

Yanan Zhao

List of Publications by Year in descending order

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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 | 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 |
| 2 | 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 |
| 3 | Associations between functional fitness and walking speed in older adults. <i>Geriatric Nursing</i> , 2021, 42, 540-543. | 1.9 | 19 |
| 4 | 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 |
| 5 | 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 |
| 6 | 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 |
| 7 | Functional fitness norms and trends of community-dwelling older adults in urban China. <i>Scientific Reports</i> , 2021, 11, 17745. | 3.3 | 5 |
| 8 | <p>Immediate Effect of Local Vibration Therapy for Sport-induced Fatigue Based on Traditional Chinese Medicineâ€™s Holistic Theory</p>. <i>Journal of Multidisciplinary Healthcare</i> , 2020, Volume 13, 1993-2001. | 2.7 | 6 |
| 9 | 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 |
| 10 | 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 |
| 11 | 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 |
| 12 | 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 |