

Making health habitual: the psychology of "habit-form

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Citation Report

#	ARTICLE	IF	CITATIONS
1	Adherence to Cardiovascular Medications: Lessons Learned and Future Directions. <i>Progress in Cardiovascular Diseases</i> , 2013, 55, 590-600.	1.6	166
2	Healthy feeding habits: efficacy results from a cluster-randomized, controlled exploratory trial of a novel, habit-based intervention with parents. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 769-777.	2.2	130
3	Making health habitual. <i>British Journal of General Practice</i> , 2013, 63, 70.3-71.	0.7	1
4	Putting habit into practice, and practice into habit: a process evaluation and exploration of the acceptability of a habit-based dietary behaviour change intervention. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 135.	2.0	128
5	Beyond weight reduction: Improvements in quality of life after an intensive lifestyle intervention in subjects with severe obesity. <i>Annals of Medicine</i> , 2014, 46, 273-282.	1.5	19
6	“On Your Feet to Earn Your Seat”™, a habit-based intervention to reduce sedentary behaviour in older adults: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 368.	0.7	68
7	Is self-weighing an effective tool for weight loss: a systematic literature review and meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2015, 12, 104.	2.0	65
8	Changing health behaviors through social and physical context awareness. , 2015, , .		7
9	Acceptability of a theory-based sedentary behaviour reduction intervention for older adults (“On Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50	1.2	98
10	A review of motivational models for improving hand hygiene among an increasingly diverse food service workforce. <i>Food Control</i> , 2015, 50, 446-456.	2.8	23
11	Wearable Technology Reduces Prolonged Bouts of Sedentary Behavior. <i>Translational Journal of the American College of Sports Medicine</i> , 2016, 1, 10-17.	0.3	13
12	mHealth self-care interventions: managing symptoms following breast cancer treatment. <i>MHealth</i> , 2016, 2, 28-28.	0.9	55
13	Development and validation of the Self-Regulation of Eating Behaviour Questionnaire for adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 87.	2.0	54
14	Home and Online Management and Evaluation of Blood Pressure (HOME BP) digital intervention for self-management of uncontrolled, essential hypertension: a protocol for the randomised controlled HOME BP trial. <i>BMJ Open</i> , 2016, 6, e012684.	0.8	21
15	Study protocol for a randomised controlled trial of brief, habit-based, lifestyle advice for cancer survivors: exploring behavioural outcomes for the Advancing Survivorship Cancer Outcomes Trial (ASCOT). <i>BMJ Open</i> , 2016, 6, e011646.	0.8	26
16	WalkMore: promoting walking with just-in-time context-aware prompts. , 2016, , .		14
17	An exploration into the development of motivation to exercise in a group of male UK regular gym users. <i>International Journal of Sport and Exercise Psychology</i> , 2016, 14, 414-429.	1.1	6
18	Protocol of the “As du Coeur” study: a randomized controlled trial on physical activity maintenance in cardiovascular patients. <i>BMC Cardiovascular Disorders</i> , 2016, 16, 160.	0.7	3

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19	Habitual exercise instigation (vs. execution) predicts healthy adults's exercise frequency.. Health Psychology, 2016, 35, 69-77.	1.3	98
20	Habit Formation for Parenting Practices Designed to Change Youth Vegetable Intake. Journal of Nutrition Education and Behavior, 2016, 48, S64.	0.3	0
21	If this, then habit. , 2016, , .		18
22	Study protocol for Chronic Obstructive Pulmonary Disease-Sitting and Exacerbations Trial (COPD-SEAT): a randomised controlled feasibility trial of a home-based self-monitoring sedentary behaviour intervention. BMJ Open, 2016, 6, e013014.	0.8	9
23	Service delivery of complex interventions for refractory breathlessness. Current Opinion in Supportive and Palliative Care, 2016, 10, 228-235.	0.5	13
24	Evaluation of a text supported weight maintenance programme "Lighten Up Plus" following a weight reduction programme: randomised controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 2016, 13, 19.	2.0	17
25	Could habits hold the key to weight loss maintenance? A narrative review. Journal of Human Nutrition and Dietetics, 2017, 30, 655-664.	1.3	30
26	A brief intervention for weight control based on habit-formation theory delivered through primary care: results from a randomised controlled trial. International Journal of Obesity, 2017, 41, 246-254.	1.6	112
27	Old Tricks Are the Best Tricks: Repurposing Programmed Instruction in the Mobile, Digital Age. Performance Improvement, 2017, 56, 6-17.	0.4	4
28	Applied Interventions in the Prevention and Treatment of Obesity Through the Research of Professor Jane Wardle. Current Obesity Reports, 2017, 6, 57-62.	3.5	0
29	Experiences of participating in return-to-work group programmes for people with musculoskeletal disorders: A focus group study. Musculoskeletal Care, 2017, 15, 272-280.	0.6	6
30	Intelligent selection of frequent emergency department patients for case management: A machine learning framework based on claims data. IISE Transactions on Healthcare Systems Engineering, 2017, 7, 130-143.	1.2	6
31	Feasibility Testing of the Alert for AFib Intervention. Western Journal of Nursing Research, 2017, 39, 252-272.	0.6	4
32	Patient Experiences of Swallowing Exercises After Head and Neck Cancer: A Qualitative Study Examining Barriers and Facilitators Using Behaviour Change Theory. Dysphagia, 2017, 32, 559-569.	1.0	34
33	On Your Feet to Earn Your Seat: pilot RCT of a theory-based sedentary behaviour reduction intervention for older adults. Pilot and Feasibility Studies, 2017, 3, 23.	0.5	72
34	Sensitive periods of substance abuse: Early risk for the transition to dependence. Developmental Cognitive Neuroscience, 2017, 25, 29-44.	1.9	246
35	Testing the effect of text messaging cues to promote physical activity habits: a worksite-based exploratory intervention. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 1157-1165.	1.3	71
36	Self-control Predicts Exercise Behavior by Force of Habit, a Conceptual Replication of Adriaanse et al. (2014). Frontiers in Psychology, 2017, 8, 190.	1.1	75

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38	Green Mind Theory: How Brain-Body-Behaviour Links into Natural and Social Environments for Healthy Habits. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 706.	1.2	52
39	Application of N-of-1 Experiments to Test the Efficacy of Inactivity Alert Features in Fitness Trackers to Increase Breaks from Sitting in Older Adults. <i>Methods of Information in Medicine</i> , 2017, 56, 427-436.	0.7	7
40	Self-detection of atrial fibrillation in an aged population: three-year follow-up of the LietoAF intervention study. <i>BMC Geriatrics</i> , 2017, 17, 218.	1.1	6
41	The conceptualization of a Just-In-Time Adaptive Intervention (JITAI) for the reduction of sedentary behavior in older adults. <i>MHealth</i> , 2017, 3, 37-37.	0.9	29
42	Medical Treatment Adherence. , 2018, , 241-255.		0
43	Behavioural automaticity moderates and mediates the relationship of trait self-control and physical activity behaviour. <i>Psychology and Health</i> , 2018, 33, 925-940.	1.2	24
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49	As du Coeur study: a randomized controlled trial on quality of life impact and cost effectiveness of a physical activity program in patients with cardiovascular disease. <i>BMC Cardiovascular Disorders</i> , 2018, 18, 225.	0.7	10
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51	Comparison of a group-delivered and individually delivered lifestyle-integrated functional exercise (LIFE) program in older persons: a randomized noninferiority trial. <i>BMC Geriatrics</i> , 2018, 18, 267.	1.1	24
52	Evaluating the Evidence on Sitting, Smoking, and Health: Is Sitting Really the New Smoking?. <i>American Journal of Public Health</i> , 2018, 108, 1478-1482.	1.5	41
53	Analysing mHealth usage logs in RCTs: Explaining participants' interactions with type 2 diabetes self-management tools. <i>PLoS ONE</i> , 2018, 13, e0203202.	1.1	24
54	Connectionism and Behavioral Clusters: Differential Patterns in Predicting Expectations to Engage in Health Behaviors. <i>Annals of Behavioral Medicine</i> , 2018, 52, 890-901.	1.7	9

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56	The Potential for Technology to Enhance Physical Activity Among Older People. , 2018, , 713-731.		2
57	Test of an interprofessional collaborative practice model to improve obesity-related health outcomes in Michigan. <i>Journal of Interprofessional Education and Practice</i> , 2018, 11, 43-50.	0.2	6
58	Making Physical Activity Interventions Acceptable to Older People. , 2018, , 291-311.		3
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61	The allergic allergist behaves like a patient. <i>Annals of Allergy, Asthma and Immunology</i> , 2018, 121, 741-742.	0.5	18
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63	Study protocol of a randomized controlled trial to test the effect of a smartphone application on oral-health behavior and oral hygiene in adolescents with fixed orthodontic appliances. <i>BMC Oral Health</i> , 2018, 18, 19.	0.8	31
64	Occupational Physical Activity Habits of UK Office Workers: Cross-Sectional Data from the Active Buildings Study. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 1214.	1.2	12
65	A holistic approach to healthy ageing: how can people live longer, healthier lives?. <i>Journal of Human Nutrition and Dietetics</i> , 2018, 31, 439-450.	1.3	33
66	Understanding responses to climate change. , 2018, , 161-183.		18
67	Participant experiences of two successful habit-based weight-loss interventions in Australia: a qualitative study. <i>BMJ Open</i> , 2018, 8, e020146.	0.8	15
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70	Cognitive Intervention for Patients with Neurocognitive Impairments. , 2019, , 363-373.		0
71	Impact of transitional care for discharged elderly stroke patients in China: an application of the Integrated Behavioral Model. <i>Topics in Stroke Rehabilitation</i> , 2019, 26, 621-629.	1.0	12
72	Self-reported eating behaviors of military recruits are associated with body mass index at military accession and change during initial military training. <i>Appetite</i> , 2019, 142, 104348.	1.8	13

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74	The effectiveness of home versus community-based weight control programmes initiated soon after breast cancer diagnosis: a randomised controlled trial. <i>British Journal of Cancer</i> , 2019, 121, 443-454.	2.9	20
75	&lt;p&gt;A pragmatic behavior-based habit index for adherence to nebulized treatments among adults with cystic fibrosis&lt;/p&gt;. <i>Patient Preference and Adherence</i> , 2019, Volume 13, 283-294.	0.8	6
76	Move-It: A Cluster-Randomised Digital Worksite Exercise Intervention in China: Outcome and Process Evaluation. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3451.	1.2	14
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78	Global implementation of PrEP for HIV prevention: setting expectations for impact. <i>Journal of the International AIDS Society</i> , 2019, 22, e25370.	1.2	45
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87	Decision-Making in Health and Fitness. <i>Frontiers in Public Health</i> , 2019, 7, 6.	1.3	8
88	Health behavior stage and the prevalence of health risk behaviors in inner Mongolian secondary school students: a cross-sectional study. <i>Child and Youth Services</i> , 2019, 40, 184-199.	0.6	2
89	HABIT efficacy and sustainability trial, a multi-center randomized controlled trial to improve hydroxyurea adherence in youth with sickle cell disease: a study protocol. <i>BMC Pediatrics</i> , 2019, 19, 354.	0.7	7
90	Evidence-informed practical recommendations for increasing physical activity among persons living with HIV. <i>Aids</i> , 2019, 33, 931-939.	1.0	53

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101	Incentivizing Vegetable Consumption in School-Aged Children: Evidence from a Field Experiment. Journal of Consumer Affairs, 2020, 54, 261-285.	1.2	5
102	Threshold occupational science concepts for lifestyle change: “Doing” wellness in a course for US college students. Journal of Occupational Science, 2020, 27, 274-287.	0.7	8
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105	Changing Behavior Using Social Cognitive Theory. , 2020, , 32-45.		11
106	Changing Behavior Using the Model of Action Phases. , 2020, , 77-88.		106
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110	Changing Behavior Using Ecological Models. , 2020, , 237-250.		17
111	Design, Implementation, and Evaluation of Behavior Change Interventions: A Ten-Task Guide. , 2020, , 269-284.		8
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114	Evaluation of Behavior Change Interventions. , 2020, , 318-332.		1
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116	Engagement of Stakeholders in the Design, Evaluation, and Implementation of Complex Interventions. , 2020, , 349-360.		6
117	Maximizing User Engagement with Behavior Change Interventions. , 2020, , 361-371.		3
118	Cost-Effectiveness Evaluations of Behavior Change Interventions. , 2020, , 372-384.		0
119	Addressing Underserved Populations and Disparities in Behavior Change. , 2020, , 385-400.		3
120	Behavior Change in Community Contexts. , 2020, , 401-415.		1
121	Changing Behavior in the Digital Age. , 2020, , 416-429.		0
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124	Changing Behavior Using the Theory of Planned Behavior. , 2020, , 17-31.		69
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128	Changing Behavior Using the Reflective-Impulsive Model. , 2020, , 164-177.		10
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133	Self-Efficacy Interventions. , 2020, , 461-478.		17
134	Imagery, Visualization, and Mental Simulation Interventions. , 2020, , 479-494.		11
135	Affect-Based Interventions. , 2020, , 495-509.		2
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137	Taught resilience programmes: a case study from the perspective of employees of a large pharmaceutical company based in the UK. Continuity & Resilience Review, 2020, 2, 111-129.	0.9	1
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139	Beliefs about inevitable decline among homeâ€living older adults at risk of malnutrition: a qualitative study. Journal of Human Nutrition and Dietetics, 2020, 33, 841-851.	1.3	12
140	Recipient and instructor perspectives of an adapted exercise-based fall prevention programme for adults aged 50+ years with vision impairment: a qualitative study nested within a randomised controlled trial. BMJ Open, 2020, 10, e038386.	0.8	1
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142	Changing Behavior Using the Common-Sense Model of Self-Regulation. , 2020, , 60-76.		11
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152	Planning and Implementation Intention Interventions. , 2020, , 572-585.		13
153	Self-Control Interventions. , 2020, , 586-598.		5
154	Habit Interventions. , 2020, , 599-616.		28
155	Dyadic Behavior Change Interventions. , 2020, , 632-648.		7
156	Social Identity Interventions. , 2020, , 649-660.		10
157	Motivational Interviewing Interventions. , 2020, , 661-676.		1
159	Protocol for Minute Calisthenics: a randomized controlled study of a daily, habit-based, bodyweight resistance training program. BMC Public Health, 2020, 20, 1242.	1.2	3
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161	Using an e-Health Intervention to Reduce Prolonged Sitting in UK Office Workers: A Randomised Acceptability and Feasibility Study. International Journal of Environmental Research and Public Health, 2020, 17, 8942.	1.2	17
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166	Intervention Components Targeting Self-Management in Individuals with Multiple Chronic Conditions: An Integrative Review. <i>Western Journal of Nursing Research</i> , 2020, 42, 948-962.	0.6	4
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169	Changing Behavior: A Theory- and Evidence-Based Approach. , 2020, , 1-14.		8
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176	Development and validation of the Highly Effective Health Behavior Pattern Inventory â€” Short Form. <i>Chronic Illness</i> , 2021, 17, 81-94.	0.6	1
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180	Our reaction on the comment of Yosiko Myoken et al. on â€”The effect of using a mobile application (â€œWhiteTeethâ€”) on improving oral hygiene: A Randomized Controlled Trial by Scheerman et al.â€™. <i>International Journal of Dental Hygiene</i> , 2021, 19, 135-136.	0.8	0
181	An exploratory randomised controlled trial evaluating text prompts in Lebanon to encourage healthâ€”seeking behaviour for hypertension. <i>International Journal of Clinical Practice</i> , 2021, 75, e13669.	0.8	1
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186	Habit Formation in Wearable Activity Tracker Use Among Older Adults: Qualitative Study. <i>JMIR MHealth and UHealth</i> , 2021, 9, e22488.	1.8	30
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