

| Record No. | Author     | Date | Short title                                             |
|------------|------------|------|---------------------------------------------------------|
| 1          | Bandura    | 1986 | Social Foundations of Thought and Action                |
| 2          | Bandura    | 1997 | Self-efficacy                                           |
| 3          | Ajzen      | 1991 | Theory of planned behaviour                             |
| 4          | Cohen      | 1988 | Statistical power analysis                              |
| 5          | Bandura    | 1977 | Self-efficacy                                           |
| 6          | Gollwitzer | 1999 | Implementation intentions                               |
| 7          | Gollwitzer | 2006 | Implementation intentions and goal intentions           |
| 8          | Armitage   | 2001 | Theory of Planned Behaviour                             |
| 9          | Prochaska  | 1983 | Stages and processes of self-change                     |
| 10         | Godin      | 1996 | Theory of planned behaviour                             |
| 11         | Prochaska  | 1992 | In search of how people change                          |
| 12         | Baron      | 1986 | Moderator-mediator                                      |
| 13         | MacKinnon  | 2002 | A comparison of methods to test mediation               |
| 14         | Michie     | 2004 | Interventions to change health behaviours               |
| 15         | Webb       | 2006 | Does changing behavioural intentions                    |
| 16         | Baranowski | 2000 | Gimme 5 fruit, juice and veg                            |
| 17         | Fishbein   | 1975 | Belief, attitude, intention and behav                   |
| 18         | Brug       | 2003 | Past, present and future                                |
| 19         | Kroeze     | 2006 | A systematic review of randomized trials                |
| 20         | Hettema    | 2005 | Motivational interviewing                               |
| 21         | Miller     | 2002 | Motivational interviewing                               |
| 22         | Burke      | 2003 | Physical activity and nutrition programs                |
| 23         | Ajzen      | 1980 | Understanding attitudes and predicting social behavior. |
| 24         | Bandura    | 2004 | Health promotion by social cognitive                    |
| 25         | Oenema     | 2005 | Short-term efficacy of a web-based                      |
| 26         | Gollwitzer | 1993 | Implementations: meta-analysis                          |
| 27         | Abraham    | 2008 | A taxonomy of behaviour                                 |
| 28         | Dunn       | 2001 | The use of brief interventions                          |
| 29         | Rubak      | 2005 | Motivational interviewing                               |
| 30         | Rollnick   | 2008 | Motivational interviewing                               |
| 31         | Sniehotta  | 2005 | Action planning and coping planning                     |
| 32         | Schwarzer  | 2008 | Modeling health behaviour change                        |
| 33         | Janz       | 1984 | The health belief model                                 |
| 34         | Noar       | 2007 | Does tailoring matter                                   |
| 35         | Miller     | 1991 | Motivational interviewing                               |
| 36         | Marcus     | 1992 | Using the stages of change model                        |
| 37         | Sallis     | 1987 | Development of scales to measure                        |
| 38         | Cohen      | 1992 | A power primer                                          |
| 39         | de Vries   | 1999 | Computer-tailored interventions                         |
| 40         | Goldstein  | 2004 | Multiple behavioural risk factor                        |
| 41         | Whitlock   | 2002 | Evaluating primary care                                 |
| 42         | Radloff    | 1977 | The CES D scale                                         |
| 43         | Cohen      | 1983 | A global measure of perceived stress                    |
| 44         | Sobell     | 1992 | Timeline follow back                                    |
| 45         | Ajzen      | 1985 | From intentions to actions                              |
| 46         | Prochaska  | 1997 | The transtheoretical model of health                    |
| 47         | Cole       | 2000 | Establishing a standard definition                      |
| 48         | Preacher   | 2008 | Asymptotic and resampling strategies                    |
| 49         | Craig      | 2008 | Developing and evaluation complex interventions         |

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|-----------------|------------------------------------------------------------------|
| 50 Vandelanotte | 2007 Website delivered physical activity                         |
| 51 Cook         | 1979 Quasi-experimentation                                       |
| 52 Fisher       | 1992 Changing AIDS-risk behavior                                 |
| 53 Robinsno     | 1999 Reducing children's television viewing to prevent obesity   |
| 54 Summerbell   | 2005 Interventions for preventing                                |
| 55 Glasgow      | 1999 Evaluating the public health                                |
| 56 Rogers       | 2003 Diffusion of innovations                                    |
| 57 Liang        | 1986 Longitudinal data analysis                                  |
| 58 Bien         | 1993 Brief interventions for alcohol                             |
| 59 Ogden        | 2006 Prevalence of overweight and obesity                        |
| 60 Moyer        | 2002 Brief interventions for alcohol problems                    |
| 61 Ammerman     | 2002 The efficacy of behavioral interventions                    |
| 62 Ware         | 1992 The MOS 36-item short-form health survey                    |
| 63 Zigmond      | 1983 The hospital anxiety and depression scale                   |
| 64 Murray       | 1998 Design and Analysis of Group-Randomized Trials              |
| 65 Sallis       | 2000 Assessment of physical activity by self-report              |
| 66 Rubin        | 1987 Multiple Imputation for Nonresponse in Surveys              |
| 67 Schafer      | 2002 Missing data                                                |
| 68 Eakin        | 2007 Telephone interventions for physical activity and dietary b |
| 69 Bandura      | 2001 Social cognitive theory                                     |
| 70 Raudenbush   | 2002 Hierarchical Linear Models                                  |
| 71 Godin        | 1985 A simple method to assess exercise behavior                 |
| 72 Lobstein     | 2004 Obesity in children and young people                        |
| 73 Deci         | 1985 Intrinsic Motivation and Self-Determination                 |
| 74 Deci         | 2000 The "What" and "Why" of Goal Pursuits                       |
| 75 Bandura      | 1989 Perceived self efficacy in the exercise                     |
| 76 Lazarus      | 1984 Stress, appraisal and coping                                |
| 77 Israel       | 1998 Review of community-based research                          |
| 78 Saunders     | 1993 Development of the alcohol Use                              |
| 79 Donner       | 2000 Design and Analysis of Cluster Randomization                |
| 80 Glasgow      | 2003 Why don't we see more translation                           |
| 81 Eysenbach    | 2005 The law of attrition                                        |
| 82 Campbell     | 2004 CONSORT statement                                           |
| 83 Knowler      | 2002 Reduction in the incidence of type 2 diabetes with          |
| 84 Pate         | 1995 Physical activity and public health                         |
| 85 Mokdad       | 2004 Actual causes of death in the United States                 |
| 86 Webb         | 2010 Using the internet to promote health behaviour change       |
| 87 Folstein     | 1975 "mini-Mental State"                                         |
| 88 Beck         | 1996 Manual for the Beck Depression Inventory-II                 |
| 89 Rosenberg    | 1965 Society and adolescent self image                           |
| 90 Bush         | 1998 The AUDIT alcohol consumption                               |
| 91 Morisky      | 1986 Concurrent and predictive validity of a self-reported meas  |
| 92 Craig        | 2003 International physical activity questionnaire               |
| 93 Hollis       | 1999 What is meant by intention to treat analysis?               |
| 94 Schulz       | 2010 CONSORT 2010 Statement                                      |
| 95 Goodman      | 1997 The Strengths and Difficulties Questionnaire                |
| 96 Lovibond     | 1995 Manual for the depression anxiety stress scales             |
| 97 Tate         | 2001 Using Internet technology to deliver                        |
| 98 Braun        | 2006 Using thematic analysis in psychology                       |
| 99 Vickers      | 2001 Analysing controlled trials                                 |







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| Record no. | Author     | Date | Short title                                                     |
|------------|------------|------|-----------------------------------------------------------------|
| 1          | Ajzen      | 1980 | Understanding Attitudes and Predicting Social Behavior          |
| 2          | Bandura    | 1986 | Social Foundations of Thought                                   |
| 3          | Bandura    | 1997 | Self-efficacy                                                   |
| 4          | Prochaska  | 1992 | In search of how people change                                  |
| 5          | Fishbein   | 1975 | Belief, Attitude, Intention and Behavior                        |
| 6          | Ajzen      | 1991 | Organizational Behavior and Human                               |
| 7          | Bandura    | 1977 | Self-efficacy                                                   |
| 8          | Bandura    | 1994 | Social cognitive theory and control                             |
| 9          | Fisher     | 1992 | Changing AIDS-risk behavior                                     |
| 10         | Miller     | 1991 | Motivational Interviewing                                       |
| 11         | Baron      | 1986 | The moderator-mediator variable distinction                     |
| 12         | Janz       | 1984 | The health belief model                                         |
| 13         | Marcus     | 1992 | The stages and processes of exercise                            |
| 14         | Prochaska  | 1983 | Stages and processes of self-change                             |
| 15         | Becker     | 1974 | The health belief model and personal                            |
| 16         | Baranowski | 1998 | Mediating variable framework in physical activity interventions |
| 17         | Pate       | 1995 | Physical activity and public health                             |
| 18         | Sallis     | 1985 | Physical activity assessment methodology                        |
| 19         | Jemmott    | 1992 | Reductions in HIV risk-associated sexual                        |
| 20         | Rosenstock | 1988 | Social learning model and health belief model                   |
| 21         | Marcus     | 1992 | Self-efficacy and the stages of                                 |
| 22         | Ajzen      | 1986 | Prediction of goal-directed behavior                            |
| 23         | Anderson   | 1992 | The effect of general practitioners'                            |
| 24         | Wallace    | 1988 | Randomised controlled trial of general practitioner             |
| 25         | Kalichman  | 1996 | Experimental component analysis of a behavioral                 |
| 26         | Kalichman  | 1996 | Prevention of sexually transmitted HIV                          |
| 27         | Kristal    | 1990 | Patterns of dietary behaviour                                   |
| 28         | Winer      | 1971 | Statistical principles in experimental design                   |
| 29         | Prochaska  | 1992 | Stages of change in the modification                            |
| 30         | Kelly      | 1995 | Advances in HIV/AIDS education                                  |
| 31         | Becker     | 1974 | The health belief model and personal                            |
| 32         | Cook       | 1979 | Quasi-Experimentation                                           |
| 33         | Marcus     | 1992 | Using the stages of change model to                             |
| 34         | Rosenstock | 1974 | Historical origins of the health belief model                   |
| 35         | Ajzen      | 1985 | From intentions to actions                                      |
| 36         | Blair      | 1985 | Assessment of habitual physical activity                        |
| 37         | DiClemente | 1995 | A randomized controlled trial of an HIV                         |
| 38         | Kauth      | 1991 | Reliability of retrospective assessments                        |
| 39         | Prochaska  | 1984 | The Transtheoretical Approach                                   |
| 40         | Marcus     | 1992 | Assessing motivational readiness and decision                   |
| 41         | Brug       | 1996 | The impact of a computer-tailored nutrition intervention        |
| 42         | Skinner    | 1994 | Physicians' recommendations for mammography                     |
| 43         | Bandura    | 1989 | Perceived self efficacy in the exercise                         |
| 44         | Ajzen      | 1988 | Attitudes, Personality, and Behavior                            |
| 45         | Dishman    | 1994 | Determinants and interventions for physical activity            |
| 46         | King       | 1991 | Group- vs home-based exercise training                          |
| 47         | Prochaska  | 1986 | Toward a comprehensive model of change                          |
| 48         | McLeroy    | 1988 | An ecological perspective on health                             |
| 49         | Dishman    | 1996 | Increasing physical activity                                    |
| 50         | Miller     | 1991 | Motivational Interviewing                                       |



|     |                |      |                                                                 |
|-----|----------------|------|-----------------------------------------------------------------|
| 51  | Rollnick       | 1999 | Health Behavior Change                                          |
| 52  | Godin          | 1985 | A simple method to assess exercise behavior                     |
| 53  | Godin          | 1996 | The theory of planned behavior                                  |
| 54  | Rogers         | 1983 | Diffusion of innovations                                        |
| 55  | Green          | 1991 | Health promotion planning                                       |
| 56  | Rogers         | 1983 | Diffusion of innovations                                        |
| 57  | Cohen          | 1988 | Statistical Power Analysis for the Behavioral Sciences          |
| 58  | Littell        | 1996 | SAS System for Mixed Models                                     |
| 59  | Murray         | 1998 | Design and Analysis of Group-Randomized Trials                  |
| 60  | Bandura        | 1982 | Self-efficacy mechanism in human agency                         |
| 61  | Calfas         | 1996 | A controlled trial of physician counseling                      |
| 62  | Sallis         | 1999 | Physical Activity and Behavioral Medicine                       |
| 63  | Amaro          | 1995 | Love, sex and power                                             |
| 64  | Catania        | 1990 | Toward an understanding of risk behavior                        |
| 65  | Marlatt        | 1985 | Relapse Prevention                                              |
| 66  | Prochaska      | 1993 | Standardized, individualized, interactive and personalized      |
| 67  | Glasgow        | 1999 | Evaluating the public health impact of health promotion interve |
| 68  | Stokols        | 1996 | Translating social ecological theory                            |
| 69  | Weinstein      | 1988 | The precaution adoption process                                 |
| 70  | Luepker        | 1996 | Outcomes of a field trial to improve children's                 |
| 71  | Radloff        | 1977 | The CES-D scale: a self-report                                  |
| 72  | Prochaska      | 1997 | The transtheoretical model of health                            |
| 73  | Bien           | 1993 | Brief interventions for alcohol problems                        |
| 74  | Murray         | 1994 | Analysis issues in the evaluation of community trials           |
| 75  | Jessor         | 1977 | Problem Behavior and Psychosocial Development                   |
| 76  | Abrams         | 1994 | Cancer control at the workplace                                 |
| 77  | Ware           | 1992 | The MOS 36-item short-form health survey                        |
| 78  | Rogers         | 1995 | Diffusion of innovations                                        |
| 79  | Kegeles        | 1996 | The Mpowerment project                                          |
| 80  | Rosenberg      | 1965 | Society and adolescent self image                               |
| 81  | Donner         | 1981 | Randomization by cluster                                        |
| 82  | Liang          | 1986 | Longitudinal data analysis using generalized                    |
| 83  | Bronfenbrenner | 1979 | The Ecology of Human Development                                |
| 84  | Jemmott        | 1998 | Abstinence and safer sex HIV risk reduction                     |
| 85  | Hawkins        | 1992 | Risk and protective factors for alcohol                         |
| 86  | Susser         | 1995 | The tribulations of trials                                      |
| 87  | Rubin          | 1987 | Multiple Imputation for Nonresponse in Surveys                  |
| 88  | Fleming        | 1997 | Brief physician advice for problem alcohol drinkers             |
| 89  | Oakley         | 1995 | Behavioural interventions for HIV/AIDS prevention               |
| 90  | Rollnick       | 1992 | Negotiating behaviour change in medical settings                |
| 91  | McGinnis       | 1993 | Actual causes of death in the United States                     |
| 92  | Prochaska      | 1983 | Stages and processes of self-change of smoking                  |
| 93  | Cupples        | 1994 | Randomised controlled trial of health promotion                 |
| 94  | Carleton       | 1995 | The Pawtucket heart health program                              |
| 95  | Campbell       | 1994 | Improving dietary behaviour                                     |
| 96  | Oxman          | 1995 | No magic bullets                                                |
| 97  | Lazarus        | 1984 | Stress, Appraisal, and Coping                                   |
| 98  | US PSTF        | 1996 | Guide to Clinical Preventive Services                           |
| 99  | APA            | 1994 | Diagnostic and Statistical Manual of Mental Disorders           |
| 100 | Achenbach      | 1991 | Integrative Guide for the 1991                                  |





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