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List of Publications by Citations

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Version: 2024-04-27

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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.

41 papers	1,630 citations	19 h-index	40 g-index
43 ext. papers	2,091 ext. citations	3.5 avg, IF	4.88 L-index

#	Paper	IF	Citations
41	Effects of the Dietary Approach to Stop Hypertension (DASH) diet on cardiovascular risk factors: a systematic review and meta-analysis. *British Journal of Nutrition*, **2015**, 113, 1-15	3.6	315
40	Effects of exercise modalities on arterial stiffness and wave reflection: a systematic review and meta-analysis of randomized controlled trials. *PLoS ONE*, **2014**, 9, e110034	3.7	240
39	Tomato and lycopene supplementation and cardiovascular risk factors: A systematic review and meta-analysis. *Atherosclerosis*, **2017**, 257, 100-108	3.1	148
38	Exercise modalities and endothelial function: a systematic review and dose-response meta-analysis of randomized controlled trials. *Sports Medicine*, **2015**, 45, 279-96	10.6	137
37	Effect of vitamin C on endothelial function in health and disease: a systematic review and meta-analysis of randomised controlled trials. *Atherosclerosis*, **2014**, 235, 9-20	3.1	94
36	Effects of inorganic nitrate and beetroot supplementation on endothelial function: a systematic review and meta-analysis. *European Journal of Nutrition*, **2016**, 55, 451-459	5.2	82
35	Lycopene and tomato and risk of cardiovascular diseases: A systematic review and meta-analysis of epidemiological evidence. *Critical Reviews in Food Science and Nutrition*, **2019**, 59, 141-158	11.5	66
34	Effect of vitamin C and vitamin E supplementation on endothelial function: a systematic review and meta-analysis of randomised controlled trials. *British Journal of Nutrition*, **2015**, 113, 1182-94	3.6	52
33	Effects of vitamin C supplementation on glycaemic control: a systematic review and meta-analysis of randomised controlled trials. *European Journal of Clinical Nutrition*, **2017**, 71, 1371-1380	5.2	51
32	Medium-term effects of dietary nitrate supplementation on systolic and diastolic blood pressure in adults: a systematic review and meta-analysis. *Journal of Hypertension*, **2017**, 35, 1353-1359	1.9	49
31	Associations between FTO genotype and total energy and macronutrient intake in adults: a systematic review and meta-analysis. *Obesity Reviews*, **2015**, 16, 666-78	10.6	40
30	Ageing modifies the effects of beetroot juice supplementation on 24-hour blood pressure variability: An individual participant meta-analysis. *Nitric Oxide - Biology and Chemistry*, **2015**, 47, 97-105	5	35
29	Effects of vitamin D supplementation on endothelial function: a systematic review and meta-analysis of randomised clinical trials. *European Journal of Nutrition*, **2017**, 56, 1095-1104	5.2	33
28	Limited evidence for a beneficial effect of vitamin C supplementation on biomarkers of cardiovascular diseases: an umbrella review of systematic reviews and meta-analyses. *Nutrition Research*, **2019**, 61, 1-12	4	28
27	Systematic review and meta-analysis of randomised controlled trials testing the effects of vitamin C supplementation on blood lipids. *Clinical Nutrition*, **2016**, 35, 626-37	5.9	26
26	Antioxidant vitamin supplementation reduces arterial stiffness in adults: a systematic review and meta-analysis of randomized controlled trials. *Journal of Nutrition*, **2014**, 144, 1594-602	4.1	25
25	Mediterranean Diet Increases Endothelial Function in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Journal of Nutrition*, **2020**, 150, 1151-1159	4.1	23

24	Effects of handgrip exercise or inorganic nitrate supplementation on 24-h ambulatory blood pressure and peripheral arterial function in overweight and obese middle age and older adults: A pilot RCT. *Maturitas*, **2015**, 82, 228-35	5	22
23	Inorganic Nitrate Supplementation in Young and Old Obese Adults Does Not Affect Acute Glucose and Insulin Responses but Lowers Oxidative Stress. *Journal of Nutrition*, **2016**, 146, 2224-2232	4.1	19
22	Effects of beetroot juice supplementation on microvascular blood flow in older overweight and obese subjects: a pilot randomised controlled study. *Journal of Human Hypertension*, **2015**, 29, 511-3	2.6	18
21	Dietary nitrate does not affect physical activity or outcomes in healthy older adults in a randomized, cross-over trial. *Nutrition Research*, **2016**, 36, 1361-1369	4	18
20	Mediterranean diet and the hallmarks of ageing. *European Journal of Clinical Nutrition*, **2021**, 75, 1176-1192	3.2	17
19	Effects of inorganic nitrate and nitrite consumption on cognitive function and cerebral blood flow: A systematic review and meta-analysis of randomized clinical trials. *Critical Reviews in Food Science and Nutrition*, **2019**, 59, 2400-2410	11.5	15
18	Dietary nitrate does not modify blood pressure and cardiac output at rest and during exercise in older adults: a randomised cross-over study. *International Journal of Food Sciences and Nutrition*, **2018**, 69, 74-83	3.7	14
17	Does dietary nitrate say NO to cardiovascular ageing? Current evidence and implications for research. *Proceedings of the Nutrition Society*, **2018**, 77, 112-123	2.9	14
16	Effects of inorganic nitrate and vitamin C co-supplementation on blood pressure and vascular function in younger and older healthy adults: A randomised double-blind crossover trial. *Clinical Nutrition*, **2020**, 39, 708-717	5.9	14
15	Inverted U shaped effect of nicotine on the severity of depressive symptoms: A population-based survey. *Journal of Young Pharmacists*, **2013**, 5, 60-3	1.8	6
14	Vitamin C, Antioxidant Status, and Cardiovascular Aging **2016**, 609-619		6
13	Iraqi Experts Consensus on the Management of Type 2 Diabetes/Prediabetes in Adults. *Clinical Medicine Insights: Endocrinology and Diabetes*, **2020**, 13, 1179551420942232	4.3	5
12	Effect of web-based tailored lifestyle interventions on fruit and vegetable consumption in adults: A systematic review and meta-analysis of randomised controlled trials. *Proceedings of the Nutrition Society*, **2015**, 74,	2.9	3
11	The placebo effect on psychomotor performance and working memory capacity: randomized single blind cross-over trial. *Annals of Neurosciences*, **2011**, 18, 141-4	1.1	3
10	Effect of a single dose of dextromethorphan on psychomotor performance and working memory capacity. *Indian Journal of Psychological Medicine*, **2012**, 34, 140-3	1.8	3
9	Relationship between urinary nitrate concentrations and cognitive function in older adults: findings from the NHANES survey. *International Journal of Food Sciences and Nutrition*, **2021**, 72, 805-815	3.7	3
8	Degree of dependence influences the effects of smoking on psychomotor performance and working memory capacity. *Neurosciences*, **2011**, 16, 353-7	0.1	3
7	Association of hand grip strength with cardiometabolic markers in type 2 diabetes mellitus **2020**,		1

6	Variable influence of the degree of smoking dependence on adult attention deficit/hyperactivity disorder in Iraqi medical students. *Neurosciences*, **2012**, 17, 241-7	0.1	1
5	Vitamin B12 status and peripheral neuropathy in patients with type 2 diabetes mellitus. *JPMA the Journal of the Pakistan Medical Association*, **2019**, 69(Suppl 3), S40-S44	0.4	1
4	Adherence to a healthy dietary pattern is associated with greater anti-oxidant capacity and improved glycemic control in Iraqi patients with Type 2 Diabetes. *Mediterranean Journal of Nutrition and Metabolism*, **2022**, 1-12	1.3	
3	Bone mineral density in adult patients with type I diabetes mellitus attending specialized center for endocrinology and diabetes in Baghdad. *JPMA the Journal of the Pakistan Medical Association*, **2019**, 69(Suppl 3), S17-S21	0.4	
2	The Association of Higher Composite Biomarker Score of Antioxidant Vitamins with Lower Cardiovascular Diseases Risk: A Cross-Sectional Study. *Current Research in Nutrition and Food Science*, **2021**, 9, 945-952	1.1	
1	The correlation of pro- and anti-inflammatory markers with glycaemic indices in healthy participants and in patients with type 2 diabetes mellitus.. *JPMA the Journal of the Pakistan Medical Association*, **2021**, 71(Suppl 8), S72-S76	0.4	