

# Karen Joy Murphy

## List of Publications by Year in descending order

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Version: 2024-02-01

61  
papers

3,494  
citations

159358

30  
h-index

138251

58  
g-index

65  
all docs

65  
docs citations

65  
times ranked

5038  
citing authors

#	ARTICLE	IF	CITATIONS
1	A comparison of dietary quality and nutritional adequacy of popular energy-restricted diets against the Australian Guide to Healthy Eating and the Mediterranean Diet. <i>British Journal of Nutrition</i> , 2022, 128, 1357-1370.	1.2	9
2	Short-term effects of a Mediterranean-style dietary pattern on cognition and mental well-being: a systematic review of clinical trials. <i>British Journal of Nutrition</i> , 2022, 128, 1247-1256.	1.2	4
3	The role of a Mediterranean diet and physical activity in decreasing age-related inflammation through modulation of the gut microbiota composition. <i>British Journal of Nutrition</i> , 2022, 128, 1299-1314.	1.2	10
4	Developing and implementing a new methodology to test the affordability of currently popular weight loss diet meal plans and healthy eating principles. <i>BMC Public Health</i> , 2022, 22, 23.	1.2	3
5	Characterising activity and diet compositions for dementia prevention: protocol for the ACTivate prospective longitudinal cohort study. <i>BMJ Open</i> , 2022, 12, e047888.	0.8	5
6	Iodine Excretion and Intake in Women of Reproductive Age in South Australia Eating Plant-Based and Omnivore Diets: A Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3547.	1.2	4
7	A Mediterranean diet supplemented with dairy foods improves mood and processing speed in an Australian sample: results from the MedDairy randomized controlled trial. <i>Nutritional Neuroscience</i> , 2020, 23, 646-658.	1.5	44
8	A Process Evaluation Examining the Performance, Adherence, and Acceptability of a Physical Activity and Diet Artificial Intelligence Virtual Health Assistant. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 9137.	1.2	27
9	Adherence to a Mediterranean diet associated with lower blood pressure in a US sample: Findings from the Maine-Syracuse Longitudinal Study. <i>Journal of Clinical Hypertension</i> , 2020, 22, 2276-2284.	1.0	8
10	A Physical Activity and Diet Program Delivered by Artificially Intelligent Virtual Health Coach: Proof-of-Concept Study. <i>JMIR MHealth and UHealth</i> , 2020, 8, e17558.	1.8	56
11	A Mediterranean Diet with Fresh, Lean Pork Improves Processing Speed and Mood: Cognitive Findings from the MedPork Randomised Controlled Trial. <i>Nutrients</i> , 2019, 11, 1521.	1.7	41
12	Adherence to a Mediterranean diet is associated with cognitive function in an older non-Mediterranean sample: findings from the Maine-Syracuse Longitudinal Study. <i>Nutritional Neuroscience</i> , 2019, 24, 1-12.	1.5	17
13	Effects of Mediterranean diet supplemented with lean pork on blood pressure and markers of cardiovascular risk: findings from the MedPork trial. <i>British Journal of Nutrition</i> , 2019, 122, 873-883.	1.2	17
14	Estimation of daily intake of flavonoids and major food sources in middle-aged Australian men and women. <i>Nutrition Research</i> , 2019, 61, 64-81.	1.3	31
15	A Mediterranean diet supplemented with dairy foods improves markers of cardiovascular risk: results from the MedDairy randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 1166-1182.	2.2	41
16	Cereals and Legumes. , 2018, , 111-132.		10
17	Comparison of two low-fat diets, differing in protein and carbohydrate, on psychological wellbeing in adults with obesity and type 2 diabetes: a randomised clinical trial. <i>Nutrition Journal</i> , 2018, 17, 62.	1.5	12
18	Implementing a Mediterranean-Style Diet Outside the Mediterranean Region. <i>Current Atherosclerosis Reports</i> , 2018, 20, 28.	2.0	44

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19	Reductions in food cravings are similar with low-fat weight loss diets differing in protein and carbohydrate in overweight and obese adults with type 2 diabetes: A randomized clinical trial. <i>Nutrition Research</i> , 2018, 57, 56-66.	1.3	12
20	The Mediterranean diet and age-related cognitive functioning: A systematic review of study findings and neuropsychological assessment methodology. <i>Nutritional Neuroscience</i> , 2017, 20, 449-468.	1.5	29
21	A Mediterranean diet lowers blood pressure and improves endothelial function: results from the MedLey randomized intervention trial. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1305-1313.	2.2	136
22	A Mediterranean Diet to Improve Cardiovascular and Cognitive Health: Protocol for a Randomised Controlled Intervention Study. <i>Nutrients</i> , 2017, 9, 145.	1.7	21
23	Older Australians Can Achieve High Adherence to the Mediterranean Diet during a 6 Month Randomised Intervention; Results from the Medley Study. <i>Nutrients</i> , 2017, 9, 534.	1.7	33
24	Including pork in the Mediterranean diet for an Australian population: Protocol for a randomised controlled trial assessing cardiovascular risk and cognitive function. <i>Nutrition Journal</i> , 2017, 16, 84.	1.5	9
25	A Mediterranean Diet Reduces F2-Isoprostanes and Triglycerides among Older Australian Men and Women after 6 Months. <i>Journal of Nutrition</i> , 2017, 147, 1348-1355.	1.3	40
26	Effects of Low-Fat Diets Differing in Protein and Carbohydrate Content on Cardiometabolic Risk Factors during Weight Loss and Weight Maintenance in Obese Adults with Type 2 Diabetes. <i>Nutrients</i> , 2016, 8, 289.	1.7	37
27	The Mediterranean Diet and Cognitive Function among Healthy Older Adults in a 6-Month Randomised Controlled Trial: The MedLey Study. <i>Nutrients</i> , 2016, 8, 579.	1.7	85
28	Is the Mediterranean diet a feasible approach to preserving cognitive function and reducing risk of dementia for older adults in Western countries? New insights and future directions. <i>Ageing Research Reviews</i> , 2016, 25, 85-101.	5.0	74
29	Older Australians can adhere to a traditional Mediterranean style diet over two weeks: a pilot dietary intervention study. <i>BMC Nutrition</i> , 2015, 1, .	0.6	12
30	A randomised controlled intervention trial evaluating the efficacy of an Australianised Mediterranean diet compared to the habitual Australian diet on cognitive function, psychological wellbeing and cardiovascular health in healthy older adults (MedLey study): protocol paper. <i>BMC Nutrition</i> , 2015, 1, .	0.6	18
31	Definition of the Mediterranean Diet; A Literature Review. <i>Nutrients</i> , 2015, 7, 9139-9153.	1.7	703
32	A randomised controlled intervention trial evaluating the efficacy of a Mediterranean dietary pattern on cognitive function and psychological wellbeing in healthy older adults: the MedLey study. <i>BMC Geriatrics</i> , 2015, 15, 55.	1.1	43
33	A randomised trial comparing low-fat diets differing in carbohydrate and protein ratio, combined with regular moderate intensity exercise, on glycaemic control, cardiometabolic risk factors, food cravings, cognitive function and psychological wellbeing in adults with type 2 diabetes: Study protocol. <i>Contemporary Clinical Trials</i> , 2015, 45, 217-225.	0.8	14
34	A Comparison of Regular Consumption of Fresh Lean Pork, Beef and Chicken on Body Composition: A Randomized Cross-Over Trial. <i>Nutrients</i> , 2014, 6, 682-696.	1.7	31
35	Relationship between Erythrocyte Omega-3 Content and Obesity Is Gender Dependent. <i>Nutrients</i> , 2014, 6, 1850-1860.	1.7	32
36	Dietary Antioxidants, Cognitive Function and Dementia - A Systematic Review. <i>Plant Foods for Human Nutrition</i> , 2013, 68, 279-292.	1.4	127

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37	Mediterranean diet adherence and self-reported psychological functioning in an Australian sample. <i>Appetite</i> , 2013, 70, 53-59.	1.8	77
38	Dairy Foods and Dairy Protein Consumption Is Inversely Related to Markers of Adiposity in Obese Men and Women. <i>Nutrients</i> , 2013, 5, 4665-4684.	1.7	33
39	Mediterranean diet adherence and cognitive functioning in an Australian sample. <i>FASEB Journal</i> , 2013, 27, 346.3.	0.2	0
40	Dairy consumption and working memory performance in overweight and obese adults. <i>Appetite</i> , 2012, 59, 34-40.	1.8	31
41	Dairy consumption and cardiometabolic health: outcomes of a 12-month crossover trial. <i>Nutrition and Metabolism</i> , 2012, 9, 19.	1.3	61
42	Long-term dietary intervention trials: critical issues and challenges. <i>Trials</i> , 2012, 13, 111.	0.7	68
43	Metabolic Syndrome, Cognitive Performance, and Dementia. <i>Journal of Alzheimer's Disease</i> , 2012, 30, S77-S87.	1.2	60
44	Effects of Eating Fresh Lean Pork on Cardiometabolic Health Parameters. <i>Nutrients</i> , 2012, 4, 711-723.	1.7	43
45	Acute Effects of an <i>Avena sativa</i> Herb Extract on Responses to the Stroop Color-Word Test. <i>Journal of Alternative and Complementary Medicine</i> , 2011, 17, 635-637.	2.1	19
46	Review of Dairy Consumption and Cognitive Performance in Adults: Findings and Methodological Issues. <i>Dementia and Geriatric Cognitive Disorders</i> , 2010, 30, 352-361.	0.7	60
47	Dairy intake and cognitive health in middle-aged South Australians. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2010, 19, 161-71.	0.3	52
48	DHA-rich fish oil lowers heart rate during submaximal exercise in elite Australian Rules footballers. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 503-507.	0.6	68
49	Leukocyte numbers and function in subjects eating n-3 enriched foods: selective depression of natural killer cell levels. <i>Arthritis Research and Therapy</i> , 2008, 10, R57.	1.6	31
50	Lack of Effect of Sugar Cane and Sunflower Seed Policosanols on Plasma Cholesterol in Rabbits. <i>Journal of the American College of Nutrition</i> , 2008, 27, 476-484.	1.1	8
51	Combining fish-oil supplements with regular aerobic exercise improves body composition and cardiovascular disease risk factors. <i>American Journal of Clinical Nutrition</i> , 2007, 85, 1267-1274.	2.2	187
52	Impact of foods enriched with n-3 long-chain polyunsaturated fatty acids on erythrocyte n-3 levels and cardiovascular risk factors. <i>British Journal of Nutrition</i> , 2007, 97, 749-757.	1.2	104
53	n-3 Fatty acid supplementation and regular moderate exercise: differential effects of a combined intervention on neutrophil function. <i>British Journal of Nutrition</i> , 2007, 98, 300-309.	1.2	26
54	Dose-Dependent Inhibition of the Post-Prandial Glycaemic Response to a Standard Carbohydrate Meal following Incorporation of Alpha-Cyclodextrin. <i>Annals of Nutrition and Metabolism</i> , 2006, 50, 108-114.	1.0	40

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55	Dietary Fish Oil Protects Against Stretch-Induced Vulnerability to Atrial Fibrillation in a Rabbit Model. <i>Journal of Cardiovascular Electrophysiology</i> , 2005, 16, 1189-1194.	0.8	101
56	The Use of Novel Foods Enriched with Long-Chain n-3 Fatty Acids to Increase Dietary Intake: A Comparison of Methodologies Assessing Nutrient Intake. <i>Journal of the American Dietetic Association</i> , 2005, 105, 1918-1926.	1.3	21
57	Lyprinol (stabilised lipid extract of New Zealand green-lipped mussel): a potential preventative treatment modality for inflammatory bowel disease. <i>Journal of Gastroenterology</i> , 2005, 40, 361-365.	2.3	49
58	Gas chromatography-chemical ionization-mass spectrometric fatty acid analysis of a commercial supercritical carbon dioxide lipid extract from New Zealand green-lipped mussel ( <i>Perna canaliculus</i> ). <i>Lipids</i> , 2005, 40, 355-360.	0.7	31
59	Dietary flavanols and procyanidin oligomers from cocoa ( <i>Theobroma cacao</i> ) inhibit platelet function. <i>American Journal of Clinical Nutrition</i> , 2003, 77, 1466-1473.	2.2	326
60	Fatty acid and sterol composition of frozen and freeze-dried New Zealand Green Lipped Mussel ( <i>Perna</i> ) Tj ETQq0 0 0 rgBT /Overlock 10 T	0.5	39
61	Lipid, FA, and sterol composition of New Zealand green lipped mussel ( <i>Perna canaliculus</i> ) and tasmanian blue mussel ( <i>Mytilus edulis</i> ). <i>Lipids</i> , 2002, 37, 587-595.	0.7	114