

Michal Steffl

List of Publications by Year in descending order

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Version: 2024-02-01

39
papers

1,038
citations

623734
14
h-index

434195
31
g-index

40
all docs

40
docs citations

40
times ranked

1812
citing authors

#	ARTICLE	IF	CITATIONS
1	Relationship between sarcopenia and physical activity in older people: a systematic review and meta-analysis. <i>Clinical Interventions in Aging</i> , 2017, Volume 12, 835-845.	2.9	321
2	Relation Between Cigarette Smoking and Sarcopenia: Meta-Analysis. <i>Physiological Research</i> , 2015, 64, 419-426.	0.9	98
3	Benefits of Resistance Training in Early and Late Stages of Frailty and Sarcopenia: A Systematic Review and Meta-Analysis of Randomized Controlled Studies. <i>Journal of Clinical Medicine</i> , 2021, 10, 1630.	2.4	77
4	Alcohol consumption as a risk factor for sarcopenia - a meta-analysis. <i>BMC Geriatrics</i> , 2016, 16, 99.	2.7	65
5	The increase in health care costs associated with muscle weakness in older people without long-term illnesses in the Czech Republic: results from the Survey of Health, Ageing and Retirement in Europe (SHARE). <i>Clinical Interventions in Aging</i> , 2017, Volume 12, 2003-2007.	2.9	59
6	Using relative handgrip strength to identify children at risk of sarcopenic obesity. <i>PLoS ONE</i> , 2017, 12, e0177006.	2.5	43
7	The Efficacy and Safety of Lower-Limb Plyometric Training in Older Adults: A Systematic Review. <i>Sports Medicine</i> , 2019, 49, 113-131.	6.5	40
8	Cross-sectional study of prevalence of dementia, behavioural symptoms, mobility, pain and other health parameters in nursing homes in Austria and the Czech Republic: results from the DEMDATA project. <i>BMC Geriatrics</i> , 2018, 18, 178.	2.7	36
9	Health Benefits of β -Hydroxy- β -Methylbutyrate (HMB) Supplementation in Addition to Physical Exercise in Older Adults: A Systematic Review with Meta-Analysis. <i>Nutrients</i> , 2019, 11, 2082.	4.1	30
10	The prone bridge test: Performance, validity, and reliability among older and younger adults. <i>Journal of Bodywork and Movement Therapies</i> , 2018, 22, 385-389.	1.2	25
11	Macronutrient Intake in Soccer Players – A Meta-Analysis. <i>Nutrients</i> , 2019, 11, 1305.	4.1	25
12	Effects of range of motion on resistance training adaptations: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1866-1881.	2.9	25
13	PPARA Intron Polymorphism Associated with Power Performance in 30-s Anaerobic Wingate Test. <i>PLoS ONE</i> , 2014, 9, e107171.	2.5	24
14	Costs of dementia in the Czech Republic. <i>European Journal of Health Economics</i> , 2017, 18, 979-986.	2.8	21
15	Long-Term Effect of Exercise on Irisin Blood Levels – Systematic Review and Meta-Analysis. <i>Healthcare (Switzerland)</i> , 2021, 9, 1438.	2.0	19
16	Electronic patient records as a tool to facilitate care provision in nursing homes: an integrative review. <i>Informatics for Health and Social Care</i> , 2019, 44, 262-277.	2.6	17
17	Effect of Calanus Oil Supplementation and 16 Week Exercise Program on Selected Fitness Parameters in Older Women. <i>Nutrients</i> , 2020, 12, 481.	4.1	15
18	The Role of Visual Feedback on Power Output During Intermittent Wingate Testing in Ice Hockey Players. <i>Sports</i> , 2018, 6, 32.	1.7	14

#	ARTICLE	IF	CITATIONS
19	Muscle Hypertrophy and Architectural Changes in Response to Eight-Week Neuromuscular Electrical Stimulation Training in Healthy Older People. <i>Life</i> , 2020, 10, 184.	2.4	14
20	Field-Based and Lab-Based Assisted Jumping: Unveiling the Testing and Training Implications. <i>Frontiers in Physiology</i> , 2018, 9, 1284.	2.8	9
21	Morning fatigue and structured exercise interact to affect non-exercise physical activity of fit and healthy older adults. <i>BMC Geriatrics</i> , 2021, 21, 179.	2.7	8
22	Assessment of diagnostics tools for sarcopenia severity using the item response theory (IRT). <i>Journal of Nutrition, Health and Aging</i> , 2016, 20, 1051-1055.	3.3	7
23	Assisted Jumping in Healthy Older Adults. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	6
24	Hip extension strength: Description and validity of a new procedure applied to older women. <i>Isokinetics and Exercise Science</i> , 2014, 22, 211-215.	0.4	5
25	Association between clinical measures of sarcopenia in a sample of community-dwelling women. <i>Isokinetics and Exercise Science</i> , 2015, 23, 41-44.	0.4	5
26	Cognitive status and use of analgesics and anxiolytics in residents of nursing homes in the Czech Republic. <i>Clinical Interventions in Aging</i> , 2018, Volume 13, 2511-2515.	2.9	5
27	Demographic and Lifestyle Factors and Memory in European Older People. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4727.	2.6	5
28	The importance of sonographic evaluation of muscle depth and thickness prior to the "tiny percutaneous needle biopsy"™. <i>European Journal of Translational Myology</i> , 2020, 30, 98-102.	1.7	4
29	Isokinetic testing of muscle strength of older individuals with sarcopenia or frailty: A systematic review. <i>Isokinetics and Exercise Science</i> , 2020, , 1-11.	0.4	3
30	Overspeed Stimulus Provided by Assisted Jumping Encourages Rapid Increases in Strength and Power Performance of Older Adults. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 259-266.	1.0	3
31	The Effects of High Mineral Alkaline Water Consumed over Three Consecutive Days on Reaction Time Following Anaerobic Exercise " A Randomized Placebo-Controlled Crossover Pilot Study. <i>Journal of Human Kinetics</i> , 2021, 78, 111-119.	1.5	2
32	Benefits of physical activity interventions combining self-monitoring with other components versus self-monitoring alone: a systematic review and meta-analysis. <i>Lancet, The</i> , 2021, 398, S87.	13.7	2
33	Association of older women's limb circumferences and muscle mass as estimated with bioelectrical impedance. <i>Journal of Physical Therapy Science</i> , 2016, 28, 1016-1019.	0.6	1
34	Increased Cardiopulmonary Fitness Is Associated with a Greater Reduction in Depression among People Who Underwent Bariatric Surgery. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2508.	2.6	1
35	Exercise prescription in cardiac patients treated with metoprolol " should the time of day for stress tests and training coincide?. <i>European Journal of Preventive Cardiology</i> , 2018, 25, 1026-1027.	1.8	0
36	Data of a sub-analysis of the DEMDATA study: characteristics of Austrian and Czech nursing homes residents. <i>BMC Research Notes</i> , 2019, 12, 463.	1.4	0

#	ARTICLE	IF	CITATIONS
37	Effects of physical exercise on cognitively impaired older adults: a systematic review. Acta Universitatis Carolinae: Kineanthropologica, 2021, 57, 51-78.	0.3	0
38	Financial balance of home nursing care providers in the Czech Republic. Health Economics Review, 2021, 11, 32.	2.0	0
39	Partial range of motion and muscle hypertrophy: Not all ROMs lead to Romeaâ€™Response. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 634-635.	2.9	0