Philipp Zimmer

List of Publications by Year
in descending order

87 papers	2,034 citations	236925 25 h-index	289244 40 g-index
89 all docs	89 docs citations	89 times ranked	2745 citing authors

#	Article	IF	Citations
1	Physical exercise is tied to emotionâ€related impulsivity: insights from correlational analyses in healthy humans. European Journal of Sport Science, 2023, 23, 1010-1017.	2.7	2
2	Sleep problems and their interaction with physical activity and fatigue in hematological cancer patients during onset of high dose chemotherapy. Supportive Care in Cancer, 2022, 30, 167-176.	2.2	16
3	Is high-intensity interval training harmful to health?. Trends in Endocrinology and Metabolism, 2022, 33, 85-86.	7.1	4
4	Exercise reduces systemic immune inflammation index (SII) in childhood cancer patients. Supportive Care in Cancer, 2022, 30, 2905-2908.	2.2	7
5	Fitness, physical activity, and exercise in multiple sclerosis: a systematic review on current evidence for interactions with disease activity and progression. Journal of Neurology, 2022, 269, 2922-2940.	3.6	18
6	The aerobic capacity â€“ fatigue relationship in persons with Multiple Sclerosis is not reproducible in a pooled analysis of two randomized controlled trials. Multiple Sclerosis and Related Disorders, 2022, 58, 103476.	2.0	5
7	L-kynurenine as a prognostic marker for early mortality in patients with acute myeloid leukemia. Leukemia and Lymphoma, 2022, , 1-4.	1.3	0
8	Protocol for the Exercise, Cancer and Cognition â€“ The ECCO-Study: A Randomized Controlled Trial of Simultaneous Exercise During Neo-/Adjuvant Chemotherapy in Breast Cancer Patients and Its Effects on Neurocognition. Frontiers in Neurology, 2022, 13, 777808.	2.4	6
9	Exercise training and cognitive performance in persons with multiple sclerosis: A systematic review and multilevel meta-analysis of clinical trials. Multiple Sclerosis Journal, 2021, 27, 1977-1993.	3.0	32
10	Resistance Exercise Modulates Kynurenine Pathway in Pancreatic Cancer Patients. International Journal of Sports Medicine, 2021, 42, 33-40.	1.7	12
11	Acute exercise impacts AhR and PD-1 levels of CD8+ T-cellsâ€”Exploratory results from a randomized cross-over trial comparing endurance versus resistance exercise. European Journal of Applied Physiology, 2021, 121, 637-644.	2.5	13
12	Comment on: â€œEffects of Exercise Training Interventions on Executive Function in Older Adults: A Systematic Review and Metaâ€‘analysisâ€. Sports Medicine, 2021, 51, 593-595.	6.5	3
13	High-intensity interval training reduces neutrophil-to-lymphocyte ratio in persons with multiple sclerosis during inpatient rehabilitation. Multiple Sclerosis Journal, 2021, 27, 1136-1139.	3.0	27
14	Acute Exercise-Induced Set Shifting Benefits in Healthy Adults and Its Moderators: A Systematic Review and Meta-Analysis. Frontiers in Psychology, 2021, 12, 528352.	2.1	12
15	The Effect of Acute Physical Exercise on NK-Cell Cytolytic Activity: A Systematic Review and Meta-Analysis. Sports Medicine, 2021, 51, 519-530.	6.5	14
16	Oral Contraceptives Do Not Affect Physiological Responses to Strength Exercise. Journal of Strength and Conditioning Research, 2021, 35, 894-901.	2.1	3
17	Feasibility and suitability of a graded exercise test in patients with aggressive hemato-oncological disease. Supportive Care in Cancer, 2021, 29, 4859-4866.	2.2	2
18	High-intensity interval training and energy management education, compared with moderate continuous training and progressive muscle relaxation, for improving health-related quality of life in persons with multiple sclerosis: study protocol of a randomized controlled superiority trial with six monthsâ€™ follow-up. BMC Neurology, 2021, 21, 65.	1.8	12

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19	Transferring clinically established immune inflammation markers into exercise physiology: focus on neutrophil-to-lymphocyte ratio, platelet-to-lymphocyte ratio and systemic immune-inflammation index. European Journal of Applied Physiology, 2021, 121, 1803-1814.	2.5	48
20	The Importance of Nature Exposure and Physical Activity for Psychological Health and Stress Perception: Evidence From the First Lockdown Period During the Coronavirus Pandemic 2020 in France and Germany. Frontiers in Psychology, 2021, 12, 623946.	2.1	15
21	Exercise Diminishes Plasma Neurofilament Light Chain and Reroutes the Kynurenine Pathway in Multiple Sclerosis. Neurology: Neuroimmunology and NeuroInflammation, 2021, 8, .	6.0	28
22	Impact of induction chemotherapy on objective and self-perceived cognitive performance in patients suffering from hematological disorders. Leukemia and Lymphoma, 2021, 62, 1-5.	1.3	0
23	Learning to play golf for elderly people with subjective memory complaints: feasibility of a singleâ€blinded randomized pilot trial. BMC Neurology, 2021, 21, 200.	1.8	3
24	Physical activity may contribute to brain health in multiple sclerosis: An MR volumetric and spectroscopy study. Journal of Neuroimaging, 2021, 31, 714-723.	2.0	4
25	Do baseline cognitive status, participant specific characteristics and EDSS impact changes of cognitive performance following aerobic exercise intervention in multiple sclerosis?. Multiple Sclerosis and Related Disorders, 2021, 51, 102905.	2.0	5
26	VO2peak Response Heterogeneity in Persons with Multiple Sclerosis: To HIIT or Not to HIIT?. International Journal of Sports Medicine, 2021, 42, 1319-1328.	1.7	5
27	Toward a neuroprotective shift: Eight weeks of high intensity interval training reduces the neurotoxic kynurenine activity concurrently to impulsivity in emotionally impulsive humans â€“ A randomized controlled trial. Brain, Behavior, and Immunity, 2021, 96, 7-17.	4.1	14
28	Systematic Review of Exercise Studies in Persons with Multiple Sclerosis: Exploring the Quality of Interventions According to the Principles of Exercise Training. Neurology and Therapy, 2021, 10, 585-607.	3.2	14
29	How acute physical and psychological stress differentially influence the kynurenine pathway: A randomized cross-over trial. Psychoneuroendocrinology, 2021, 134, 105433.	2.7	4
30	Different endurance exercises modulate NK cell cytotoxic and inhibiting receptors. European Journal of Applied Physiology, 2021, 121, 3379-3387.	2.5	3
31	The kynurenine pathway in chronic diseases: a compensatory mechanism or a driving force?. Trends in Molecular Medicine, 2021, 27, 946-954.	6.7	34
32	Acute aerobic exercise to recover from mental exhaustion â€“ a randomized controlled trial. Physiology and Behavior, 2021, 241, 113588.	2.1	6
33	Effect of a Single Bout of Aerobic Exercise on Kynurenine Pathway Metabolites and Inflammatory Markers in Prostate Cancer Patientsâ€"A Pilot Randomized Controlled Trial. Metabolites, 2021, 11, 4.	2.9	7
34	Hormonal response after masturbation in young healthy men â€“ a randomized controlled cross-over pilot study. Basic and Clinical Andrology, 2021, 31, 32.	1.9	5
35	The effect of exercise on regulatory T cells: A systematic review of human and animal studies with future perspectives and methodological recommendations. Exercise Immunology Review, 2021, 27, 142-166.	0.4	4
36	Acute Impact of Recovery on the Restoration of Cellular Immunological Homeostasis. International Journal of Sports Medicine, 2020, 41, 12-20.	1.7	17

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37	Physical Exercise as Kynurenine Pathway Modulator in Chronic Diseases: Implications for Immune and Energy Homeostasis. International Journal of Tryptophan Research, 2020, 13, 117864692093868.	2.3	16
38	Talking About Physical â€œActivityâ€•or â€œInactivityâ€? The Need of Accurate Activity Controlling in Exercise Studies in Rodents. Frontiers in Physiology, 2020, 11, 611193.	2.8	7
39	Exercise improves neurotrophins in multiple sclerosis independent of disability status. Multiple Sclerosis and Related Disorders, 2020, 43, 102143.	2.0	17
40	Benefits of Exercise Training for Children and Adolescents Undergoing Cancer Treatment: Results From the Randomized Controlled MUCKI Trial. Frontiers in Pediatrics, 2020, 8, 243.	1.9	31
41	Cellular immune response to acute exercise: Comparison of endurance and resistance exercise. European Journal of Haematology, 2020, 105, 75-84.	2.2	34
42	Physical Activity for the Treatment of Adolescent Depression: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2020, 11, 185.	2.8	52
43	Acute hypertrophic but not maximal strength loading transiently enhances the kynurenine pathway towards kynurenic acid. European Journal of Applied Physiology, 2020, 120, 1429-1436.	2.5	13
44	Cognitive Impairment Impacts Exercise Effects on Cognition in Multiple Sclerosis. Frontiers in Neurology, 2020, 11, 619500.	2.4	5
45	Exercise and the Kynurenine pathway: Current state of knowledge and results from a randomized cross-over study comparing acute effects of endurance and resistance training. Exercise Immunology Review, 2020, 26, 24-42.	0.4	31
46	Effect of Short-Term Interval Exercise Training on Fatigue, Depression, and Fitness in Normal Weight vs. Overweight Person With Multiple Sclerosis. Explore: the Journal of Science and Healing, 2019, 15, 134-141.	1.0	18
47	No Evidence for Effect of Exercise on Transcriptome of NK Cells in Breast Cancer Patients Undergoing Adjuvant Therapy: Results From a Pilot Study. Frontiers in Physiology, 2019, 10, 959.	2.8	5
48	Resistance Exercise Reduces Kynurenine Pathway Metabolites in Breast Cancer Patients Undergoing Radiotherapy. Frontiers in Oncology, 2019, 9, 962.	2.8	35
49	Impact of Acute Aerobic Exercise on Genome-Wide DNA-Methylation in Natural Killer Cellsâ€”A Pilot Study. Genes, 2019, 10, 380.	2.4	20
50	Ecdysteroids as non-conventional anabolic agent: performance enhancement by ecdysterone supplementation in humans. Archives of Toxicology, 2019, 93, 1807-1816.	4.2	75
51	Aqua cycling for immunological recovery after intensive, eccentric exercise. European Journal of Applied Physiology, 2019, 119, 1369-1375.	2.5	12
52	Influence of different rehabilitative aerobic exercise programs on (anti-) inflammatory immune signalling, cognitive and functional capacity in persons with MS â€“ study protocol of a randomized controlled trial. BMC Neurology, 2019, 19, 37.	1.8	19
53	Impact of physical exercise on the kynurenine pathway in patients with cancer: current limitations and future perspectives. Acta OncolÃ³gica, 2019, 58, 1116-1117.	1.8	2
54	Impact of Physical Exercise on Growth and Progression of Cancer in Rodentsâ€”A Systematic Review and Meta-Analysis. Frontiers in Oncology, 2019, 9, 35.	2.8	32

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55	Weight control and physical exercise in people with multiple sclerosis: Current knowledge and future perspectives. Complementary Therapies in Medicine, 2019, 43, 240-246.	2.7	15
56	Influence of combined functional resistance and endurance exercise over 12â€‰weeks on matrix metalloproteinase-2 serum concentration in persons with relapsing-remitting multiple sclerosis â€“ a community-based randomized controlled trial. BMC Neurology, 2019, 19, 314.	1.8	6
57	Effects and Moderators of Acute Aerobic Exercise on Subsequent Interference Control: A Systematic Review and Meta-Analysis. Frontiers in Psychology, 2019, 10, 2616.	2.1	55
58	Acute Exercise Increases the Expression of KIR2DS4 by Promoter Demethylation in NK Cells. International Journal of Sports Medicine, 2019, 40, 62-70.	1.7	13
59	Do Acute Exercise-Induced Activations of the Kynurenine Pathway Induce Regulatory T-Cells on the Long-Term? - A Theoretical Frame Work Supported by Pilot Data. Journal of Sports Science and Medicine, 2019, 18, 669-673.	1.6	7
60	Acute alterations in the hematological and hemorheological profile induced by resistance training and possible implication for microvascular functionality. Microvascular Research, 2018, 118, 137-143.	2.5	2
61	Acute responses of cytokines and adipokines to aerobic exercise in relapsing vs. remitting women with multiple sclerosis. Complementary Therapies in Clinical Practice, 2018, 31, 295-301.	1.7	20
62	Eight-week, multimodal exercise counteracts a progress of chemotherapy-induced peripheral neuropathy and improves balance and strength in metastasized colorectal cancer patients: a randomized controlled trial. Supportive Care in Cancer, 2018, 26, 615-624.	2.2	142
63	High-intensity interval exercise improves cognitive performance and reduces matrix metalloproteinases-2 serum levels in persons with multiple sclerosis: A randomized controlled trial. Multiple Sclerosis Journal, 2018, 24, 1635-1644.	3.0	93
64	Persons with secondary progressive and relapsing remitting multiple sclerosis reveal different responses of tryptophan metabolism to acute endurance exercise and training. Journal of Neuroimmunology, 2018, 314, 101-105.	2.3	21
65	Whole body vibration added to treatment as usual is effective in adolescents with depression: a partly randomized, three-armed clinical trial in inpatients. European Child and Adolescent Psychiatry, 2018, 27, 645-662.	4.7	39
66	Protocol for the â€œChemobrain in Motion â€“ studyâ€•(CIM â€“ study): a randomized placebo-controlled trial of the impact of a high-intensity interval endurance training on cancer related cognitive impairments in women with breast cancer receiving first-line chemotherapy. BMC Cancer, 2018, 18, 1071.	2.6	20
67	Exercise-induced changes in neurotrophic factors and markers of blood-brain barrier permeability are moderated by weight status in multiple sclerosis. Neuropeptides, 2018, 70, 93-100.	2.2	44
68	Effects of exercise training on cytokines and adipokines in multiple Sclerosis: A systematic review. Multiple Sclerosis and Related Disorders, 2018, 24, 91-100.	2.0	40
69	Acute and chronic effects of exercise on the kynurenine pathway in humans â€“ A brief review and future perspectives. Physiology and Behavior, 2018, 194, 583-587.	2.1	33
70	Serotonin Shapes the Migratory Potential of NK Cells â€“ An in vitro Approach. International Journal of Sports Medicine, 2017, 38, 857-863.	1.7	9
71	Impact of training volume and intensity on RBC-NOS/NO pathway and endurance capacity. Biorheology, 2017, 54, 37-50.	0.4	11
72	Control Group Paradigms in Studies Investigating Acute Effects of Exercise on Cognitive Performanceâ€“An Experiment on Expectation-Driven Placebo Effects. Frontiers in Human Neuroscience, 2017, 11, 600.	2.0	12

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73	Genetische und epigenetische Aspekte in Bezug auf kÃ¶rperliche AktivitÃt und Gesundheit. , 2017, , 359-367.		0
74	Exercise induced alterations in NK-cell cytotoxicity - methodological issues and future perspectives. Exercise Immunology Review, 2017, 23, 66-81.	0.4	25
75	Effects of Exercise Interventions and Physical Activity Behavior on Cancer Related Cognitive Impairments: A Systematic Review. BioMed Research International, 2016, 2016, 1-13.	1.9	107
76	Natural Killer Cellsâ€"An Epigenetic Perspective of Development and Regulation. International Journal of Molecular Sciences, 2016, 17, 326.	4.1	22
77	Do Reported Effects of Acute Aerobic Exercise on Subsequent Higher Cognitive Performances Remain if Tested against an Instructed Self-Myofascial Release Training Control Group? A Randomized Controlled Trial. PLoS ONE, 2016, 11, e0167818.	2.5	13
78	The effects of different aerobic exercise intensities on serum serotonin concentrations and their association with Stroop task performance: a randomized controlled trial. European Journal of Applied Physiology, 2016, 116, 2025-2034.	2.5	57
79	Impact of a half marathon on cellular immune system, proâ€inflammatory cytokine levels, and recovery behavior of breast cancer patients in the aftercare compared to healthy controls. European Journal of Haematology, 2016, 96, 152-159.	2.2	21
80	Effects of a Whole-Body Electrostimulation Program on Strength, Sprinting, Jumping, and Kicking Capacity in Elite Soccer Players. Journal of Sports Science and Medicine, 2016, 15, 639-648.	1.6	42
81	Post-chemotherapy cognitive impairment in patients with B-cell non-Hodgkin lymphoma: a first comprehensive approach to determine cognitive impairments after treatment with rituximab, cyclophosphamide, doxorubicin, vincristine and prednisone or rituximab and bendamustine. Leukemia and Lymphoma, 2015, 56, 347-352.	1.3	61
82	Impact of exercise on pro inflammatory cytokine levels and epigenetic modulations of tumorâ€competitive lymphocytes in Nonâ€Hodgkinâ€Lymphoma patientsâ€randomized controlled trial. European Journal of Haematology, 2014, 93, 527-532.	2.2	52
83	Exercise Intervention Studies in Patients with Peripheral Neuropathy: A Systematic Review. Sports Medicine, 2014, 44, 1289-1304.	6.5	163
84	Physical Activity in Breast Cancer Patients during Medical Treatment and in the Aftercare - a Review. Breast Care, 2013, 8, 330-334.	1.4	43
85	Feasibility of an Isometric Maximal Voluntary Contraction Test in Hematological Cancer Patients during Thrombocytopenia. Hindawi Publishing Corporation, 2013, 2013, 1-6.	1.1	0
86	Influence of endurance exercise on the risk of pneumonia and Fever in leukemia and lymphoma patients undergoing high dose chemotherapy. A pilot study. Journal of Sports Science and Medicine, 2012, 11, 638-42.	1.6	16
87	Multiple Sklerose: Immunbiologischer Einfluss von Sport. , 0, , .		0