

DAVID M. WILLIAMS, PH.D.

PUBLICATIONS

Original Publications in Peer-Reviewed Journals

2000-2005

1. **Williams, D.M.**, Frank, M.L., & Lester, D. (2000). Predicting anxiety in competitive sports. *Perceptual and Motor Skills*, 90, 847-850.
2. **Williams, D.M.**, Anderson, E.S., & Winett, R.A. (2004). Social cognitive predictors of creatine use versus non-use among male, undergraduate, recreational resistance trainers. *Journal of Sport Behavior*, 27, 170-183.
3. **Williams, D.M.**, Anderson, E.S., & Winett, R.A. (2005). A review of the outcome expectancy construct in physical activity research. *Annals of Behavioral Medicine*, 29, 70-79.

2006

4. Anderson, E.S., Wojcik, J.R., Winett, R.A., & **Williams, D.M.** (2006). Social-cognitive determinants of physical activity: the influence of social support, self-efficacy, outcome expectations, and self-regulation among participants in a church-based health promotion study. *Health Psychology*, 25, 510-520.
5. Nash, J.M., **Williams, D.M.**, Nicholson, R., & Trask, P.C. (2006). The contribution of pain-related anxiety to disability from headache. *Journal of Behavioral Medicine*, 29, 61-67.
6. Marcus, B.H., **Williams, D.M.**, Dubbert, P.M., Sallis, J.F., King, A.C., Yancey, A.K., Franklin, B.A., Buchner, D.M., Daniels, S.R., & Claytor, R.P. (2006). Physical activity intervention studies: what we know and what we need to know. *Circulation*, 114, 2739-2752.
7. **Williams, D.M.**, Papandonatos, G.D., Napolitano, M.A., Lewis, B.A., Whiteley, J.A., & Marcus, B.H. (2006). Perceived enjoyment moderates the efficacy of an individually tailored physical activity intervention. *Journal of Sport and Exercise Psychology*, 28, 300-309.

2007

8. Marcus, B.H., Lewis, B.A., **Williams, D.M.**, Whiteley, J.A., Albrecht, A.E., Jakicic, J.M., Parisi, A.F., Hogan, J.W., Napolitano, M.A., & Bock, B.C. (2007). Step into Motion: A randomized trial examining the relative efficacy of Internet vs. print-based physical activity interventions. *Contemporary Clinical Trials*, 28, 737-747.

9. Marcus, B.H., Lewis, B.A., **Williams, D.M.**, Dunsiger, S., Jakicic, J.M., Whiteley, J.A., Albrecht, A.E., Napolitano, M.A., Bock, B.C., Tate, D.F., Sciamanna, C.N., & Parisi, A.F. (2007). A comparison of Internet and print-based physical activity interventions. *Archives of Internal Medicine*, *167*, 944-949.
10. Whiteley, J.A., Napolitano, M.A., Lewis, B.A., **Williams, D.M.**, Albrecht, A.E., Neighbors, C.J., Sciamanna, C.N., & Marcus, B.H. (2007). Commit to Quit in the YMCAs: Translating an evidence-based quit smoking program for women into a community setting. *Nicotine and Tobacco Research*, *9*, 1227-1235.

2008

11. **Williams, D.M.**, Dunsiger S., Ciccolo, J.T., Lewis, B.A., Albrecht, A.E., & Marcus, B.H. (2008). Acute affective response to a moderate-intensity exercise stimulus predicts physical activity participation 6 and 12 months later. *Psychology of Sport and Exercise*, *9*, 231-245.
12. **Williams, D.M.**, Lewis, B.A., Dunsiger, S., King, T.K., Jennings, E., & Marcus, B.H. (2008). Increasing fitness is associated with fewer depressive symptoms during successful smoking abstinence among women. *International Journal of Fitness*, *4*, 39-44.
13. **Williams, D.M.**, Raynor, H.A., Ciccolo, J.T. (2008). A review of TV viewing and its association with health outcomes in adults. *American Journal of Lifestyle Medicine*, *2*, 250-259.
14. **Williams, D.M.**, Matthews C., Rutt, C., Napolitano, M.A., & Marcus, B.H. (2008). Interventions to increase walking behavior. *Medicine and Science in Sports and Exercise*, *40*, S567-S573.
15. Napolitano, M.A., Papandonatos, G.D., Lewis, B.A., Whiteley, J.A., **Williams, D.M.**, King, A.C., Bock B.C., Pinto, B.M., & Marcus, B.H. (2008). Mediators of physical activity behavior change: a multivariate approach. *Health Psychology*, *27*, 409-418.
16. **Williams, D.M.** (2008). Exercise, affect, and adherence: An integrated model and a case for self-paced exercise. *Journal of Sport and Exercise Psychology*, *30*, 471-496.
17. **Williams, D.M.**, Lewis, B.A., Dunsiger, S., Whiteley, J.A., Papandonatos, G.D., Napolitano, M.A., Bock, B.C., Ciccolo, J.T., & Marcus, B.H. (2008). Comparing psychosocial predictors of physical activity adoption and maintenance. *Annals of Behavioral Medicine*, *36*, 186-194.
18. Frierson, G.M., **Williams, D.M.**, Dunsiger S., Lewis, B.A., Whiteley, J.A., Albrecht, A.E., Jakicic, J.M., Ficara, S.M. & Marcus, B.H. (2008). Recruitment of a racially and ethnically diverse sample into a physical activity efficacy trial. *Clinical Trials*, *5*, 517-522.
19. Lewis, B.A., **Williams, D.M.**, Dunsiger, S., Sciamanna, C.N., Whiteley, J.A., Napolitano, M.A., Bock, B.C., Jakicic, J.M., Getz, M., & Marcus, B.H. (2008). User attitudes towards physical activity websites in a randomized controlled trial. *Preventive Medicine*, *47*, 508-513.

2009

20. Winett, R.A., **Williams, D.M.**, & Davy, B.M. (2009). Initiating and maintaining resistance training in older adults: a social cognitive theory-based approach. *British Journal of Sports Medicine*, *43*, 114-119.

2010

21. Anderson, E.S., Wojcik, J.R., Winett, R.A., & **Williams, D.M.** (2010). Social cognitive mediators of change in a group randomized nutrition and physical activity intervention: Social support, self-efficacy, outcome expectations and self-regulation in the Guide to Health trial. *Journal of Health Psychology*, *15*, 21-32.
22. Lewis, B.A., **Williams, D.M.**, Neighbors, C.J., Jakicic, J.M., & Marcus, B.H. (2010). Cost analysis of an Internet and print intervention for physical activity promotion. *Psychology of Sport & Exercise*, *11*, 246-249.
23. Bock, B.C., Morrow, K.M., Becker, B.M., **Williams, D.M.**, Tremont, G., Gaskins, R., Jennings, E., Fava, J. & Marcus, B.H. (2010). Yoga as a complementary treatment for smoking cessation: Rationale, study design and participant characteristics of the Quitting-in-Balance study. *BMC Complementary and Alternative Medicine*, *10*, 14.
24. Pekmezi, D.W., **Williams, D.M.**, Dunsiger, S., Jennings, E.G., Lewis, B.A., Jakicic, J.M., & Marcus, B.H. (2010). Feasibility of using computer-tailored and Internet-based interventions to promote physical activity in underserved populations. *Telemedicine and e-Health*, *16*, 498-503.
25. **Williams, D.M.**, Whiteley, J.A., Dunsiger, S., Jennings, E.G., Albrecht, A.E., Ussher, M.H., Ciccolo, J.T., Parisi, A.F., & Marcus, B.H. (2010). Moderate intensity exercise as an adjunct to standard smoking cessation treatment for women: A pilot study. *Psychology of Addictive Behaviors*, *24*, 349-354.
26. **Williams, D.M.** (2010). Outcome expectancy and self-efficacy: Theoretical implications of an unresolved contradiction. *Personality and Social Psychology Review*, *14*, 417-425.

2011

27. **Williams, D.M.**, Dunsiger, S., Ussher, M.H., Whiteley, J.A., Jennings, E.G., & Ciccolo, J.T. (2011). Acute effects of moderate intensity exercise on core affect and cigarette cravings. *Addictive Behaviors*, *36*, 894-897.
28. Anderson-Bill, E.S., Winett, R.A., Wojcik, J.R., & **Williams, D.M.** (2011). Aging and the social cognitive determinants of physical activity behavior and behavior change: Evidence from the guide to health trial. *Journal of Aging Research*, *ID 505928*, 1-12.
29. **Williams, D.M.**, Papandonatos, G.D., Jennings, E.G., Napolitano, M.A., Lewis, B.A.,

Whiteley, J.A., Bock, B.C., Albrecht, A.E., Dunsiger, S., Parisi, A.F., King, A.C., & Marcus, B.H. (2011). Does tailoring on additional theoretical constructs enhance the efficacy of a print-based physical activity promotion intervention? *Health Psychology, 30*, 432-441.

30. Ciccolo, J.T., Dunsiger, S.I., **Williams, D.M.**, Bartholomew, J.B., Jennings, E.G., Ussher, M., Kraemer, W.J., & Marcus, B.H. (2011). Resistance training as an aid to standard smoking cessation treatment: A pilot study. *Nicotine & Tobacco Research, 13*, 756-760.

2012

31. Bock, B.C., Fava, J.L., Gaskins, R., Morrow, K.M., **Williams, D.M.**, Jennings, E., Becker, D.M., Tremont, G., & Marcus, B.H. (2012). Yoga as a complementary treatment for smoking cessation among women. *Journal of Women's Health, 21*, 240-148.
32. **Williams, D.M.**, Dunsiger, S., Jennings, E.G., & Marcus, B.H. (2012). Does affective valence during and immediately following a ten-minute walk predict concurrent and future physical activity? *Annals of Behavioral Medicine, 44*, 43-51.
33. Papandonatos, G.D., **Williams, D.M.**, Jennings, E.G., Napolitano, M.A., Bock B.C., Dunsiger, S., & Marcus, B.H. (2012). Mediators of physical activity behavior change: Findings from a 12-month randomized controlled trial. *Health Psychology, 31*, 512-520.
34. Whiteley, J.A., **Williams, D.M.**, Dunsiger, S., Jennings, E.G., Ciccolo, J.T., Bock, B.C., Albrecht, A., Parisi, A. Linke, S.E., Marcus, B.H. (2012). YMCA Commit to Quit: Randomized trial outcomes. *American Journal of Preventive Medicine, 43*, 256-262.

In Press

35. **Williams, D.M.** & Raynor, H.A. (in press). Disentangling the effects of choice and intensity on preference for self-paced versus imposed higher intensity walking. *Psychology of Sport and Exercise*.
36. Ekkekakis, P., Acevedo, E.O., Backhouse, S.H., Biddle, S.J.H., Bixby, W.R., Focht, B.C., Hall, E.E., Hatfield, B.D., Kilpatrick, M.W., Lox, C.L., Parfitt, G.C., Petruzzello, S.J., Reed, J., Rose, E.A., Taylor, A., & **Williams, D.M.** (in press). The study of the exercise-affect relationship forty years later: Central issues in updating the research agenda. *Psychology of Sport and Exercise*.
37. Lewis, B.A., **Williams, D.M.**, Martinson, B.C., Dunsiger, S., & Marcus, B.H. (in press). Healthy for Life: A randomized trial examining physical activity outcomes and psychosocial mediators. *Annals of Behavioral Medicine*.
38. Whiteley, J.A., **Williams, D.M.**, Jennings, E.G., Ciccolo, J.T., Bock, B.C., Dunsiger, S., Marcus, B.H. (in press). The challenges of translating an efficacious smoking cessation program, Commit to Quit, to the community setting of YMCAs. *Translational Behavioral Medicine: Practice, Policy and Research*.

Other Publications in Peer-Reviewed Journals

39. **Williams, D.M.** & Dunsiger, S. (2007). Suggestions for testing health behavior theories: Implications for mediator analysis (Letter to the Editor). *Annals of Behavioral Medicine*, 34, 223.
40. **Williams, D.M.** (2010). Importance of the nature of comparison conditions for testing theory-based interventions: Comment on Michie and Prestwich (2010) (Letter to the Editor). *Health Psychology*, 29, 467.

Book Chapters

41. Thompson, S., Hoekenga, S.J., **Williams, D.M.**, & Marcus, B.H. (2005). Understanding and motivating older adults. In D. Green (Ed.), *Exercise for Older Adults: Ace's Guide for Fitness Professionals, Second Edition* (pp. 25 – 66). San Diego, CA: American Council on Exercise.
42. Whiteley, J.A., **Williams, D.M.**, & Marcus, B.H. (2006). Adherence to exercise regimens. In W. O'Donohue & E. Levensky (Eds.), *Promoting Treatment Adherence: A Practical Handbook for Health Care Providers* (pp. 307-320). Thousand Oaks, CA: Sage.
43. Marcus, B.H., **Williams, D.M.**, & Whiteley, J.A. (2007). Self-help strategies for promoting and maintaining physical activity. In J.D. Latner & G.T. Wilson (Eds.), *Self-Help Approaches for Obesity and Eating Disorders: Research and Practice* (pp. 55-72). New York, NY: Guilford.
44. Clark, U. & **Williams, D.M.** (2011). Exercise and the brain. In R.A. Cohen & L.H. Sweet (Eds.), *Brain Imaging in Behavioral Medicine and Clinical Neuroscience* (pp. 257-274). New York: Springer.
45. **Williams, D.M.** & Marcus, B.M. (2012). Theories of Exercise Promotion. In E.O. Acevedo (Ed.), *Oxford Handbook of Exercise Psychology* (pp. 241-251). New York: Oxford University Press.
46. **Williams, D.M.** & Marcus, B.M. (2012). Exercise addiction and aversion: Implications for eating and obesity. In K.D. Brownell & M.S. Gold (Eds.), *Handbook of Food and Addiction* (pp. 336-341). New York: Oxford University Press.