

Marlene N Silva

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/9447738/publications.pdf>

Version: 2024-02-01

56
papers

4,762
citations

279798

23
h-index

161849

54
g-index

61
all docs

61
docs citations

61
times ranked

5365
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|---|-----|-----------|
| 1 | Exercise, physical activity, and self-determination theory: A systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 78. | 4.6 | 1,613 |
| 2 | Using self-determination theory to promote physical activity and weight control: a randomized controlled trial in women. <i>Journal of Behavioral Medicine</i> , 2010, 33, 110-122. | 2.1 | 359 |
| 3 | Mediators of Weight Loss and Weight Loss Maintenance in Middle-aged Women. <i>Obesity</i> , 2010, 18, 725-735. | 3.0 | 323 |
| 4 | Motivation, self-determination, and long-term weight control. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 22. | 4.6 | 274 |
| 5 | Motivational "spill-over" during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation.. <i>Health Psychology</i> , 2009, 28, 709-716. | 1.6 | 239 |
| 6 | A classification of motivation and behavior change techniques used in self-determination theory-based interventions in health contexts.. <i>Motivation Science</i> , 2020, 6, 438-455. | 1.6 | 239 |
| 7 | Promoting physical activity: development and testing of self-determination theory-based interventions. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 20. | 4.6 | 237 |
| 8 | Exercise Autonomous Motivation Predicts 3-yr Weight Loss in Women. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 728-737. | 0.4 | 226 |
| 9 | A randomized controlled trial to evaluate self-determination theory for exercise adherence and weight control: rationale and intervention description. <i>BMC Public Health</i> , 2008, 8, 234. | 2.9 | 140 |
| 10 | Helping overweight women become more active: Need support and motivational regulations for different forms of physical activity. <i>Psychology of Sport and Exercise</i> , 2010, 11, 591-601. | 2.1 | 98 |
| 11 | The role of self-determination theory and motivational interviewing in behavioral nutrition, physical activity, and health: an introduction to the IJBNPA special series. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 17. | 4.6 | 90 |
| 12 | A bifactor exploratory structural equation modeling representation of the structure of the basic psychological needs at work scale. <i>Journal of Vocational Behavior</i> , 2017, 98, 173-187. | 3.4 | 89 |
| 13 | The effect of physical activity on weight loss is mediated by eating self-regulation. <i>Patient Education and Counseling</i> , 2010, 79, 320-326. | 2.2 | 84 |
| 14 | Reciprocal effects among changes in weight, body image, and other psychological factors during behavioral obesity treatment: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009, 6, 9. | 4.6 | 76 |
| 15 | Change in body image and psychological well-being during behavioral obesity treatment: Associations with weight loss and maintenance. <i>Body Image</i> , 2010, 7, 187-193. | 4.3 | 65 |
| 16 | The effect of a programme to improve men's sedentary time and physical activity: The European Fans in Training (EuroFIT) randomised controlled trial. <i>PLoS Medicine</i> , 2019, 16, e1002736. | 8.4 | 61 |
| 17 | The Behavioral Regulation in Exercise Questionnaire (BREQ-3) Portuguese-Version: Evidence of Reliability, Validity and Invariance Across Gender. <i>Frontiers in Psychology</i> , 2018, 9, 1940. | 2.1 | 49 |
| 18 | Does physician communication style impact patient report of decision quality for breast cancer treatment?. <i>Patient Education and Counseling</i> , 2016, 99, 1947-1954. | 2.2 | 43 |

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|----|--|-----|-----------|
| 19 | Body image change and improved eating self-regulation in a weight management intervention in women. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011, 8, 75. | 4.6 | 39 |
| 20 | How does frustration make you feel? A motivational analysis in exercise context. <i>Motivation and Emotion</i> , 2018, 42, 419-428. | 1.3 | 38 |
| 21 | Study protocol of European Fans in Training (EuroFIT): a four-country randomised controlled trial of a lifestyle program for men delivered in elite football clubs. <i>BMC Public Health</i> , 2016, 16, 598. | 2.9 | 31 |
| 22 | Weight control behaviors of highly successful weight loss maintainers: the Portuguese Weight Control Registry. <i>Journal of Behavioral Medicine</i> , 2017, 40, 366-371. | 2.1 | 30 |
| 23 | Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. <i>Journal of Obesity</i> , 2011, 2011, 1-8. | 2.7 | 25 |
| 24 | The intervention process in the European Fans in Training (EuroFIT) trial: a mixed method protocol for evaluation. <i>Trials</i> , 2017, 18, 356. | 1.6 | 23 |
| 25 | 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, 601-610. | 2.1 | 22 |
| 26 | Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. <i>Obesity</i> , 2015, 23, 957-964. | 3.0 | 22 |
| 27 | The Association between Physical Activity and Eating Self-Regulation in Overweight and Obese Women. <i>Obesity Facts</i> , 2013, 6, 493-506. | 3.4 | 21 |
| 28 | Physical Activity Predicts Changes in Body Image during Obesity Treatment in Women. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1604-1612. | 0.4 | 19 |
| 29 | Champ4life Study Protocol: A One-Year Randomized Controlled Trial of a Lifestyle Intervention for Inactive Former Elite Athletes with Overweight/Obesity. <i>Nutrients</i> , 2020, 12, 286. | 4.1 | 17 |
| 30 | Dysfunctional body investment versus body dissatisfaction: Relations with well-being and controlled motivations for obesity treatment. <i>Motivation and Emotion</i> , 2011, 35, 423-434. | 1.3 | 14 |
| 31 | Physical Activity Promotion Tools in the Portuguese Primary Health Care: An Implementation Research. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 815. | 2.6 | 14 |
| 32 | Towards an In-Depth Understanding of Physical Activity and Eating Behaviours during COVID-19 Social Confinement: A Combined Approach from a Portuguese National Survey. <i>Nutrients</i> , 2021, 13, 2685. | 4.1 | 13 |
| 33 | Usefulness of Standard BMI Cut-Offs for Quality of Life and Psychological Well-Being in Women. <i>Obesity Facts</i> , 2012, 5, 795-805. | 3.4 | 12 |
| 34 | Short- and long-term theory-based predictors of physical activity in women who participated in a weight-management program. <i>Health Education Research</i> , 2014, 29, 941-952. | 1.9 | 12 |
| 35 | Initial Validation of the Activity Choice Index Among Overweight Women. <i>Research Quarterly for Exercise and Sport</i> , 2016, 87, 174-181. | 1.4 | 12 |
| 36 | A Theory- and Evidence-Based Digital Intervention Tool for Weight Loss Maintenance (NoHoW Toolkit): Systematic Development and Refinement Study. <i>Journal of Medical Internet Research</i> , 2021, 23, e25305. | 4.3 | 12 |

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|----|---|-----|-----------|
| 37 | “What Goes Around Comes Around”: Antecedents, Mediators, and Consequences of Controlling vs. Need-Supportive Motivational Strategies Used by Exercise Professionals. <i>Annals of Behavioral Medicine</i> , 2017, 51, 707-717. | 2.9 | 11 |
| 38 | Effectiveness of a lifestyle weight-loss intervention targeting inactive former elite athletes: the Champ4Life randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2022, 56, 394-402. | 6.7 | 10 |
| 39 | Behavioural and psychological pretreatment predictors of short- and long-term weight loss among women with overweight and obesity. <i>Eating and Weight Disorders</i> , 2020, 25, 1377-1385. | 2.5 | 6 |
| 40 | Development and preliminary validation of the Coach Interpersonal Style Observational System. <i>International Journal of Sports Science and Coaching</i> , 2019, 14, 471-479. | 1.4 | 5 |
| 41 | Five-year cost-effectiveness analysis of the European Fans in Training (EuroFIT) physical activity intervention for men versus no intervention. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 30. | 4.6 | 5 |
| 42 | CONTRIBUTION TO THE STUDY OF THE BASIC NEED SATISFACTION IN GENERAL SCALE TO PORTUGUESE LANGUAGE. <i>Psicologia, Sade & Doenas</i> , 2012, 13, . | 0.1 | 5 |
| 43 | Sucesso na manuteno do peso perdido em Portugal e nos Estados Unidos: comparao de 2 Registos Nacionais de Controlo do Peso. <i>Revista Portuguesa De Saude Publica</i> , 2012, 30, 115-124. | 0.3 | 3 |
| 44 | CHANGING THE QUALITY OF MOTIVATION OVER TIME IN HEALTH AND FITNESS SETTINGS. <i>ACSM's Health and Fitness Journal</i> , 2017, 21, 33-39. | 0.6 | 3 |
| 45 | Contributions of changes in physical activity, sedentary time, diet and body weight to changes in cardiometabolic risk. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 166. | 4.6 | 3 |
| 46 | Perceived Environmental Supportiveness Scale: Portuguese Translation, Validation and Adaptation to the Physical Education Domain. <i>Motriz Revista De Educacao Fisica</i> , 2019, 25, . | 0.2 | 2 |
| 47 | “Follow the Whistle: Physical Activity Is Calling You”: Evaluation of Implementation and Impact of a Portuguese Nationwide Mass Media Campaign to Promote Physical Activity. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8062. | 2.6 | 2 |
| 48 | The Dark Side of Motivational Practices in Exercise Professionals: Mediators of Controlling Strategies. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5377. | 2.6 | 2 |
| 49 | Keep on running “ a randomized controlled trial to test a digital evidence-based intervention for sustained adoption of recreational running: rationale, design and pilot feasibility study. <i>Health Psychology and Behavioral Medicine</i> , 2021, 9, 149-164. | 1.8 | 2 |
| 50 | Changes in food reward and intuitive eating after weight loss and maintenance in former athletes with overweight or obesity. <i>Obesity</i> , 2022, , . | 3.0 | 2 |
| 51 | Motivational Strategies Used by Exercise Professionals: A Latent Profile Analysis. <i>Journal of Physical Activity and Health</i> , 2021, 18, 895-903. | 2.0 | 1 |
| 52 | Users’™ Experiences With the NoHoW Web-Based Toolkit With Weight and Activity Tracking in Weight Loss Maintenance: Long-term Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2022, 24, e29302. | 4.3 | 1 |
| 53 | Dimenses da Literacia Fsica em Estudantes Universitrios e sua Relao com a Atividade Fsica | | |

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 55 | Assessment of Good Practices in Community-Based Interventions for Physical Activity Promotion: Development of a User-Friendly Tool. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 4734. | 2.6 | 0 |
| 56 | Body Image and Quality of Life Predict Success in a 12-Month Weight Control Program. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S84. | 0.4 | 0 |