

# Sebely Pal

## List of Publications by Year in descending order

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Version: 2024-02-01

60  
papers

2,784  
citations

159585

30  
h-index

175258

52  
g-index

60  
all docs

60  
docs citations

60  
times ranked

3799  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of whey protein isolate on body composition, lipids, insulin and glucose in overweight and obese individuals. <i>British Journal of Nutrition</i> , 2010, 104, 716-723.	2.3	219
2	The effect of 12 weeks of aerobic, resistance or combination exercise training on cardiovascular risk factors in the overweight and obese in a randomized trial. <i>BMC Public Health</i> , 2012, 12, 704.	2.9	209
3	The Chronic Effects of Whey Proteins on Blood Pressure, Vascular Function, and Inflammatory Markers in Overweight Individuals. <i>Obesity</i> , 2010, 18, 1354-1359.	3.0	161
4	Red Wine Polyphenolics Increase LDL Receptor Expression and Activity and Suppress the Secretion of ApoB100 from Human HepG2 Cells. <i>Journal of Nutrition</i> , 2003, 133, 700-706.	2.9	140
5	The acute effects of four protein meals on insulin, glucose, appetite and energy intake in lean men. <i>British Journal of Nutrition</i> , 2010, 104, 1241-1248.	2.3	140
6	Milk Intolerance, Beta-Casein and Lactose. <i>Nutrients</i> , 2015, 7, 7285-7297.	4.1	106
7	The effect of a fibre supplement compared to a healthy diet on body composition, lipids, glucose, insulin and other metabolic syndrome risk factors in overweight and obese individuals. <i>British Journal of Nutrition</i> , 2011, 105, 90-100.	2.3	96
8	Postprandial dyslipidemia in men with visceral obesity: an effect of reduced LDL receptor expression?. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2001, 281, E626-E632.	3.5	90
9	Identification of Lipoproteins of Intestinal Origin in Human Atherosclerotic Plaque. <i>Clinical Chemistry and Laboratory Medicine</i> , 2003, 41, 792-5.	2.3	90
10	The effects of whey protein on cardiometabolic risk factors. <i>Obesity Reviews</i> , 2013, 14, 324-343.	6.5	79
11	Social media for health promotion and weight management: a critical debate. <i>BMC Public Health</i> , 2018, 18, 932.	2.9	78
12	Potential benefits of exercise on blood pressure and vascular function. <i>Journal of the American Society of Hypertension</i> , 2013, 7, 494-506.	2.3	76
13	The effect of chronic consumption of red wine on cardiovascular disease risk factors in postmenopausal women. <i>Atherosclerosis</i> , 2006, 185, 438-445.	0.8	74
14	Predicting Physical Activity-Related Outcomes in Overweight and Obese Adults: A Health Action Process Approach. <i>Applied Psychology: Health and Well-Being</i> , 2016, 8, 127-151.	3.0	71
15	Green Tea Upregulates the Low-Density Lipoprotein Receptor through the Sterol-Regulated Element Binding Protein in HepG2 Liver Cells. <i>Journal of Agricultural and Food Chemistry</i> , 2001, 49, 5639-5645.	5.2	67
16	Acute effects of whey protein isolate on cardiovascular risk factors in overweight, post-menopausal women. <i>Atherosclerosis</i> , 2010, 212, 339-344.	0.8	63
17	Weight-loss intervention using implementation intentions and mental imagery: a randomised control trial study protocol. <i>BMC Public Health</i> , 2015, 15, 196.	2.9	59
18	Effects of a weight management program delivered by social media on weight and metabolic syndrome risk factors in overweight and obese adults: A randomised controlled trial. <i>PLoS ONE</i> , 2017, 12, e0178326.	2.5	55

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19	Margarine phytosterols decrease the secretion of atherogenic lipoproteins from HepG2 liver and Caco2 intestinal cells. <i>Atherosclerosis</i> , 2005, 182, 29-36.	0.8	54
20	Acute effects of whey protein isolate on blood pressure, vascular function and inflammatory markers in overweight postmenopausal women. <i>British Journal of Nutrition</i> , 2011, 105, 1512-1519.	2.3	54
21	The effect of acute red wine polyphenol consumption on postprandial lipaemia in postmenopausal women. <i>Atherosclerosis</i> , 2004, 177, 401-408.	0.8	51
22	Effects of daily consumption of psyllium, oat bran and polyGlycopleX on obesity-related disease risk factors: A critical review. <i>Nutrition</i> , 2019, 57, 84-91.	2.4	51
23	Resistance, Aerobic, and Combination Training on Vascular Function in Overweight and Obese Adults. <i>Journal of Clinical Hypertension</i> , 2012, 14, 848-854.	2.0	48
24	Effects of Chronic Exercise Training on Inflammatory Markers in Australian Overweight and Obese Individuals in a Randomized Controlled Trial. <i>Inflammation</i> , 2013, 36, 625-632.	3.8	45
25	The effects of 12-week psyllium fibre supplementation or healthy diet on blood pressure and arterial stiffness in overweight and obese individuals. <i>British Journal of Nutrition</i> , 2012, 107, 725-734.	2.3	43
26	Differences in postprandial inflammatory responses to a "modern" vs. traditional meat meal: a preliminary study. <i>British Journal of Nutrition</i> , 2010, 104, 724-728.	2.3	41
27	The Effect of a Low Glycaemic Index Breakfast on Blood Glucose, Insulin, Lipid Profiles, Blood Pressure, Body Weight, Body Composition and Satiety in Obese and Overweight Individuals: A Pilot Study. <i>Journal of the American College of Nutrition</i> , 2008, 27, 387-393.	1.8	38
28	Using pedometers to increase physical activity in overweight and obese women: a pilot study. <i>BMC Public Health</i> , 2009, 9, 309.	2.9	34
29	The effect of two different health messages on physical activity levels and health in sedentary overweight, middle-aged women. <i>BMC Public Health</i> , 2011, 11, 204.	2.9	32
30	Effects of psyllium on metabolic syndrome risk factors. <i>Obesity Reviews</i> , 2012, 13, 1034-1047.	6.5	31
31	Overweight & obese Australian adults and micronutrient deficiency. <i>BMC Nutrition</i> , 2020, 6, 12.	1.6	31
32	Obesity, mental health, and sexual dysfunction: A critical review. <i>Health Psychology Open</i> , 2018, 5, 205510291878686.	1.4	30
33	Red Wine Polyphenolics Suppress the Secretion of ApoB48 from Human Intestinal CaCo-2 Cells. <i>Journal of Agricultural and Food Chemistry</i> , 2005, 53, 2767-2772.	5.2	29
34	Acute exercise improves postprandial cardiovascular risk factors in overweight and obese individuals. <i>Atherosclerosis</i> , 2011, 214, 178-184.	0.8	28
35	Cholesterol esters regulate apoB48 secretion in CaCo2 cells. <i>Atherosclerosis</i> , 2002, 161, 55-63.	0.8	26
36	Using new technologies to promote weight management: a randomised controlled trial study protocol. <i>BMC Public Health</i> , 2015, 15, 509.	2.9	24

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37	Association of Arterial Stiffness With Obesity in Australian Women: A Pilot Study. <i>Journal of Clinical Hypertension</i> , 2013, 15, 118-123.	2.0	23
38	Effect on body weight and composition in overweight/obese Australian adults over 12 months consumption of two different types of fibre supplementation in a randomized trial. <i>Nutrition and Metabolism</i> , 2016, 13, 82.	3.0	23
39	Effect on Insulin, Glucose and Lipids in Overweight/Obese Australian Adults of 12 Months Consumption of Two Different Fibre Supplements in a Randomised Trial. <i>Nutrients</i> , 2017, 9, 91.	4.1	22
40	Binding and uptake of chylomicron remnants by primary and THP-1 human monocyte-derived macrophages: determination of binding proteins. <i>Clinical Science</i> , 2001, 101, 111-119.	4.3	21
41	Î±-Tocopherol modulates the low density lipoprotein receptor of human HepG2 cells. <i>Nutrition Journal</i> , 2003, 2, 3.	3.4	19
42	The effect of Puerariae radix on lipoprotein metabolism in liver and intestinal cells. <i>BMC Complementary and Alternative Medicine</i> , 2002, 2, 12.	3.7	16
43	Polyunsaturated fatty acids downregulate the low density lipoprotein receptor of human HepG2 cells. <i>Journal of Nutritional Biochemistry</i> , 2002, 13, 55-63.	4.2	16
44	Conjugated linoleic acid suppresses the secretion of atherogenic lipoproteins from human HepG2 liver cells. <i>Clinical Chemistry and Laboratory Medicine</i> , 2005, 43, 269-74.	2.3	14
45	Effect of Training on the Reliability of Satiety Evaluation and Use of Trained Panellists to Determine the Satiety Effect of Dietary Fibre: A Randomised Controlled Trial. <i>PLoS ONE</i> , 2015, 10, e0126202.	2.5	10
46	Psychological effects of belonging to a Facebook weight management group in overweight and obese adults: Results of a randomised controlled trial. <i>Health and Social Care in the Community</i> , 2018, 26, 714-724.	1.6	10
47	Meal replacements and fibre supplement as a strategy for weight loss. Proprietary PGXÂ® meal replacement and PGXÂ® fibre supplement in addition to a calorie-restricted diet to achieve weight loss in a clinical setting. <i>Biotechnology and Genetic Engineering Reviews</i> , 2013, 29, 221-229.	6.2	8
48	Red wine polyphenolics suppress the secretion and the synthesis of Apo B48 from human intestinal Caco-2 cells. <i>BioFactors</i> , 2004, 22, 181-183.	5.4	7
49	Does Metabolic Syndrome Impair Sexual Functioning in Adults With Overweight and Obesity?. <i>International Journal of Sexual Health</i> , 2019, 31, 170-185.	2.3	7
50	Association of Arterial Stiffness With Obesity in Australian Women: A Pilot Study. <i>Journal of Clinical Hypertension</i> , 2013, 15, 304-304.	2.0	6
51	Using Psyllium to Prevent and Treat Obesity Comorbidities. , 2019, , 245-260.		4
52	Insulin decreases the secretion of apoB-100 from hepatic HepG2 cells but does not decrease the secretion of apoB-48 from intestinal CaCo-2 cells. <i>Journal of Biomedical Science</i> , 2004, 11, 789-798.	7.0	3
53	Using Psyllium to Prevent and Treat Obesity Comorbidities. , 2014, , 505-514.		3
54	Dairy Whey Proteins and Obesity. , 2019, , 261-278.		3

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55	Individualising weight loss prescription—a management tool for clinicians. Australian Family Physician, 2006, 35, 591-4.	0.5	2
56	Micronutrient status of individuals with overweight and obesity following 3 months' supplementation with PolyGlycopleX (PGX <sup>®</sup> ) or psyllium: a randomized controlled trial. BMC Nutrition, 2022, 8, 42.	1.6	2
57	Insulin Decreases the Secretion of apoB-100 from Hepatic HepG2 Cells but Does Not Decrease the Secretion of apoB-48 from Intestinal CaCo-2 Cells. Journal of Biomedical Science, 2004, 11, 789-798.	7.0	1
58	Effect of two different fibre supplements on blood pressure, arterial stiffness and C-reactive protein in adults with overweight and obesity consumed over 12 months, in a randomised controlled trial. Human Nutrition and Metabolism, 2021, 26, 200132.	1.7	1
59	Dairy Whey Proteins and Obesity. , 2014, , 351-361.		0
60	Whey Protein and the Metabolic Syndrome. , 2019, , 103-120.		0