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Translating Behavior Change Principles Into a Blended Exercise Intervention for Older Adults: Design Study

DOI: 10.2196/resprot.9244
JMIR Research Protocols, 2018, 7, e117.

Source: <https://exaly.com/paper-pdf/88263539/citation-report.pdf>

Version: 2024-04-20

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28	Technology-Based Motivation Support for Seniors' Physical Activity-A Qualitative Study on Seniors' and Health Care Professionals' Views. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	11
27	Patient Education: Implications for Physical Therapist Practice. 2020 , 240-264		
26	Analyzing Older Adults' Perceived Values of Using Smart Bracelets by Means-End Chain. <i>Healthcare (Switzerland)</i> , 2020 , 8,	3.4	2
25	Blended home-based exercise and dietary protein in community-dwelling older adults: a cluster randomized controlled trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020 , 11, 1590-1602	10.3	7
24	Application of Exercise Intervention Project in Mass Fitness under the Background of Information Age. 2020 ,		0
23	The Effect of Active Plus, a Computer-Tailored Physical Activity Intervention, on the Physical Activity of Older Adults with Chronic Illness(es)-A Cluster Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	6
22	The Use of a Tablet to Increase Older Adults' Exercise Adherence. <i>Lecture Notes in Computer Science</i> , 2021 , 47-54	0.9	1
21	The Design and Development of a Personalized Leisure Time Physical Activity Application Based on Behavior Change Theories, End-User Perceptions, and Principles From Empirical Data Mining. <i>Frontiers in Public Health</i> , 2020 , 8, 528472	6	5
20	Digitally Supported Dietary Protein Counseling Changes Dietary Protein Intake, Sources and Distribution in Community-Dwelling Older Adults. <i>Nutrients</i> , 2021 , 13,	6.7	3
19	The Relevance of Diet, Physical Activity, Exercise, and Persuasive Technology in the Prevention and Treatment of Sarcopenic Obesity in Older Adults. <i>Frontiers in Nutrition</i> , 2021 , 8, 661449	6.2	4
18	Feasibility of a blended therapy approach in the treatment of patients with inflammatory myopathies. <i>Archives of Physiotherapy</i> , 2021 , 11, 14	2.5	0
17	Personalization of intervention timing for physical activity: A Scoping Review (Preprint).		
16	Aging and Physical Activity: A Qualitative Study of Basic Psychological Needs and Motivation in a Blended Home-Based Exercise Program for Older Adults. 2020 , 127-144		1
15	Supporting Older Adults in Exercising With a Tablet: A Usability Study. <i>JMIR Human Factors</i> , 2019 , 6, e11598	5.98	16
14	Evaluation of a Blended Physical Activity Intervention for Older Adults: Mixed Methods Study. <i>Journal of Medical Internet Research</i> , 2020 , 22, e16380	7.6	7
13	Feasibility and Acceptability of a Remotely Delivered, Web-Based Behavioral Intervention for Men With Prostate Cancer: Four-Arm Randomized Controlled Pilot Trial. <i>Journal of Medical Internet Research</i> , 2020 , 22, e19238	7.6	8
12	Supporting Older Adults in Exercising With a Tablet: A Usability Study (Preprint).		

11	Evaluation of a Blended Physical Activity Intervention for Older Adults: Mixed Methods Study (Preprint).		
10	Participatory Design: Apps from The Older Adults to The Older Adults. <i>Pertanika Journal of Science and Technology</i> , 2021 , 29,	1.1	
9	Usability and Acceptance of an Interactive Tablet-Based Exercise Application: A Mixed Methods Study. <i>Frontiers in Digital Health</i> , 2020 , 2, 578281	2.3	1
8	The use of physical exercise apps for Smartphone in improving the level of physical activity, and general health: A Systematic review (Preprint).		
7	Personalization of Intervention Timing for Physical Activity: Scoping Review.. <i>JMIR MHealth and UHealth</i> , 2022 , 10, e31327	5.5	0
6	Iterative Development and Applicability of a Tablet-Based e-Coach for Older Adults in Rehabilitation Units to Improve Nutrition and Physical Activity: Usability Study.. <i>JMIR Human Factors</i> , 2022 , 9, e31823	2.5	1
5	Iterative Development and Applicability of a Tablet-Based e-Coach for Older Adults in Rehabilitation Units to Improve Nutrition and Physical Activity: Usability Study (Preprint).		
4	What do geriatric rehabilitation patients and experts consider relevant? Requirements for a digitalised e-coach for sustainable improvement of nutrition and physical activity in older adults - a qualitative focus group study.. <i>BMC Geriatrics</i> , 2021 , 21, 712	4.1	1
3	Translating promoting factors and behavior change principles into the blended and technology supported intervention Boxfit to stimulate physical activity in children with asthma: Design study (Preprint). <i>JMIR Formative Research</i> ,	2.5	0
2	Quality assessment of smartphone fitness apps used to increase physical activity level and improve general health in adults: A systematic review. 2022 , 8, 205520762211383		0
1	Effects of Face-to-Face and eHealth Blended Interventions on Physical Activity, Diet, and Weight-Related Outcomes among Adults: A Systematic Review and Meta-Analysis. 2023 , 20, 1560		1