

George Metsios

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

86
papers

3,426
citations

31
h-index

57
g-index

88
ext. papers

4,157
ext. citations

3.7
avg, IF

5.34
L-index

#	Paper	IF	Citations
86	Effect of high-intensity exercise on cardiorespiratory fitness, cardiovascular disease risk and disease activity in patients with inflammatory joint disease: protocol for the ExeHeart randomised controlled trial.. <i>BMJ Open</i> , 2022 , 12, e058634	3	0
85	Comparative Efficacy of 5 Exercise Types on Cardiometabolic Health in Overweight and Obese Adults: A Systematic Review and Network Meta-Analysis of 81 Randomized Controlled Trials.. <i>Circulation: Cardiovascular Quality and Outcomes</i> , 2022 , 101161CIRCOUTCOMES121008243	5.8	3
84	Effects of Exercise and Physical Activity Levels on Vaccination Efficacy: A Systematic Review and Meta-Analysis. <i>Vaccines</i> , 2022 , 10, 769	5.3	0
83	Prevalence of uncoupling protein one genetic polymorphisms and their relationship with cardiovascular and metabolic health.. <i>PLoS ONE</i> , 2022 , 17, e0266386	3.7	1
82	Position Statement on Exercise Dosage in Rheumatic and Musculoskeletal Diseases: The Fole of the IMPACT-RMD Toolkit.. <i>Mediterranean Journal of Rheumatology</i> , 2021 , 32, 378-385	1.4	2
81	2021 EULAR recommendations for the implementation of self-management strategies in patients with inflammatory arthritis. <i>Annals of the Rheumatic Diseases</i> , 2021 , 80, 1278-1285	2.4	23
80	Autonomous motivation, cardiorespiratory fitness, and exercise in rheumatoid arthritis: Randomised controlled trial. <i>Psychology of Sport and Exercise</i> , 2021 , 55, 101904	4.2	2
79	Testing a self-determination theory-based process model of physical activity behavior change in rheumatoid arthritis: results of a randomized controlled trial. <i>Translational Behavioral Medicine</i> , 2021 , 11, 369-380	3.2	6
78	Different types of physical activity are positively associated with indicators of mental health and psychological wellbeing in rheumatoid arthritis during COVID-19. <i>Rheumatology International</i> , 2021 , 41, 335-344	3.6	10
77	Pain and fatigue are longitudinally and bi-directionally associated with more sedentary time and less standing time in rheumatoid arthritis. <i>Rheumatology</i> , 2021 , 60, 4548-4557	3.9	5
76	Cardiorespiratory fitness and physical activity in people who have rheumatoid arthritis at an increased risk of cardiovascular disease: a cross-sectional study. <i>Rheumatology International</i> , 2021 , 41, 2177-2183	3.6	1
75	Associations between nutrition, energy expenditure and energy availability with bone mass acquisition in dance students: a 3-year longitudinal study. <i>Archives of Osteoporosis</i> , 2021 , 16, 141	2.9	0
74	Measurement of sedentary time and physical activity in rheumatoid arthritis: an ActiGraph and activPAL validation study. <i>Rheumatology International</i> , 2020 , 40, 1509-1518	3.6	8
73	Exercise and inflammation. <i>Best Practice and Research in Clinical Rheumatology</i> , 2020 , 34, 101504	5.3	37
72	Theory-informed interventions to promote physical activity and reduce sedentary behaviour in rheumatoid arthritis: a critical review of the literature. <i>Mediterranean Journal of Rheumatology</i> , 2020 , 31, 19-41	1.4	5
71	Mental Health and Psychological Wellbeing in Rheumatoid Arthritis during COVID-19 - Can Physical Activity Help?. <i>Mediterranean Journal of Rheumatology</i> , 2020 , 31, 284-287	1.4	3
70	The effects of physical activity or sport-based interventions on psychological factors in adults with intellectual disabilities: a systematic review. <i>Journal of Intellectual Disability Research</i> , 2020 , 64, 69-92	3.2	14

69	The effects of exercise on cardiovascular disease risk factors and cardiovascular physiology in rheumatoid arthritis. <i>Rheumatology International</i> , 2020 , 40, 347-357	3.6	16
68	DancersHeart: Cardiac screening in elite dancers. <i>European Journal of Sport Science</i> , 2020 , 20, 920-925	3.9	0
67	Human white-fat thermogenesis: Experimental and meta-analytic findings. <i>Temperature</i> , 2020 , 8, 39-52	5.2	3
66	Thermogenic Capacity of Human White-Fat: The Actual Picture <i>Proceedings (mdpi)</i> , 2019 , 25, 2	0.3	
65	Endocrine parameters in association with bone mineral accrual in young female vocational ballet dancers. <i>Archives of Osteoporosis</i> , 2019 , 14, 46	2.9	1
64	Cortical and trabecular bone analysis of professional dancers using 3D-DXA: a case-control study. <i>Journal of Sports Sciences</i> , 2019 , 37, 82-89	3.6	3
63	Objective measurement of sedentary time and physical activity in people with rheumatoid arthritis: protocol for an accelerometer and activPAL validation study. <i>Mediterranean Journal of Rheumatology</i> , 2019 , 30, 125-134	1.4	2
62	Implementation of Physical Activity into routine Clinical practice in Rheumatic Musculoskeletal Disease: The IMPACT-RMD study protocol and rationale. <i>Mediterranean Journal of Rheumatology</i> , 2019 , 30, 231-236	1.4	8
61	Comparison of the effects of exercise and anti-TNF treatment on cardiovascular health in rheumatoid arthritis: results from two controlled trials. <i>Rheumatology International</i> , 2019 , 39, 219-225	3.6	10
60	Autonomy support, light physical activity and psychological well-being in Rheumatoid Arthritis: A cross-sectional study. <i>Mental Health and Physical Activity</i> , 2018 , 14, 11-18	5	6
59	Sitting time is negatively related to microvascular endothelium-dependent function in rheumatoid arthritis. <i>Microvascular Research</i> , 2018 , 117, 57-60	3.7	10
58	Sedentary behaviour in rheumatoid arthritis: definition, measurement and implications for health. <i>Rheumatology</i> , 2018 , 57, 213-226	3.9	31
57	The effects of a home-based physical activity intervention on cardiorespiratory fitness in breast cancer survivors; a randomised controlled trial. <i>Journal of Sports Sciences</i> , 2018 , 36, 1077-1086	3.6	14
56	Chronic Physiological Effects of Swim Training Interventions in Non-Elite Swimmers: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2018 , 48, 337-359	10.6	16
55	Association of fat mass profile with natriuretic peptide receptor alpha in subcutaneous adipose tissue of medication-free healthy men: A cross-sectional study. <i>F1000Research</i> , 2018 , 7, 327	3.6	2
54	Correlates of sedentary behaviour and light physical activity in people living with rheumatoid arthritis: protocol for a longitudinal study. <i>Mediterranean Journal of Rheumatology</i> , 2018 , 29, 106-117	1.4	5
53	Physical activity, exercise and rheumatoid arthritis: Effectiveness, mechanisms and implementation. <i>Best Practice and Research in Clinical Rheumatology</i> , 2018 , 32, 669-682	5.3	45
52	Genetic variation in Wnt/ β -catenin and ER signalling pathways in female and male elite dancers and its associations with low bone mineral density: a cross-section and longitudinal study. <i>Osteoporosis International</i> , 2018 , 29, 2261-2274	5.3	6

51	A low-protein, high-carbohydrate diet increases browning in perirenal adipose tissue but not in inguinal adipose tissue. <i>Nutrition</i> , 2017 , 42, 37-45	4.8	14
50	Bone mineral density in vocational and professional ballet dancers. <i>Osteoporosis International</i> , 2017 , 28, 2903-2912	5.3	15
49	Sedentary behaviour is associated with increased long-term cardiovascular risk in patients with rheumatoid arthritis independently of moderate-to-vigorous physical activity. <i>BMC Musculoskeletal Disorders</i> , 2017 , 18, 131	2.8	35
48	Hyperthermia and cardiovascular strain during an extreme heat exposure in young versus older adults. <i>Temperature</i> , 2017 , 4, 79-88	5.2	61
47	Effects of physical activity on the link between PGC-1a and FNDC5 in muscle, circulating ßsin and UCP1 of white adipocytes in humans: A systematic review. <i>F1000Research</i> , 2017 , 6, 286	3.6	17
46	Role of Gene Variants in Interethnic Differences in the Development of Cardio-Metabolic Diseases. <i>Frontiers in Genetics</i> , 2017 , 8, 7	4.5	5
45	Bone mass of female dance students prior to professional dance training: A cross-sectional study. <i>PLoS ONE</i> , 2017 , 12, e0180639	3.7	8
44	Chronic l-menthol-induced browning of white adipose tissue hypothesis: A putative therapeutic regime for combating obesity and improving metabolic health. <i>Medical Hypotheses</i> , 2016 , 93, 21-6	3.8	18
43	Randomised controlled trial of a home-based physical activity intervention in breast cancer survivors. <i>BMC Cancer</i> , 2016 , 16, 234	4.8	40
42	Physical activity and awareness in breast screening attendees in Black Country, UK. <i>Health Promotion International</i> , 2016 , 31, 13-22	3	3
41	The role of exercise in the management of rheumatoid arthritis. <i>Expert Review of Clinical Immunology</i> , 2015 , 11, 1121-30	5.1	42
40	Subjective and objective levels of physical activity and their association with cardiorespiratory fitness in rheumatoid arthritis patients. <i>Arthritis Research and Therapy</i> , 2015 , 17, 59	5.7	34
39	Physical activity, risk of death and recurrence in breast cancer survivors: A systematic review and meta-analysis of epidemiological studies. <i>Acta Oncologica</i> , 2015 , 54, 635-54	3.2	297
38	Perceived Barriers, Facilitators and Benefits for Regular Physical Activity and Exercise in Patients with Rheumatoid Arthritis: A Review of the Literature. <i>Sports Medicine</i> , 2015 , 45, 1401-12	10.6	120
37	Cardiorespiratory fitness levels and their association with cardiovascular profile in patients with rheumatoid arthritis: a cross-sectional study. <i>Rheumatology</i> , 2015 , 54, 2215-20	3.9	27
36	The need to redefine age- and gender-specific overweight and obese body mass index cutoff points. <i>Nutrition and Diabetes</i> , 2015 , 5, e186	4.7	19
35	Prevalence of low bone mineral density in female dancers. <i>Sports Medicine</i> , 2015 , 45, 257-68	10.6	33
34	Measuring the positive psychological well-being of people with rheumatoid arthritis: a cross-sectional validation of the subjective vitality scale. <i>Arthritis Research and Therapy</i> , 2015 , 17, 312	5.7	18

33	Motivation-related predictors of physical activity engagement and vitality in rheumatoid arthritis patients. <i>Health Psychology Open</i> , 2015 , 2, 2055102915600359	1.9	11
32	Effect of Aerobic Exercise Training on Fatigue in Rheumatoid Arthritis: A Meta-Analysis. <i>Arthritis Care and Research</i> , 2015 , 67, 1054-62	4.7	57
31	Exercise as Medicine in Rheumatoid Arthritis: Effects on Function, Body Composition, and Cardiovascular Disease Risk. <i>Bioengineered</i> , 2015 , 4, 14-22	5.7	6
30	Three months of moderate-intensity exercise reduced plasma 3-nitrotyrosine in rheumatoid arthritis patients. <i>European Journal of Applied Physiology</i> , 2014 , 114, 1483-92	3.4	29
29	Individualised exercise improves endothelial function in patients with rheumatoid arthritis. <i>Annals of the Rheumatic Diseases</i> , 2014 , 73, 748-51	2.4	80
28	Physical activity levels in women attending breast screening, receiving chemotherapy and post-breast cancer treatment; a cross-sectional study. <i>International Journal of Environmental Research and Public Health</i> , 2014 , 11, 5487-96	4.6	10
27	Fostering autonomous motivation, physical activity and cardiorespiratory fitness in rheumatoid arthritis: protocol and rationale for a randomised control trial. <i>BMC Musculoskeletal Disorders</i> , 2014 , 15, 445	2.8	13
26	Cancer cachexia prevention via physical exercise: molecular mechanisms. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2013 , 4, 111-24	10.3	122
25	AB0830-HPR Feelings of competence and relatedness during physical activity are related to well-being in rheumatoid arthritis patients: preliminary findings from a randomized control trial. <i>Annals of the Rheumatic Diseases</i> , 2013 , 72, A1093.4-A1094	2.4	
24	061 QT prolongation associates with increased mortality in patients with rheumatoid arthritis. <i>Heart</i> , 2012 , 98, A36.1-A36	5.1	
23	The association between microvascular and macrovascular endothelial function in patients with rheumatoid arthritis: a cross-sectional study. <i>Arthritis Research and Therapy</i> , 2011 , 13, R99	5.7	52
22	Disease activity and low physical activity associate with number of hospital admissions and length of hospitalisation in patients with rheumatoid arthritis. <i>Arthritis Research and Therapy</i> , 2011 , 13, R108	5.7	37
21	Obesity in rheumatoid arthritis. <i>Rheumatology</i> , 2011 , 50, 450-62	3.9	144
20	Vascular function and morphology in rheumatoid arthritis: a systematic review. <i>Rheumatology</i> , 2011 , 50, 2125-39	3.9	104
19	What predicts obesity in patients with rheumatoid arthritis? An investigation of the interactions between lifestyle and inflammation. <i>International Journal of Obesity</i> , 2010 , 34, 295-301	5.5	27
18	The endothelium and its role in regulating vascular tone. <i>Open Cardiovascular Medicine Journal</i> , 2010 , 4, 302-12	0.7	395
17	Statin use in rheumatoid arthritis in relation to actual cardiovascular risk: evidence for substantial undertreatment of lipid-associated cardiovascular risk?. <i>Annals of the Rheumatic Diseases</i> , 2010 , 69, 683-8	3.4	106
16	Vascular function and inflammation in rheumatoid arthritis: the role of physical activity. <i>Open Cardiovascular Medicine Journal</i> , 2010 , 4, 89-96	0.7	32

15	Vascular Function and Inflammation in Rheumatoid Arthritis: the Role of Physical Activity. <i>Open Cardiovascular Medicine Journal</i> , 2010 , 4, 89-96	0.7	45
14	Fitness in contemporary dance: a systematic review. <i>International Journal of Sports Medicine</i> , 2009 , 30, 475-84	3.6	40
13	Associations of obesity with modifiable risk factors for the development of cardiovascular disease in patients with rheumatoid arthritis. <i>Annals of the Rheumatic Diseases</i> , 2009 , 68, 242-5	2.4	68
12	Transforming growth factor-beta1 869T/C, but not interleukin-6 -174G/C, polymorphism associates with hypertension in rheumatoid arthritis. <i>Rheumatology</i> , 2009 , 48, 113-8	3.9	35
11	Association between selected physical fitness parameters and esthetic competence in contemporary dancers. <i>Journal of Dance Medicine and Science</i> , 2009 , 13, 115-23	0.7	22
10	Rheumatoid cachexia and cardiovascular disease. <i>Clinical and Experimental Rheumatology</i> , 2009 , 27, 985-8	2	9
9	Cigarette smoking significantly increases basal metabolic rate in patients with rheumatoid arthritis. <i>Annals of the Rheumatic Diseases</i> , 2008 , 67, 70-3	2.4	38
8	Rheumatoid arthritis, cardiovascular disease and physical exercise: a systematic review. <i>Rheumatology</i> , 2008 , 47, 239-48	3.9	152
7	Hypertension in rheumatoid arthritis. <i>Rheumatology</i> , 2008 , 47, 1286-98	3.9	197
6	New resting energy expenditure prediction equations for patients with rheumatoid arthritis. <i>Rheumatology</i> , 2008 , 47, 500-6	3.9	33
5	Blockade of tumour necrosis factor-alpha in rheumatoid arthritis: effects on components of rheumatoid cachexia. <i>Rheumatology</i> , 2007 , 46, 1824-7	3.9	116
4	Prevalence and associations of hypertension and its control in patients with rheumatoid arthritis. <i>Rheumatology</i> , 2007 , 46, 1477-82	3.9	211
3	Redefining overweight and obesity in rheumatoid arthritis patients. <i>Annals of the Rheumatic Diseases</i> , 2007 , 66, 1316-21	2.4	117
2	The effect of performance feedback on cardiorespiratory fitness field tests. <i>Journal of Science and Medicine in Sport</i> , 2006 , 9, 263-6	4.4	11
1	Growth, maturation, and overuse injuries in dance and aesthetic sports: a systematic review. <i>Research in Dance Education</i> , 1-23	0.5	0