The Implementation of Behavior Change Techniques in Review

Citation Report

#	Article	IF	Citations
1	The Effects of Objective Push-Type Sleep Feedback on Habitual Sleep Behavior and Momentary Symptoms in Daily Life: mHealth Intervention Trial Using a Health Care Internet of Things System. JMIR MHealth and UHealth, 2022, 10, e39150.	3.7	3
2	Context-Aware Sleep Health Recommender Systems (CASHRS): A Narrative Review. Electronics (Switzerland), 2022, 11, 3384.	3.1	1
3	A Randomised Controlled Trial of a Digital, Small Incentive-based Intervention for Working Adults with Short Sleep. Sleep, 0, , .	1.1	1
6	The Tale of Orthosomnia: I Am so Good at Sleeping that I Can Do It with My Eyes Closed and My Fitness Tracker on Me. Nature and Science of Sleep, 0, Volume 15, 13-15.	2.7	7
7	Mobile app for personalized sleep–wake management for shift workers: A user testing trial. Digital Health, 2023, 9, 205520762311659.	1.8	2
8	A Sampling of Sleep Apps and Their Benefits. Journal of Electronic Resources in Medical Libraries, 2023, 20, 15-21.	0.2	1
9	Understanding the research on tracking, diagnosing, and intervening in sleep disorders using mHealth apps: Bibliometric analysis and systematic reviews. Digital Health, 2023, 9, 205520762311659.	1.8	1
10	Scope, Characteristics, Behavior Change Techniques, and Quality of Conversational Agents for Mental Health and Well-Being: Systematic Assessment of Apps. Journal of Medical Internet Research, 0, 25, e45984.	4.3	2
11	Systematic review and meta-analysis of the effectiveness of chatbots on lifestyle behaviours. Npj Digital Medicine, 2023, 6, .	10.9	13
12	How do adolescents experience a newly developed Online Single Session Sleep Intervention? A Think-Aloud Study. Clinical Child Psychology and Psychiatry, 0, , .	1.6	0
13	Applications of digital health approaches for cardiometabolic diseases prevention and management in the Western Pacific region. The Lancet Regional Health - Western Pacific, 2024, 43, 100817.	2.9	0
14	From Pulses to Sleep Stages: Towards Optimized Sleep Classification Using Heart-Rate Variability. Sensors, 2023, 23, 9077.	3.8	2
15	Impact of a wearable-based physical activity and sleep intervention in multimorbidity patients: protocol for a randomized controlled trial. BMC Geriatrics, 2023, 23, .	2.7	0
16	A mobile healthy lifestyle intervention to promote mental health in adolescence: a mixed-methods evaluation. BMC Public Health, 2024, 24, .	2.9	0