

# Cristina Bouzas

## List of Publications by Year in Descending Order

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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.

33  
papers

435  
citations

11  
h-index

20  
g-index

46  
ext. papers

745  
ext. citations

6  
avg, IF

3.47  
L-index

#	Paper	IF	Citations
33	Effect of a Six-Month Lifestyle Intervention on the Physical Activity and Fitness Status of Adults with NAFLD and Metabolic Syndrome.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	3
32	Inflammatory and Oxidative Stress Markers Related to Adherence to the Mediterranean Diet in Patients with Metabolic Syndrome. <i>Antioxidants</i> , <b>2022</b> , 11, 901	7.1	0
31	Explaining the complex impact of the Covid-19 pandemic on children with overweight and obesity: a comparative ecological analysis of parents' perceptions in three countries.. <i>BMC Public Health</i> , <b>2022</b> , 22, 1000	4.1	0
30	Health-Related Quality of Life in Spanish Schoolchildren and Its Association with the Fitness Status and Adherence to the Mediterranean Diet. <i>Nutrients</i> , <b>2022</b> , 14, 2322	6.7	3
29	Effect of Dietary and Lifestyle Interventions on the Amelioration of NAFLD in Patients with Metabolic Syndrome: The FLIPAN Study. <i>Nutrients</i> , <b>2022</b> , 14, 2223	6.7	2
28	Peripheral Blood Mononuclear Cells Oxidative Stress and Plasma Inflammatory Biomarkers in Adults with Normal Weight, Overweight and Obesity. <i>Antioxidants</i> , <b>2021</b> , 10,	7.1	4
27	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 1702-1713	4.5	6
26	Baseline drinking water consumption and changes in body weight and waist circumference at 2-years of follow-up in a senior Mediterranean population. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 3982-3991	5.9	2
25	Beneficial effects of dietary supplementation with olive oil, oleic acid, or hydroxytyrosol in metabolic syndrome: Systematic review and meta-analysis. <i>Free Radical Biology and Medicine</i> , <b>2021</b> , 172, 372-385	7.8	13
24	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 2870-2886	4.5	1
23	Comparison between Original and Reviewed Consensus of European Working Group on Sarcopenia in Older People: A Probabilistic Cross-Sectional Survey among Community-Dwelling Older People. <i>Gerontology</i> , <b>2021</b> , 1-8	5.5	0
22	Los equipos de pediatría ante la obesidad infantil: un estudio cualitativo dentro del proyecto STOP. <i>Anales De Pediatría</i> , <b>2021</b> , 95, 174-185	0.2	2
21	Paediatric teams in front of childhood obesity: A qualitative study within the STOP project. <i>Anales De Pediatría (English Edition)</i> , <b>2021</b> , 95, 174-185	0.4	1
20	Association between Non-Alcoholic Fatty Liver Disease and Mediterranean Lifestyle: A Systematic Review.. <i>Nutrients</i> , <b>2021</b> , 14,	6.7	3
19	Metabolic Syndrome is Associated with Oxidative Stress and Proinflammatory State. <i>Antioxidants</i> , <b>2020</b> , 9,	7.1	26
18	Effect of Free Fatty Acids on Inflammatory Gene Expression and Hydrogen Peroxide Production by Ex Vivo Blood Mononuclear Cells. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	7
17	Health-related quality of life in individuals with metabolic syndrome: A cross-sectional study. <i>Semergen</i> , <b>2020</b> , 46, 524-537	1.9	3

16	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	1
15	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	8
14	Nutrient adequacy and diet quality in a Mediterranean population with metabolic syndrome: A cross-sectional study. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 853-861	5.9	2
13	Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 2395-2409	5.2	4
12	Relationship between Body Image and Body Weight Control in Overweight 65-Year-Old Adults: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	19
11	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	9
10	A randomized controlled trial for overweight and obesity in preschoolers: the More and Less Europe study <sup>2</sup> - an intervention within the STOP project. <i>BMC Public Health</i> , <b>2019</b> , 19, 945	4.1	13
9	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	30
8	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2019</b> , 322, 1486-1499	27.4	38
7	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , <b>2019</b> , 48, 387-388o	7.8	87
6	Adherence to the Mediterranean Diet and Inflammatory Markers. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	92
5	Regular Practice of Moderate Physical Activity by Older Adults Ameliorates Their Anti-Inflammatory Status. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	16
4	Association between Physical Condition and Body Composition, Nutrient Intake, Sociodemographic Characteristics, and Lifestyle Habits in Older Spanish Adults. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	9
3	Effects of Millimolar Steady-State Hydrogen Peroxide Exposure on Inflammatory and Redox Gene Expression in Immune Cells from Humans with Metabolic Syndrome. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	13
2	Peripheral Blood Mononuclear Cells Antioxidant Adaptations to Regular Physical Activity in Elderly People. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	12
1	Beverage Consumption among Adults in the Balearic Islands: Association with Total Water and Energy Intake. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	4