

# Eleni Andreou

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2609711/publications.pdf>

Version: 2024-02-01

19  
papers

284  
citations

1163117

8  
h-index

940533

16  
g-index

19  
all docs

19  
docs citations

19  
times ranked

498  
citing authors

#	ARTICLE	IF	CITATIONS
1	Role of diet on non-alcoholic fatty liver disease: An updated narrative review. <i>World Journal of Hepatology</i> , 2015, 7, 575.	2.0	52
2	The impact of nutrition education on nutrition knowledge and adherence to the Mediterranean Diet in adolescent competitive swimmers. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 328-332.	1.3	46
3	Deconstructing athletes'™ sleep: A systematic review of the influence of age, sex, athletic expertise, sport type, and season on sleep characteristics. <i>Journal of Sport and Health Science</i> , 2021, 10, 387-402.	6.5	43
4	The Effects of a 6-Month High Dose Omega-3 and Omega-6 Polyunsaturated Fatty Acids and Antioxidant Vitamins Supplementation on Cognitive Function and Functional Capacity in Older Adults with Mild Cognitive Impairment. <i>Nutrients</i> , 2020, 12, 325.	4.1	37
5	Effects of High vs. Low Glycemic Index of Post-Exercise Meals on Sleep and Exercise Performance: A Randomized, Double-Blind, Counterbalanced Polysomnographic Study. <i>Nutrients</i> , 2018, 10, 1795.	4.1	23
6	Personality, Chrono-nutrition and Cardiometabolic Health: A Narrative Review of the Evidence. <i>Advances in Nutrition</i> , 2020, 11, 1201-1210.	6.4	19
7	A Systematic Review, Meta-Analysis and Meta-Regression on the Effects of Carbohydrates on Sleep. <i>Nutrients</i> , 2021, 13, 1283.	4.1	15
8	Effects of an Intervention and Maintenance Weight Loss Diet with and without Exercise on Anthropometric Indices in Overweight and Obese Healthy Women. <i>Annals of Nutrition and Metabolism</i> , 2011, 59, 187-192.	1.9	10
9	Obese Children with Metabolic Syndrome Have 3 Times Higher Risk to Have Nonalcoholic Fatty Liver Disease Compared with Those without Metabolic Syndrome. <i>International Journal of Endocrinology</i> , 2017, 2017, 1-5.	1.5	8
10	Hydration status, total water intake and subjective feelings of adolescents living in a hot environment, during a typical school day. <i>International Journal of Adolescent Medicine and Health</i> , 2020, 33, .	1.3	8
11	Effects of controlled dehydration on sleep quality and quantity: A polysomnographic study in healthy young adults. <i>Journal of Sleep Research</i> , 2019, 28, e12662.	3.2	7
12	The Effects of Zinc and Selenium Supplementation on Body Composition and Thyroid Function in Individuals with Overweight or Obesity: A Systematic Review. <i>Journal of Dietary Supplements</i> , 2023, 20, 643-671.	2.6	5
13	Type 2 diabetes and its correlates in a first nationwide study among Cypriot adults. <i>Primary Care Diabetes</i> , 2017, 11, 112-118.	1.8	4
14	Prevalence of hypohydration in adolescents during the school day in Cyprus: seasonal variations. <i>Eastern Mediterranean Health Journal</i> , 2020, 26, 1034-1041.	0.8	3
15	Views of People with Diabetes Regarding Their Experiences of the Facilitators and Barriers in Type 1 Diabetes Inpatient Care: An Interpretative Phenomenological Analysis. <i>Behavioral Sciences (Basel)</i> , 2021, 11, 1074.	1.4	0
16	Facilitators and barriers to the provision of type 1 diabetes inpatient care: An interpretive phenomenological analysis. <i>Nursing Open</i> , 2021, 8, 908-919.	2.4	1
17	Association of body composition with functional capacity and cognitive function in older adults living in nursing homes. <i>Current Aging Science</i> , 2021, 14, .	1.2	1
18	The Effects of a 6-Month Omega Fatty Acid and Antioxidant Vitamin Supplementation on Functional Capacity and Cognitive Function in Older Adults with Cognitive Impairment. <i>Proceedings (mdpi)</i> , 2019, 25, .	0.2	0

#	ARTICLE	IF	CITATIONS
19	Integration of Healthy Eating Habits and Physical Activity through Nutrition Care Process to Tackle the Obesity Epidemic: A Narrative Review of the Evidence. Arab Journal of Nutrition and Exercise, 0, , .	0.3	0