

# Odysseas Androutsos

## 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.

94  
papers

1,449  
citations

22  
h-index

34  
g-index

99  
ext. papers

1,927  
ext. citations

4  
avg, IF

4.41  
L-index

#	Paper	IF	Citations
94	Frequency of family meals and food consumption in families at high risk of type 2 diabetes: the Feel4Diabetes-study.. <i>European Journal of Pediatrics</i> , <b>2022</b> , 1	4.1	0
93	Are Physical Activity and Sedentary Screen Time Levels Associated With Food Consumption in European Adolescents? The HELENA Study. <b>2022</b> , 1-12		0
92	Lifestyle Changes and Determinants of Children's and Adolescents' Body Weight Increase during the First COVID-19 Lockdown in Greece: The COV-EAT Study. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	38
91	Prospective BMI changes in preschool children are associated with parental characteristics and body weight perceptions: the ToyBox-study. <i>Public Health Nutrition</i> , <b>2021</b> , 1-11	3.3	0
90	Physical Activity, Sedentariness, Eating Behaviour and Well-Being during a COVID-19 Lockdown Period in Greek Adolescents. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	11
89	Risk evaluation of vitamin D insufficiency or deficiency in children using simple scores: The Healthy Growth Study. <i>Nutrition Research</i> , <b>2021</b> , 88, 19-27	4	
88	Step Count Associations Between Adults at Risk of Developing Diabetes and Their Children: The Feel4Diabetes Study. <i>Journal of Physical Activity and Health</i> , <b>2021</b> , 18, 374-381	2.5	
87	Complementary Feeding and Overweight in European Preschoolers: The ToyBox-Study. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
86	Associations between ghrelin and leptin and neural food cue reactivity in a fasted and sated state. <i>NeuroImage</i> , <b>2021</b> , 240, 118374	7.9	1
85	Dietetic management of obesity in Europe: gaps in current practice. <i>European Journal of Clinical Nutrition</i> , <b>2021</b> , 75, 1155-1158	5.2	
84	Parental perceptions, attitudes and knowledge on European preschool children's total screen time: the ToyBox-study. <i>European Journal of Public Health</i> , <b>2020</b> , 30, 105-111	2.1	4
83	Appetite Control across the Lifecourse: The Acute Impact of Breakfast Drink Quantity and Protein Content. The Full4Health Project. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	2
82	Effective strategies for childhood obesity prevention via school based, family involved interventions: a critical review for the development of the Feel4Diabetes-study school based component. <i>BMC Endocrine Disorders</i> , <b>2020</b> , 20, 52	3.3	15
81	Two-stage, school and community-based population screening successfully identifies individuals and families at high-risk for type 2 diabetes: the Feel4Diabetes-study. <i>BMC Endocrine Disorders</i> , <b>2020</b> , 20, 12	3.3	3
80	Intra- and inter- observer reliability of anthropometric measurements and blood pressure in primary schoolchildren and adults: the Feel4Diabetes-study. <i>BMC Endocrine Disorders</i> , <b>2020</b> , 20, 27	3.3	11
79	Lifestyle Changes Observed among Adults Participating in a Family- and Community-Based Intervention for Diabetes Prevention in Europe: The 1 Year Results of the Feel4Diabetes-Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	3
78	Influences of Parental Snacking-Related Attitudes, Behaviours and Nutritional Knowledge on Young Children's Healthy and Unhealthy Snacking: The ToyBox Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	9

77	Cardiorespiratory fitness is associated with body composition and insulin resistance in European adolescents: HELENA study. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2020</b> , 60, 1349-1357	1.4	2
76	Assessing the acceptability of an adapted preschool obesity prevention programme: ToyBox-Scotland. <i>Child: Care, Health and Development</i> , <b>2020</b> , 46, 213-222	2.8	5
75	Correlates of Meeting the Physical Activity, Sedentary Behavior, and Sleep Guidelines for the Early Years among Belgian Preschool Children: The ToyBox-Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	2
74	Combining Effect and Process Evaluation on European Preschool Children's Snacking Behavior in a Kindergarten-Based, Family-Involved Cluster Randomized Controlled Trial: The ToyBox Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	1
73	The Associations between Dairy Product Consumption and Biomarkers of Inflammation, Adipocytokines, and Oxidative Stress in Children: A Cross-Sectional Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	3
72	Effectiveness of a family-, school- and community-based intervention on physical activity and its correlates in Belgian families with an increased risk for type 2 diabetes mellitus: the Feel4Diabetes-study. <i>BMC Public Health</i> , <b>2020</b> , 20, 1231	4.1	3
71	A new measure of health motivation influencing food choices and its association with food intakes and nutritional biomarkers in European adolescents. <i>Public Health Nutrition</i> , <b>2020</b> , 1-11	3.3	1
70	Combined Longitudinal Effect of Physical Activity and Screen Time on Food and Beverage Consumption in European Preschool Children: The ToyBox-Study. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	7
69	The role of context in implementation research for non-communicable diseases: Answering the How-to-Dilemma. <i>PLoS ONE</i> , <b>2019</b> , 14, e0214454	3.7	17
68	Reproducibility and relative validity of a semiquantitative food frequency questionnaire in European preschoolers: The ToyBox study. <i>Nutrition</i> , <b>2019</b> , 65, 60-67	4.8	11
67	Evaluation of the Finnish Diabetes Risk Score as a screening tool for undiagnosed type 2 diabetes and dysglycaemia among early middle-aged adults in a large-scale European cohort. The Feel4Diabetes-study. <i>Diabetes Research and Clinical Practice</i> , <b>2019</b> , 150, 99-110	7.4	17
66	Estimated dietary intake of polyphenols in European adolescents: the HELENA study. <i>European Journal of Nutrition</i> , <b>2019</b> , 58, 2345-2363	5.2	23
65	Do physical activity and screen time mediate the association between European fathers and their children's weight status? Cross-sectional data from the Feel4Diabetes-study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2019</b> , 16, 100	8.4	3
64	Influence of Educational Level on Psychosocial Correlates and Perceived Environmental Correlates of Physical Activity in Adults at Risk for Type 2 Diabetes: The Feel4Diabetes-Study. <i>Journal of Physical Activity and Health</i> , <b>2019</b> , 16, 1105-1112	2.5	1
63	A feasibility cluster randomised controlled trial of a preschool obesity prevention intervention: ToyBox-Scotland. <i>Pilot and Feasibility Studies</i> , <b>2019</b> , 5, 128	1.9	5
62	Effect of integrating a video intervention on parenting practices and related parental self-efficacy regarding health behaviours within the Feel4Diabetes-study in Belgian primary schoolchildren from vulnerable families: A cluster randomized trial. <i>PLoS ONE</i> , <b>2019</b> , 14, e0226131	3.7	2
61	Mediators of the effectiveness of a kindergarten-based, family-involved intervention on pre-schoolers's snacking behaviour: the ToyBox-study. <i>Public Health Nutrition</i> , <b>2019</b> , 22, 157-163	3.3	6
60	Measuring nutritional knowledge using Item Response Theory and its validity in European adolescents. <i>Public Health Nutrition</i> , <b>2019</b> , 22, 419-430	3.3	3

59	How do energy balance-related behaviors cluster in adolescents?. <i>International Journal of Public Health</i> , <b>2019</b> , 64, 195-208	4	3
58	Vitamin D insufficiency is associated with insulin resistance independently of obesity in primary schoolchildren. The healthy growth study. <i>Pediatric Diabetes</i> , <b>2018</b> , 19, 866-873	3.6	13
57	Anthropometric cut-off values identifying Greek children at risk of hypertension: the Healthy Growth Study. <i>Journal of Human Hypertension</i> , <b>2018</b> , 32, 190-196	2.6	6
56	Perinatal and lifestyle factors mediate the association between maternal education and preschool children's weight status: the ToyBox study. <i>Nutrition</i> , <b>2018</b> , 48, 6-12	4.8	3
55	Clustering of multiple energy balance related behaviors is associated with body fat composition indicators in adolescents: Results from the HELENA and ELANA studies. <i>Appetite</i> , <b>2018</b> , 120, 505-513	4.5	7
54	Physical activity and sedentary behavior thresholds for identifying childhood hypertension and its phenotypes: The Healthy Growth Study. <i>Journal of the American Society of Hypertension</i> , <b>2018</b> , 12, 714-722		6
53	Physical activity, sedentary time, TV viewing, physical fitness and cardiovascular disease risk in adolescents: The HELENA study. <i>International Journal of Cardiology</i> , <b>2018</b> , 254, 303-309	3.2	32
52	Adapting the ToyBox obesity prevention intervention for use in Scottish preschools: protocol for a feasibility cluster randomised controlled trial. <i>BMJ Open</i> , <b>2018</b> , 8, e023707	3	6
51	Compliance with 24-h Movement Behaviour Guidelines among Belgian Pre-School Children: The ToyBox-Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2018</b> , 15,	4.6	38
50	Parenting Practices as a Mediator in the Association Between Family Socio-Economic Status and Screen-Time in Primary Schoolchildren: A Feel4Diabetes Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2018</b> , 15,	4.6	6
49	Mediators of the Effectiveness of an Intervention Promoting Water Consumption in Preschool Children: The ToyBox Study. <i>Journal of School Health</i> , <b>2018</b> , 88, 877-885	2.1	1
48	The Association between Children's and Parents' Co-TV Viewing and Their Total Screen Time in Six European Countries: Cross-Sectional Data from the Feel4diabetes-Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2018</b> , 15,	4.6	9
47	Barriers from Multiple Perspectives Towards Physical Activity, Sedentary Behaviour, Physical Activity and Dietary Habits When Living in Low Socio-Economic Areas in Europe. The Feel4Diabetes Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2018</b> , 15,	4.6	6
46	Daily Patterns of Preschoolers' Objectively Measured Step Counts in Six European Countries: Cross-Sectional Results from the ToyBox-Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2018</b> , 15,	4.6	3
45	A school- and community-based intervention to promote healthy lifestyle and prevent type 2 diabetes in vulnerable families across Europe: design and implementation of the Feel4Diabetes-study. <i>Public Health Nutrition</i> , <b>2018</b> , 21, 3281-3290	3.3	40
44	Prevalence and sociodemographic correlates of overweight and obesity in a large Pan-European cohort of preschool children and their families: the ToyBox study. <i>Nutrition</i> , <b>2018</b> , 55-56, 192-198	4.8	21
43	Associations between food and beverage consumption and different types of sedentary behaviours in European preschoolers: the ToyBox-study. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 1939-1951	5.2	9
42	Late-night overeating is associated with smaller breakfast, breakfast skipping, and obesity in children: The Healthy Growth Study. <i>Nutrition</i> , <b>2017</b> , 33, 141-144	4.8	19

41	Prevalence of hypertension and hypertension phenotypes by age and gender among schoolchildren in Greece: The Healthy Growth Study. <i>Atherosclerosis</i> , <b>2017</b> , 259, 128-133	3.1	24
40	Reply to: "Considerations about: "Prevalence of hypertension and hypertension phenotypes by age and gender among schoolchildren in Greece: The Healthy Growth Study"". <i>Atherosclerosis</i> , <b>2017</b> , 261, 167-168	3.1	
39	Effect and process evaluation of a kindergarten-based, family-involved intervention with a randomized cluster design on sedentary behaviour in 4- to 6- year old European preschool children: The ToyBox-study. <i>PLoS ONE</i> , <b>2017</b> , 12, e0172730	3.7	11
38	Effect and process evaluation of a kindergarten-based, family-involved cluster randomised controlled trial in six European countries on four- to six-year-old children's steps per day: the ToyBox-study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2017</b> , 14, 116	8.4	8
37	Clustering of energy balance-related behaviours and parental education in European preschool children: the ToyBox study. <i>British Journal of Nutrition</i> , <b>2017</b> , 118, 1089-1096	3.6	21
36	Do adolescents accurately evaluate their diet quality? The HELENA study. <i>Clinical Nutrition</i> , <b>2017</b> , 36, 1669-1673	5.9	6
35	Multibehavioural Interventions with a Focus on Specific Energy Balance-Related Behaviours Can Affect Diet Quality in Preschoolers from Six European Countries: The ToyBox-Study. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	6
34	Cutoff points of waist circumference and trunk and visceral fat for identifying children with elevated inflammation markers and adipokines: The Healthy Growth Study. <i>Nutrition</i> , <b>2016</b> , 32, 1063-7	4.8	11
33	Health Related Behaviours in Normal Weight and Overweight Preschoolers of a Large Pan-European Sample: The ToyBox-Study. <i>PLoS ONE</i> , <b>2016</b> , 11, e0150580	3.7	15
32	Can Parenting Practices Explain the Differences in Beverage Intake According to Socio-Economic Status: The Toybox-Study. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	20
31	Effect and Process Evaluation of a Cluster Randomized Control Trial on Water Intake and Beverage Consumption in Preschoolers from Six European Countries: The ToyBox-Study. <i>PLoS ONE</i> , <b>2016</b> , 11, e0152928	3.7	21
30	Water intake and beverage consumption of pre-schoolers from six European countries and associations with socio-economic status: the ToyBox-study. <i>Public Health Nutrition</i> , <b>2016</b> , 19, 2315-25	3.3	13
29	Diet quality in European pre-schoolers: evaluation based on diet quality indices and association with gender, socio-economic status and overweight, the ToyBox-study. <i>Public Health Nutrition</i> , <b>2016</b> , 19, 2441-50	3.3	23
28	Family socioeconomic factors are negatively associated with blood pressure in European boys, but not girls, and Brazilian adolescents: Results from two observational studies. <i>Blood Pressure</i> , <b>2015</b> , 24, 250-7	1.7	
27	Family sociodemographic characteristics as correlates of children's breakfast habits and weight status in eight European countries. The ENERGY (European Energy balance Research to prevent excessive weight Gain among Youth) project. <i>Public Health Nutrition</i> , <b>2015</b> , 18, 774-83	3.3	27
26	Influence of sex, age, pubertal maturation and body mass index on circulating white blood cell counts in healthy European adolescents: the HELENA study. <i>European Journal of Pediatrics</i> , <b>2015</b> , 174, 999-1014	4.1	13
25	Conceptual framework of a simplified multi-dimensional model presenting the environmental and personal determinants of cardiometabolic risk behaviors in childhood. <i>Expert Review of Cardiovascular Therapy</i> , <b>2015</b> , 13, 673-92	2.5	8
24	Resting Heart Rate Is Not a Good Predictor of a Clustered Cardiovascular Risk Score in Adolescents: The HELENA Study. <i>PLoS ONE</i> , <b>2015</b> , 10, e0127530	3.7	4

23	Large proportions of overweight and obese children, as well as their parents, underestimate children's weight status across Europe. The ENERGY (European Energy balance Research to prevent excessive weight Gain among Youth) project. <i>Public Health Nutrition</i> , <b>2015</b> , 18, 2183-90	3.3	26
22	Associations of early life and sociodemographic factors with menarcheal age in European adolescents. <i>European Journal of Pediatrics</i> , <b>2015</b> , 174, 271-8	4.1	4
21	Occurrence and duration of various operational definitions of sedentary bouts and cross-sectional associations with cardiometabolic health indicators: the ENERGY-project. <i>Preventive Medicine</i> , <b>2015</b> , 71, 101-6	4.3	34
20	Differences in energy balance-related behaviours in European preschool children: the ToyBox-study. <i>PLoS ONE</i> , <b>2015</b> , 10, e0118303	3.7	47
19	Self-reported sleep duration, white blood cell counts and cytokine profiles in European adolescents: the HELENA study. <i>Sleep Medicine</i> , <b>2014</b> , 15, 1251-8	4.6	46
18	PD44 - In vitro fertilisation is positively associated with prevalence of asthma in childhood. <i>Clinical and Translational Allergy</i> , <b>2014</b> , 4, P44	5.2	1
17	Measured sedentary time and physical activity during the school day of European 10- to 12-year-old children: the ENERGY project. <i>Journal of Science and Medicine in Sport</i> , <b>2014</b> , 17, 201-6	4.4	66
16	The school nutrition environment and its association with soft drink intakes in seven countries across Europe--the ENERGY project. <i>Health and Place</i> , <b>2014</b> , 30, 28-35	4.6	11
15	The correlation of right 2D:4D finger length ratio to the low-grade inflammation marker IL-6 in children. The Healthy Growth Study. <i>Early Human Development</i> , <b>2014</b> , 90, 61-5	2.2	8
14	Vitamins and iron blood biomarkers are associated with blood pressure levels in European adolescents. The HELENA study. <i>Nutrition</i> , <b>2014</b> , 30, 1294-300	4.8	8
13	High fat diets are associated with higher abdominal adiposity regardless of physical activity in adolescents; the HELENA study. <i>Clinical Nutrition</i> , <b>2014</b> , 33, 859-66	5.9	19
12	Associations between eating meals, watching TV while eating meals and weight status among children, ages 10-12 years in eight European countries: the ENERGY cross-sectional study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2013</b> , 10, 58	8.4	41
11	Influencing factors of sedentary behavior in European preschool settings: an exploration through focus groups with teachers. <i>Journal of School Health</i> , <b>2013</b> , 83, 654-61	2.1	22
10	Dietary and lifestyle quality indices with/without physical activity and markers of insulin resistance in European adolescents: the HELENA study. <i>British Journal of Nutrition</i> , <b>2013</b> , 110, 1919-25	3.6	10
9	Self-reported TV and computer time do not represent accelerometer-derived total sedentary time in 10 to 12-year-olds. <i>European Journal of Public Health</i> , <b>2013</b> , 23, 30-2	2.1	44
8	Conception via in vitro fertilization and delivery by Caesarean section are associated with paediatric asthma incidence. <i>Clinical and Experimental Allergy</i> , <b>2013</b> , 43, 1058-66	4.1	24
7	Associations of parental education and parental physical activity (PA) with children's PA: the ENERGY cross-sectional study. <i>Preventive Medicine</i> , <b>2012</b> , 55, 310-314	4.3	24
6	Levels of physical activity and sedentary time among 10- to 12-year-old boys and girls across 5 European countries using accelerometers: an observational study within the ENERGY-project. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2012</b> , 9, 34	8.4	164

5	Development and validation of a simple model based on anthropometry: estimating fat mass for white postmenopausal women. <i>Menopause</i> , <b>2012</b> , 19, 467-70	2.5	2
4	Study protocol of physical activity and sedentary behaviour measurement among schoolchildren by accelerometry--cross-sectional survey as part of the ENERGY-project. <i>BMC Public Health</i> , <b>2011</b> , 11, 182	4.1	43
3	Social, economic and demographic correlates of overweight and obesity in primary-school children: preliminary data from the Healthy Growth Study. <i>Public Health Nutrition</i> , <b>2010</b> , 13, 1693-700	3.3	71
2	Development of a diet-lifestyle quality index for young children and its relation to obesity: the Preschoolers Diet-Lifestyle Index. <i>Public Health Nutrition</i> , <b>2010</b> , 13, 2000-9	3.3	31
1	Association between serum 25-hydroxyvitamin D levels and body composition in postmenopausal women: the postmenopausal Health Study. <i>Menopause</i> , <b>2009</b> , 16, 701-7	2.5	32