

Pedro J. Teixeira, Ph.D.

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Portuguese Nationality
Born in Lisbon, May 23 1970

SUMMARY

Pedro Teixeira is Full Professor of Physical Activity, Nutrition, and Health at the University of Lisbon, Faculty of Human Kinetics. He holds Bachelors and Masters degrees in Exercise Science, and a Ph.D. in Nutritional Sciences. He is a past-president of the *International Society of Behavioral Nutrition and Physical Activity* and past-president of FMH's Ethics Council for Research. In May 2016, he was appointed as the director for the National Physical Activity Promotion Program at the Portuguese Ministry of Health (DGS). His main research interests are the study of determinants of physical activity and weight control and the design and testing of behavior change interventions, namely in the area of physical activity promotion. He has published close to 90 international peer-reviewed articles and has been an investigator in several NIH and EU projects, including Eurobese, SPOTLIGHT, EuroFIT, and NoHow. He is the PI for the Portuguese National Weight Control Registry and is part of the Consortium leading the Portuguese Nutrition and Physical Activity National Survey 2015-16. He is editorial board member for the *International Journal of Behavioral Nutrition and Physical Activity*, the *Annals of Behavioral Medicine*, and the *Journal of Behavioral Medicine*, among other journals.

ACADEMIC APPOINTMENTS

2010-	Full Professor, Department of Sports and Health, Faculty of Human Kinetics, University of Lisbon, Lisbon, Portugal
2001-2010	Assistant Professor, Faculty of Human Kinetics, Technical University of Lisbon, Lisbon, Portugal
2001-2003	Assistant Research Associate, Department of Nutritional Sciences, University of Arizona, Tucson, AZ, USA
1997-2001	Graduate Research Assistant, Body Composition Laboratory, University of Arizona, Tucson, AZ, USA
1995-1997	Graduate Teaching Assistant, Department of Exercise Science and Physical Education, Arizona State University, Tempe, AZ, USA
1993-2001	Research and Teaching Assistant, Department of Exercise and Health, Faculty of Human Kinetics, Technical University of Lisbon, Lisbon, Portugal

DEGREES

- Faculty of Human Kinetics, Technical University of Lisbon, Lisbon, Portugal – Tenure/Agregação (2008) in Obesity and Weight Control – Exercise and Health.
- University of Arizona, Tucson, Arizona – Doctor of Philosophy (Ph.D.) (2001) – *Nutritional Sciences*. Dissertation Advisor: Timothy Lohman, Ph.D.
- Arizona State University, Tempe, Arizona – Masters of Science (M.S.) (1997) – *Exercise and Wellness*. Thesis Advisor: Charles Corbin, Ph.D.
- Faculty of Human Kinetics, Technical University of Lisbon, Lisbon, Portugal – Bachelors of Science (B.S.) (1993) – *Exercise Science and Physical Education*. Thesis Advisor: Sidónio Serpa, Ph.D.

RESEARCH PROJECTS

Current Projects

NoHow: Evidence-based ICT Tools for Weight Loss Maintenance

European Commission H2020-PHC-2014 SEP-210140063; 4.949.337€.

Principal Investigator: Berit Heitmann, Ph.D.

EUROFIT: Social Innovation to Improve Physical Activity and Sedentary Behaviour Through Elite European Football Clubs: European Fans in Training.

European Commission FP7-HEALTH.2013.3.3-1-GA602170; 5.957.168€.

Principal Investigator: Sally Wyke, Ph.D.

IAN-AF: The National Food, Nutrition and Physical Activity Survey

EEA-Grants Program – Public Health Initiatives; 835.357,47€

Principal Investigator: Carla Lopes, Ph.D.

An Open-Access Repository of Self-Regulation Measures for Exercise, Eating, and Weight Control

FCT / Portuguese Government, Science and Technology Foundation PTDC/DES/122395/2010; 98.684€.

Principal Investigator: Pedro J. Teixeira, Ph.D.

The Portuguese National Weight Control Registry: The Role of Physical Activity in Weight Loss and Weight Loss Maintenance

FCT / Portuguese Government, Science and Technology Foundation PTDC/DES/72317/2006, 2008-2011; 119.400€

Principal Investigator: Pedro J. Teixeira, Ph.D.

Completed Projects

SPOTLIGHT: Sustainable Prevention of Obesity Through Integrated Strategies

European Commission FP7-HEALTH-2011-GA278186-1-2010; 2.997.658€.

Principal Investigator: Johannes Brug, Ph.D.

MEMO INTERNACIONAL: Mediating and Moderating Variable Analysis in Energy Balance Behaviours Change Interventions - An International Collaboration

European Commission (Marie Curie Action), FP7-PEOPLE-2009-IRSES-CT-2010-247630, 2010-2012; 57.600€.

Coordinator: Saskia de Velde, Ph.D.

EUROBESE: Ethics and the Obesity and Overweight Epidemic: Image, Culture, Technologies and Interventions

European Commission FP6 SAS6-CT-2005-016646, 2005-2009; 800.000€.

Principal Investigator: Inez de Beaufort, Ph.D.

Physical Activity and the Self-regulation of Eating Behavior and Body Weight

FCT / Portuguese Government, Science and Technology Foundation PTDC/DES/114867/2009; 103.000€.

Principal Investigator: Pedro J. Teixeira, Ph.D.

The PILOT Study: Profile-based, Internet-Linked Obesity Trial

NIH, National Institutes for Health (R01 DK57453). 1999-2001; USD \$537.977.

Principal Investigator: Scott B. Going, Ph.D.

PUBLICATIONS

Citations / Scientific Output (as of May 2018)

1. **ISI Web of Science H Factor:** 38 (4024 citations)
2. **Google Scholar H Factor:** 48 (9216 citations)

3. ResearchGate Score: 40.37

Selected Book Chapters

1. Patrick, H., Resnicow, K., Williams, G.C., **Teixeira, P.J.** (2013). Communication skills to elicit physical activity: How to talk to clients. In Nigg, C.R. (Ed.). *ACSM's Behavioral Aspects of Exercise* (pp.129-152). USA: Lippincott Williams & Wilkins, US.
2. Silva, M.N., **Teixeira, P.J.** (2013). Promotion of and adherence to physical activity. In Mooren, F.C., Skinner, J.S. (Eds.). *Encyclopedia of Exercise Medicine in Health and Disease* (pp.727-731). Berlin Heidelberg: Springer-Verlag.
3. **Teixeira, P.J.**, Stubbs, R.J., King, N.A., Whybrow, S., Blundell, J. (2011). Obesity. In Saxton, J. (Ed.). *Exercise and Chronic Disease: an Evidence-Based Approach* (pp.297-321). London: Routledge.
4. Williams, G., **Teixeira, P.J.**, Carraça, E.V., Resnicow, K. (2011). Physical wellness, health care, and personal autonomy. In Chirkov, V.I., Ryan, R.M., Sheldon, K.M. (Eds.). *Personal Autonomy in Cultural Contexts: Global Perspectives on The Psychology of Agency, Freedom, and People's Well-Being* (pp.133-162). USA: Springer.

Special Issues (Coordination / Editorship)

1. **Teixeira, P.J.**, Mata, J., Williams, G.C., Gorin, A.A., Lemieux, S. (Editors) (2012). Self-regulation, motivation, and psychosocial factors in weight management. Special Issue, *Journal of Obesity*.
2. **Teixeira, P.J.** (Coordinator) (2012). Self-determination theory and motivational interviewing in behavioral nutrition, physical activity, and health. Special Series, *International Journal of Behavioral Nutrition and Physical Activity*.

Selected Peer-Reviewed Articles

1. Silva, A., Júdice, P., Carraça, E.V., King, N., **Teixeira, P.J.**, Sardinha, L.B. What is the effect of diet and/or exercise interventions on behavioral compensation in non-exercise physical activity and related energy expenditure of free-living adults? A systematic review. *British Journal of Nutrition* (in press).
2. Carraça, E.V., Mackenbach, J.D., Lakerveld, J., Rutter, H., Oppert, J.-M., De Bourdeaudhuij, I., Compernelle, S., Roda, C., Bardos, H., **Teixeira, P.J.** (2018). Lack of interest in physical activity - individual and environmental attributes in adults across Europe: The SPOTLIGHT project. *Preventive Medicine*, 111:41-48.
3. Carraça, E.V., Santos, I., Mata, J., **Teixeira, P.J.** (2018). Psychosocial pretreatment predictors of weight control: A systematic review update. *Obesity Facts*, 11:67-82. DOI 10.1159/000485838.
4. Sainsbury, K., Evans, E.H., Pedersen, S., Marques, M.M., **Teixeira, P.J.**, Lahteenmaki, L., Stubbs, R.J., Heitmann, B.L., Sniehotta, F.F. (2018). Attribution of weight regain to emotional reasons amongst European adults with overweight and obesity who regained weight following a weight loss attempt. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. DOI 10.1007/s40519-018-0487-0.
5. Lopes, C., Torres, D., Oliveira, A., Severo, M., Guiomar, S., Alarcão, V., Ramos, E., Rodrigues, S., Vilela, S., Oliveira, L., Mota, J., **Teixeira, P.J.**, Nicola, P., Soares, S., Andersen, L.F., The IAN-AF Consortium (2018). National food, nutrition and physical activity survey of the Portuguese general population, 2015-2016: Design and methods. *JMIR Research Protocols*, 7(2):e42.
6. **Teixeira, P.J.**, Marques, M. (2017). Health behavior change for obesity management. *Obesity Facts*, 10:666-673. DOI 10.1159/000484933.
7. Castro, E.A., Júdice, P.B., Silva, A., **Teixeira, P.J.**, Benito, P.J. (2017). Sedentary behavior and compensatory mechanisms in response to different doses of exercise – A randomized controlled trial in overweight and obese adults. *European Journal of Clinical Nutrition*, 71(12):1393-1398.
8. Santos I., Sniehotta F., Marques M., Carraça E.V., **Teixeira P.J.** (2017). Prevalence and correlates of non-surgical weight control attempts in adults: A systematic review. *Obesity Reviews*, 18:32-50.
9. Silva, M.N., Sánchez-Oliva, D., Brunet, J., Williams, G.C., **Teixeira, P.J.**, Palmeira, A.L. (2017). "What goes around comes around": Antecedents, mediators, and consequences of controlling vs. need-

supportive motivational strategies used by exercise professionals. *Annals of Behavioral Medicine*. DOI 10.1007/s12160-017-9894-0.

10. Sánchez-Oliva, D., Morin, A., **Teixeira, P.J.**, Carraça, E.V., Palmeira, A., Silva, M.N. (2017). A bifactor exploratory structural equation modeling representation of the structure of need satisfaction at work. *Journal of Vocational Behavior*, 98:173-187.
11. Lindwall, M., Ivarsson, A., Weman-Josefsson, K., Jonsson, L., Ntoumanis, N., Patrick, H., Thøgersen-Ntoumani, C., Markland, D., **Teixeira, P.J.** (2017). Stirring the motivational soup: Within-person latent profiles of motivation in exercise. *International Journal of Behavioral Nutrition and Physical Activity*, 14:4. DOI 10.1186/s12966-017-0464-4.
12. Santos, I., Sniehotta, F.F., Marques, M.M., Carraça, E.V., **Teixeira, P.J.** (2017). Prevalence of personal weight control attempts in adults: A systematic review and meta-analysis. *Obesity Reviews*, 18(1):32-50. DOI 10.1111/obr.12466.
13. Resnicow K., **Teixeira P.J.**, Williams G.C., (2017). Efficient Allocation of Public Health and Behavior Change Resources: The "Difficulty by Motivation" Matrix. *American Journal of Public Health*, 107 (1): 55-57. DOI 10.2105/AJPH.2016.303526.
14. **Teixeira, P.J.** (2016). Health behavior change: A field just picking up speed. A comment on Ogden (2016). *Health Psychology Review*, 10(3):269-273. DOI 10.1080/17437199.2016.1183507.
15. Santos I., Vieira P.N., Silva M.N., Sardinha L.B., **Teixeira P.J.** (2016). Weight control behaviors of highly successful weight loss maintainers: The Portuguese Weight Control Registry. *Journal of Behavioral Medicine*. DOI 10.1007/s10865-016-9786-y.
16. Mullen, S.P., Silva, M.N., Sardinha, L.B., **Teixeira, P.J.** (2016). Initial validation of the Activity Choice Index among overweight women. *Research Quarterly for Exercise and Sport*, 1-8. DOI 10.1080/02701367.2016.1152349.
17. Mackenbach, J.D., Lakerveld, J., van Lenthe, F.J., **Teixeira, P.J.**, Compernelle, S., De Bourdeaudhuij, I., Charreire, H., Oppert, J.-M., Bardos, H., Glonti, K., Rutter, H., McKee, M., Nijpels, G., Brug, J. (2016). Interactions of individual perceived barriers and neighbourhood destinations with obesity-related behaviours in Europe. The SPOTLIGHT project. *Obesity Reviews*, (Suppl. 1):68-80.
18. Santos, I., Ball, K., Crawford, D.A., **Teixeira, P.J.** (2016). Motivation and barriers for leisure-time physical activity in socioeconomically disadvantaged women. *PLOS One*, 11(1):e0147735.
19. **Teixeira, P.J.**, Carraça, E.V., Marques, M., Rutter, H., Oppert, J.-M., De Bourdeaudhuij, I., Lakerveld, J., Brug, J. (2015). Successful behavior change in obesity interventions in adults: A systematic review of self-regulation mediators. *BMC Medicine*, 13(1):84.
20. Martin, A., Fitzsimons, C., Jepson, R., Saunders, D.H., van der Ploeg, H.P., **Teixeira, P.J.**, Gray, C., Mutrie, N. (2015). Interventions with potential to reduce sedentary time in adults - Systematic review and meta-analysis. *British Journal of Sports Medicine* 49:1056-1063.
21. Santos, I., Mata, J., Silva, M.N., Sardinha, L.B., **Teixeira, P.J.** (2015). Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. *Obesity*, 23(5):957-964.
22. Santos, I., Andrade, A.M., **Teixeira, P.J.** (2015). Tentativas de controlo do peso na população adulta portuguesa: Prevalência, motivos e comportamentos (*Weight control attempts among Portuguese adults: Prevalence, motives and behavioural strategies*). *Acta Médica Portuguesa*, 28(1):77-86.
23. **Teixeira, P.J.**, Mata, J., Williams, G.C., Gorin, A.A., Lemieux, S. (2012). Self-regulation, motivation, and psychosocial factors in weight management. *Journal of Obesity*, (Editorial).
24. Andrade, A.M., Kresge, D.L., **Teixeira, P.J.**, Baptista, F., Melanson, K.J. (2012). Does eating slowly influence appetite and energy intake when water intake is controlled? *International Journal of Behavioral Nutrition and Physical Activity*, 9:135.
25. Lakerveld, J., Brug, J., Bot, S., **Teixeira, P.J.**, Rutter, H., Woodward, E., Samdal, O., Stocley, L., De Bourdeaudhuij, I., van Assema, P., Robertson, A., Lobstein, T., Oppert, J.M., Ádány, R., Nijpels, G. (2012). Sustainable prevention of obesity through integrated strategies: The SPOTLIGHT project's conceptual framework and design. *BMC Public Health*, 12:793.
26. **Teixeira, P.J.**, Carraça, E.V., Markland, D.M., Silva M.N., Ryan, R.M. (2012). Exercise, physical activity, and self-determination theory: A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 9:78.

27. Carraça, E.V., Markland, D.M., Silva, M.N., Coutinho, S.R., Vieira, P.N., Minderico, C.S, Sardinha, L.B., **Teixeira, P.J.** (2012). Physical activity predicts changes in body image during obesity treatment in women. *Medicine and Science in Sports and Exercise*, 44:1604-1612.
28. **Teixeira, P.J.**, Silva, M.N., Mata, J., Palmeira, A.L., Markland, D.M. (2012). Motivation, self-determination, and long-term weight control. *International Journal of Behavioral Nutrition and Physical Activity*, 9:22.
29. **Teixeira, P.J.**, Palmeira, A.L., Vansteenkiste, M. (2012). The role of self-determination theory and motivational interviewing in behavioral nutrition, physical activity, and health: An introduction to the IJBNPA special series. *International Journal of Behavioral Nutrition and Physical Activity*, 9:17.
30. Verstuyf, J., Patrick, H., Vansteenkiste, M., **Teixeira, P.J.** (2012). Motivational dynamics of eating regulation: A self-determination theory perspective. *International Journal of Behavioral Nutrition and Physical Activity*, 9:21.
31. Fortier, M.S., Duda, J.L., Guerin, E., **Teixeira, P.J.** (2012). Promoting physical activity: Development and testing of self-determination theory-based interventions. *International Journal of Behavioral Nutrition and Physical Activity*, 9:20.
32. Tudor-Locke, C., Craig, C.L., Bassett, Jr., D.R., Brown, W.J., Clemes, S.A., Coker, K.E., Giles-Corti, B., Hatano, Y., Inoue, S., Matsudo, S.M., Mutrie, N., Oppert, J.M., Rowe, D.A., Schmidt, M.D., Schofield, G.M., Spence, J.P., **Teixeira, P.J.**, Tully, M.A., Blair, S.B. (2011). How many steps/day are enough? For adults. *International Journal of Behavioral Nutrition and Physical Activity*, 28:79.
33. Ten Have, M., de Beaufort, I.D., **Teixeira, P.J.**, Mackenbach, J.P., Heide, A.v.d. (2011). Ethics and prevention of overweight and obesity: An inventory. *Obesity Reviews*, 12:669-679.
34. Silva, M.N., Markland, D., Carraça, E.V., Vieira, P.N., Coutinho, S.R., Minderico, C.S., Matos, M.G., Sardinha, L.B., **Teixeira, P.J.** (2011). Exercise autonomous motivation predicts 3-year weight loss in women. *Medicine and Science in Sports and Exercise*, 4:728-737.
35. **Teixeira, P.J.**, Patrick, H., Mata, J. (2011). Why we eat what we eat: The role of autonomous motivation in eating behavior regulation. *Nutrition Bulletin*, 36:102-107.
36. Barte, J.C.M., ter Bogt, N.C.W., Bogers, R.P., **Teixeira, P.J.**, Blissmer, B., Mori, T.A., Bemelmans, W.J.E. (2010). Maintenance of weight loss after lifestyle interventions for overweight and obesity, a systematic review. *Obesity Reviews*, 11:899-906.
37. **Teixeira, P.J.**, Silva, M.N., Kiernan, M., Coutinho, S.R., Palmeira, A.L., Mata, J., Vieira, P.N., Carraça, E.V., Santos, T.C., Sardinha, L.B. (2010). Mediators of weight loss and weight loss maintenance in middle-aged women. *Obesity (Silver Spring)*, 18:725-735.
38. Mata, J., Silva, M.N., Vieira, P.N., Coutinho, S.R., Andrade, A.M., **Teixeira, P.J.** (2009). Motivational "spill-over" during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation. *Health Psychology*, 28:709-716.
39. Cussler, E.C., **Teixeira, P.J.**, Going, S.B., Houtkooper, L.B., Ricketts, J., Metcalfe, L.L., Blew, R.M., Lohman, T.G. (2008). Maintenance of weight loss in overweight middle-aged women through the internet. *Obesity*, 16:1052-1060.
40. **Teixeira, P.J.**, Going, S.B., Houtkooper, L.B., Cussler, E.C., Metcalfe, L.L., Blew, R.M., Sardinha, L.B., T.G. Lohman. (2006). Exercise motivation, eating, and body image variables as predictors of weight control. *Medicine and Science in Sports and Exercise*, 38:179-188.
41. **Teixeira, P.J.**, Going, S.B., Sardinha, L.B., Lohman, T.G. (2005). A review of psychosocial pretreatment predictors of weight control. *Obesity Reviews*, 6:43-65.
42. **Teixeira, P.J.**, Going, S.B., Houtkooper, L.B., Cussler, E.C., Metcalfe, L.L., Blew, R.M., Sardinha, L.B., Lohman, T.G. (2004). Pretreatment predictors of attrition and successful weight management in women. *International Journal of Obesity and Metabolic Disorders*, 28:1124-1133.

PROFESSIONAL, EDITORIAL AND ACADEMIC FUNCTIONS

- *Directorate-General of Health (Portuguese Health Ministry)*, Director of the National Physical Activity Promotion Program (2016-)
- *Theories and Techniques of Behaviour Change Project*, International Advisory Board Member (2014-)
- *University of Lisbon, Faculty of Human Kinetics, Ethics Council for Research*, President (2012-2018)
- *International Society of Behavioral Nutrition & Physical Activity*, Exec. Committee Member (2004-2008); President (2013-2014)

- *International Society of Behavioral Nutrition & Physical Activity Annual Conference*, Scientific Committee Chair (2009)
- *Portuguese Society for the Study of Obesity*, Vice-President (2009-2012)
- *Obesity Facts*, Associate Editor (2012-2017)
- *International Journal of Behavioral Nutrition and Physical Activity*, Editorial Board Member (2005-)
- *Journal of Behavioral Medicine*, Editorial Board Member (2012-)
- *Annals of Behavioral Medicine*, Editorial Board Member (2014-)
- *Archives of Exercise in Health and Disease*, Editorial Board Member (2011-)
- *Nutricias Journal*, Member of Scientific Council (2013-)
- Platform Against Obesity (*National Health Ministry*), Consultant (2008-2012)
- National Program to Fight Against Obesity – Portugal, Expert Panel Member (2006-2008)

AWARDS AND DISTINCTIONS

- Research Merit Award in the Sport Sciences (*University of Lisbon – Santander Annual Award 2017*).
- Catharina Pijls / NUTRIM 2009 Lecture Award (*Maastricht University, The Netherlands*).
- Investigator of the Year 2008 in the Sport Sciences (*Technical University of Lisbon – Santander Totta Annual Award*).