Hiroyuki Sasai

List of Publications by Year
in descending order

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64	1,137	394286	434063
papers	citations	19 h-index	31 g-index

69	69	69	2034
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Physical Activity and Its Diurnal Fluctuations Vary by Non-Motor Symptoms in Patients with Parkinsonâ€™s Disease: An Exploratory Study. Healthcare (Switzerland), 2022, 10, 749.	1.0	2
2	Sport Program Service study and Setagaya-Aoba study. The Journal of Physical Fitness and Sports Medicine, 2022, 11, 127-136.	0.2	0
3	Risk Factors of Sports-Related Injury in School-Aged Children and Adolescents: A Retrospective Questionnaire Survey. International Journal of Environmental Research and Public Health, 2022, 19, 8662.	1.2	0
4	Association of Knee Extensor Muscle Strength and Cardiorespiratory Fitness With Bone Stiffness in Japanese Adults: A Cross-sectional Study. Journal of Epidemiology, 2021, , .	1.1	2
5	Comparison between volunteer- and expert-led versions of a community-based weight-loss intervention. Preventive Medicine Reports, 2021, 22, 101370.	0.8	1
6	Sports Specialization and Sports-Related Injuries in Japanese School-Aged Children and Adolescents: A Retrospective Descriptive Study. International Journal of Environmental Research and Public Health, 2021, 18, 7369.	1.2	8
7	Nursing Studentsâ€™ Practicums during the COVID-19 Crisis and the Effect on Infection-Prevention Behavior in Students: A Mixed-Method Approach. Medicina (Lithuania), 2021, 57, 1354.	0.8	0
8	Associations of Objectively Measured Physical Activity and Sleep with Weight Loss Maintenance: A Preliminary Study of Japanese Adults. Behavioral Sciences (Basel, Switzerland), 2020, 10, 3.	1.0	2
9	Developing the structure of Japanâ€™s cancer survivorship guidelines using an expert panel and modified Delphi method. Journal of Cancer Survivorship, 2020, 14, 273-283.	1.5	9
10	Physical Fitness Levels among Colon Cancer Survivors with a Stoma: A Preliminary Study. Medicina (Lithuania), 2020, 56, 601.	0.8	2
11	A Novel Exercise for Enhancing Visuospatial Ability in Older Adults with Frailty: Development, Feasibility, and Effectiveness. Geriatrics (Switzerland), 2020, 5, 29.	0.6	6
12	A Single Motivational Lecture Can Promote Modest Weight Loss: A Randomized Controlled Trial. Obesity Facts, 2020, 13, 267-278.	1.6	3
13	Web-based intervention to promote weight-loss maintenance using an activity monitor: A randomized controlled trial. Preventive Medicine Reports, 2019, 14, 100839.	0.8	13
14	Relationship of Cardiorespiratory Fitness and Body Mass Index with the Incidence of Dyslipidemia among Japanese Women: A Cohort Study. International Journal of Environmental Research and Public Health, 2019, 16, 4647.	1.2	13
15	Effects of Vibrotactile Feedback on Sedentary Behaviors in Adults: A Pilot Randomized Controlled Trial. International Journal of Environmental Research and Public Health, 2019, 16, 4612.	1.2	2
16	How Well iPhones Measure Steps in Free-Living Conditions: Cross-Sectional Validation Study. JMIR MHealth and UHealth, 2019, 7, e10418.	1.8	43
17	Accuracy of 12 Wearable Devices for Estimating Physical Activity Energy Expenditure Using a Metabolic Chamber and the Doubly Labeled Water Method: Validation Study. JMIR MHealth and UHealth, 2019, 7, e13938.	1.8	60
18	Weight loss maintenance for 1 year after a 6-month diet and physical activity program in obese Japanese men. Japanese Journal of Physical Fitness and Sports Medicine, 2019, 68, 251-259.	0.0	0

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19	Comparison of accelerometerâ€measured sedentary behavior, and lightâ€and moderateâ€toâ€vigorousâ€intensity physical activity in whiteâ€and blueâ€collar workers in a Japanese manufacturing plant. Journal of Occupational Health, 2018, 60, 246-253.	1.0	30
20	Randomized trial of amino acid mixture combined with physical activity promotion for abdominal fat reduction in overweight adults. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2018, Volume 11, 23-33.	1.1	7
21	Professional dietary coaching within a group chat using a smartphone application for weight loss: a randomized controlled trial. Journal of Multidisciplinary Healthcare, 2018, Volume 11, 339-347.	1.1	23
22	Simultaneous Validation of Seven Physical Activity Questionnaires Used in Japanese Cohorts for Estimating Energy Expenditure: A Doubly Labeled Water Study. Journal of Epidemiology, 2018, 28, 437-442.	1.1	22
23	Associations of various exercise types with self-rated health status: A secondary analysis of Sports-Life Data 2012. The Journal of Physical Fitness and Sports Medicine, 2018, 7, 95-102.	0.2	2
24	Need for peri-operative weight loss among obese colorectal cancer patients. Japanese Journal of Physical Fitness and Sports Medicine, 2018, 67, 147-155.	0.0	0
25	Assessing sedentary behavior using wearable devices: An overview and future directions. The Journal of Physical Fitness and Sports Medicine, 2017, 6, 135-143.	0.2	10
26	Dose-ranging pilot randomized trial of amino acid mixture combined with physical activity promotion for reducing abdominal fat in overweight adults. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2017, Volume 10, 297-309.	1.1	10
27	Comparability of activity monitors used in Asian and Western-country studies for assessing free-living sedentary behaviour. PLoS ONE, 2017, 12, e0186523.	1.1	53
28	Percentage-Method Improves Properties of Workers’ Sitting- and Walking-Time Questionnaire. Journal of Epidemiology, 2016, 26, 405-412.	1.1	22
29	Atrial Fibrillation and Declining Physical Performance in Older Adults. Circulation: Arrhythmia and Electrophysiology, 2016, 9, e003525.	2.1	41
30	Objectively measured nightâ€toâ€night sleep variations are associated with body composition in very elderly women. Journal of Sleep Research, 2015, 24, 639-647.	1.7	26
31	Lifestyle Modification Decreases Arterial Stiffness in Overweight and Obese Men: Dietary Modification vs. Exercise Training. International Journal of Sport Nutrition and Exercise Metabolism, 2015, 25, 69-77.	1.0	24
32	Does Visceral Fat Estimated by Dual-Energy X-ray Absorptiometry Independently Predict Cardiometabolic Risks in Adults?. Journal of Diabetes Science and Technology, 2015, 9, 917-924.	1.3	38
33	Association between objectively measured sleep quality and physical function among communityâ€dwelling oldest old <scp>J</scp>apanese: A crossâ€sectional study. Geriatrics and Gerontology International, 2015, 15, 1040-1048.	0.7	32
34	Current review of intervention studies on obesity and the role of physical activity in weight control. The Journal of Physical Fitness and Sports Medicine, 2015, 4, 321-329.	0.2	3
35	Abdominal obesity: causal factor or simply a symptom of obesity-related health risk. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2014, 7, 289.	1.1	7
36	Effects of Exercise Training on Circulating Retinol-Binding Protein 4 and Cardiovascular Disease Risk Factors in Obese Men. Obesity Facts, 2012, 5, 845-855.	1.6	20

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37	Visceral Adipose Tissue Volume Estimated at Imaging Sites 5-6 cm Above L4-L5 Is Optimal for Predicting Cardiovascular Risk Factors in Obese Japanese Men. Tohoku Journal of Experimental Medicine, 2012, 227, 297-305.	0.5	12
38	Efficiency of a Free-Living Physical Activity Promotion Program Following Diet Modification for Fat Loss in Japanese Obese Men. Journal of Nutritional Science and Vitaminology, 2012, 58, 384-392.	0.2	5
39	Multiple-slice magnetic resonance imaging can detect visceral adipose tissue reduction more accurately than single-slice imaging. European Journal of Clinical Nutrition, 2012, 66, 1351-1355.	1.3	25
40	Best single-slice measurement site for estimating visceral adipose tissue volume after weight loss in obese, Japanese men. Nutrition and Metabolism, 2012, 9, 56.	1.3	23
41	Effect of weight loss on maximal fat oxidation rate in obese men. Obesity Research and Clinical Practice, 2012, 6, e111-e119.	0.8	12
42	Exercise, diet, and weight loss. The Journal of Physical Fitness and Sports Medicine, 2012, 1, 457-465.	0.2	3
43	Predictive models of bone mineral density from anthropometric, physical fitness, body composition and quantitative ultrasound variables in overweight and obese Japanese men. Japanese Journal of Physical Fitness and Sports Medicine, 2012, 61, 243-249.	0.0	0
44	The effects of 30min of exercise on cardiovascular disease risk factors in healthy and obese individuals. Atherosclerosis, 2011, 216, 496-497.	0.4	2
45	Effects of regular exercise combined with ingestion of vespa amino acid mixture on aerobic fitness and cardiovascular disease risk factors in sedentary older women: A preliminary study. Geriatrics and Gerontology International, 2011, 11, 24-31.	0.7	9
46	Long-term exposure to elevated blood pressure and mortality from cardiovascular disease in a Japanese population: the Ibaraki Prefectural Health Study. Hypertension Research, 2011, 34, 139-144.	1.5	15
47	Aotake: A modified stepping exercise as a useful means of improving lowerâ€extremity functional fitness in older adults. Geriatrics and Gerontology International, 2010, 10, 244-250.	0.7	4
48	Is Pentraxin 3 Involved in Obesity-Induced Decrease in Arterial Distensibility?. Journal of Atherosclerosis and Thrombosis, 2010, 17, 278-284.	0.9	39
49	Physical activity and intra-abdominal fat reduction: effects of age, obesity phenotype and vigorous physical activity. Japanese Journal of Physical Fitness and Sports Medicine, 2010, 59, 68-68.	0.0	2
50	Twelve-Week Jogging Training Increases Pre-Heparin Serum Lipoprotein Lipase Concentrations in Overweight/Obese Middle-Aged Men. Journal of Atherosclerosis and Thrombosis, 2010, 17, 21-29.	0.9	22
51	Response of Coronary Heart Disease Risk Factors to Changes in Body Fat during Diet-Induced Weight Reduction in Japanese Obese Men: A Pilot Study. Annals of Nutrition and Metabolism, 2010, 56, 1-8.	1.0	4
52	Post-prandial capillary triacylglycerol responses to moderate exercise in centrally obese middle-aged men. Journal of Sports Sciences, 2010, 28, 1269-1275.	1.0	10
53	Air Displacement Plethysmography for Estimating Body Composition Changes with Weight Loss in Middle-Aged Japanese Men. Obesity Facts, 2010, 3, 357-362.	1.6	10
54	Relationship Between Obesity and Incident Diabetes in Middle-Aged and Older Japanese Adults: The Ibaraki Prefectural Health Study. Mayo Clinic Proceedings, 2010, 85, 36-40.	1.4	31

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55	The effects of vigorous physical activity on intra-abdominal fat levels: A preliminary study of middle-aged Japanese men. Diabetes Research and Clinical Practice, 2010, 88, 34-41.	1.1	16
56	Pre-Heparin Serum Lipoprotein Lipase Concentrations in Obese Men of Contrasting Physical Activity Status: A Preliminary Study. Journal of Atherosclerosis and Thrombosis, 2010, 17, 1110-1112.	0.9	0
57	Effect of Weight Reduction with Dietary Intervention on Arterial Distensibility and Endothelial Function in Obese Men. Angiology, 2009, 60, 351-357.	0.8	67
58	Effect of Habitual Aerobic Exercise on Body Weight and Arterial Function in Overweight and Obese Men. American Journal of Cardiology, 2009, 104, 823-828.	0.7	55
59	Obesity phenotype and intra-abdominal fat responses to regular aerobic exercise. Diabetes Research and Clinical Practice, 2009, 84, 230-238.	1.1	15
60	Weight reduction can decrease circulating soluble lectin-like oxidized low-density lipoprotein receptorâ€“1 levels in overweight middle-aged men. Metabolism: Clinical and Experimental, 2009, 58, 1209-1214.	1.5	22
61	Aerobic exercise training reduces epicardial fat in obese men. Journal of Applied Physiology, 2009, 106, 5-11.	1.2	164
62	EFFECTS OF CHANGE IN DAILY PHYSICAL ACTIVITY DURING AN EXERCISE INTERVENTION ON VITAL AGE AND PHYSICAL FITNESS AGE. Japanese Journal of Physical Fitness and Sports Medicine, 2008, 57, 463-474.	0.0	1
63	EFFECTS OF EXERCISE ON VISCERAL FAT IN OBESE MIDDLE-AGED MEN : COMPARISON TO DIETARY MODIFICATION. Japanese Journal of Physical Fitness and Sports Medicine, 2008, 57, 89-100.	0.0	6
64	The influence of physical activity-induced energy expenditure on the variance in body weight change among individuals during a diet intervention. Obesity Research and Clinical Practice, 2007, 1, 109-117.	0.8	9