Caio Victor Sousa

List of Publications by Year
in descending order

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94	1,098	566801 15	552369 26
papers	citations	h-index	g-index

97	97	97	1224
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	The Antioxidant Effect of Exercise: A Systematic Review and Meta-Analysis. Sports Medicine, 2017, 47, 277-293.	3.1	209
2	Cold Water Swimmingâ€"Benefits and Risks: A Narrative Review. International Journal of Environmental Research and Public Health, 2020, 17, 8984.	1.2	43
3	Longer Telomere Length in Elite Master Sprinters: Relationship to Performance and Body Composition. International Journal of Sports Medicine, 2017, 38, 1111-1116.	0.8	36
4	Effects of aerobic exercise intensity on 24-h ambulatory blood pressure in individuals with type 2 diabetes and prehypertension. Journal of Physical Therapy Science, 2015, 27, 51-56.	0.2	30
5	Sex Differences in Swimming Disciplinesâ€"Can Women Outperform Men in Swimming?. International Journal of Environmental Research and Public Health, 2020, 17, 3651.	1.2	30
6	Oxidative stress, inflammatory cytokines and body composition of master athletes: The interplay. Experimental Gerontology, 2020, 130, 110806.	1.2	28
7	An integrative perspective of the anaerobic threshold. Physiology and Behavior, 2019, 205, 29-32.	1.0	27
8	What Is the Best Discipline to Predict Overall Triathlon Performance? An Analysis of Sprint, Olympic, IronmanÂ® 70.3, and IronmanÂ® 140.6. Frontiers in Physiology, 2021, 12, 654552.	1.3	25
9	Active video games in fully immersive virtual reality elicit moderate-to-vigorous physical activity and improve cognitive performance in sedentary college students. Journal of Sport and Health Science, 2022, 11, 164-171.	3.3	25
10	Exercise, Telomeres, and Cancer: â€œThe Exercise-Telomere Hypothesisâ€• Frontiers in Physiology, 2018, 9, 1798.	1.3	24
11	Telomere length and redox balance in master endurance runners: The role of nitric oxide. Experimental Gerontology, 2019, 117, 113-118.	1.2	24
12	Sprint and endurance training in relation toÂredox balance, inflammatory status and biomarkers of aging in master athletes. Nitric Oxide - Biology and Chemistry, 2020, 102, 42-51.	1.2	24
13	Participation and Performance Trends in the Oldest 100-km Ultramarathon in the World. International Journal of Environmental Research and Public Health, 2020, 17, 1719.	1.2	23
14	An Analysis of Participation and Performance of 2067 100-km Ultra-Marathons Worldwide. International Journal of Environmental Research and Public Health, 2021, 18, 362.	1.2	23
15	Increased Participation and Decreased Performance in Recreational Master Athletes in â€œBerlin Marathonâ€•1974â€“2019. Frontiers in Physiology, 2021, 12, 631237.	1.3	23
16	Heart rate variability in middle-aged sprint and endurance athletes. Physiology and Behavior, 2019, 205, 39-43.	1.0	22
17	Effects of pre-dialysis resistance training on sarcopenia, inflammatory profile, and anemia biomarkers in older community-dwelling patients with chronic kidney disease: a randomized controlled trial. International Urology and Nephrology, 2021, 53, 2137-2147.	0.6	20
18	Effects of short-term plyometric training on physical fitness parameters in female futsal athletes. Journal of Physical Therapy Science, 2017, 29, 783-788.	0.2	18

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19	Master athletes have longer telomeres than age-matched non-athletes. A systematic review, meta-analysis and discussion of possible mechanisms. Experimental Gerontology, 2021, 146, 111212.	1.2	18
20	Celebrating 40 Years of Ironman: How the Champions Perform. International Journal of Environmental Research and Public Health, 2019, 16, 1019.	1.2	16
21	Influence of Body Fat on Oxidative Stress and Telomere Length of Master Athletes. Journal of Strength and Conditioning Research, 2021, 35, 1693-1699.	1.0	16
22	Hydration Status After an Ironman Triathlon: A Metaâ€Analysis. Journal of Human Kinetics, 2019, 70, 93-102.	0.7	16
23	Sex difference in open-water swimmingâ€"The Triple Crown of Open Water Swimming 1875-2017. PLoS ONE, 2018, 13, e0202003.	1.1	15
24	The Effect of Narrative on Physical Activity via Immersion During Active Video Game Play in Children: Mediation Analysis. Journal of Medical Internet Research, 2020, 22, e17994.	2.1	15
25	Effects of the Performance Level and Race Distance on Pacing in Ultra-Triathlons. Journal of Human Kinetics, 2019, 67, 247-258.	0.7	15
26	Even Pacing Is Associated with Faster Finishing Times in Ultramarathon Distance Trail Runningâ€"The â€œUltra-Trail du Mont Blancâ€•2008â€“2019. International Journal of Environmental Research and Public Health, 2020, 17, 7074.	1.2	15
27	Sex difference in long-distance open-water swimming races â€“ does nationality play a role?. Research in Sports Medicine, 2018, 26, 332-344.	0.7	14
28	How much further for the sub-2-hour marathon?. Open Access Journal of Sports Medicine, 2018, Volume 9, 139-145.	0.6	13
29	Ultraâ€triathlonâ€"Pacing, performance trends, the role of nationality, and sex differences in finishers and nonâ€finishers. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 556-563.	1.3	13
30	Vertical Jump Is Strongly Associated to Running-Based Anaerobic Sprint Test in Teenage Futsal Male Athletes. Sports, 2018, 6, 129.	0.7	12
31	Cycling as the Best Sub-8-Hour Performance Predictor in Full Distance Triathlon. Sports, 2019, 7, 24.	0.7	12
32	Cut-Off Values in the Prediction of Success in Olympic Distance Triathlon. International Journal of Environmental Research and Public Health, 2020, 17, 9491.	1.2	12
33	Improving the prognosis of renal patients: The effects of blood flowâ€restricted resistance training on redox balance and cardiac autonomic function. Experimental Physiology, 2021, 106, 1099-1109.	0.9	12
34	12 weeks of Brazilian jiu-jitsu training improves functional fitness in elderly men. Sport Sciences for Health, 2016, 12, 291-295.	0.4	11
35	American Masters Road Running Recordsâ€"The Performance Gap Between Female and Male Age Group Runners from 5 Km to 6 Days Running. International Journal of Environmental Research and Public Health, 2019, 16, 2310.	1.2	11
36	Are Resistance Training-Induced BDNF in Hemodialysis Patients Associated with Depressive Symptoms, Quality of Life, Antioxidant Capacity, and Muscle Strength? An Insight for the Muscleâ€“Brainâ€“Renal Axis. International Journal of Environmental Research and Public Health, 2021, 18, 11299.	1.2	11

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37	Pacing in World-Class Age Group Swimmers in 100 and 200 m Freestyle, Backstroke, Breaststroke, and Butterfly. International Journal of Environmental Research and Public Health, 2020, 17, 3875.	1.2	10
38	Can the Performance Gap between Women and Men be Reduced in Ultra-Cycling?. International Journal of Environmental Research and Public Health, 2020, 17, 2521.	1.2	10
39	Participation and Performance in the Oldest Ultramarathonâ€“Comrades Marathon 1921â€“2019. International Journal of Sports Medicine, 2021, 42, 638-644.	0.8	10
40	Human Development Index and the frequency of nations in Athletics World Rankings. Sport Sciences for Health, 2019, 15, 393-398.	0.4	9
41	Physiological Responses to Swimming Repetitive â€œIce Milesâ€• Journal of Strength and Conditioning Research, 2021, 35, 487-494.	1.0	9
42	Acute metabolic responses following different resistance exercise protocols. Applied Physiology, Nutrition and Metabolism, 2018, 43, 838-843.	0.9	8
43	Training Performed Above Lactate Threshold Decreases p53 and Shelterin Expression in Mice. International Journal of Sports Medicine, 2018, 39, 704-711.	0.8	8
44	Age-related decrease in performance of male masters athletes in sprint, sprintâ€“endurance, and endurance events. Sport Sciences for Health, 2020, 16, 385-392.	0.4	8
45	Does Longer Leukocyte Telomere Length and Higher Physical Fitness Protect Master Athletes From Consequences of Coronavirus (SARS-CoV-2) Infection?. Frontiers in Sports and Active Living, 2020, 2, 87.	0.9	8
46	Isometric Exercise with Large Muscle Mass Improves Redox Balance and Blood Pressure in Hypertensive Adults. Medicine and Science in Sports and Exercise, 2020, 52, 1187-1195.	0.2	7
47	Relationship between inflammatory biomarkers and testosterone levels in male master athletes and non-athletes. Experimental Gerontology, 2021, 151, 111407.	1.2	7
48	Faster and Healthier: Relationship between Telomere and Performance in Master Athletes. International Journal of Sports Medicine, 2020, 41, 339-344.	0.8	7
49	A descriptive study on health, training and social aspects of adults that participated in ultra endurance running as youth athletes. Journal of Sports Medicine and Physical Fitness, 2020, , .	0.4	7
50	The Age-Related Performance Decline in Ironman 70.3. International Journal of Environmental Research and Public Health, 2020, 17, 2148.	1.2	6
51	What is the exercise intensity of Pilates? An analysis of the energy expenditure, blood lactate, and intensity of apparatus and mat Pilates sessions. Journal of Bodywork and Movement Therapies, 2021, 26, 36-42.	0.5	6
52	The Role of Environmental Conditions on Master Marathon Running Performance in 1,280,557 Finishers the â€˜New York City Marathonâ€™ From 1970 to 2019. Frontiers in Physiology, 2021, 12, 665761.	1.3	6
53	Changes in Sex Difference in Time-Limited Ultra-Cycling Races from 6 Hours to 24 Hours. Medicina (Lithuania), 2021, 57, 923.	0.8	6
54	The relationship of wearing a wetsuit in long-distance open-water swimming with sex, age, calendar year, performance, and nationality – crossing the “Strait of Gibraltar”. Open Access Journal of Sports Medicine, 2018, Volume 9, 27-36.	0.6	5

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55	Heart rate cost of running in track estimates velocity associated with maximal oxygen uptake. Physiology and Behavior, 2019, 205, 33-38.	1.0	5
56	Effect of three different Pilates sessions on energy expenditure and aerobic metabolism in healthy females. Sport Sciences for Health, 2021, 17, 223-231.	0.4	5
57	From Athens to Spartaâ€”37 Years of Spartathlon. International Journal of Environmental Research and Public Health, 2021, 18, 4914.	1.2	5
58	Longitudinal Performance Analysis in Ultra-Triathlon of the Worldâ€™s 2 Best Master Triathletes. International Journal of Sports Physiology and Performance, 2020, 15, 1480-1484.	1.1	5
59	The Effect of Aging on Pacing Strategies in Short and Long Distance Duathlon. Experimental Aging Research, 2019, 45, 223-233.	0.6	4
60	Performance trends in Paralympic athletes in sprint, middle-distance and endurance events. Sport Sciences for Health, 2020, 16, 485-490.	0.4	4
61	The effectiveness of a community-based exercise program on depression symptoms among people living with HIV. AIDS Care - Psychological and Socio-Medical Aspects of AIDS/HIV, 2021, 33, 368-374.	0.6	4
62	The impact of narratives and active video games on long-term moderate-to-vigorous physical activity: A randomized controlled trial protocol. Contemporary Clinical Trials, 2020, 96, 106087.	0.8	3
63	Tower Runningâ€”Participation, Performance Trends, and Sex Difference. International Journal of Environmental Research and Public Health, 2020, 17, 1902.	1.2	3
64	Pacing and Performance Analysis of the Worldâ€™s Fastest Female Ultra-Triathlete in 5x and 10x Ironman. International Journal of Environmental Research and Public Health, 2020, 17, 1543.	1.2	3
65	Double product break point estimates ventilatory threshold in individuals with type 2 diabetes. Journal of Physical Therapy Science, 2016, 28, 1775-1780.	0.2	2
66	Fidedignidade nas medidas derivadas do mÃ©todo de palpaÃ§Ã£o de um software para avaliaÃ§Ã£o postural: a experiÃªncia clÃnica importa?. Revista Brasileira De Cineantropometria E Desempenho Humano, 2019, 20, 515-524.	0.5	2
67	Self-Selected Pacing During a World Record Attempt in 40 Ironman-Distance Triathlons in 40 Days. International Journal of Environmental Research and Public Health, 2020, 17, 2390.	1.2	2
68	Pacing in Deca and Double Deca Iron Ultra-Triathlon. Adaptive Medicine, 2017, 9, 78-84.	0.1	2
69	The beginning of success: Performance trends and cut-off values for junior and the U23 triathlon categories. Journal of Exercise Science and Fitness, 2022, 20, 16-22.	0.8	2
70	Response to â€œA comprehensive integrative perspective of the anaerobic threshold engineâ€: the driver is not a part of an engine. Physiology and Behavior, 2019, 210, 112436.	1.0	1
71	Rapid component of excess post-exercise oxygen consumption of children of different weight status after playing active video games. BMC Pediatrics, 2021, 21, 80.	0.7	1
72	Greater muscle strength is associated with reduced autonomic reactivity. Research, Society and Development, 2021, 10, e16510615593.	0.0	1

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73	Influence of Anthropometric Characteristics on Ice Swimming Performanceâ€"The IISA Ice Mile and Ice Km. International Journal of Environmental Research and Public Health, 2021, 18, 6766.	1.2	1
74	What Type of Body Shape Moves Children? An Experimental Exploration of the Impact of Narrative Cartoon Character Body Shape on Childrenâ€™s Narrative Engagement, Wishful Identification, and Exercise Motivation. Frontiers in Psychology, 2021, 12, 653626.	1.1	1
75	Pacing in World-Class Age Group Swimmers in 200 and 400 m Individual Medley. Frontiers in Physiology, 2020, 11, 629738.	1.3	1
76	Contact Karate Promotes Post-Exercise Hypotension in Young Adult Males. Asian Journal of Sports Medicine, 2016, 7, e33850.	0.1	1
77	Breaking the athletics world record in the 100 and 400 meters: an alternative method for assessment. Journal of Sports Medicine and Physical Fitness, 2020, 60, 1317-1321.	0.4	1
78	Running an active gaming-based randomized controlled trial during the COVID-19 pandemic: Challenges, solutions and lessons learned. Public Health in Practice, 2022, 3, 100259.	0.7	1
79	Dmax method estimates lactate threshold in individuals with type 2 diabetes. Sport Sciences for Health, 2016, 12, 175-181.	0.4	0
80	Telomere Length Of Middle-aged Sprinters And Endurance Runners. Medicine and Science in Sports and Exercise, 2018, 50, 147.	0.2	0
81	Nitric oxide and blood pressure responses to short-term resistance training in adults with and without type-2 diabetes: a randomized controlled trial. Sport Sciences for Health, 2018, 14, 597-606.	0.4	0
82	Heart Rate Variability in middle-aged Sprinters and Endurance Runners. Medicine and Science in Sports and Exercise, 2018, 50, 773.	0.2	0
83	The Autonomic Balance Of Master Athlete During Stress Is Associated To Antioxidant Profile. Medicine and Science in Sports and Exercise, 2019, 51, 323-323.	0.2	0
84	Cut-Off Values In The Prediction Of Success In Olympic Distance Triathlon. Medicine and Science in Sports and Exercise, 2020, 52, 1033-1034.	0.2	0
85	Pacing strategy of a wheelchair athlete in a 5x and 10x Ironman ultra triathlon: a case study. Disability and Rehabilitation: Assistive Technology, 2020, , 1-7.	1.3	0
86	Editorial: The Elderly Athlete. Frontiers in Physiology, 2021, 12, 686858.	1.3	0
87	Alternative Method to Evaluate Performance Improvement Rate in Athletics Middle Distance Events. Journal of Science in Sport and Exercise, 0, , 1.	0.4	0
88	NÃveis de aptidÃ£o fÃsica em escolares prÃ©-pÃºberes: uma comparaÃ§Ã£o entre gÃªneros. , 2015, 13, 1.		0
89	Treinamento de tÃªnis de mesa em ambiente virtual nÃ£o melhora desempenho de crianÃ§as em espaÃ§o real. ConScientiae SaÃºde, 2016, 15, 24-29.	0.1	0
90	Efeito do exercÃcio fÃsico nos nÃveis plasmÃ¡tico de Dimetilarginina AssimÃ©trica (ADMA) e suas consequÃªncias na disfunÃ§Ã£o endotelial: uma revisÃ£o sistemÃ¡tica. CiÃªncia Em Movimento, 2017, 19, 65.	0.2	0

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91	Leucocyte Telomere Length of Master Endurance Athletes is Associated to Resting Nitric Oxide. Medicine and Science in Sports and Exercise, 2018, 50, 660.	0.2	0
92	Telomere Length, Lipid Profile and Body Composition of Master Sprinters and Endurance Runners. Medicine and Science in Sports and Exercise, 2019, 51, 195-195.	0.2	0
93	Physiological Responses To Animated Narrative Vs. Nonnarrative Videos In Active Video Gameplay. Medicine and Science in Sports and Exercise, 2020, 52, 447-447.	0.2	0
94	Effects of short-term self-selected resistance training on anxiety and depression scores of sedentary individuals. Research, Society and Development, 2020, 9, e1889119755.	0.0	0