K M Appleton

List of Publications by Year
in descending order

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118 papers	3,495 citations	136740 32 h-index	155451 55 g-index
128 all docs	128 docs citations	128 times ranked	4255 citing authors

#	Article	IF	Citations
1	No effects of sweet taste exposure at breakfast for 3 weeks on pleasantness, desire for, sweetness or intake of other sweet foods: a randomised controlled trial. British Journal of Nutrition, 2022, 127, 1428-1438.	1.2	7
2	Perceptions of body weight that vary by body mass index: Clear associations with perceptions based on personal control and responsibility. Journal of Health Psychology, 2022, 27, 147-165.	1.3	7
3	Trial to Encourage Adoption and Maintenance of a MEditerranean Diet (TEAM-MED): a randomised pilot trial of a peer support intervention for dietary behaviour change in adults from a Northern European population at high CVD risk. British Journal of Nutrition, 2022, 128, 1322-1334.	1.2	7
4	Incorporating the Dietary Guidelines for Americans Vegetable Recommendations into the Diet Alters Dietary Intake Patterns of Other Foods and Improves Diet Quality in Adults with Overweight and Obesity. Journal of the Academy of Nutrition and Dietetics, 2022, 122, 1345-1354.e1.	0.4	2
5	The provision of recipes and single-use herb/spice packets to increase egg and protein intake in community-dwelling older adults: a randomised controlled trial. Public Health Nutrition, 2021, 24, 2109-2122.	1.1	4
6	The effects of low-calorie sweeteners on energy intake and body weight: a systematic review and meta-analyses of sustained intervention studies. International Journal of Obesity, 2021, 45, 464-478.	1.6	49
7	Perspective: Measuring Sweetness in Foods, Beverages, and Diets: Toward Understanding the Role of Sweetness in Health. Advances in Nutrition, 2021, 12, 343-354.	2.9	20
8	Repeated exposure to and subsequent consumption of sweet taste: Reanalysis of test meal intake data following the repeated consumption of sweet vs non-sweet beverages. Physiology and Behavior, 2021, 229, 113221.	1.0	3
9	Sensory and physical characteristics of foods that impact food intake without affecting acceptability: Systematic review and metaâ€analyses. Obesity Reviews, 2021, 22, e13234.	3.1	12
10	Consumption of a Variety of Vegetables to Meet Dietary Guidelines for Americansâ€™ Recommendations Does Not Induce Sensitization of Vegetable Reinforcement Among Adults with Overweight and Obesity: A Randomized Controlled Trial. Journal of Nutrition, 2021, 151, 1665-1672.	1.3	8
11	Sweet Talk: A Qualitative Study Exploring Attitudes towards Sugar, Sweeteners and Sweet-Tasting Foods in the United Kingdom. Foods, 2021, 10, 1172.	1.9	4
12	Barriers and facilitators to adoption of and adherence to a Mediterranean style diet in adults: a systematic review of observational and qualitative studies. Proceedings of the Nutrition Society, 2021, 80, .	0.4	0
13	Omega-3 fatty acids for depression in adults. The Cochrane Library, 2021, 2021, CD004692.	1.5	26
14	Adding Flavours: Use of and Attitudes towards Sauces and Seasonings in a Sample of Community-Dwelling UK Older Adults. Foods, 2021, 10, 2828.	1.9	12
15	Impact of a nudging intervention and factors associated with vegetable dish choice among European adolescents. European Journal of Nutrition, 2020, 59, 231-247.	1.8	20
16	Acute glycemic and insulinemic effects of low-energy sweeteners: a systematic review and meta-analysis of randomized controlled trials. American Journal of Clinical Nutrition, 2020, 112, 1002-1014.	2.2	20
17	A High Polyphenol Diet Improves Psychological Well-Being: The Polyphenol Intervention Trial (PPhIT). Nutrients, 2020, 12, 2445.	1.7	34
18	Increasing vegetable consumption outâ€ofâ€home: VeggiEAT and Veg+projects. Nutrition Bulletin, 2020, 45, 424-431.	0.8	9

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19	Treatments for depression: Side-effects, adverse events and health risks. Journal of Affective Disorders, 2019, 259, 38-39.	2.0	3
20	Modelling positive consequences: Increased vegetable intakes following modelled enjoyment versus modelled intake. Appetite, 2019, 140, 76-81.	1.8	5
21	When are â€œDish of the Dayâ€•nudges most effective to increase vegetable selection?. Food Policy, 2019, 85, 15-27.	2.8	34
22	Liking and consumption of vegetables with more appealing and less appealing sensory properties: Associations with attitudes, food neophobia and food choice motivations in European adolescents. Food Quality and Preference, 2019, 75, 179-186.	2.3	42
23	The Psychology of Nutrition with Advancing Age: Focus on Food Neophobia. Nutrients, 2019, 11, 151.	1.7	43
24	Promotion of novel plant-based dishes among older consumers using the â€˜dish of the dayâ€™ as a nudging strategy in 4 EU countries. Food Quality and Preference, 2019, 75, 260-272.	2.3	30
25	A Web-Based Intervention (MotivATE) to Increase Attendance at an Eating Disorder Service Assessment Appointment: Zelen Randomized Controlled Trial. Journal of Medical Internet Research, 2019, 21, e11874.	2.1	12
26	A Mobile Phone App for the Provision of Personalized Food-Based Information in an Eating-Out Situation: Development and Initial Evaluation. JMIR Formative Research, 2019, 3, e12966.	0.7	7
27	An Interactive Mobile Phone App (SMART 5-A-DAY) for Increasing Knowledge of and Adherence to Fruit and Vegetable Recommendations: Development and Pilot Randomized Controlled Trial. JMIR MHealth and UHealth, 2019, 7, e14380.	1.8	7
28	The value of facial attractiveness for encouraging fruit and vegetable consumption: analyses from a randomized controlled trial. BMC Public Health, 2018, 18, 298.	1.2	14
29	Sweet taste exposure and the subsequent acceptance and preference for sweet taste in the diet: systematic review of the published literature. American Journal of Clinical Nutrition, 2018, 107, 405-419.	2.2	71
30	Limited compensation at the following meal for protein and energy intake at a lunch meal in healthy free-living older adults. Clinical Nutrition, 2018, 37, 970-977.	2.3	10
31	Low fruit and vegetable consumption is associated with low knowledge of the details of the 5â€aâ€day fruit and vegetable message in the <scp>UK</scp>: findings from two crossâ€sectional questionnaire studies. Journal of Human Nutrition and Dietetics, 2018, 31, 121-130.	1.3	26
32	Barriers to adopting a Mediterranean diet in Northern European adults at high risk of developing cardiovascular disease. Journal of Human Nutrition and Dietetics, 2018, 31, 451-462.	1.3	42
33	Exposure to recipes in a food-based approach to increase egg and protein intake in community-dwelling older adults: a randomised controlled trial. Proceedings of the Nutrition Society, 2018, 77, .	0.4	1
34	Increasing protein intakes through the addition of sauce to an older personsâ€™ lunch meal. Clinical Nutrition ESPEN, 2018, 28, 251.	0.5	0
35	Towards a Food-Based Intervention to Increase Protein Intakes in Older Adults: Challenges to and Facilitators of Egg Consumption. Nutrients, 2018, 10, 1409.	1.7	5
36	Development of a peer support intervention to encourage dietary behaviour change towards a Mediterranean diet in adults at high cardiovascular risk. BMC Public Health, 2018, 18, 1194.	1.2	26

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37	Repeated exposure and conditioning strategies for increasing vegetable liking and intake: systematic review and meta-analyses of the published literature. American Journal of Clinical Nutrition, 2018, 108, 842-856.	2.2	73
38	Could Eggs Help Increase Dietary Protein Intake in Older Adults? â€“ Exploring Reasons for the Consumption and Non-Consumption of Eggs in People over 55 years old. Journal of Nutrition in Gerontology and Geriatrics, 2018, 37, 292-309.	0.4	6
39	Trial to Encourage Adoption and Maintenance of a Mediterranean Diet (TEAM-MED): Protocol for a Randomised Feasibility Trial of a Peer Support Intervention for Dietary Behaviour Change in Adults at High Cardiovascular Disease Risk. International Journal of Environmental Research and Public Health, 2018, 15, 1130.	1.2	10
40	Improving motivation to change amongst individuals with eating disorders: A systematic review. International Journal of Eating Disorders, 2018, 51, 1033-1050.	2.1	24
41	5-a-day fruit and vegetable food product labels: reduced fruit and vegetable consumption following an exaggerated compared to a modest label. BMC Public Health, 2018, 18, 624.	1.2	5
42	A Systematic Review of Behavioural Interventions Promoting Healthy Eating among Older People. Nutrients, 2018, 10, 128.	1.7	48
43	A qualitative analysis exploring preferred methods of peer support to encourage adherence to a Mediterranean diet in a Northern European population at high risk of cardiovascular disease. BMC Public Health, 2018, 18, 213.	1.2	13
44	How much is â€˜5â€aâ€dayâ€™? A qualitative investigation into consumer understanding of fruit and vegetable intake guidelines. Journal of Human Nutrition and Dietetics, 2017, 30, 105-113.	1.3	41
45	The protective effects of social bonding on behavioral and pituitary-adrenal axis reactivity to chronic mild stress in prairie voles. Stress, 2017, 20, 175-182.	0.8	33
46	Exploring salient dimensions in a free sorting task: A cross-country study within the elderly population. Food Quality and Preference, 2017, 60, 19-30.	2.3	14
47	Danish adolescents like their vegetables fresh rather than frozen or canned. International Journal of Gastronomy and Food Science, 2017, 9, 29-33.	1.3	10
48	Individual differences in protein intakes following the addition of sauce to an older persons' lunch meal, and effects at lunch are sustained over the following meal. Proceedings of the Nutrition Society, 2017, 76, .	0.4	0
49	Process Evaluation of a complex Intervention: Trial to Encourage Adoption and Maintenance of a MEditerranean Diet (TEAM-MED). Proceedings of the Nutrition Society, 2017, 76, .	0.4	1
50	Consumption of a High Quantity and a Wide Variety of Vegetables Are Predicted by Different Food Choice Motives in Older Adults from France, Italy and the UK. Nutrients, 2017, 9, 923.	1.7	35
51	MotivATE: A Pretreatment Web-Based Program to Improve Attendance at UK Outpatient Services Among Adults With Eating Disorders. JMIR Research Protocols, 2017, 6, e146.	0.5	20
52	Barriers to and Facilitators of the Consumption of Animal-Based Protein-Rich Foods in Older Adults. Nutrients, 2016, 8, 187.	1.7	33
53	Systematic review of published interventions aiming to increase vegetable intakes. Proceedings of the Nutrition Society, 2016, 75, .	0.4	0
54	Exploring the Consumption of Eggs in Older Adults: a Questionnaire Study. Proceedings of the Nutrition Society, 2016, 75, .	0.4	3

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55	The Predictive Value of Depressive Symptoms for All-Cause Mortality. Psychosomatic Medicine, 2016, 78, 401-411.	1.3	17
56	Ï‰-3 Fatty acids for major depressive disorder in adults: an abridged Cochrane review. BMJ Open, 2016, 6, e010172.	0.8	59
57	The efficacy of fish oil supplements in the treatment of depression: food for thought. Translational Psychiatry, 2016, 6, e975-e975.	2.4	5
58	A Role for Behavior in the Relationships Between Depression and Hostility and Cardiovascular Disease Incidence, Mortality, and All-Cause Mortality: the Prime Study. Annals of Behavioral Medicine, 2016, 50, 582-591.	1.7	18
59	Sensory determinants of stated liking for vegetable names and actual liking for canned vegetables: A cross-country study among European adolescents. Appetite, 2016, 107, 339-347.	1.8	46
60	Increasing vegetable intakes: rationale and systematic review of published interventions. European Journal of Nutrition, 2016, 55, 869-896.	1.8	193
61	A Role for Identification in the Gradual Decline in the Pleasantness of Flavors With Age. Journals of Gerontology - Series B Psychological Sciences and Social Sciences, 2016, 71, 987-994.	2.4	18
62	Combining vitamin C and carotenoid biomarkers better predicts fruit and vegetable intake than individual biomarkers in dietary intervention studies. European Journal of Nutrition, 2016, 55, 1377-1388.	1.8	14
63	Familiarity and liking of vegetables: Is it important for vegetable consumption?. British Journal of School Nursing, 2016, 11, 125-130.	0.1	6
64	Increased protein intakes following the addition of sauce to an older persons' lunch meal are not sustained. Proceedings of the Nutrition Society, 2015, 74, .	0.4	1
65	Exploring the barriers and facilitators to the consumption of eggs and other protein rich foods using focus groups. Proceedings of the Nutrition Society, 2015, 74, .	0.4	6
66	Predictors of high intakes of protein-rich foods by older adults: Liking, perceived convenience and perceived value for money. Proceedings of the Nutrition Society, 2015, 74, .	0.4	2
67	Systematic review and meta-analysis investigating a role for n3 polyunsaturated fatty acids in major depressive disorder. Proceedings of the Nutrition Society, 2015, 74, .	0.4	0
68	Greater fruit selection following an appearance-based compared with a health-based health promotion poster. Journal of Public Health, 2015, 38, fdv147.	1.0	8
69	Participating in a fruit and vegetable intervention trial improves longer term fruit and vegetable consumption and barriers to fruit and vegetable consumption: a follow-up of the ADIT study. International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 158.	2.0	23
70	Omega-3 fatty acids for depression in adults. The Cochrane Library, 2015, , CD004692.	1.5	110
71	Distraction, not hunger, is associated with lower mood and lower perceived work performance on fast compared to non-fast days during intermittent fasting. Journal of Health Psychology, 2015, 20, 702-711.	1.3	17
72	Visualising future behaviour: Effects for snacking on biscuit bars, but no effects for snacking on fruit. Journal of Health Psychology, 2015, 20, 1037-1048.	1.3	60

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73	Consumption of a high n-3 polyunsaturated fatty acid diet during gradual mild physiological stress in rats. Prostaglandins Leukotrienes and Essential Fatty Acids, 2015, 95, 11-18.	1.0	7
74	Energy compensation in the real world: Good compensation for small portions of chocolate and biscuits over short time periods in complicit consumers using commercially available foods. Appetite, 2015, 85, 104-110.	1.8	9
75	Effect of a Web-Based Behavior Change Program on Weight Loss and Cardiovascular Risk Factors in Overweight and Obese Adults at High Risk of Developing Cardiovascular Disease: Randomized Controlled Trial. Journal of Medical Internet Research, 2015, 17, e177.	2.1	41
76	Visualisation for increasing health intentions: Enhanced effects following a health message and when using a first-person perspective. Psychology and Health, 2014, 29, 237-252.	1.2	22
77	An investigation into whether participation in a four week dietary intervention can modify reported barriers towards fruit and vegetable consumption. Proceedings of the Nutrition Society, 2014, 73, .	0.4	0
78	Moderate-Vigorous Physical Activity in Older People in Northern Ireland: Levels, Demographic Patterns and Types of Moderate-Vigorous Physical Activity Undertaken. Ageing International, 2013, 38, 207-217.	0.6	1
79	Depression and mortality: Artifact of measurement and analysis?. Journal of Affective Disorders, 2013, 151, 632-638.	2.0	6
80	The Consumption of Protein-Rich Foods in Older Adults: An Exploratory Focus Group Study. Journal of Nutrition Education and Behavior, 2013, 45, 751-755.	0.3	43
81	6 x 40 mins exercise improves body image, even though body weight and shape do not change. Journal of Health Psychology, 2013, 18, 110-120.	1.3	10
82	Increases in fruit intakes in older low consumers of fruit following two community-based repeated exposure interventions. British Journal of Nutrition, 2013, 109, 795-801.	1.2	17
83	How much is â€˜5-a-dayâ€™?: consumer knowledge of fruit and vegetable portion sizes. Proceedings of the Nutrition Society, 2013, 72, .	0.4	2
84	The use of sauce for increasing protein and energy intakes: Possible carry over effects to the next meal?. Proceedings of the Nutrition Society, 2013, 72, .	0.4	0
85	Depressive Symptoms, a Time-Dependent Risk Factor for Coronary Heart Disease and Stroke in Middle-Aged Men. Stroke, 2012, 43, 1761-1767.	1.0	36
86	Association between sleep, eating behaviours, cardiovascular risk factors and emotional states in an overweight sample. Proceedings of the Nutrition Society, 2012, 71, .	0.4	0
87	Comparable increases in energy, protein and fat intakes following the addition of seasonings and sauces to an older person's meal. Appetite, 2011, 56, 179-182.	1.8	45
88	Age and experience predict accurate short-term energy compensation in adults. Appetite, 2011, 56, 602-606.	1.8	16
89	Review and metaâ€analysis of the shortâ€term effects of a vegetable oil emulsion on food intake. Obesity Reviews, 2011, 12, e560-72.	3.1	10
90	Supplementation with a lowâ€“moderate dose ofn-3 long-chain PUFA has no short-term effect on bone resorption in human adults. British Journal of Nutrition, 2011, 105, 1145-1149.	1.2	31

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91	Barriers to increasing fruit and vegetable intakes in older people in Northern Ireland. Proceedings of the Nutrition Society, 2010, 69, .	0.4	0
92	Barriers to increasing fruit and vegetable intakes in the older population of Northern Ireland: low levels of liking and low awareness of current recommendations. Public Health Nutrition, 2010, 13, 514-521.	1.1	46
93	Updated systematic review and meta-analysis of the effects of nâˆ’3 long-chain polyunsaturated fatty acids on depressed mood. American Journal of Clinical Nutrition, 2010, 91, 757-770.	2.2	313
94	Reply to D Laurin and P-H Carmichael. American Journal of Clinical Nutrition, 2010, 92, 670-671.	2.2	0
95	Increases in energy, protein and fat intake following the addition of sauce to an older personâ€™s meal. Appetite, 2009, 52, 161-165.	1.8	50
96	Factors relating to protein consumption in older people in Northern Ireland: a focus group study. Proceedings of the Nutrition Society, 2009, 68, .	0.4	0
97	Reasons for snack food choice and the prevalence of fruit snacking in Northern Ireland. Proceedings of the Nutrition Society, 2009, 68, .	0.4	6
98	Low fruit and vegetable intakes in older individuals in Northern Ireland. Proceedings of the Nutrition Society, 2009, 68, .	0.4	0
99	Fruit and vegetable consumption in older individuals in Northern Ireland: levels and patterns. British Journal of Nutrition, 2009, 102, 949-953.	1.2	34
100	Is there a role forn-3 long-chain polyunsaturated fatty acids in the regulation of mood and behaviour? A review of the evidence to date from epidemiological studies, clinical studies and intervention trials. Nutrition Research Reviews, 2008, 21, 13-41.	2.1	104
101	No clear evidence of an association between plasma concentrations of n-3 long-chain polyunsaturated fatty acids and depressed mood in a non-clinical population. Prostaglandins Leukotrienes and Essential Fatty Acids, 2008, 78, 337-342.	1.0	33
102	No effect of n-3 long-chain polyunsaturated fatty acid (EPA and DHA) supplementation on depressed mood and cognitive function: a randomised controlled trial â€“ reply by Rogers et al.. British Journal of Nutrition, 2008, 100, 1349-1351.	1.2	3
103	No effect ofn-3 long-chain polyunsaturated fatty acid (EPA and DHA) supplementation on depressed mood and cognitive function: a randomised controlled trial. British Journal of Nutrition, 2008, 99, 421-431.	1.2	216
104	Contemplating cycling to work: Attitudes and perceptions in different stages of change. Transportation Research, Part A: Policy and Practice, 2007, 41, 302-312.	2.0	204
105	Habitual high and low consumers of artificially-sweetened beverages: Effects of sweet taste and energy on short-term appetite. Physiology and Behavior, 2007, 92, 479-486.	1.0	46
106	Type A behaviour and consumption of an atherogenic diet: No association in the PRIME study. Appetite, 2007, 49, 554-560.	1.8	5
107	Depressed mood and dietary fish intake: Direct relationship or indirect relationship as a result of diet and lifestyle?. Journal of Affective Disorders, 2007, 104, 217-223.	2.0	81
108	Depressed mood and n-3 polyunsaturated fatty acid intake from fish: non-linear or confounded association?. Social Psychiatry and Psychiatric Epidemiology, 2007, 42, 100-104.	1.6	83

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109	The relationship between restrained eating and poor psychological health is moderated by pleasure normally associated with eating. Eating Behaviors, 2006, 7, 342-347.	1.1	33
110	Evidence of a role for conditioning in the development of liking for flavours in humans in everyday life. Physiology and Behavior, 2006, 87, 478-486.	1.0	35
111	Effects of nâ€“3 long-chain polyunsaturated fatty acids on depressed mood: systematic review of published trials. American Journal of Clinical Nutrition, 2006, 84, 1308-1316.	2.2	199
112	Behavioural determinants of daily energy intake during a 28 day outdoor expedition in Arctic Norway. Food Nutrition Research, 2006, 50, 139-146.	0.3	3
113	Changes in the perceived pleasantness of fluids before and after fluid loss through exercise: a demonstration of the association between perceived pleasantness and physiological usefulness in everyday life. Physiology and Behavior, 2005, 83, 813-819.	1.0	12
114	Effects of a sweet and a nonsweet lunch on short-term appetite: differences in female high and low consumers of sweet/low-energy beverages. Journal of Human Nutrition and Dietetics, 2004, 17, 425-434.	1.3	21
115	Food and mood. Women's Health Medicine, 2004, 1, 4-6.	0.0	1
116	Body weight, body-weight concerns and eating styles in habitual heavy users and non-users of artificially sweetened beverages. Appetite, 2001, 37, 225-230.	1.8	18
117	Effects of Sweetness and Energy in Drinks on Food Intake Following Exercise. Physiology and Behavior, 1999, 66, 375-379.	1.0	54
118	Protocol: The effects of nutrient- vs food- vs food-substitution-based dietary recommendations for reducing free sugar intakes, on free sugar intakes, dietary profiles and sweet taste outcomes: A randomised controlled trial. Nutrition and Health, 0, , 026010602211112.	0.6	1