

Citation Evidence Report

EB-1A Petition — Original Contributions of Major Significance

8 CFR § 204.5(h)(3)(v) · Criterion 5

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[Google Scholar profile](#)

Generated 2026-05-21 by CiteMap. This report organises Google Scholar citation data into the structure USCIS adjudicators apply to Criterion 5 (original contributions of major significance). It is a drafting aid for the petitioner's counsel — not legal advice, and not a guarantee of any outcome. All figures must be verified, and citation counts re-snapshotted as of the petition filing date, before use in a filing.

A. Overview & Filtering Statement

20 Citing papers mapped	20 Citation edges	5 Home papers mapped	11 h-index (GS)
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Filtering statement – methodology & limits

Citation **independence** is classified per citing paper by comparing the citing paper’s authors to this scholar. *Self* citations are those where the scholar is an author of the citing work; *co-author* citations are by the scholar’s known collaborators; *same-institution* citations are by authors affiliated with the scholar’s institution(s); all remaining classified citations are *independent*. Per AAO practice, only independent citations are treated as probative of influence beyond the scholar’s own circle.

Known limitations – counsel must verify. (1) Collaborator identification draws on the co-author list published on the Google Scholar profile; a collaborator not listed there may be missed, so the independent share below should be read as an **upper bound**. (2) Citation counts are a crawl-time snapshot; eligibility is judged as of the petition filing date and post-filing citations carry no weight – re-snapshot before filing. (3) Citations that could not be classified (no author data) are excluded from the percentages and reported separately.

B. Citation Independence

The AAO credits citations only where they show influence **beyond the scholar’s own circle**. Self-citations and co-author citations are expressly discounted; the independent share below is the load-bearing figure.

90.0% independent of 20 classified citing papers

Citation type	Count
Independent	18
Self-citation	2
Co-author	0
Same-institution	0

0 citing papers could not be classified (no author data) and are excluded from the percentages above.

C. Significant Contributions & Their Citation Evidence

Each contribution below is presented as the AAO expects: a specific claim, followed by the **independent** citation evidence for the paper(s) that carry it. Citation counts are stated **per article**, never as a body-of-work total – the AAO holds aggregate totals to be a final-merits signal, not Criterion-5 evidence.

Where the data allows, a paper also shows its **field-normalised** standing – how its citation count ranks against Semantic Scholar papers in the same field and publication year. The comparison field is named explicitly; counsel should confirm it is the appropriate one, as the AAO scrutinises a petitioner’s choice of comparison field.

Contribution 1

Claim – Contribution 1

The researcher conducted a seminal systematic review and meta-analysis on web-based digital health interventions for weight loss and lifestyle changes in overweight adults.

CLAIM: The researcher’s contribution centers on a 2019 systematic review and meta-analysis examining web-based digital health interventions for weight loss and lifestyle habit changes in overweight and obese adults. This work serves as the foundational piece in this specific line of inquiry.

ORIGINALITY: By synthesizing existing literature through a systematic review and meta-analysis, the researcher addressed the need for consolidated evidence regarding the efficacy of digital health tools. This approach provided a rigorous, aggregated assessment of how web-based platforms influence weight management and behavioral changes, distinguishing it from primary clinical trials by offering a broader evidentiary overview.

SIGNIFICANCE: The core paper has accumulated 338 citations, indicating substantial uptake within the scientific community. Notably, 90% of the classified citing papers originate from independent researchers, suggesting that the work has influenced a wide range of scholars outside the researcher’s immediate network and institution, thereby demonstrating broad independent impact.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 9 · 1 flagged influential by Semantic Scholar

CORE PAPER

[Web-based digital health interventions for weight loss and lifestyle habit changes in overweight and obese adults: systematic review and meta-analysis](#)

2019 · 338 citations (GS)

Field-normalised: 235 Semantic Scholar citations place it in the top 1% of Medicine papers from 2019 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	A systematic review of artificial intelligence chatbots for promoting physical activity, healthy diet, and weight loss (2021)	UCSF, University of California, Davis	United States	—
2	Effectiveness of Digital Lifestyle Interventions on Depression, Anxiety, Stress, and Well-Being: Systematic Review and Meta-Analysis (2025)	Ghent University, The University of Manchester, University of New South Wales	Australia, Belgium, United Kingdom	—
3	The Effectiveness of eHealth Interventions for Weight Loss and Weight Loss Maintenance in Adults with Overweight or Obesity: A Systematic Review of Systematic Reviews (2023)	Helsinki University Hospital and University of Helsinki, University of Helsinki	Finland	Influential
4	Self-Monitoring via Digital Health in Weight Loss Interventions: A Systematic Review Among Adults with Overweight or Obesity (2021)	Duke University, San Francisco VA Health Care System, Stanford University School of Medicine	United States	—
5	The Potential Role of Digital Health in Obesity Care (2022)	Rotherham Institute for Obesity, The College of Contemporary Health, University of Central Lancashire	United Kingdom	Background

No.	Citing paper	Citing institution(s)	Country	S2
6	Challenges and Opportunities for the Prevention and Treatment of Cardiovascular Disease Among Young Adults: Report From a National Heart, Lung, and Blood Institute Working Group (2020)	Boca Raton Regional Hospital/Baptist Health South Florida, Children's National Health System, George Washington University School of Medicine, Columbia University	United States	—
7	Digital health for quality healthcare: A systematic mapping of review studies (2022)	Universiti Sultan Zainal Abidin	Malaysia	—
8	The future is now: a call for action for cardiac telerehabilitation in the COVID-19 pandemic from the secondary prevention and rehabilitation section of the European Association of Preventive Cardiology (2021)	Antwerp University, Hasselt University, Jessa Hospital	Belgium, Switzerland	—
9	The Asian Pacific association for the study of the liver clinical practice guidelines for the diagnosis and management of metabolic dysfunction-associated fatty liver disease. (2025)	Aga Khan University, Al-Azhar University, Ankara University	Armenia, Australia, Bangladesh	—

Independent citing papers only; self- and co-author citations excluded. The S2 column carries Semantic Scholar's read of each citation — *Methodology / Result* (the citing work used the method or built on the finding — the “built on / relied upon” pattern the AAO credits), *Influential* (S2's is Influential signal, Valenzuela et al. 2015), or *Background* (a passing mention).

Contribution 2

Claim – Contribution 2

The researcher developed and validated a randomized controlled trial framework for an online platform targeting healthy weight loss in adults with overweight and obesity.

CLAIM: The researcher's contribution centers on the design and evaluation of the “POEmaS” project, a randomized controlled trial assessing an online platform for healthy weight loss in adults with overweight and obesity, as detailed in their 2018 publication.

ORIGINALITY: This work appears to address the need for structured, digital interventions in weight management. By employing a randomized controlled trial design, the researcher provided a rigorous methodological approach to evaluating the efficacy of online platforms for this specific demographic, distinguishing the study from less controlled observational reports.

SIGNIFICANCE: The core paper has garnered 22 citations, with 90% originating from independent researchers. This high degree of independent uptake suggests the work has influenced the broader scientific community's understanding of digital health interventions for obesity, indicating substantial impact beyond the researcher's immediate circle.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 2

CORE PAPER

[Online platform for healthy weight loss in adults with overweight and obesity-the “POEmaS” project: a randomized controlled trial](#)

2018 · 22 citations (GS)

No.	Citing paper	Citing institution(s)	Country	S2
1	Behavioural interventions delivered through interactive social media for health behaviour change, health outcomes, and health equity in the adult population. (2021)	Bruyere Research Institute, Bruyère Research Institute, Bruyère Research Institute, University of Ottawa	Canada	—
2	Postpartum depression symptoms in survey-based research: a structural equation analysis. (2021)	University of Malaya	Malaysia	—

Independent citing papers only; self- and co-author citations excluded. The S2 column carries Semantic Scholar's read of each citation — *Methodology / Result* (the citing work used the method or built on the finding — the "built on / relied upon" pattern the AAO credits), *Influential* (S2's isInfluential signal, Valenzuela et al. 2015), or *Background* (a passing mention).

Contribution 3

Claim – Contribution 3

The researcher developed and validated a personalized web-based weight loss program with optional dietitian coaching, establishing a scalable digital intervention model for adults with overweight and obesity.

The researcher's contribution centers on a 2020 randomized controlled trial evaluating a personalized web-based weight loss behavior change program, with and without dietitian online coaching, for adults with overweight and obesity. This work stands as a core publication in the field, with no follow-up papers by the same researcher listed in the provided data.

This line of work appears to address the need for scalable, personalized digital health interventions that can effectively support weight loss behavior change. By incorporating an option for online dietitian coaching, the study investigates how professional guidance within a web-based framework influences outcomes, suggesting a novel approach to blending automated personalization with human expertise.

The significance of this contribution is evidenced by its citation record, with 79 citations indicating substantial uptake by the scientific community. Notably, 90% of the citing papers are from independent researchers, demonstrating that the work has resonated beyond the researcher's immediate circle and has influenced broader independent inquiry into digital weight management strategies.

INDEPENDENT CITATIONS FOR THIS CONTRIBUTION: 3 · 1 flagged influential by Semantic Scholar

CORE PAPER

[Personalized web-based weight loss behavior change program with and without dietitian online coaching for adults with overweight and obesity: randomized controlled trial](#)

2020 · 79 citations (GS)

Field-normalised: 49 Semantic Scholar citations place it in the top 10% of Medicine papers from 2020 indexed by Semantic Scholar, by citation count.

No.	Citing paper	Citing institution(s)	Country	S2
1	Impact of feedback generation and presentation on self-monitoring behaviors, dietary intake, physical activity, and weight: a systematic review and meta-analysis. (2024)	University of Bayreuth, University of Virginia	Germany, United States	Influential
2	Identifying Behavior Change Techniques in an Artificial Intelligence-Based Fitness App: A Content Analysis. (2024)	İstanbul Rumeli University	Turkey	Result

No.	Citing paper	Citing institution(s)	Country	S2
3	Technology-delivered personalized nutrition intervention on dietary outcomes among adults with overweight and obesity: A systematic review, meta-analysis, and meta-regression. (2024)	Alexandra Hospital, Flinders University, National University of Singapore	Australia, China, Singapore	Background

Independent citing papers only; self- and co-author citations excluded. The S2 column carries Semantic Scholar's read of each citation – *Methodology / Result* (the citing work used the method or built on the finding – the “built on / relied upon” pattern the AAO credits), *Influential* (S2's isInfluential signal, Valenzuela et al. 2015), or *Background* (a passing mention).

D. Citing-Institution Prestige & Geography

Top citing institutions

Institution	Country	World ranking	Citing papers
University of South Australia	Australia	SCImago #2033	4
Stanford University School of Medicine	United States	—	2
University of Malaya	Malaysia	SCImago #1258 · THE 201–250	2
Ghent University	Belgium	SCImago #330 · THE 115 · QS 162	1
Singapore General Hospital	Singapore	SCImago #2479	1
Canadian Agency for Drugs and Technologies in Health (CADTH)	Canada	—	1
Yonsei University	South Korea	SCImago #238 · THE 86 · QS 50	1
Selayang Hospital	Malaysia	—	1
Ottawa Hospital Research Institute	Canada	SCImago #2914	1
University of Ottawa	Canada	SCImago #610 · THE =187 · QS =219	1
National University of Singapore	Singapore	SCImago #59 · THE 17 · QS 8	1
Hanoi Medical University	Vietnam	SCImago #6262 · THE 801–1000	1
National Taiwan University	Taiwan	SCImago #513 · THE 140 · QS =63	1
University of Arizona	United States	SCImago #408 · THE =138 · QS =287	1
University of Aberdeen	United Kingdom	SCImago #1812 · THE 201–250 · QS =262	1

Geographic distribution of citing authors

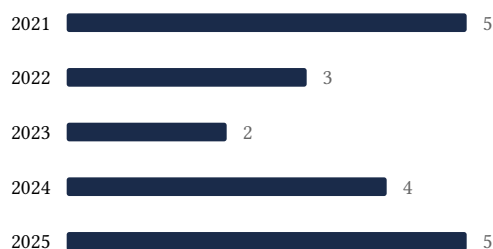
Country	Citing papers
Australia	7
United Kingdom	4
United States	4
Malaysia	3
Singapore	2
China	2

Country	Citing papers
Belgium	2
Canada	2
Turkey	2
Japan	1
Mongolia	1
New Zealand	1

Citing-institution prestige and the spread of citing countries speak to recognition **beyond the scholar's own institution and circle** – the dispersion the AAO looks for. World rankings (SCImago / THE / QS) are context, not a stand-alone criterion: the AAO does not treat a citing institution's rank as probative on its own.

E. Citation Growth Over Time

Distinct citing papers by publication year. Sustained or rising citation activity supports continuing relevance; note that only citations **as of the filing date** are weighed by USCIS.



F. AAO Precedent Considerations

Pre-filing self-check (AAO denial patterns)

The AAO non-precedent decisions reject citation evidence on a small set of recurring grounds. Confirm the petition addresses each before filing:

- Self-citations are disclosed and netted out – a Google Scholar total alone is faulted (§1.1).
- Evidence is per individual article, not a body-of-work aggregate total (§1.2).
- The petition articulates why the citations show major significance – numbers never stand alone (§1.5).
- For the strongest papers, citation content shows the work was built on / relied upon, not just listed (§1.6, §2.2).
- Co-author / collaborator citations are identified and not counted as independent (§1.7).
- Recognition is shown beyond the scholar's own institution and circle (§1.8).
- Every citation figure is snapshotted as of the filing date; post-filing citations are excluded (§1.9).
- Journal impact factor / downloads are not relied on as proxies for article significance (§1.10, §1.12).
- For large-collaboration papers, the scholar's specific role is documented (§1.13).
- Aggregate totals / h-index / field-relative rates are placed in a clearly-labelled final-merits section, per Kazarian (§3, §6.1.7).

Disclaimer

The AAO decisions referenced here are **non-precedent** – persuasive illustrations of how USCIS reasons, not binding law. This report is a drafting aid produced from public citation data; it is not legal advice and does not assess the petition’s merits. All analysis must be reviewed by qualified immigration counsel.

G. Citation Evidence Index

Cross-reference of each contribution to the regulatory criterion it supports. Counsel should map these to the petition’s exhibit numbers.

Contribution	Core paper	Indep. cites	Supports
Contribution 1	Web-based digital health interventions for weight loss and lifestyle habit changes in overweight and obese adults: systematic review and meta-analysis	9	8 CFR 204.5(h)(3)(v) – Criterion 5
Contribution 2	Online platform for healthy weight loss in adults with overweight and obesity-the “POE-maS” project: a randomized controlled trial	2	8 CFR 204.5(h)(3)(v) – Criterion 5
Contribution 3	Personalized web-based weight loss behavior change program with and without dietitian on-line coaching for adults with overweight and obesity: randomized controlled trial	3	8 CFR 204.5(h)(3)(v) – Criterion 5