of expected satiety on portion size selection is reduced when food is presented in an “unusual”™ meal context. <i>Appetite</i> , 2020, 147, 104550.	1.8	11
16	No evidence of flavour-nutrient learning in a two-week “home exposure”™ study in humans. <i>Appetite</i> , 2020, 147, 104536.	1.8	2
17	Reliability and responsiveness of virtual portion size creation tasks: Influences of context, foods, and a bariatric surgical procedure. <i>Physiology and Behavior</i> , 2020, 223, 113001.	1.0	8
18	Comparing supermarket loyalty card data with traditional diet survey data for understanding how protein is purchased and consumed in older adults for the UK, 2014-16. <i>Nutrition Journal</i> , 2020, 19, 83.	1.5	20

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19	Caregiver Influences on Eating Behaviors in Young Children. <i>Journal of the American Heart Association</i> , 2020, 9, e014520.	1.6	81
20	Inadequacy of Protein Intake in Older UK Adults. <i>Geriatrics (Switzerland)</i> , 2020, 5, 6.	0.6	16
21	Effect of Plain Versus Sugar-Sweetened Breakfast on Energy Balance and Metabolic Health: A Randomized Crossover Trial. <i>Obesity</i> , 2020, 28, 740-748.	1.5	5
22	A systematic review and meta-analysis of the social facilitation of eating. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 842-861.	2.2	60
23	Portion size influences intake in Samburu Kenyan people not exposed to the Western obesogenic environment. <i>Appetite</i> , 2019, 133, 212-216.	1.8	6
24	Protein Valuation in Food Choice Is Positively Associated with Lean Mass in Older Adults. <i>Journal of Nutrition</i> , 2019, 149, 2056-2064.	1.3	12
25	Impact of Intermittent Fasting on Energy Balance and Associated Health Outcomes in Lean Adults. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 796-796.	0.2	0
26	Breaking the fast: Meal patterns and beliefs about healthy eating style are associated with adherence to intermittent fasting diets. <i>Appetite</i> , 2019, 133, 32-39.	1.8	18
27	Do humans still forage in an obesogenic environment? Mechanisms and implications for weight maintenance. <i>Physiology and Behavior</i> , 2018, 193, 261-267.	1.0	36
28	Eating less or more – Mindset induced changes in neural correlates of pre-meal planning. <i>Appetite</i> , 2018, 125, 492-501.	1.8	36
29	Protein for Life: Towards a focussed dietary framework for healthy ageing. <i>Nutrition Bulletin</i> , 2018, 43, 97-102.	0.8	11
30	Obese and overweight individuals are less sensitive to information about meal times in portion-size judgements. <i>International Journal of Obesity</i> , 2018, 42, 905-910.	1.6	5
31	The portion size effect: Women demonstrate an awareness of eating more than intended when served larger than normal portions. <i>Appetite</i> , 2018, 126, 54-60.	1.8	11
32	Assessing –chaotic eating– using self-report and the UK Adult National Diet and Nutrition Survey: No association between BMI and variability in meal or snack timings. <i>Physiology and Behavior</i> , 2018, 192, 64-71.	1.0	5
33	Parental beliefs about portion size, not children's own beliefs, predict child BMI. <i>Pediatric Obesity</i> , 2018, 13, 232-238.	1.4	19
34	Undervalued and ignored: Are humans poorly adapted to energy-dense foods?. <i>Appetite</i> , 2018, 120, 589-595.	1.8	46
35	Session 4 discussion: The built environment. <i>Physiology and Behavior</i> , 2018, 193, 268-269.	1.0	0
36	Protein for Life: Review of Optimal Protein Intake, Sustainable Dietary Sources and the Effect on Appetite in Ageing Adults. <i>Nutrients</i> , 2018, 10, 360.	1.7	192

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37	Intermittent fasting, energy balance and associated health outcomes in adults: study protocol for a randomised controlled trial. <i>Trials</i> , 2018, 19, 86.	0.7	14
38	No effect of focused attention whilst eating on later snack food intake: Two laboratory experiments. <i>Appetite</i> , 2018, 128, 188-196.	1.8	23
39	Food portion size area mediates energy effects on expected anxiety in anorexia nervosa. <i>Appetite</i> , 2017, 112, 17-22.	1.8	2
40	“What time is my next meal?” delay-discounting individuals choose smaller portions under conditions of uncertainty. <i>Appetite</i> , 2017, 116, 284-290.	1.8	8
41	Individual variability in preference for energy-dense foods fails to predict child BMI percentile. <i>Physiology and Behavior</i> , 2017, 176, 3-8.	1.0	18
42	The determinants of food choice. <i>Proceedings of the Nutrition Society</i> , 2017, 76, 316-327.	0.4	218
43	Presenting a food in multiple smaller units increases expected satiety. <i>Appetite</i> , 2017, 118, 106-112.	1.8	13
44	Disinhibited eating mediates differences in attachment insecurity between bariatric surgery candidates/recipients and lean controls. <i>International Journal of Obesity</i> , 2017, 41, 1831-1834.	1.6	8
45	Influence of BMI and dietary restraint on self-selected portions of prepared meals in US women. <i>Appetite</i> , 2017, 111, 203-207.	1.8	8
46	Variation in the Oral Processing of Everyday Meals Is Associated with Fullness and Meal Size; A Potential Nudge to Reduce Energy Intake?. <i>Nutrients</i> , 2016, 8, 315.	1.7	64
47	Connecting biology with psychology to make sense of appetite control. <i>Nutrition Bulletin</i> , 2016, 41, 344-352.	0.8	21
48	Appetite and energy balancing. <i>Physiology and Behavior</i> , 2016, 164, 465-471.	1.0	100
49	Elasticity in portion selection is predicted by severity of anorexia and food type in adolescents. <i>Appetite</i> , 2016, 103, 87-94.	1.8	14
50	Sensory specific satiety: More than “just” habituation?. <i>Appetite</i> , 2016, 103, 221-228.	1.8	17
51	Visual exposure to large and small portion sizes and perceptions of portion size normality: Three experimental studies. <i>Appetite</i> , 2016, 98, 28-34.	1.8	52
52	Modulation of sweet preference by the actual and anticipated consequences of eating. <i>Appetite</i> , 2016, 107, 575-584.	1.8	3
53	Large Portions Encourage the Selection of Palatable Rather Than Filling Foods. <i>Journal of Nutrition</i> , 2016, 146, 2117-2123.	1.3	17
54	Cross-over studies underestimate energy compensation: The example of sucrose-versus sucralose-containing drinks. <i>Appetite</i> , 2016, 107, 398-405.	1.8	16

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55	Computerized measurement of anticipated anxiety from eating increasing portions of food in adolescents with and without anorexia nervosa: Pilot studies. <i>Appetite</i> , 2016, 97, 160-168.	1.8	16
56	No difference in compensation for sugar in a drink versus sugar in semi-solid and solid foods. <i>Physiology and Behavior</i> , 2016, 156, 35-42.	1.0	14
57	Keeping Pace with Your Eating: Visual Feedback Affects Eating Rate in Humans. <i>PLoS ONE</i> , 2016, 11, e0147603.	1.1	8
58	Are You Sure? Confidence about the Satiating Capacity of a Food Affects Subsequent Food Intake. <i>Nutrients</i> , 2015, 7, 5088-5097.	1.7	8
59	Effects of meal variety on expected satiation: Evidence for a "perceived volume" heuristic. <i>Appetite</i> , 2015, 89, 10-15.	1.8	26
60	In search of flavour-nutrient learning. A study of the Samburu pastoralists of North-Central Kenya. <i>Appetite</i> , 2015, 91, 415-425.	1.8	12
61	Expected Satiety: Application to Weight Management and Understanding Energy Selection in Humans. <i>Current Obesity Reports</i> , 2015, 4, 131-140.	3.5	63
62	Energy-dense snacks can have the same expected satiation as sugar-containing beverages. <i>Appetite</i> , 2015, 95, 81-88.	1.8	10
63	Effects of eating rate on satiety: A role for episodic memory?. <i>Physiology and Behavior</i> , 2015, 152, 389-396.	1.0	34
64	So Many Brands and Varieties to Choose from: Does This Compromise the Control of Food Intake in Humans?. <i>PLoS ONE</i> , 2015, 10, e0125869.	1.1	28
65	Mind over platter: pre-meal planning and the control of meal size in humans. <i>International Journal of Obesity</i> , 2014, 38, S9-S12.	1.6	79
66	Effects of repeated consumption on sensory-enhanced satiety. <i>British Journal of Nutrition</i> , 2014, 111, 1137-1144.	1.2	51
67	Memory processes in the development of reduced-salt foods. <i>Appetite</i> , 2014, 83, 125-134.	1.8	9
68	I'm watching you. Awareness that food consumption is being monitored is a demand characteristic in eating-behaviour experiments. <i>Appetite</i> , 2014, 83, 19-25.	1.8	56
69	The "variety effect" is anticipated in meal planning. <i>Appetite</i> , 2013, 60, 175-179.	1.8	29
70	Acute sleep deprivation increases portion size and affects food choice in young men. <i>Psychoneuroendocrinology</i> , 2013, 38, 1668-1674.	1.3	99
71	Using photography in "The Restaurant of the Future". A useful way to assess portion selection and plate cleaning?. <i>Appetite</i> , 2013, 63, 31-35.	1.8	55
72	Increased familiarity with eating a food to fullness underlies increased expected satiety. <i>Appetite</i> , 2013, 61, 13-18.	1.8	39

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73	Expected satiation after repeated consumption of low- or high-energy-dense soup. <i>British Journal of Nutrition</i> , 2012, 108, 182-190.	1.2	19
74	Using a novel computer-based approach to assess the acute effects of exercise on appetite-related measures. <i>Appetite</i> , 2012, 58, 196-204.	1.8	14
75	Subtle changes in the flavour and texture of a drink enhance expectations of satiety. <i>Flavour</i> , 2012, 1, .	2.3	68
76	Computer-based assessments of expected satiety predict behavioural measures of portion-size selection and food intake. <i>Appetite</i> , 2012, 59, 933-938.	1.8	115
77	Episodic Memory and Appetite Regulation in Humans. <i>PLoS ONE</i> , 2012, 7, e50707.	1.1	100
78	Dopamine and food reward: Effects of acute tyrosine/phenylalanine depletion on appetite. <i>Physiology and Behavior</i> , 2012, 105, 1202-1207.	1.0	32
79	“Expected satiety”™ changes hunger and fullness in the inter-meal interval. <i>Appetite</i> , 2011, 56, 310-315.	1.8	76
80	What determines real-world meal size? Evidence for pre-meal planning. <i>Appetite</i> , 2011, 56, 284-289.	1.8	98
81	Texture, not flavor, determines expected satiation of dairy products. <i>Appetite</i> , 2011, 57, 635-641.	1.8	121
82	The control of meal size in human subjects: a role for expected satiety, expected satiation and premeal planning. <i>Proceedings of the Nutrition Society</i> , 2011, 70, 155-161.	0.4	89
83	Standard preload-test meal study designs may underestimate satiety effects: sugar containing drinks as an example. <i>Proceedings of the Nutrition Society</i> , 2011, 70, .	0.4	2
84	“I just can’t help myself”™: effects of food-cue exposure™ in overweight™ and lean individuals. <i>International Journal of Obesity</i> , 2011, 35, 142-149.	1.6	148
85	Playing a computer game during lunch affects fullness, memory for lunch, and later snack intake. <i>American Journal of Clinical Nutrition</i> , 2011, 93, 308-313.	2.2	115
86	Children’s™ familiarity with snack foods changes expectations about fullness. <i>American Journal of Clinical Nutrition</i> , 2011, 94, 1196-1201.	2.2	36
87	Cognitive Biases to Healthy and Unhealthy Food Words Predict Change in BMI. <i>Obesity</i> , 2010, 18, 2282-2287.	1.5	92
88	Attachment anxiety, disinhibited eating, and body mass index in adulthood. <i>International Journal of Obesity</i> , 2010, 34, 1442-1445.	1.6	50
89	Effects of repeated exposure on liking for a reduced-energy-dense food. <i>American Journal of Clinical Nutrition</i> , 2010, 91, 1584-1589.	2.2	34
90	The role of sensitivity to reward and impulsivity in food-cue reactivity. <i>Eating Behaviors</i> , 2010, 11, 138-143.	1.1	40

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91	Familiarity changes expectations about fullness. <i>Appetite</i> , 2010, 54, 587-590.	1.8	56
92	Perceived volume, expected satiation, and the energy content of self-selected meals. <i>Appetite</i> , 2010, 55, 25-29.	1.8	77
93	Comparing measures of cognitive bias relating to eating behaviour. <i>Applied Cognitive Psychology</i> , 2009, 23, 936-952.	0.9	18
94	How Many Calories Are on Our Plate? Expected Fullness, Not Liking, Determines Meal Size Selection. <i>Obesity</i> , 2009, 17, 1884-1890.	1.5	151
95	Measuring affective (liking) and non-affective (expected satiety) determinants of portion size and food reward. <i>Appetite</i> , 2009, 52, 108-114.	1.8	133
96	Individual differences in food-cue reactivity. The role of BMI and everyday portion-size selections. <i>Appetite</i> , 2009, 52, 614-620.	1.8	84
97	Conditioning of fullness expectations in a novel dessert. <i>Appetite</i> , 2009, 52, 780-783.	1.8	39
98	Estimating everyday portion size using a method of constant stimuli: In a student sample, portion size is predicted by gender, dietary behaviour, and hunger, but not BMI. <i>Appetite</i> , 2008, 51, 296-301.	1.8	60
99	Measuring expected satiety in a range of common foods using a method of constant stimuli. <i>Appetite</i> , 2008, 51, 604-614.	1.8	175
100	Flavour-flavour learning occurs automatically and only in hungry participants. <i>Physiology and Behavior</i> , 2008, 93, 13-19.	1.0	27
101	How does food-cue exposure lead to larger meal sizes?. <i>British Journal of Nutrition</i> , 2008, 100, 1325-1332.	1.2	107
102	Flavor-nutrient learning in restrained and unrestrained eaters. <i>Physiology and Behavior</i> , 2007, 90, 133-141.	1.0	59
103	Associative learning and the control of human dietary behavior. <i>Appetite</i> , 2007, 49, 268-271.	1.8	79
104	Effects of distraction on the development of satiety. <i>British Journal of Nutrition</i> , 2006, 96, 761-9.	1.2	87
105	Potential early-life predictors of dietary behaviour in adulthood: a retrospective study. <i>International Journal of Obesity</i> , 2005, 29, 463-474.	1.6	40
106	Dietary learning in humans: Directions for future research. <i>Physiology and Behavior</i> , 2005, 85, 57-65.	1.0	66
107	Dietary restraint and US devaluation predict evaluative learning. <i>Physiology and Behavior</i> , 2005, 85, 524-535.	1.0	15
108	Everyday dietary behaviour and the relationship between attention and meal size. <i>Appetite</i> , 2005, 45, 344-355.	1.8	25

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109	Dietary restraint and cognitive performance in children. <i>Appetite</i> , 2005, 45, 235-241.	1.8	17
110	Does dietary learning occur outside awareness?. <i>Consciousness and Cognition</i> , 2004, 13, 453-470.	0.8	35
111	Automatic and nonautomatic processes in dietary restraint: Further evidence for a commonality between food and drug abstinence. <i>Eating Behaviors</i> , 2004, 5, 365-373.	1.1	5
112	Dietary restraint and heightened reactivity to food. <i>Physiology and Behavior</i> , 2004, 81, 85-90.	1.0	63
113	Spectral pattern, harmonic relations, and the perceptual grouping of low-numbered components. <i>Journal of the Acoustical Society of America</i> , 2003, 114, 2118-2134.	0.5	14
114	Effects of mouth dryness on drinking behavior and beverage acceptability. <i>Physiology and Behavior</i> , 2002, 76, 423-429.	1.0	43
115	Exploring evaluative conditioning using a working memory task. <i>Learning and Motivation</i> , 2002, 33, 433-455.	0.6	26
116	Perceptual fusion and fragmentation of complex tones made inharmonic by applying different degrees of frequency shift and spectral stretch. <i>Journal of the Acoustical Society of America</i> , 2001, 110, 2479-2490.	0.5	47
117	Effects of dietary restraint on flavour-flavour learning. <i>Appetite</i> , 2001, 37, 197-206.	1.8	36
118	Effects of asynchrony and ear of presentation on the pitch of mistuned partials in harmonic and frequency-shifted complex tones. <i>Journal of the Acoustical Society of America</i> , 2001, 110, 391-401.	0.5	9
119	Separate mechanisms govern the selection of spectral components for perceptual fusion and for the computation of global pitch. <i>Journal of the Acoustical Society of America</i> , 2000, 107, 1566-1577.	0.5	18
120	The role of mouth state in the termination of drinking behavior in humans. <i>Physiology and Behavior</i> , 2000, 68, 579-583.	1.0	39
121	Profiling the perceptual suppression of partials in periodic complex tones: Further evidence for a harmonic template. <i>Journal of the Acoustical Society of America</i> , 1998, 104, 3511-3519.	0.5	18
122	Perceptual segregation and pitch shifts of mistuned components in harmonic complexes and in regular inharmonic complexes. <i>Journal of the Acoustical Society of America</i> , 1998, 104, 2326-2338.	0.5	63
123	Effects of Temperature and Volume on Measures of Mouth Dryness, Thirst and Stomach Fullness in Males and Females. <i>Appetite</i> , 1997, 29, 31-42.	1.8	32
124	Mouth state: A nuisance variable in preference tests?. <i>Food Quality and Preference</i> , 1997, 8, 349-352.	2.3	8
125	Mouth-State Dependent Changes in the Judged Pleasantness of Water at Different Temperatures. <i>Physiology and Behavior</i> , 1997, 61, 667-669.	1.0	26