

Tatiana Moro

List of Publications by Year in descending order

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Version: 2024-02-01

47
papers

2,265
citations

377584

21
h-index

312153

41
g-index

47
all docs

47
docs citations

47
times ranked

3692
citing authors

#	ARTICLE	IF	CITATIONS
1	Ketogenic diets, physical activity and body composition: a review. <i>British Journal of Nutrition</i> , 2022, 127, 1898-1920.	1.2	21
2	Impact of sedentarism due to the COVID-19 home confinement on neuromuscular, cardiovascular and metabolic health: Physiological and pathophysiological implications and recommendations for physical and nutritional countermeasures. <i>European Journal of Sport Science</i> , 2021, 21, 614-635.	1.4	287
3	Effects of Two Months of Very Low Carbohydrate Ketogenic Diet on Body Composition, Muscle Strength, Muscle Area, and Blood Parameters in Competitive Natural Body Builders. <i>Nutrients</i> , 2021, 13, 374.	1.7	45
4	The effect of resistance training programs on lean body mass in postmenopausal and elderly women: a meta-analysis of observational studies. <i>Aging Clinical and Experimental Research</i> , 2021, 33, 2941-2952.	1.4	20
5	Effect of an Endurance and Strength Mixed Circuit Training on Regional Fat Thickness: The Quest for the "Spot Reduction". <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3845.	1.2	8
6	Twelve Months of Time-restricted Eating and Resistance Training Improves Inflammatory Markers and Cardiometabolic Risk Factors. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 2577-2585.	0.2	37
7	Effects of intermittent fasting combined with resistance training on body composition: a systematic review and meta-analysis. <i>Physiology and Behavior</i> , 2021, 237, 113453.	1.0	15
8	Oxidative Stress and Inflammation, MicroRNA, and Hemoglobin Variations after Administration of Oxygen at Different Pressures and Concentrations: A Randomized Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 9755.	1.2	22
9	Just Do It: High Intensity Physical Activity Preserves Mental and Physical Health in Elite and Non-elite Athletes During COVID-19. <i>Frontiers in Psychology</i> , 2021, 12, 757150.	1.1	7
10	Time-restricted eating effects on performance, immune function, and body composition in elite cyclists: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2020, 17, 65.	1.7	60
11	Betaine Supplementation Does not Improve Muscle Hypertrophy or Strength Following 6 Weeks of Cross-Fit Training. <i>Nutrients</i> , 2020, 12, 1688.	1.7	14
12	Effects of 6 Weeks of Traditional Resistance Training or High Intensity Interval Resistance Training on Body Composition, Aerobic Power and Strength in Healthy Young Subjects: A Randomized Parallel Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4093.	1.2	22
13	When COVID-19 affects muscle: effects of quarantine in older adults. <i>European Journal of Translational Myology</i> , 2020, , .	0.8	21
14	Resistance exercise training promotes fiber type-specific myonuclear adaptations in older adults. <i>Journal of Applied Physiology</i> , 2020, 128, 795-804.	1.2	35
15	The "Journal of Functional Morphology and Kinesiology" Journal Club Series: Resistance Training. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 25.	1.1	0
16	Stay fit, don't quit: Geriatric Exercise Prescription in COVID-19 Pandemic. <i>Aging Clinical and Experimental Research</i> , 2020, 32, 1209-1210.	1.4	21
17	When COVID-19 affects muscle: effects of quarantine in older adults. <i>European Journal of Translational Myology</i> , 2020, 30, 9069.	0.8	20
18	When COVID-19 affects muscle: effects of quarantine in older adults. <i>European Journal of Translational Myology</i> , 2020, 30, 219-222.	0.8	31

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19	Type 2 Diabetes Reduces the Muscle Anabolic Effect of Resistance Exercise Training in Older Adults. <i>Innovation in Aging</i> , 2020, 4, 529-529.	0.0	1
20	Aging Induces A Differential Muscle Transcriptome Profile Following Resistance Exercise Training. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 348-348.	0.2	0
21	Low skeletal muscle capillarization limits muscle adaptation to resistance exercise training in older adults. <i>Experimental Gerontology</i> , 2019, 127, 110723.	1.2	48
22	Whey Protein Hydrolysate Increases Amino Acid Uptake, mTORC1 Signaling, and Protein Synthesis in Skeletal Muscle of Healthy Young Men in a Randomized Crossover Trial. <i>Journal of Nutrition</i> , 2019, 149, 1149-1158.	1.3	25
23	The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. <i>Nutrients</i> , 2019, 11, 719.	1.7	218
24	Moderate-intensity aerobic exercise improves skeletal muscle quality in older adults. <i>Translational Sports Medicine</i> , 2019, 2, 109-119.	0.5	21
25	The Importance of Resistance Exercise Training to Combat Neuromuscular Aging. <i>Physiology</i> , 2019, 34, 112-122.	1.6	73
26	Different Amounts Of Protein Intake Influence Body Composition And Performance In Elite Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 544-544.	0.2	0
27	Ketogenic Diet and Skeletal Muscle Hypertrophy: a Frenemy Relationship?. <i>Journal of Human Kinetics</i> , 2019, 68, 233-247.	0.7	23
28	Skeletal muscle-specific knockout of DEP domain containing 5 protein increases mTORC1 signaling, muscle cell hypertrophy, and mitochondrial respiration. <i>Journal of Biological Chemistry</i> , 2019, 294, 4091-4102.	1.6	22
29	Differences in electromyographic activity of biceps brachii and brachioradialis while performing three variants of curl. <i>PeerJ</i> , 2018, 6, e5165.	0.9	14
30	Aerobic Exercise Training Improves Myofibrillar Protein Synthesis, Capillarization, and Quadriceps Strength in Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 646.	0.2	0
31	Muscle Protein Anabolic Resistance to Essential Amino Acids Does Not Occur in Healthy Older Adults Before or After Resistance Exercise Training. <i>Journal of Nutrition</i> , 2018, 148, 900-909.	1.3	49
32	Effect Of Resistance Exercise Training On Anabolic Resistance To Amino Acids In Healthy Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 370.	0.2	0
33	High intensity interval resistance training (HIIRT) in older adults: Effects on body composition, strength, anabolic hormones and blood lipids. <i>Experimental Gerontology</i> , 2017, 98, 91-98.	1.2	26
34	Resistance Training with Single vs. Multi-joint Exercises at Equal Total Load Volume: Effects on Body Composition, Cardiorespiratory Fitness, and Muscle Strength. <i>Frontiers in Physiology</i> , 2017, 8, 1105.	1.3	57
35	Protein Supplementation Does Not Further Increase Latissimus Dorsi Muscle Fiber Hypertrophy after Eight Weeks of Resistance Training in Novice Subjects, but Partially Counteracts the Fast-to-Slow Muscle Fiber Transition. <i>Nutrients</i> , 2016, 8, 331.	1.7	12
36	Effects of eight weeks of time-restricted feeding (16/8) on basal metabolism, maximal strength, body composition, inflammation, and cardiovascular risk factors in resistance-trained males. <i>Journal of Translational Medicine</i> , 2016, 14, 290.	1.8	433

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37	Amino Acid Sensing in Skeletal Muscle. Trends in Endocrinology and Metabolism, 2016, 27, 796-806.	3.1	71
38	Molecular Signalling Response To Short Duration High Intensity/low Volume Resistance Training In Human Skeletal Muscle.. Medicine and Science in Sports and Exercise, 2015, 47, 445.	0.2	0
39	Effects of n-3 Polyunsaturated Fatty Acids (1%o-3) Supplementation on Some Cardiovascular Risk Factors with a Ketogenic Mediterranean Diet. Marine Drugs, 2015, 13, 996-1009.	2.2	63
40	Selective Activation of Shoulder, Trunk, and Arm Muscles: A Comparative Analysis of Different Push-Up Variants. Journal of Athletic Training, 2015, 50, 1126-1132.	0.9	18
41	Lift weights to fight overweight. Clinical Physiology and Functional Imaging, 2015, 35, 1-6.	0.5	39
42	Protein Supplementation Increases Postexercise Plasma Myostatin Concentration After 8 Weeks of Resistance Training in Young Physically Active Subjects. Journal of Medicinal Food, 2015, 18, 137-143.	0.8	17
43	Protein supplementation and dietary behaviours of resistance trained men and women attending commercial gyms: a comparative study between the city centre and the suburbs of Palermo, Italy. Journal of the International Society of Sports Nutrition, 2014, 11, 30.	1.7	14
44	Effects of high-intensity circuit training, low-intensity circuit training and endurance training on blood pressure and lipoproteins in middle-aged overweight men. Lipids in Health and Disease, 2013, 12, 131.	1.2	116
45	Myosin Isoforms and Contractile Properties of Single Fibers of Human Latissimus Dorsi Muscle. BioMed Research International, 2013, 2013, 1-7.	0.9	15
46	High-Intensity Interval Resistance Training (HIRT) influences resting energy expenditure and respiratory ratio in non-dieting individuals. Journal of Translational Medicine, 2012, 10, 237.	1.8	86
47	Ketogenic diet does not affect strength performance in elite artistic gymnasts. Journal of the International Society of Sports Nutrition, 2012, 9, 34.	1.7	118