

# Christopher Irwin, Apd

## List of Publications by Year in descending order

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Version: 2024-02-01

84  
papers

1,840  
citations

331259

21  
h-index

301761

39  
g-index

85  
all docs

85  
docs citations

85  
times ranked

2244  
citing authors

#	ARTICLE	IF	CITATIONS
1	The influence of exercise training volume alterations on the gut microbiome in highly-trained middle-distance runners. <i>European Journal of Sport Science</i> , 2022, 22, 1222-1230.	1.4	16
2	Orally administered cannabidiol does not produce false-positive tests for $\Delta^9$ -tetrahydrocannabinol on the Securetec DrugWipe <sup>®</sup> 5S or Dräger DrugTest <sup>®</sup> 5000. <i>Drug Testing and Analysis</i> , 2022, 14, 137-143.	1.6	11
3	Are blood and oral fluid $\Delta^9$ -tetrahydrocannabinol (THC) and metabolite concentrations related to impairment? A meta-regression analysis. <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 134, 104433.	2.9	15
4	A Time to Rest, a Time to Dine: Sleep, Time-Restricted Eating, and Cardiometabolic Health. <i>Nutrients</i> , 2022, 14, 420.	1.7	18
5	Effects of Cannabidiol on Exercise Physiology and Bioenergetics: A Randomised Controlled Pilot Trial. <i>Sports Medicine - Open</i> , 2022, 8, 27.	1.3	10
6	Reducing salt intake: a systematic review and meta-analysis of behavior change interventions in adults. <i>Nutrition Reviews</i> , 2022, 80, 723-740.	2.6	11
7	Response to: "Cannabis use before safety sensitive work: What delay is prudent?" <sup>TM</sup> . <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 137, 104684.	2.9	1
8	Effects of cannabidiol on simulated driving and cognitive performance: A dose-ranging randomised controlled trial. <i>Journal of Psychopharmacology</i> , 2022, 36, 1338-1349.	2.0	23
9	Patient and Staff Perceptions on Using Bioelectrical Impedance Analysis in an Outpatient Haemodialysis Setting: A Qualitative Descriptive Study. <i>Healthcare (Switzerland)</i> , 2022, 10, 1205.	1.0	0
10	Consumption of a smoothie or cereal-based breakfast: impact on thirst, hunger, appetite and subsequent dietary intake. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 123-133.	1.3	4
11	Associations between sleep and lifestyle behaviours among Australian nursing students: A cross-sectional study. <i>Collegian</i> , 2021, 28, 97-105.	0.6	11
12	Consistency of hangover experiences after a night of drinking: A controlled laboratory study. <i>Human Psychopharmacology</i> , 2021, 36, e2771.	0.7	0
13	Cognitive effects of acute aerobic exercise: Exploring the influence of exercise duration, exhaustion, task complexity and expectancies in endurance-trained individuals. <i>Journal of Sports Sciences</i> , 2021, 39, 183-191.	1.0	3
14	The Effect of Consuming Carbohydrate With and Without Protein on the Rate of Muscle Glycogen Re-synthesis During Short-Term Post-exercise Recovery: a Systematic Review and Meta-analysis. <i>Sports Medicine - Open</i> , 2021, 7, 9.	1.3	9
15	Analysis of dietary intake, diet cost and food group expenditure from a 24-hour food record collected in a sample of Australian university students. <i>Nutrition and Dietetics</i> , 2021, 78, 174-182.	0.9	2
16	Associations between health-related quality of life and health behaviors in Australian nursing students. <i>Australian Journal of Cancer Nursing</i> , 2021, 23, 477-489.	0.8	6
17	Associations between health behaviors and mental health in Australian nursing students. <i>Nurse Education in Practice</i> , 2021, 53, 103084.	1.0	13
18	Belief in caffeine's ergogenic effect on cognitive function and endurance performance: A sham dose-response study. <i>Human Psychopharmacology</i> , 2021, 36, e2792.	0.7	0

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19	The Relationship Between Diet and Sleep in Older Adults: a Narrative Review. <i>Current Nutrition Reports</i> , 2021, 10, 166-178.	2.1	15
20	Determining the magnitude and duration of acute $\delta^9$ -tetrahydrocannabinol ( $\delta^9$ -THC)-induced driving and cognitive impairment: A systematic and meta-analytic review. <i>Neuroscience and Biobehavioral Reviews</i> , 2021, 126, 175-193.	2.9	79
21	Association between dietary patterns and sociodemographics: A cross-sectional study of Australian nursing students. <i>Australian Journal of Cancer Nursing</i> , 2020, 22, 38-48.	0.8	12
22	Effects of acute caffeine consumption following sleep loss on cognitive, physical, occupational and driving performance: A systematic review and meta-analysis. <i>Neuroscience and Biobehavioral Reviews</i> , 2020, 108, 877-888.	2.9	41
23	The effect of cannabidiol on simulated car driving performance: A randomised, double-blind, placebo-controlled, crossover, dose-ranging clinical trial protocol. <i>Human Psychopharmacology</i> , 2020, 35, e2749.	0.7	13
24	Effects of probiotics and paraprobiotics on subjective and objective sleep metrics: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 1536-1549.	1.3	33
25	Three consecutive nights of sleep loss: Effects of morning caffeine consumption on subjective sleepiness/alertness, reaction time and simulated driving performance. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2020, 70, 124-134.	1.8	10
26	Effects of Diet on Sleep: A Narrative Review. <i>Nutrients</i> , 2020, 12, 936.	1.7	117
27	Effect of Drinking Rate on the Retention of Water or Milk Following Exercise-Induced Dehydration. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 128-138.	1.0	2
28	Sports Dietitians Australia Position Statement: Nutrition for Exercise in Hot Environments. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 83-98.	1.0	31
29	Cannabidiol and Sports Performance: a Narrative Review of Relevant Evidence and Recommendations for Future Research. <i>Sports Medicine - Open</i> , 2020, 6, 27.	1.3	34
30	Fluid, energy, and nutrient recovery via ad libitum intake of different commercial beverages and food in female athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 37-46.	0.9	10
31	Tattoos do not affect exercise-induced localised sweat rate or sodium concentration. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 1249-1253.	0.6	11
32	Calorie-Containing Recovery Drinks Increase Recreational Runners'™ Voluntary Energy and Carbohydrate Intake, with Minimal Impact on Fluid Recovery. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 1-5.	1.0	2
33	Cannabidiol (CBD) content in vaporized cannabis does not prevent tetrahydrocannabinol (THC)-induced impairment of driving and cognition. <i>Psychopharmacology</i> , 2019, 236, 2713-2724.	1.5	130
34	Challenges following a personalised diet adhering to dietary guidelines in a sample of Australian university students. <i>Nutrition and Health</i> , 2019, 25, 185-194.	0.6	5
35	Effects of Duration and Intensity of Aerobic Exercise on Cognitive Performance in Trained Individuals. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 474-474.	0.2	0
36	Effects of alcohol intoxication goggles (fatal vision goggles) with a concurrent cognitive task on simulated driving performance. <i>Traffic Injury Prevention</i> , 2019, 20, 777-782.	0.6	2

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37	Skin Tattoos Do Not Affect Exercise-induced Sweat Rate Or Sodium Concentration.. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 563-563.	0.2	0
38	Dehydration Has No Influence on Simulated Motor-race Performance Despite Greater Cardiovascular and Thermoregulatory Demand. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 559-559.	0.2	1
39	The effect of different post-exercise beverages with food on ad libitum fluid recovery, nutrient provision, and subsequent athletic performance. <i>Physiology and Behavior</i> , 2019, 201, 22-30.	1.0	2
40	The influence of a fruit smoothie or cereal and milk breakfast on subsequent dietary intake: a pilot study. <i>International Journal of Food Sciences and Nutrition</i> , 2019, 70, 612-622.	1.3	6
41	Caffeine content of Nespresso® pod coffee. <i>Nutrition and Health</i> , 2019, 25, 3-7.	0.6	9
42	A review of probiotic supplementation in healthy adults: helpful or hype?. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 24-37.	1.3	159
43	The Effect of Different Post-Exercise Beverages with Food on Voluntary Dietary Intake and Subsequent Performance. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 296-297.	0.2	0
44	Lifestyle and self-management determinants of hypertension control in a sample of Australian adults. <i>Expert Review of Cardiovascular Therapy</i> , 2018, 16, 229-236.	0.6	9
45	Effects of acute exercise, dehydration and rehydration on cognitive function in well-trained athletes. <i>Journal of Sports Sciences</i> , 2018, 36, 247-255.	1.0	15
46	Effect of 8-weeks prebiotics/probiotics supplementation on alcohol metabolism and blood biomarkers of healthy adults: a pilot study. <i>European Journal of Nutrition</i> , 2018, 57, 1523-1534.	1.8	18
47	Post-exercise Ingestion of Carbohydrate, Protein and Water: A Systematic Review and Meta-analysis for Effects on Subsequent Athletic Performance. <i>Sports Medicine</i> , 2018, 48, 379-408.	3.1	26
48	Effect of probiotics and synbiotics consumption on serum concentrations of liver function test enzymes: a systematic review and meta-analysis. <i>European Journal of Nutrition</i> , 2018, 57, 2037-2053.	1.8	38
49	Tear osmolarity is sensitive to exercise-induced fluid loss but is not associated with common hydration measures in a field setting. <i>Journal of Sports Sciences</i> , 2018, 36, 1220-1227.	1.0	4
50	Effects of Consuming a Low Dose of Alcohol with Mixers Containing Carbohydrate or Artificial Sweetener on Simulated Driving Performance. <i>Nutrients</i> , 2018, 10, 419.	1.7	2
51	Smoothies: Exploring the Attitudes, Beliefs and Behaviours of Consumers and Non-Consumers. <i>Current Research in Nutrition and Food Science</i> , 2018, 6, 425-436.	0.3	8
52	Caffeine Content and Perceived Sensory Characteristics of Pod Coffee: Effects on Mood and Cognitive Performance. <i>Current Research in Nutrition and Food Science</i> , 2018, 6, 329-345.	0.3	3
53	Using alcohol intoxication goggles (Fatal Vision® goggles) to detect alcohol related impairment in simulated driving. <i>Traffic Injury Prevention</i> , 2017, 18, 19-27.	0.6	19
54	Fluid, energy and nutrient recovery via ad libitum intake of different fluids and food. <i>Physiology and Behavior</i> , 2017, 171, 228-235.	1.0	14

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55	The Influence of Drinking Fluid on Endurance Cycling Performance: A Meta-Analysis. <i>Sports Medicine</i> , 2017, 47, 2269-2284.	3.1	31
56	Caffeine, coffee, and appetite control: a review. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 901-912.	1.3	44
57	The Effect of Fluid Intake Following Dehydration on Subsequent Athletic and Cognitive Performance: a Systematic Review and Meta-analysis. <i>Sports Medicine - Open</i> , 2017, 3, 13.	1.3	27
58	Effects of acute alcohol consumption on measures of simulated driving: A systematic review and meta-analysis. <i>Accident Analysis and Prevention</i> , 2017, 102, 248-266.	3.0	100
59	Effect of meal glycemic load and caffeine consumption on prolonged monotonous driving performance. <i>Physiology and Behavior</i> , 2017, 181, 110-116.	1.0	11
60	Dietary Patterns, Nutrition Knowledge, Lifestyle, and Health-Related Quality of Life: Associations with Anti-Hypertension Medication Adherence in a Sample of Australian Adults. <i>High Blood Pressure and Cardiovascular Prevention</i> , 2017, 24, 453-462.	1.0	17
61	Inaccuracies in caffeine intake quantification and other important limitations in recent publication by Gonçães et al.. <i>Journal of Applied Physiology</i> , 2017, 123, 1414-1414.	1.2	9
62	The Influence of Mixers Containing Artificial Sweetener or Different Doses of Carbohydrate on Breath Alcohol Responses in Females. <i>Alcoholism: Clinical and Experimental Research</i> , 2017, 41, 38-45.	1.4	3
63	A Nutrition Recovery Station Following Recreational Exercise Improves Fruit Consumption but Does Not Influence Fluid Recovery. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017, 27, 487-490.	1.0	2
64	Does Oral Fluid Intake Following Dehydration Influence Subsequent Athletic Performance? A Systematic Review and Meta-Analysis. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 447.	0.2	1
65	Influence of a Nutrition Recovery Station Following Exercise on Acute Dietary Intake.. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 852.	0.2	0
66	Dietary patterns, nutrition knowledge and lifestyle: associations with blood pressure in a sample of Australian adults (the Food BP study). <i>Journal of Human Hypertension</i> , 2016, 30, 581-590.	1.0	19
67	The Effect of Ad Libitum Consumption of a Milk-Based Liquid Meal Supplement vs. a Traditional Sports Drink on Fluid Balance After Exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 347-355.	1.0	10
68	The Effect Of Ad Libitum Intake Of Different Commercial Beverages And Snack Foods Following Exercise-induced Fluid Loss.. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 975.	0.2	0
69	Effects of Acute Exercise, Dehydration and Rehydration on Cognitive Function in Well Trained Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 844.	0.2	0
70	The Effects of Red Bull Energy Drink Compared with Caffeine on Cycling Time-Trial Performance. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 897-901.	1.1	26
71	Manipulations to the Alcohol and Sodium Content of Beer for Postexercise Rehydration. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 262-270.	1.0	13
72	Reply to Pierce et al.. <i>Journal of Nutrition</i> , 2015, 145, 2631-2632.	1.3	0

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73	Flaxseed Consumption May Reduce Blood Pressure: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Journal of Nutrition</i> , 2015, 145, 758-765.	1.3	91
74	The Influence of Drinking, Texting, and Eating on Simulated Driving Performance. <i>Traffic Injury Prevention</i> , 2015, 16, 116-123.	0.6	56
75	Tear Osmolarity Is Not A Valid Measure Of Hydration Status In The Field.. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 272-273.	0.2	0
76	Mild to Moderate Dehydration Combined With Moderate Alcohol Consumption Has No Influence on Simulated Driving Performance. <i>Traffic Injury Prevention</i> , 2014, 15, 652-662.	0.6	12
77	Comparing the rehydration potential of different milk-based drinks to a carbohydrate-electrolyte beverage. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 1366-1372.	0.9	33
78	Further Manipulations To The Alcohol And Sodium Content Of Beer For Post Exercise Rehydration.. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 397-398.	0.2	1
79	The effects of dehydration, moderate alcohol consumption, and rehydration on cognitive functions. <i>Alcohol</i> , 2013, 47, 203-213.	0.8	24
80	Test-Retest Reliability of Simulated Driving Performance: A Pilot Study. , 2013, , .		1
81	Alcohol pharmacokinetics and risk-taking behaviour following exercise-induced dehydration. <i>Pharmacology Biochemistry and Behavior</i> , 2012, 101, 609-616.	1.3	6
82	Students' perceptions of using Facebook as an interactive learning resource at university. <i>Australasian Journal of Educational Technology</i> , 2012, 28, .	2.0	197
83	Caffeine withdrawal and high-intensity endurance cycling performance. <i>Journal of Sports Sciences</i> , 2011, 29, 509-515.	1.0	73
84	Caffeine Withdrawal and High Intensity Endurance Cycling Performance.. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 106.	0.2	0