Joseph T Costello

List of Publications by Year
in descending order

78	2,820	172386	189801
papers	citations	29 h-index	50 g-index

80	80	80	3177
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Where are all the female participants in Sports and Exercise Medicine research?. European Journal of Sport Science, 2014, 14, 847-851.	1.4	321
2	Thermographic imaging in sports and exercise medicine: A Delphi study and consensus statement on the measurement of human skin temperature. Journal of Thermal Biology, 2017, 69, 155-162.	1.1	225
3	Effect of acute hypoxia on cognition: A systematic review and meta-regression analysis. Neuroscience and Biobehavioral Reviews, 2017, 74, 225-232.	2.9	141
4	The human ventilatory response to stress: rate or depth?. Journal of Physiology, 2017, 595, 5729-5752.	1.3	141
5	Muscle, Skin and Core Temperature after â˜'110Â°C Cold Air and 8Â°C Water Treatment. PLoS ONE, 2012, 7, e48190.	1.1	114
6	The use of thermal imaging in assessing skin temperature following cryotherapy: a review. Journal of Thermal Biology, 2012, 37, 103-110.	1.1	96
7	Whole-body cryotherapy: empirical evidence and theoretical perspectives. Open Access Journal of Sports Medicine, 2014, 5, 25.	0.6	93
8	Effects of wholeâ€body cryotherapy (â˜'110â€ƒÂ°C) on proprioception and indices of muscle damage. Scandinavian Journal of Medicine and Science in Sports, 2012, 22, 190-198.	1.3	85
9	Cryotherapy and Joint Position Sense in Healthy Participants: A Systematic Review. Journal of Athletic Training, 2010, 45, 306-316.	0.9	77
10	Contrast Water Therapy and Exercise Induced Muscle Damage: A Systematic Review and Meta-Analysis. PLoS ONE, 2013, 8, e62356.	1.1	77
11	The Effect of Three Different (-135Â°C) Whole Body Cryotherapy Exposure Durations on Elite Rugby League Players. PLoS ONE, 2014, 9, e86420.	1.1	68
12	Do Thermal Agents Affect Range of Movement and Mechanical Properties in Soft Tissues? A Systematic Review. Archives of Physical Medicine and Rehabilitation, 2013, 94, 149-163.	0.5	65
13	Whole-body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults. The Cochrane Library, 2015, 2015, CD010789.	1.5	65
14	Realising the Potential of Urine and Saliva as Diagnostic Tools in Sport and Exercise Medicine. Sports Medicine, 2017, 47, 11-31.	3.1	57
15	Should Athletes Return to Sport After Applying Ice?. Sports Medicine, 2012, 42, 69-87.	3.1	55
16	A Comparison between Conductive and Infrared Devices for Measuring Mean Skin Temperature at Rest, during Exercise in the Heat, and Recovery. PLoS ONE, 2015, 10, e0117907.	1.1	52
17	Effects of 10 days of separate heat and hypoxic exposure on heat acclimation and temperate exercise performance. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2017, 313, R191-R201.	0.9	49
18	Effects of Resistance Training on Measures of Muscular Strength in People with Parkinsonâ€™s Disease: A Systematic Review and Meta-Analysis. PLoS ONE, 2015, 10, e0132135.	1.1	46

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19	Cold Water Mediates Greater Reductions in Limb Blood Flow than Whole Body Cryotherapy. Medicine and Science in Sports and Exercise, 2017, 49, 1252-1260.	0.2	43
20	Effects of acute or chronic heat exposure, exercise and dehydration on plasma cortisol, IL-6 and CRP levels in trained males. Cytokine, 2018, 110, 277-283.	1.4	40
21	Cognitive performance is associated with cerebral oxygenation and peripheral oxygen saturation, but not plasma catecholamines, during graded normobaric hypoxia. Experimental Physiology, 2019, 104, 1384-1397.	0.9	40
22	The interactive effects of acute exercise and hypoxia on cognitive performance: A narrative review. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 384-398.	1.3	40
23	Inter-individual variation in the adaptive response to heat acclimation. Journal of Thermal Biology, 2018, 74, 29-36.	1.1	38
24	Individualising the exposure of â^'110 Â°C whole body cryotherapy: The effects of sex and body composition. Journal of Thermal Biology, 2017, 65, 41-47.	1.1	37
25	Circulating biomarkers of antioxidant status and oxidative stress in people with cystic fibrosis: A systematic review and meta-analysis. Redox Biology, 2020, 32, 101436.	3.9	35
26	The benefits and challenges of conducting an overview of systematic reviews in public health: a focus on physical activity. Journal of Public Health, 2014, 36, 517-521.	1.0	34
27	Physiological Tolerance Times while Wearing Explosive Ordnance Disposal Protective Clothing in Simulated Environmental Extremes. PLoS ONE, 2014, 9, e83740.	1.1	33
28	Specificity and context in post-exercise recovery: it is not a one-size-fits-all approach. Frontiers in Physiology, 2015, 6, 130.	1.3	32
29	Coldâ€water or partialâ€body cryotherapy? Comparison of physiological responses and recovery following muscle damage. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 1252-1262.	1.3	32
30	Does the technique employed for skin temperature assessment alter outcomes? A systematic review. Physiological Measurement, 2015, 36, R27-R51.	1.2	31
31	The effect of using different regions of interest on local and mean skin temperature. Journal of Thermal Biology, 2015, 49-50, 33-38.	1.1	30
32	Effects of cold water immersion on knee joint position sense in healthy volunteers. Journal of Sports Sciences, 2011, 29, 449-456.	1.0	28
33	Antioxidants for preventing and reducing muscle soreness after exercise. The Cochrane Library, 2017, 2017, CD009789.	1.5	27
34	Effects of Whole Body Cryotherapy and Cold Water Immersion on Knee Skin Temperature. International Journal of Sports Medicine, 2014, 35, 35-40.	0.8	26
35	â€œBeetâ€•the cold: beetroot juice supplementation improves peripheral blood flow, endothelial function, and anti-inflammatory status in individuals with Raynaudâ€™s phenomenon. Journal of Applied Physiology, 2019, 127, 1478-1490.	1.2	25
36	Antioxidants for preventing and reducing muscle soreness after exercise: a Cochrane systematic review. British Journal of Sports Medicine, 2020, 54, 74-78.	3.1	24

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37	Partialâ€body cryotherapy (â^'135Â°C) and coldâ€water immersion (10Â°C) after muscle damage in females. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 485-495.	1.3	22
38	Heat strain evaluation of overt and covert body armour in a hot and humid environment. Applied Ergonomics, 2015, 47, 11-15.	1.7	20
39	Perceived exertion is as effective as the perceptual strain index in predicting physiological strain when wearing personal protective clothing. Physiology and Behavior, 2017, 169, 216-223.	1.0	20
40	Whole-body cryotherapy (â^'110â€¯Â°C) following high-intensity intermittent exercise does not alter hormonal, inflammatory or muscle damage biomarkers in trained males. Cytokine, 2019, 113, 277-284.	1.4	20
41	The reproducibility of 10 and 20 km time trial cycling performance in recreational cyclists, runners and team sport athletes. Journal of Science and Medicine in Sport, 2018, 21, 858-863.	0.6	19
42	Should whole body cryotherapy sessions be differentiated between women and men? A preliminary study on the role of the body thermal resistance. Medical Hypotheses, 2018, 120, 60-64.	0.8	19
43	The Effects of Metabolic Work Rate and Ambient Environment on Physiological Tolerance Times While Wearing Explosive and Chemical Personal Protective Equipment. BioMed Research International, 2015, 2015, 1-7.	0.9	17
44	Can perceptual indices estimate physiological strain across a range of environments and metabolic workloads when wearing explosive ordnance disposal and chemical protective clothing?. Physiology and Behavior, 2015, 147, 71-77.	1.0	17
45	Cochrane review: wholeâ€body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults. Journal of Evidence-Based Medicine, 2016, 9, 43-44.	2.4	17
46	Cognitive Impairment during High-Intensity Exercise: Influence of Cerebral Blood Flow. Medicine and Science in Sports and Exercise, 2020, 52, 561-568.	0.2	17
47	The Systematic Bias of Ingestible Core Temperature Sensors Requires a Correction by Linear Regression. Frontiers in Physiology, 2017, 8, 260.	1.3	16
48	A network physiology approach to oxygen saturation variability during normobaric hypoxia. Experimental Physiology, 2021, 106, 151-159.	0.9	16
49	Effects of dietary nitrate supplementation on the response to extremity cooling and endothelial function in individuals with cold sensitivity. A double blind, placebo controlled, crossover, randomised control trial. Nitric Oxide - Biology and Chemistry, 2017, 70, 76-85.	1.2	15
50	The Effect of Head-to-Head Competition on Behavioural Thermoregulation, Thermophysiological Strain and Performance During Exercise in the Heat. Sports Medicine, 2018, 48, 1269-1279.	3.1	15
51	Effects of Normobaric Hypoxia on Oxygen Saturation Variability. High Altitude Medicine and Biology, 2020, 21, 76-83.	0.5	15
52	Validity of a noninvasive estimation of deep body temperature when wearing personal protective equipment during exercise and recovery. Military Medical Research, 2019, 6, 20.	1.9	14
53	The Pandolf load carriage equation is a poor predictor of metabolic rate while wearing explosive ordnance disposal protective clothing. Ergonomics, 2017, 60, 430-438.	1.1	12
54	Public health interventions for increasing physical activity in children, adolescents and adults: an overview of systematic reviews. The Cochrane Library, 2023, 2023, .	1.5	10

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55	An Overt Chemical Protective Garment Reduces Thermal Strain Compared with a Covert Garment in Warm-Wet but Not Hot-Dry Environments. Frontiers in Physiology, 2017, 8, 913.	1.3	10
56	Infrared cameras overestimate skin temperature during rewarming from cold exposure. Journal of Thermal Biology, 2020, 91, 102614.	1.1	10
57	Application of oxygen saturation variability analysis for the detection of exacerbation in individuals with COPD: A proofâ€ofâ€concept study. Physiological Reports, 2021, 9, e15132.	0.7	9
58	Inside the â€˜Hurt Lockerâ€™: The Combined Effects of Explosive Ordnance Disposal and Chemical Protective Clothing on Physiological Tolerance Time in Extreme Environments. Annals of Occupational Hygiene, 2015, 59, 922-931.	1.9	8
59	Cognitive Improvement After Aerobic and Resistance Exercise Is Not Associated With Peripheral Biomarkers. Frontiers in Behavioral Neuroscience, 2022, 16, 853150.	1.0	7
60	Previous recreational cold exposure does not alter endothelial function or sensory thermal thresholds in the hands or feet. Experimental Physiology, 2021, 106, 328-337.	0.9	6
61	The physiological effects of daily cold-water immersion on 5-day tournament performance in international standard youth field-hockey players. European Journal of Applied Physiology, 2020, 120, 295-305.	1.2	5
62	From pigeon holes to descending spirals: a paradigm of physiology, cognitive performance and behaviour in extreme environments. Experimental Physiology, 2021, 106, 1863-1864.	0.9	5
63	The impact of environmental temperature deception on perceived exertion during fixed-intensity exercise in the heat in trained-cyclists. Physiology and Behavior, 2018, 194, 333-340.	1.0	4
64	Rapid habituation of the cold shock response. Extreme Physiology and Medicine, 2015, 4, .	2.5	3
65	Lowâ€frequency electrical stimulation combined with a cooling vest improves recovery of elite kayakers following a simulated 1000â€m race in a hot environment. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 219-228.	1.3	3
66	Heat acclimation for protection from exertional heat stress. The Cochrane Library, 2016, , .	1.5	3
67	The effect of mediumâ€term heat acclimation on endurance performance in a temperate environment. European Journal of Sport Science, 2022, 22, 190-199.	1.4	3
68	Intraocular Pressure Is a Poor Predictor of Hydration Status following Intermittent Exercise in the Heat. Frontiers in Physiology, 2017, 8, 36.	1.3	2
69	The Effects of Daily Cold-Water Recovery and Postexercise Hot-Water Immersion on Training-Load Tolerance During 5 Days of Heat-Based Training. International Journal of Sports Physiology and Performance, 2020, 15, 639-647.	1.1	2
70	Predicting the metabolic cost of walking while wearing explosive ordnance disposal protective clothing. Extreme Physiology and Medicine, 2015, 4, .	2.5	1
71	Teaching evidenceâ€based synthesis: an examination of the development and delivery of two innovative methodologies used at the University of Portsmouth. Journal of Evidence-Based Medicine, 2017, 10, 11-15.	2.4	1
72	The availability of task-specific feedback does not affect 20 km time trial cycling performance or test-retest reliability in trained cyclists. Journal of Science and Medicine in Sport, 2020, 23, 758-763.	0.6	1

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73	Whole Body Cryotherapy Reduces Isometric Force, Knee Proprioception and Tympanic Temperature. Medicine and Science in Sports and Exercise, 2010, 42, 528.	0.2	0
74	An eye on hydration: efficacy of intraocular pressure to measure body water deficit. Extreme Physiology and Medicine, 2015, 4, .	2.5	0
75	Can perceptual indices estimate physiological strain when wearing personal protective clothing in the heat?. Extreme Physiology and Medicine, 2015, 4, .	2.5	0
76	Inside the 'Hurt Locker': the combined effects of explosive ordnance disposal and chemical protective clothing on physiological tolerance time in extreme environments. Extreme Physiology and Medicine, 2015, 4, .	2.5	0
77	Reply from Michael J. Tipton, Joseph T. Costello and Julian F. R. Paton. Journal of Physiology, 2017, 595, 6365-6365.	1.3	0
78	The inaugural â€˜Midâ€Career Researcherâ€™ prize: Rewarding and acknowledging future leaders in physiology. Experimental Physiology, 2022, 107, 1-2.	0.9	0