

Almudena Snchez-Villegas

List of Publications by Citations

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144
papers

9,409
citations

55
h-index

95
g-index

159
ext. papers

11,484
ext. citations

5.5
avg, IF

5.95
L-index

#	Paper	IF	Citations
144	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018 , 378, e34	59.2	1232
143	Association of the Mediterranean dietary pattern with the incidence of depression: the Seguimiento Universidad de Navarra/University of Navarra follow-up (SUN) cohort. <i>Archives of General Psychiatry</i> , 2009 , 66, 1090-8		409
142	Validation of the Spanish version of the physical activity questionnaire used in the Nurses' Health Study and the Health Professionals' Follow-up Study. <i>Public Health Nutrition</i> , 2005 , 8, 920-7	3.3	365
141	Relationship between body image disturbance and incidence of depression: the SUN prospective cohort. <i>BMC Public Health</i> , 2009 , 9, 1	4.1	317
140	Nutritional medicine as mainstream in psychiatry. <i>Lancet Psychiatry</i> , 2015 , 2, 271-4	23.3	268
139	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013 , 11, 208	11.4	233
138	Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies. <i>Molecular Psychiatry</i> , 2019 , 24, 965-986	15.1	203
137	Mediterranean diet inversely associated with the incidence of metabolic syndrome: the SUN prospective cohort. <i>Diabetes Care</i> , 2007 , 30, 2957-9	14.6	174
136	Predictors of weight gain in a Mediterranean cohort: the Seguimiento Universidad de Navarra Study 1. <i>American Journal of Clinical Nutrition</i> , 2006 , 83, 362-70; quiz 394-5	7	165
135	Validity of a self-reported diagnosis of depression among participants in a cohort study using the Structured Clinical Interview for DSM-IV (SCID-I). <i>BMC Psychiatry</i> , 2008 , 8, 43	4.2	158
134	Fast-food and commercial baked goods consumption and the risk of depression. <i>Public Health Nutrition</i> , 2012 , 15, 424-32	3.3	155
133	Adherence to the Mediterranean diet, long-term weight change, and incident overweight or obesity: the Seguimiento Universidad de Navarra (SUN) cohort. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 1484-93	7	151
132	Dietary fat intake and the risk of depression: the SUN Project. <i>PLoS ONE</i> , 2011 , 6, e16268	3.7	146
131	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015 , 7, 4124-38	6.7	142
130	Gender, age, socio-demographic and lifestyle factors associated with major dietary patterns in the Spanish Project SUN (Seguimiento Universidad de Navarra). <i>European Journal of Clinical Nutrition</i> , 2003 , 57, 285-92	5.2	136
129	The emerging role of Mediterranean diets in cardiovascular epidemiology: monounsaturated fats, olive oil, red wine or the whole pattern?. <i>European Journal of Epidemiology</i> , 2004 , 19, 9-13	12.1	135
128	Adherence to a Mediterranean dietary pattern and weight gain in a follow-up study: the SUN cohort. <i>International Journal of Obesity</i> , 2006 , 30, 350-8	5.5	134

127	Physical activity, sedentary index, and mental disorders in the SUN cohort study. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 827-34	1.2	132
126	Long chain omega-3 fatty acids intake, fish consumption and mental disorders in the SUN cohort study. <i>European Journal of Nutrition</i> , 2007 , 46, 337-46	5.2	132
125	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. <i>Diabetes Care</i> , 2019 , 42, 777-788	14.6	123
124	Mediterranean diet and stroke: objectives and design of the SUN project. Seguimiento Universidad de Navarra. <i>Nutritional Neuroscience</i> , 2002 , 5, 65-73	3.6	116
123	Mediterranean diet and depression. <i>Public Health Nutrition</i> , 2006 , 9, 1104-9	3.3	111
122	Diet, a new target to prevent depression?. <i>BMC Medicine</i> , 2013 , 11, 3	11.4	106
121	Dietary recommendations for the prevention of depression. <i>Nutritional Neuroscience</i> , 2017 , 20, 161-171	3.6	104
120	Evaluating the quality of dietary intake validation studies. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S3-9	3.6	103
119	Adherence to the Mediterranean diet and quality of life in the SUN Project. <i>European Journal of Clinical Nutrition</i> , 2012 , 66, 360-8	5.2	100
118	Association of fiber intake and fruit/vegetable consumption with weight gain in a Mediterranean population. <i>Nutrition</i> , 2006 , 22, 504-11	4.8	96
117	Determinants of the adherence to an "a priori" defined Mediterranean dietary pattern. <i>European Journal of Nutrition</i> , 2002 , 41, 249-57	5.2	96
116	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S21-8	3.6	93
115	Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial. <i>Journal of the American College of Nutrition</i> , 2016 , 35, 568-580	3.5	91
114	Nutritional assessment interpretation on 22,007 Spanish community-dwelling elders through the Mini Nutritional Assessment test. <i>Public Health Nutrition</i> , 2009 , 12, 82-90	3.3	91
113	A longitudinal analysis of diet quality scores and the risk of incident depression in the SUN Project. <i>BMC Medicine</i> , 2015 , 13, 197	11.4	88
112	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
111	The Effect of the Mediterranean Diet on Hypertension: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition Education and Behavior</i> , 2016 , 48, 42-53.e1	2	85
110	Association between folate, vitamin B(6) and vitamin B(12) intake and depression in the SUN cohort study. <i>Journal of Human Nutrition and Dietetics</i> , 2009 , 22, 122-33	3.1	85

109	Olive oil consumption and weight change: the SUN prospective cohort study. <i>Lipids</i> , 2006 , 41, 249-56	1.6	84
108	Benefits of the Mediterranean diet: Epidemiological and molecular aspects. <i>Molecular Aspects of Medicine</i> , 2019 , 67, 1-55	16.7	77
107	Costs of Mediterranean and western dietary patterns in a Spanish cohort and their relationship with prospective weight change. <i>Journal of Epidemiology and Community Health</i> , 2009 , 63, 920-7	5.1	76
106	The effect of the Mediterranean diet on plasma brain-derived neurotrophic factor (BDNF) levels: the PREDIMED-NAVARRA randomized trial. <i>Nutritional Neuroscience</i> , 2011 , 14, 195-201	3.6	74
105	Does the MIND diet decrease depression risk? A comparison with Mediterranean diet in the SUN cohort. <i>European Journal of Nutrition</i> , 2019 , 58, 1271-1282	5.2	74
104	Dietary inflammatory index, cardiometabolic conditions and depression in the Seguimiento Universidad de Navarra cohort study. <i>British Journal of Nutrition</i> , 2015 , 114, 1471-9	3.6	72
103	Weight status of European preschool children and associations with family demographics and energy balance-related behaviours: a pooled analysis of six European studies. <i>Obesity Reviews</i> , 2012 , 13 Suppl 1, 29-41	10.6	72
102	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018 , 37, 906-913	5.9	71
101	A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. <i>Public Health Nutrition</i> , 2010 , 13, 1358-63	3.3	71
100	Dietary assessment methods for micronutrient intake: a systematic review on vitamins. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S10-37	3.6	68
99	Obesity risk is associated with carbohydrate intake in women carrying the Gln27Glu beta2-adrenoceptor polymorphism. <i>Journal of Nutrition</i> , 2003 , 133, 2549-54	4.1	68
98	Ultra-processed food consumption and the incidence of depression in a Mediterranean cohort: the SUN Project. <i>European Journal of Nutrition</i> , 2020 , 59, 1093-1103	5.2	66
97	Diet and depression: exploring the biological mechanisms of action. <i>Molecular Psychiatry</i> , 2021 , 26, 134-150	15.0	66
96	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018 , 13, e0198974	3.7	65
95	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , 2013 , 11, 192	11.4	63
94	A systematic review of socioeconomic differences in food habits in Europe: consumption of cheese and milk. <i>European Journal of Clinical Nutrition</i> , 2003 , 57, 917-29	5.2	62
93	Dietary assessment methods for micronutrient intake in infants, children and adolescents: a systematic review. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S87-117	3.6	61
92	Prospective study of self-reported usual snacking and weight gain in a Mediterranean cohort: the SUN project. <i>Clinical Nutrition</i> , 2010 , 29, 323-30	5.9	61

91	The Mediterranean diet is associated with a reduction in premature mortality among middle-aged adults. <i>Journal of Nutrition</i> , 2012 , 142, 1672-8	4.1	56
90	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019 , 38, 1221-1231	5.9	55
89	International Society for Nutritional Psychiatry Research consensus position statement: nutritional medicine in modern psychiatry. <i>World Psychiatry</i> , 2015 , 14, 370-1	14.4	55
88	Disparities in food habits in Europe: systematic review of educational and occupational differences in the intake of fat. <i>Journal of Human Nutrition and Dietetics</i> , 2003 , 16, 349-64	3.1	55
87	Food patterns and the prevention of depression. <i>Proceedings of the Nutrition Society</i> , 2016 , 75, 139-46	2.9	55
86	Dietary patterns and total mortality in a Mediterranean cohort: the SUN project. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014 , 114, 37-47	3.9	51
85	Dietary assessment methods for intakes of iron, calcium, selenium, zinc and iodine. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S38-55	3.6	49
84	Dietary ω -linolenic Acid, Marine ω 3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	48
83	Dietary assessment methods for micronutrient intake in elderly people: a systematic review. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S118-49	3.6	41
82	Immunomodulatory effects of the intake of fermented milk with <i>Lactobacillus casei</i> DN114001 in lactating mothers and their children. <i>British Journal of Nutrition</i> , 2008 , 100, 834-45	3.6	40
81	Beverage Consumption Habits and Association with Total Water and Energy Intakes in the Spanish Population: Findings of the ANIBES Study. <i>Nutrients</i> , 2016 , 8, 232	6.7	40
80	Childhood and young adult overweight/obesity and incidence of depression in the SUN project. <i>Obesity</i> , 2010 , 18, 1443-8	8	39
79	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , 2019 , 322, 1486-1499	27.4	38
78	Predictors of follow-up and assessment of selection bias from dropouts using inverse probability weighting in a cohort of university graduates. <i>European Journal of Epidemiology</i> , 2006 , 21, 351-8	12.1	38
77	Relationship between consumer food safety knowledge and reported behavior among students from health sciences in one region of Spain. <i>Journal of Food Protection</i> , 2005 , 68, 2631-6	2.5	38
76	Effect of a Mediterranean Diet Intervention on Dietary Glycemic Load and Dietary Glycemic Index: The PREDIMED Study. <i>Journal of Nutrition and Metabolism</i> , 2014 , 2014, 985373	2.7	36
75	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. <i>Journal of Nutrition</i> , 2019 , 149, 1920-1929	4.1	35
74	A longitudinal assessment of alcohol intake and incident depression: the SUN project. <i>BMC Public Health</i> , 2012 , 12, 954	4.1	35

73	Meta-analysis on the effect of the N363S polymorphism of the glucocorticoid receptor gene (GRL) on human obesity. <i>BMC Medical Genetics</i> , 2006 , 7, 50	2.1	35
72	Validity of self reported diagnoses of cancer in a major Spanish prospective cohort study. <i>Journal of Epidemiology and Community Health</i> , 2006 , 60, 593-9	5.1	33
71	Dietary total antioxidant capacity and mortality in the PREDIMED study. <i>European Journal of Nutrition</i> , 2016 , 55, 227-36	5.2	32
70	Empirically derived dietary patterns and health-related quality of life in the SUN project. <i>PLoS ONE</i> , 2013 , 8, e61490	3.7	32
69	Olive oil consumption and risk of breast cancer in the Canary Islands: a population-based case-control study. <i>Public Health Nutrition</i> , 2006 , 9, 163-7	3.3	31
68	Added sugars and sugar-sweetened beverage consumption, dietary carbohydrate index and depression risk in the Seguimiento Universidad de Navarra (SUN) Project. <i>British Journal of Nutrition</i> , 2018 , 119, 211-221	3.6	30
67	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	30
66	Changes in bread consumption and 4-year changes in adiposity in Spanish subjects at high cardiovascular risk. <i>British Journal of Nutrition</i> , 2013 , 110, 337-46	3.6	29
65	The Association Between the Mediterranean Lifestyle and Depression. <i>Clinical Psychological Science</i> , 2016 , 4, 1085-1093	6	28
64	Magnesium intake is not related to depression risk in Spanish university graduates. <i>Journal of Nutrition</i> , 2012 , 142, 1053-9	4.1	26
63	Perception of body image as indicator of weight status in the European union. <i>Journal of Human Nutrition and Dietetics</i> , 2001 , 14, 93-102	3.1	26
62	Perceived and actual obesity in childhood and adolescence and risk of adult depression. <i>Journal of Epidemiology and Community Health</i> , 2013 , 67, 81-6	5.1	24
61	Is the food frequency questionnaire suitable to assess micronutrient intake adequacy for infants, children and adolescents?. <i>Maternal and Child Nutrition</i> , 2010 , 6 Suppl 2, 112-21	3.4	24
60	Physical activity during leisure time and quality of life in a Spanish cohort: SUN (Seguimiento Universidad de Navarra) project. <i>British Journal of Sports Medicine</i> , 2012 , 46, 443-8	10.3	23
59	Relationship between adherence to Dietary Approaches to Stop Hypertension (DASH) diet indices and incidence of depression during up to 8 years of follow-up. <i>Public Health Nutrition</i> , 2017 , 20, 2383-2392	3.3	22
58	Association between dietary and beverage consumption patterns in the SUN (Seguimiento Universidad de Navarra) cohort study. <i>Public Health Nutrition</i> , 2009 , 12, 351-8	3.3	21
57	Intake of High-Fat Yogurt, but Not of Low-Fat Yogurt or Prebiotics, Is Related to Lower Risk of Depression in Women of the SUN Cohort Study. <i>Journal of Nutrition</i> , 2016 , 146, 1731-9	4.1	21
56	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , 2018 , 10,	6.7	21

55	Exercise Intensity and Incidence of Metabolic Syndrome: The SUN Project. <i>American Journal of Preventive Medicine</i> , 2017 , 52, e95-e101	6.1	20
54	Micronutrient intake adequacy and depression risk in the SUN cohort study. <i>European Journal of Nutrition</i> , 2018 , 57, 2409-2419	5.2	20
53	A brief assessment of eating habits and weight gain in a Mediterranean cohort. <i>British Journal of Nutrition</i> , 2011 , 105, 765-75	3.6	18
52	Dietary fat intake and quality of life: the SUN project. <i>Nutrition Journal</i> , 2011 , 10, 121	4.3	17
51	Physical fitness and obesity are associated in a dose-dependent manner in children. <i>Annals of Nutrition and Metabolism</i> , 2010 , 57, 251-9	4.5	17
50	Effect of Zinc Intake on Growth in Infants: A Meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2016 , 56, 350-63	11.5	16
49	Preventing the recurrence of depression with a Mediterranean diet supplemented with extra-virgin olive oil. The PREDI-DEP trial: study protocol. <i>BMC Psychiatry</i> , 2019 , 19, 63	4.2	16
48	Geographical and climatic factors and depression risk in the SUN project. <i>European Journal of Public Health</i> , 2014 , 24, 626-31	2.1	15
47	Effect of zinc intake on mental and motor development in infants: a meta-analysis. <i>International Journal for Vitamin and Nutrition Research</i> , 2013 , 83, 203-15	1.7	15
46	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019 , 11,	6.7	14
45	Chocolate consumption and incidence of hypertension. <i>Hypertension</i> , 2005 , 46, e21-2; author reply e22	8.5	14
44	Association between the adherence to the Mediterranean diet and overweight and obesity in pregnant women in Gran Canaria. <i>Nutricion Hospitalaria</i> , 2013 , 28, 654-9	1	14
43	Coffee Consumption and the Risk of Depression in a Middle-Aged Cohort: The SUN Project. <i>Nutrients</i> , 2018 , 10,	6.7	14
42	Beverage Consumption Habits among the European Population: Association with Total Water and Energy Intakes. <i>Nutrients</i> , 2017 , 9,	6.7	13
41	Methodological aspects of the study of dietary patterns during pregnancy and maternal and infant health outcomes. A systematic review. <i>Maternal and Child Nutrition</i> , 2010 , 6 Suppl 2, 100-11	3.4	13
40	Glycemic index, glycemic load and invasive breast cancer incidence in postmenopausal women: The PREDIMED study. <i>European Journal of Cancer Prevention</i> , 2016 , 25, 524-32	2	13
39	Cardiovascular risk and incidence of depression in young and older adults: evidence from the SUN cohort study. <i>World Psychiatry</i> , 2017 , 16, 111	14.4	12
38	Lifestyles and the risk of depression in the "Seguimiento Universidad de Navarra" cohort. <i>European Psychiatry</i> , 2019 , 61, 33-40	6	12

37	Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , 2017 , 6,	6	11
36	Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. <i>Journal of Nutrition</i> , 2017 , 147, 2272-2281	4.1	11
35	A high dietary glycemic index increases total mortality in a Mediterranean population at high cardiovascular risk. <i>PLoS ONE</i> , 2014 , 9, e107968	3.7	11
34	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMED-Plus Study. <i>Obesity</i> , 2020 , 28, 537-543	8	10
33	Effect of zinc intake on serum/plasma zinc status in infants: a meta-analysis. <i>Maternal and Child Nutrition</i> , 2013 , 9, 285-98	3.4	10
32	The influence of obesity and weight gain on quality of life according to the SF-36 for individuals of the dynamic follow-up cohort of the University of Navarra. <i>Revista Clinica Espanola</i> , 2018 , 218, 408-416	0.7	8
31	Daily physical activity and macronutrient distribution of low-calorie diets jointly affect body fat reduction in obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009 , 34, 595-602	3	8
30	Consumo de tabaco en titulados universitarios. El Proyecto SUN (Seguimiento Universidad de Navarra). <i>Gaceta Sanitaria</i> , 2004 , 18, 108-117	2.2	8
29	Magnesium intake and depression: the SUN cohort. <i>Magnesium Research</i> , 2016 , 29, 102-111	1.7	8
28	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , 2021 , 60, 2381-2396	5.2	8
27	Cost of compliance with daily recommended values of micronutrients among a cohort of Spanish university graduates: the SUN (Seguimiento Universidad de Navarra) Study. <i>Public Health Nutrition</i> , 2009 , 12, 2092-6	3.3	7
26	Childhood underweight, weight gain during childhood to adolescence/young adulthood and incidence of adult metabolic syndrome in the SUN (Seguimiento Universidad de Navarra) Project. <i>Public Health Nutrition</i> , 2011 , 14, 1237-44	3.3	7
25	Self-perceived level of competitiveness, tension and dependency and depression risk in the SUN cohort. <i>BMC Psychiatry</i> , 2018 , 18, 241	4.2	7
24	Use of non-steroidal anti-inflammatory drugs, aspirin and the risk of depression: The "Seguimiento Universidad de Navarra (SUN)" cohort. <i>Journal of Affective Disorders</i> , 2019 , 247, 161-167	6.6	6
23	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	6
22	Mediterranean Diet 2019 , 292-301		6
21	Dimensions of leisure-time physical activity and risk of depression in the "Seguimiento Universidad de Navarra" (SUN) prospective cohort. <i>BMC Psychiatry</i> , 2020 , 20, 98	4.2	5
20	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020 , 59, 2195-2206	5.2	5

19	Wilson disease: revision of diagnostic criteria in a clinical series with great genetic homogeneity. <i>Journal of Gastroenterology</i> , 2021 , 56, 78-89	6.9	4
18	Effect of an Intensive Weight-Loss Lifestyle Intervention on Kidney Function: A Randomized Controlled Trial. <i>American Journal of Nephrology</i> , 2021 , 52, 45-58	4.6	4
17	Diet and depression: future needs to unlock the potential. <i>Molecular Psychiatry</i> , 2021 ,	15.1	3
16	Healthy diet, depression and quality of life: A narrative review of biological mechanisms and primary prevention opportunities. <i>World Journal of Psychiatry</i> , 2021 , 11, 997-1016	3	3
15	Health-related quality of life in individuals with metabolic syndrome: A cross-sectional study. <i>Semergen</i> , 2020 , 46, 524-537	1.9	3
14	The Association Between the Mediterranean Lifestyle Index and All-Cause Mortality in the Seguimiento Universidad de Navarra Cohort. <i>American Journal of Preventive Medicine</i> , 2020 , 59, e239-e248	6.1	3
13	A Healthy Diet for Your Heart and Your Brain 2018 , 169-197		3
12	Glycemic index, glycemic load, and metabolic syndrome in Mexican adolescents: a cross-sectional study from the NHNS-2012. <i>BMC Nutrition</i> , 2017 , 3, 44	2.5	2
11	Response to: Measuring adherence to the Mediterranean diet (Kleiman SC) Median-centered dietary indices do not accurately classify exposure to the Mediterranean diet (Smith LP) Adherence to the Mediterranean diet and quality of life in the SUN Project (Kepler S) <i>European Journal of Clinical Nutrition</i> , 2012 , 66, 976-976	5.2	2
10	A Healthy-Eating Model Called Mediterranean Diet 2018 , 1-24		2
9	Mediterranean Diet and Quality of Life 2015 , 61-68		1
8	Bread Intake and Abdominal Fat 2014 , 261-279		1
7	Depression and metabolic syndrome in participants of the "Seguimiento Universidad de Navarra" (SUN) cohort study. <i>Journal of Affective Disorders</i> , 2021 , 284, 183-189	6.6	1
6	Self-perceived level of competitiveness, tension, and dependency and lifestyles in the 'Seguimiento Universidad de Navarra' cohort study. <i>Public Health</i> , 2018 , 157, 32-42	4	0
5	Tooth avulsion accidents due to urgent and emergency orotracheal intubation. <i>Medicina Oral, Patología Oral Y Cirugía Bucal</i> , 2020 , 25, e353-e358	2.6	0
4	Psychological and metabolic risk factors in older adults with a previous history of eating disorder: A cross-sectional study from the Predimed-Plus study. <i>European Eating Disorders Review</i> , 2021 , 29, 575-587	5.3	0
3	Virgin Olive Oil 2018 , 59-87		0
2	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study.. <i>PLoS ONE</i> , 2022 , 17, e0265079	3.7	0

- 1 Effects of Intake of Milk Enriched with <i>Aloe vera</i> on Patients with Gastrointestinal Reflux Disease. *Food and Nutrition Sciences (Print)*, **2014**, 05, 936-942 0.4