

Lars Donath

List of Publications by Year in descending order

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Version: 2024-02-01

86
papers

2,256
citations

236925

25
h-index

265206

42
g-index

87
all docs

87
docs citations

87
times ranked

3056
citing authors

#	ARTICLE	IF	CITATIONS
1	Exercise-Based Injury Prevention in Child and Adolescent Sport: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2014, 44, 1733-1748.	6.5	171
2	Effects of Virtual Reality Training (Exergaming) Compared to Alternative Exercise Training and Passive Control on Standing Balance and Functional Mobility in Healthy Community-Dwelling Seniors: A Meta-Analytical Review. <i>Sports Medicine</i> , 2016, 46, 1293-1309.	6.5	153
3	How to Construct, Conduct and Analyze an Exercise Training Study?. <i>Frontiers in Physiology</i> , 2018, 9, 1007.	2.8	91
4	Validity and reliability of a portable gait analysis system for measuring spatiotemporal gait characteristics: comparison to an instrumented treadmill. <i>Journal of NeuroEngineering and Rehabilitation</i> , 2016, 13, 6.	4.6	85
5	Neuromuscular Adaptations to Multimodal Injury Prevention Programs in Youth Sports: A Systematic Review with Meta-Analysis of Randomized Controlled Trials. <i>Frontiers in Physiology</i> , 2017, 8, 791.	2.8	75
6	Leg and trunk muscle coordination and postural sway during increasingly difficult standing balance tasks in young and older adults. <i>Maturitas</i> , 2016, 91, 60-68.	2.4	74
7	Reliability of gait parameters during treadmill walking in community-dwelling healthy seniors. <i>Gait and Posture</i> , 2012, 36, 444-448.	1.4	66
8	The effects of Zumba training on cardiovascular and neuromuscular function in female college students. <i>European Journal of Sport Science</i> , 2014, 14, 569-577.	2.7	57
9	Exercise-Based Fall Prevention in the Elderly: What About Agility?. <i>Sports Medicine</i> , 2016, 46, 143-149.	6.5	54
10	Physical Fitness and Heart Rate Recovery Are Decreased in Major Depressive Disorder. <i>Psychosomatic Medicine</i> , 2009, 71, 519-523.	2.0	52
11	Testing single and double limb standing balance performance: Comparison of COP path length evaluation between two devices. <i>Gait and Posture</i> , 2012, 36, 439-443.	1.4	51
12	Absolute and relative reliability of isokinetic and isometric trunk strength testing using the IsoMed-2000 dynamometer. <i>Physical Therapy in Sport</i> , 2017, 24, 26-31.	1.9	51
13	Moderating Effects of Exercise Duration and Intensity in Neuromuscular vs. Endurance Exercise Interventions for the Treatment of Depression: A Meta-Analytical Review. <i>Frontiers in Psychiatry</i> , 2018, 9, 305.	2.6	51
14	Comparison of the "11+ Kids"™ injury prevention programme and a regular warmup in children's football (soccer): a cost effectiveness analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 309-314.	6.7	50
15	Heart Rate Variability, QT Variability, and Electrodermal Activity during Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 443-448.	0.4	49
16	Slackline Training (Balancing Over Narrow Nylon Ribbons) and Balance Performance: A Meta-Analytical Review. <i>Sports Medicine</i> , 2017, 47, 1075-1086.	6.5	45
17	Mobile inertial sensor based gait analysis: Validity and reliability of spatiotemporal gait characteristics in healthy seniors. <i>Gait and Posture</i> , 2016, 49, 371-374.	1.4	43
18	Different ankle muscle coordination patterns and co-activation during quiet stance between young adults and seniors do not change after a bout of high intensity training. <i>BMC Geriatrics</i> , 2015, 15, 19.	2.7	38

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19	Effects of Mind-Body Interventions Involving Meditative Movements on Quality of Life, Depressive Symptoms, Fear of Falling and Sleep Quality in Older Adults: A Systematic Review with Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6556.	2.6	38
20	Exercise Reveals the Interrelation of Physical Fitness, Inflammatory Response, Psychopathology, and Autonomic Function in Patients With Schizophrenia. <i>Schizophrenia Bulletin</i> , 2013, 39, 1139-1149.	4.3	37
21	Repetitive Daily Point of Choice Prompts and Occupational Sit-Stand Transfers, Concentration and Neuromuscular Performance in Office Workers: An RCT. <i>International Journal of Environmental Research and Public Health</i> , 2015, 12, 4340-4353.	2.6	34
22	Sprint interval training (SIT) substantially reduces depressive symptoms in major depressive disorder (MDD): A randomized controlled trial. <i>Psychiatry Research</i> , 2018, 265, 292-297.	3.3	33
23	Effects of an Eight-Week Superimposed Submaximal Dynamic Whole-Body Electromyostimulation Training on Strength and Power Parameters of the Leg Muscles: A Randomized Controlled Intervention Study. <i>Frontiers in Physiology</i> , 2018, 9, 1719.	2.8	32
24	Low intensity rowing with blood flow restriction over 5 weeks increases $\dot{V}O_{2\max}$ in elite rowers: A randomized controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 304-308.	1.3	31
25	Changes in mechanical power output in rowing by varying stroke rate and gearing. <i>European Journal of Sport Science</i> , 2020, 20, 357-365.	2.7	30
26	Ankle muscle activity modulation during single-leg stance differs between children, young adults and seniors. <i>European Journal of Applied Physiology</i> , 2018, 118, 239-247.	2.5	29
27	The impact of lifestyle Physical Activity Counselling in IN-PATients with major depressive disorders on physical activity, cardiorespiratory fitness, depression, and cardiovascular health risk markers: study protocol for a randomized controlled trial. <i>Trials</i> , 2019, 20, 367.	1.6	29
28	Effects of stepping exergames under stable versus unstable conditions on balance and strength in healthy community-dwelling older adults: A three-armed randomized controlled trial. <i>Experimental Gerontology</i> , 2019, 127, 110719.	2.8	28
29	Deviation between self-reported and measured occupational physical activity levels in office employees: effects of age and body composition. <i>International Archives of Occupational and Environmental Health</i> , 2016, 89, 575-582.	2.3	26
30	Sprint Interval Training and Continuous Aerobic Exercise Training Have Similar Effects on Exercise Motivation and Affective Responses to Exercise in Patients With Major Depressive Disorders: A Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2018, 9, 694.	2.6	26
31	I Can Stand Learning: A Controlled Pilot Intervention Study on the Effects of Increased Standing Time on Cognitive Function in Primary School Children. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 356.	2.6	25
32	The utility of two interview-based physical activity questionnaires in healthy young adults: Comparison with accelerometer data. <i>PLoS ONE</i> , 2018, 13, e0203525.	2.5	23
33	Is improved fitness following a 12-week exercise program associated with decreased symptom severity, better wellbeing, and fewer sleep complaints in patients with major depressive disorders? A secondary analysis of a randomized controlled trial. <i>Journal of Psychiatric Research</i> , 2019, 113, 58-64.	3.1	23
34	Dealing with small samples in football research. <i>Science and Medicine in Football</i> , 2022, 6, 389-397.	2.0	23
35	The Effects of Superimposed Whole-Body Electromyostimulation During Short-Term Strength Training on Physical Fitness in Physically Active Females: A Randomized Controlled Trial. <i>Frontiers in Physiology</i> , 2019, 10, 728.	2.8	22
36	The relation of autonomic function to physical fitness in patients suffering from alcohol dependence. <i>Drug and Alcohol Dependence</i> , 2013, 132, 505-512.	3.2	21

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37	Balance and gait performance after maximal and submaximal endurance exercise in seniors: is there a higher fall-risk?. <i>European Journal of Applied Physiology</i> , 2013, 113, 661-669.	2.5	21
38	Improved Strength and Recovery After Velocity-Based Training: A Randomized Controlled Trial. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1185-1193.	2.3	21
39	Does a Single Session of High-Intensity Interval Training Provoke a Transient Elevated Risk of Falling in Seniors and Adults?. <i>Gerontology</i> , 2015, 61, 15-23.	2.8	20
40	In 6- to 8-year-old children, cardiorespiratory fitness moderates the relationship between severity of life events and health-related quality of life. <i>Quality of Life Research</i> , 2017, 26, 695-706.	3.1	20
41	Effects of Endurance Exercise Modalities on Arterial Stiffness in Patients Suffering from Unipolar Depression: A Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2018, 8, 311.	2.6	20
42	Telephone-Based Coaching and Prompting for Physical Activity: Short- and Long-Term Findings of a Randomized Controlled Trial (Movingcall). <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 2626.	2.6	20
43	Effects of Whole-Body Electromyostimulation on Strength-, Sprint-, and Jump Performance in Moderately Trained Young Adults: A Mini-Meta-Analysis of Five Homogenous RCTs of Our Work Group. <i>Frontiers in Physiology</i> , 2019, 10, 1336.	2.8	20
44	Transfer Effects of Fall Training on Balance Performance and Spatiotemporal Gait Parameters in Healthy Community-Dwelling Older Adults: A Pilot Study. <i>Journal of Aging and Physical Activity</i> , 2014, 22, 324-333.	1.0	19
45	Reliability of Force Application to Instrumented Climbing Holds in Elite Climbers. <i>Journal of Applied Biomechanics</i> , 2015, 31, 377-382.	0.8	17
46	Effects of Exercise Training on Fear-Avoidance in Pain and Pain-Free Populations: Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 2193-2207.	6.5	17
47	Verbal Encouragement and Between-Day Reliability During High-Intensity Functional Strength and Endurance Performance Testing. <i>Frontiers in Physiology</i> , 2019, 10, 460.	2.8	15
48	Similar Pain Intensity Reductions and Trunk Strength Improvements Following Whole-Body Electromyostimulation vs. Whole-Body Vibration vs. Conventional Back-Strengthening Training in Chronic Non-specific Low Back Pain Patients: A Three-Armed Randomized Controlled Trial. <i>Frontiers in Physiology</i> , 2021, 12, 664991.	2.8	15
49	Inflammatory changes upon a single maximal exercise test in depressed patients and healthy controls. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2010, 34, 475-478.	4.8	13
50	Muscle Activation and Performance During Trunk Strength Testing in High-Level Female and Male Football Players. <i>Journal of Applied Biomechanics</i> , 2016, 32, 241-247.	0.8	13
51	ZumBeat: Evaluation of a Zumba Dance Intervention in Postmenopausal Overweight Women. <i>Sports</i> , 2016, 4, 5.	1.7	12
52	The association of socio-economic factors with physical fitness and activity behaviours, spinal posture and retinal vessel parameters in first graders in urban Switzerland. <i>Journal of Sports Sciences</i> , 2016, 34, 1271-1280.	2.0	12
53	Exercise-induced trunk fatigue decreases double poling performance in well-trained cross-country skiers. <i>European Journal of Applied Physiology</i> , 2018, 118, 2077-2087.	2.5	12
54	Acute Leg and Trunk Muscle Fatigue Differentially Affect Strength, Sprint, Agility, and Balance in Young Adults. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2158-2164.	2.1	12

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55	Recommendations for Aerobic Endurance Training Based on Subjective Ratings of Perceived Exertion in Healthy Seniors. <i>Journal of Aging and Physical Activity</i> , 2013, 21, 100-111.	1.0	11
56	Music in CrossFit®'s Influence on Performance, Physiological, and Psychological Parameters. <i>Sports</i> , 2014, 2, 14-23.	1.7	11
57	Effects of multimodal agility-like exercise training compared to inactive controls and alternative training on physical performance in older adults: a systematic review and meta-analysis. <i>European Review of Aging and Physical Activity</i> , 2021, 18, 4.	2.9	11
58	Ventilatory inefficiency in major depressive disorder: A potential adjunct for cardiac risk stratification in depressive disorders?. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2010, 34, 882-887.	4.8	10
59	Prediction of Depression Scores From Aerobic Fitness, Body Fatness, Physical Activity, and Vagal Indices in Non-exercising, Female Workers. <i>Frontiers in Psychiatry</i> , 2019, 10, 192.	2.6	10
60	Agility-based exercise training compared to traditional strength and balance training in older adults: a pilot randomized trial. <i>PeerJ</i> , 2020, 8, e8781.	2.0	10
61	Acute effects of walking at moderate normobaric hypoxia on gait and balance performance in healthy community-dwelling seniors: A randomized controlled crossover study. <i>Archives of Gerontology and Geriatrics</i> , 2016, 67, 74-79.	3.0	9
62	Absolute and relative reliability of acute effects of aerobic exercise on executive function in seniors. <i>BMC Geriatrics</i> , 2017, 17, 247.	2.7	9
63	Dissociation of performance parameters at the IAT requires specific exercise recommendations for depressed patients. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2010, 34, 131-135.	4.8	8
64	In-Class Cycling to Augment College Student Academic Performance and Reduce Physical Inactivity: Results from an RCT. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 1343.	2.6	8
65	Agility Training to Integratively Promote Neuromuscular, Cognitive, Cardiovascular and Psychosocial Function in Healthy Older Adults: A Study Protocol of a One-Year Randomized-Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1853.	2.6	8
66	Seven Weeks of Jump Training with Superimposed Whole-Body Electromyostimulation Does Not Affect the Physiological and Cellular Parameters of Endurance Performance in Amateur Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1123.	2.6	8
67	Coaching and Prompting for Remote Physical Activity Promotion: Study Protocol of a Three-Arm Randomized Controlled Trial (Movingcall). <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 331.	2.6	7
68	Validity and Reliability of a Novel Integrative Motor Performance Testing Course for Seniors: The "Agility Challenge for the Elderly (ACE)". <i>Frontiers in Physiology</i> , 2019, 10, 44.	2.8	6
69	Balance training monitoring and individual response during unstable vs. stable balance Exergaming in elderly adults: Findings from a randomized controlled trial. <i>Experimental Gerontology</i> , 2020, 139, 111037.	2.8	6
70	Neuromuscular training in construction workers: a longitudinal controlled pilot study. <i>International Archives of Occupational and Environmental Health</i> , 2015, 88, 697-705.	2.3	5
71	Effects of a Dynamic Chair on Chair Seat Motion and Trunk Muscle Activity during Office Tasks and Task Transitions. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2723.	2.6	5
72	Individually tailored whole-body vibration training to reduce symptoms of chemotherapy-induced peripheral neuropathy: study protocol of a randomised controlled trial "VANISH". <i>BMJ Open</i> , 2019, 9, e024467.	1.9	5

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73	Trunk and Upper Body Fatigue Adversely Affect Running Economy: A Three-Armed Randomized Controlled Crossover Pilot Trial. <i>Sports</i> , 2019, 7, 195.	1.7	4
74	Editorial: Neuromuscular Performance During Lifespan: Assessment Methods and Exercise Interventions. <i>Frontiers in Physiology</i> , 2019, 10, 1348.	2.8	4
75	Exploring psychosocial mediators of remote physical activity counselling: a secondary analysis of data from a 1-year randomized control trial (Movingcall). <i>Journal of Behavioral Medicine</i> , 2020, 43, 271-285.	2.1	4
76	Trunk muscle activity during different types of low weighted squat exercises in normal and forefoot standing conditions. <i>Journal of Sports Sciences</i> , 2020, 38, 2774-2781.	2.0	4
77	Concentric not eccentric cycling sprint intervals acutely impair balance and jump performance in healthy active young adults: A randomized controlled cross-over study. <i>Gait and Posture</i> , 2021, 90, 55-60.	1.4	4
78	Psychosocial Health and Physical Activity in People With Major Depression in the Context of COVID-19. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 685117.	1.8	4
79	(Evidenzbasierte) Trainingsprinzipien. , 2019, , 1-17.		3
80	Electromyographic activity of the vastus medialis and gastrocnemius implicates a slow stretch-shortening cycle during rowing in the field. <i>Scientific Reports</i> , 2020, 10, 9451.	3.3	3
81	10% Higher Rowing Power Outputs After Flexion-Extension-Cycle Compared to an Isolated Concentric Contraction in Sub-Elite Rowers. <i>Frontiers in Physiology</i> , 2020, 11, 521.	2.8	3
82	Transfer Effects of Fall Training on Balance Performance and Spatiotemporal Gait Parameters in Healthy Community-Dwelling Older Adults: A Pilot Study. <i>Journal of Aging and Physical Activity</i> , 2014, 22, 324-333.	1.0	3
83	Compression Garments and Performance Enhancement in Balance and Precision Tasks. , 2016, , 79-87.		1
84	Correct, fake and absent pre-information does not affect the occurrence and magnitude of the bilateral force deficit. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 439-43.	1.6	1
85	Reliable Peak Power Assessment During Concentric and Flexion-Extension-Cycle Based Rowing Strokes using a Non-Modified Rowing Ergometer. <i>Journal of Sports Science and Medicine</i> , 2022, 21, 131-136.	1.6	1
86	Changing Oar Rotation Axis Position Increases Catch Angle During Indoor and In-Field Para-Rowing: A Randomized Crossover Trial Verified by a Repeated Measurement Trial. <i>Frontiers in Physiology</i> , 2022, 13, 833646.	2.8	1