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List of Publications by Year in descending order

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41
papers

2,304
citations

279798

23
h-index

289244

40
g-index

42
all docs

42
docs citations

42
times ranked

2995
citing authors

#	ARTICLE	IF	CITATIONS
1	International Society of Sports Nutrition Position Stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2017, 14, 20.	3.9	430
2	Exergaming and Older Adult Cognition. American Journal of Preventive Medicine, 2012, 42, 109-119.	3.0	359
3	International society of sports nutrition position stand: nutrient timing. Journal of the International Society of Sports Nutrition, 2017, 14, 33.	3.9	241
4	The Aerobic and Cognitive Exercise Study (ACES) for Community-Dwelling Older Adults With or At-Risk for Mild Cognitive Impairment (MCI): Neuropsychological, Neurobiological and Neuroimaging Outcomes of a Randomized Clinical Trial. Frontiers in Aging Neuroscience, 2018, 10, 76.	3.4	120
5	Overnight responses of the circulating IGF-I system after acute, heavy-resistance exercise. Journal of Applied Physiology, 2001, 90, 1319-1326.	2.5	95
6	Increased protein intake and meal frequency reduces abdominal fat during energy balance and energy deficit. Obesity, 2013, 21, 1357-1366.	3.0	81
7	Aerobic and Cognitive Exercise (ACE) Pilot Study for Older Adults: Executive Function Improves with Cognitive Challenge While Exergaming. Journal of the International Neuropsychological Society, 2015, 21, 768-779.	1.8	81
8	Social facilitation in virtual reality-enhanced exercise: competitiveness moderates exercise effort of older adults. Clinical Interventions in Aging, 2011, 6, 275.	2.9	71
9	Comparison of short-term diet and exercise on insulin action in individuals with abnormal glucose tolerance. Journal of Applied Physiology, 1999, 86, 1930-1935.	2.5	65
10	Moderate protein intake improves total and regional body composition and insulin sensitivity in overweight adults. Metabolism: Clinical and Experimental, 2008, 57, 757-765.	3.4	58
11	Increased Dietary Protein and Combined High Intensity Aerobic and Resistance Exercise Improves Body Fat Distribution and Cardiovascular Risk Factors. International Journal of Sport Nutrition and Exercise Metabolism, 2006, 16, 373-392.	2.1	56
12	Resistant starch and protein intake enhances fat oxidation and feelings of fullness in lean and overweight/obese women. Nutrition Journal, 2015, 14, 113.	3.4	50
13	Timed-daily ingestion of whey protein and exercise training reduces visceral adipose tissue mass and improves insulin resistance: the PRISE study. Journal of Applied Physiology, 2014, 117, 1-10.	2.5	48
14	Comparison of High-Protein, Intermittent Fasting Low-Calorie Diet and Heart Healthy Diet for Vascular Health of the Obese. Frontiers in Physiology, 2016, 7, 350.	2.8	45
15	A Practical Equation to Predict Resting Metabolic Rate in Older Females. Journal of the American Geriatrics Society, 1993, 41, 389-395.	2.6	42
16	Effects of short-term inactivity on glucose tolerance, energy expenditure, and blood flow in trained subjects. Journal of Applied Physiology, 1998, 84, 1365-1373.	2.5	40
17	Plasma adiponectin and insulin sensitivity in overweight and normal-weight middle-aged premenopausal women. Metabolism: Clinical and Experimental, 2009, 58, 638-643.	3.4	35
18	Influence of night-time protein and carbohydrate intake on appetite and cardiometabolic risk in sedentary overweight and obese women. British Journal of Nutrition, 2014, 112, 320-327.	2.3	35

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19	Neuropsychological Benefits of Stationary Bike Exercise and a Cybercycle Exergame for Older Adults with Diabetes: An Exploratory Analysis. <i>Journal of Diabetes Science and Technology</i> , 2012, 6, 849-857.	2.2	32
20	Influence of age on the thermic response to caffeine in women. <i>Metabolism: Clinical and Experimental</i> , 2000, 49, 101-107.	3.4	30
21	A practical equation to predict resting metabolic rate in older men. <i>Metabolism: Clinical and Experimental</i> , 1993, 42, 950-957.	3.4	28
22	Leptin concentrations experience a delayed reduction after resistance exercise in men. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 608-613.	0.4	28
23	Relationship of blood pressure, behavioral mood state, and physical activity following caffeine ingestion in younger and older women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 754-762.	1.9	27
24	Protein-Pacing Caloric-Restriction Enhances Body Composition Similarly in Obese Men and Women during Weight Loss and Sustains Efficacy during Long-Term Weight Maintenance. <i>Nutrients</i> , 2016, 8, 476.	4.1	24
25	Sports Drinks, Exercise Training, and Competition. <i>Current Sports Medicine Reports</i> , 2008, 7, 202-208.	1.2	23
26	Blood lactate concentration at the maximal lactate steady state is not dependent on endurance capacity in healthy recreationally trained individuals. <i>European Journal of Applied Physiology</i> , 2012, 112, 3079-3086.	2.5	21
27	Effects of a combined protein and antioxidant supplement on recovery of muscle function and soreness following eccentric exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 21.	3.9	20
28	Performance Enhancing Diets and the PRISE Protocol to Optimize Athletic Performance. <i>Journal of Nutrition and Metabolism</i> , 2015, 2015, 1-39.	1.8	18
29	Protein-Pacing and Multi-Component Exercise Training Improves Physical Performance Outcomes in Exercise-Trained Women: The PRISE 3 Study. <i>Nutrients</i> , 2016, 8, 332.	4.1	15
30	Protein-Pacing from Food or Supplementation Improves Physical Performance in Overweight Men and Women: The PRISE 2 Study. <i>Nutrients</i> , 2016, 8, 288.	4.1	13
31	Multi-modal exercise training and protein-pacing enhances physical performance adaptations independent of growth hormone and BDNF but may be dependent on IGF-1 in exercise-trained men. <i>Growth Hormone and IGF Research</i> , 2017, 32, 60-70.	1.1	12
32	Serum Polychlorinated Biphenyls Increase and Oxidative Stress Decreases with a Protein-Pacing Caloric Restriction Diet in Obese Men and Women. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 59.	2.6	12
33	Executive function and self-regulated exergaming adherence among older adults. <i>Frontiers in Human Neuroscience</i> , 2014, 8, 989.	2.0	11
34	The impact of a pre-loaded multi-ingredient performance supplement on muscle soreness and performance following downhill running. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 2.	3.9	10
35	Impact of intermittent fasting regimens on circulating markers of oxidative stress in overweight and obese humans: A systematic review of randomized controlled trials. <i>Advances in Redox Research</i> , 2021, 3, 100026.	2.1	9
36	Lower Postprandial Thermogenic Response to an Unprocessed Whole Food Meal Compared to an Iso-Energetic/Macronutrient Meal Replacement in Young Women: A Single-Blind Randomized Cross-Over Trial. <i>Nutrients</i> , 2020, 12, 2469.	4.1	6

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37	Physiological Demands of Simulated Off-Road Cycling Competition. <i>Journal of Sports Science and Medicine</i> , 2015, 14, 799-810.	1.6	5
38	A Gluten-Free Meal Produces a Lower Postprandial Thermogenic Response Compared to an Iso-Energetic/Macronutrient Whole Food or Processed Food Meal in Young Women: A Single-Blind Randomized Cross-Over Trial. <i>Nutrients</i> , 2020, 12, 2035.	4.1	3
39	Resistant Starch Combined with Whey Protein Increases Postprandial Metabolism and Lowers Glucose and Insulin Responses in Healthy Adult Men. <i>Foods</i> , 2021, 10, 537.	4.3	3
40	Higher-protein intake and physical activity are associated with healthier body composition and cardiometabolic health in Hispanic adults. <i>Clinical Nutrition ESPEN</i> , 2019, 30, 145-151.	1.2	2
41	Effects of a high-protein low-calorie intermittent-fast diet on plasma toxins and oxidative stress following weight loss (LB435). <i>FASEB Journal</i> , 2014, 28, LB435.	0.5	0