

# Yanan Zhao

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/149946/publications.pdf>

Version: 2024-02-01

12  
papers

166  
citations

1684188

5  
h-index

1281871

11  
g-index

12  
all docs

12  
docs citations

12  
times ranked

192  
citing authors

#	ARTICLE	IF	CITATIONS
1	Neighborhood environment walkability and health-related quality of life among older adults in Hong Kong. <i>Archives of Gerontology and Geriatrics</i> , 2017, 73, 182-186.	3.0	40
2	Effectiveness of a balance-focused exercise program for enhancing functional fitness of older adults at risk of falling: A randomised controlled trial. <i>Geriatric Nursing</i> , 2017, 38, 491-497.	1.9	27
3	Efficacy of Exercise on Muscle Function and Physical Performance in Older Adults with Sarcopenia: An Updated Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 8212.	2.6	27
4	A canonical correlation analysis on the relationship between functional fitness and health-related quality of life in older adults. <i>Archives of Gerontology and Geriatrics</i> , 2017, 68, 44-48.	3.0	25
5	Associations between functional fitness and walking speed in older adults. <i>Geriatric Nursing</i> , 2021, 42, 540-543.	1.9	19
6	&lt;p&gt;Immediate Effect of Local Vibration Therapy for Sport-induced Fatigue Based on Traditional Chinese Medicineâ€™s Holistic Theory&lt;p&gt;. <i>Journal of Multidisciplinary Healthcare</i> , 2020, Volume 13, 1993-2001.	2.7	6
7	Effects of starting position, distance and ending point in a walking speed test among older adults. <i>Geriatrics and Gerontology International</i> , 2020, 20, 680-684.	1.5	5
8	Effect of tap dance on plantar pressure, postural stability and lower body function in older patients at risk of diabetic foot: a randomized controlled trial. <i>BMJ Open Diabetes Research and Care</i> , 2021, 9, e001909.	2.8	5
9	Functional fitness norms and trends of community-dwelling older adults in urban China. <i>Scientific Reports</i> , 2021, 11, 17745.	3.3	5
10	Effects of a Modified Tap Dance Program on Ankle Function and Postural Control in Older Adults: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6379.	2.6	4
11	Effectiveness of resistance training on resilience in Hong Kong Chinese older adults: study protocol for a randomized controlled trial. <i>BMC Geriatrics</i> , 2021, 21, 250.	2.7	2
12	Cross-cultural modifications and measurement properties of the CHAMPS questionnaire among Chinese older adults. <i>Journal of Exercise Science and Fitness</i> , 2021, 19, 13-18.	2.2	1