

Fergal M Grace

List of Publications by Year in descending order

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Version: 2024-02-01

121
papers

2,397
citations

159573

30
h-index

233409

45
g-index

124
all docs

124
docs citations

124
times ranked

3440
citing authors

#	ARTICLE	IF	CITATIONS
1	Evidence from randomised controlled trials did not support the introduction of dietary fat guidelines in 1977 and 1983: a systematic review and meta-analysis. <i>Open Heart</i> , 2015, 2, e000196.	2.3	128
2	Platelet function tests, independent of platelet count, are associated with bleeding severity in ITP. <i>Blood</i> , 2015, 126, 873-879.	1.4	124
3	Excessive Sugar Consumption May Be a Difficult Habit to Break: A View From the Brain and Body. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015, 100, 2239-2247.	3.6	108
4	Anabolic Steroid Use. <i>Sports Medicine</i> , 2008, 38, 505-525.	6.5	81
5	Exercise-Induced Responses in Salivary Testosterone, Cortisol, and Their Ratios in Men: A Meta-Analysis. <i>Sports Medicine</i> , 2015, 45, 713-726.	6.5	81
6	Remote preconditioning and major clinical complications following adult cardiovascular surgery: Systematic review and meta-analysis. <i>International Journal of Cardiology</i> , 2014, 176, 20-31.	1.7	79
7	Impact of low-volume, high-intensity interval training on maximal aerobic capacity, health-related quality of life and motivation to exercise in ageing men. <i>Age</i> , 2015, 37, 25.	3.0	79
8	High intensity interval training (HIIT) improves resting blood pressure, metabolic (MET) capacity and heart rate reserve without compromising cardiac function in sedentary aging men. <i>Experimental Gerontology</i> , 2018, 109, 75-81.	2.8	69
9	Comparative effectiveness of three exercise types to treat clinical depression in older adults: A systematic review and network meta-analysis of randomised controlled trials. <i>Ageing Research Reviews</i> , 2020, 58, 100999.	10.9	63
10	Impaired vasoreactivity in bodybuilders using androgenic anabolic steroids. <i>European Journal of Clinical Investigation</i> , 2006, 36, 483-488.	3.4	61
11	Direct Hits to the Head during Amateur Boxing is Associated with a Rise in Serum Biomarkers for Brain Injury. <i>International Journal of Immunopathology and Pharmacology</i> , 2011, 24, 119-125.	2.1	61
12	Exercise, Mood, Self-Efficacy, and Social Support as Predictors of Depressive Symptoms in Older Adults: Direct and Interaction Effects. <i>Frontiers in Psychology</i> , 2019, 10, 2145.	2.1	59
13	Bones of Contention: Bone Mineral Density Recovery in Celiac Disease—A Systematic Review. <i>Nutrients</i> , 2015, 7, 3347-3369.	4.1	58
14	High Intensity Interval Training (HIIT) Improves Cardiorespiratory Fitness (CRF) in Healthy, Overweight and Obese Adolescents: A Systematic Review and Meta-Analysis of Controlled Studies. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2955.	2.6	55
15	Evidence from randomised controlled trials does not support current dietary fat guidelines: a systematic review and meta-analysis. <i>Open Heart</i> , 2016, 3, e000409.	2.3	54
16	Left Ventricular Speckle Tracking-Derived Cardiac Strain and Cardiac Twist Mechanics in Athletes: A Systematic Review and Meta-Analysis of Controlled Studies. <i>Sports Medicine</i> , 2017, 47, 1145-1170.	6.5	54
17	Blood pressure and rate pressure product response in males using high-dose anabolic androgenic steroids (AAS). <i>Journal of Science and Medicine in Sport</i> , 2003, 6, 307-312.	1.3	53
18	One session of high-intensity interval training (HIIT) every 5 days, improves muscle power but not static balance in lifelong sedentary ageing men. <i>Medicine (United States)</i> , 2017, 96, e6040.	1.0	51

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19	Androgens Affect Myogenesis In Vitro and Increase Local IGF-1 Expression. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 610-615.	0.4	47
20	Exercise training improves free testosterone in lifelong sedentary aging men. <i>Endocrine Connections</i> , 2017, 6, 306-310.	1.9	47
21	Homocysteine induced cardiovascular events: a consequence of long term anabolic-androgenic steroid (AAS) abuse. <i>British Journal of Sports Medicine</i> , 2006, 40, 644-648.	6.7	46
22	Acute whole body UVA irradiation combined with nitrate ingestion enhances time trial performance in trained cyclists. <i>Nitric Oxide - Biology and Chemistry</i> , 2015, 48, 3-9.	2.7	45
23	The importance of the QT interval: a review of the literature. <i>Acta Psychiatrica Scandinavica</i> , 2003, 107, 96-101.	4.5	42
24	Validation of a Six Second Cycle Test for the Determination of Peak Power Output. <i>Research in Sports Medicine</i> , 2015, 23, 115-125.	1.3	41
25	Exercising Caution: Prolonged Recovery from a Single Session of High-Intensity Interval Training in Older Men. <i>Journal of the American Geriatrics Society</i> , 2015, 63, 817-818.	2.6	34
26	Six weeks of conditioning exercise increases total, but not free testosterone in lifelong sedentary aging men. <i>Aging Male</i> , 2015, 18, 195-200.	1.9	34
27	HIIT produces increases in muscle power and free testosterone in male masters athletes. <i>Endocrine Connections</i> , 2017, 6, 430-436.	1.9	34
28	Lifelong exercise, but not short-term high-intensity interval training, increases GDF11, a marker of successful aging: a preliminary investigation. <i>Physiological Reports</i> , 2017, 5, e13343.	1.7	33
29	Does Chronic Exercise Attenuate Age-Related Physiological Decline in Males?. <i>Research in Sports Medicine</i> , 2013, 21, 343-354.	1.3	32
30	Long-Term Aerobic Exercise Improves Vascular Function Into Old Age: A Systematic Review, Meta-Analysis and Meta Regression of Observational and Interventional Studies. <i>Frontiers in Physiology</i> , 2019, 10, 31.	2.8	32
31	The effects of a formal exercise training programme on salivary hormone concentrations and body composition in previously sedentary aging men. <i>SpringerPlus</i> , 2013, 2, 18.	1.2	30
32	Evidence of Altered Cardiac Electrophysiology Following Prolonged Androgenic Anabolic Steroid Use. <i>Cardiovascular Toxicology</i> , 2010, 10, 239-243.	2.7	29
33	Resting steroid hormone concentrations in lifetime exercisers and lifetime sedentary males. <i>Aging Male</i> , 2015, 18, 22-26.	1.9	28
34	Manipulation of systemic oxygen flux by acute exercise and normobaric hypoxia: implications for reactive oxygen species generation. <i>Clinical Science</i> , 2006, 110, 133-141.	4.3	27
35	Salivary Testosterone and Cortisol Measurement in Sports Medicine: a Narrative Review and User's Guide for Researchers and Practitioners. <i>International Journal of Sports Medicine</i> , 2016, 37, 1007-1018.	1.7	25
36	Anabolic androgenic steroid use in recreational gym users: a regional sample of the Mid-Glamorgan area. <i>Journal of Substance Use</i> , 2001, 6, 189-195.	0.7	23

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37	Age related vascular endothelial function following lifelong sedentariness: positive impact of cardiovascular conditioning without further improvement following low frequency high intensity interval training. <i>Physiological Reports</i> , 2015, 3, e12234.	1.7	23
38	High-intensity interval training (HIIT) increases insulin-like growth factor-I (IGF-I) in sedentary aging men but not mastersâ€™ athletes: an observational study. <i>Aging Male</i> , 2017, 20, 54-59.	1.9	23
39	Raised concentrations of C reactive protein in anabolic steroid using bodybuilders. <i>British Journal of Sports Medicine</i> , 2004, 38, 97-98.	6.7	22
40	Critical difference applied to exercise-induced salivary testosterone and cortisol using enzyme-linked immunosorbent assay (ELISA): distinguishing biological from statistical change. <i>Journal of Physiology and Biochemistry</i> , 2014, 70, 991-996.	3.0	22
41	Long-rod penetration into targets of finite thickness at normal impact. <i>International Journal of Impact Engineering</i> , 1995, 16, 419-433.	5.0	20
42	Joint Conference of BASEM and BASES. <i>British Journal of Sports Medicine</i> , 2003, 37, 464-470.	6.7	18
43	Sprint Interval Training and the School Curriculum: Benefits Upon Cardiorespiratory Fitness, Physical Activity Profiles, and Cardiometabolic Risk Profiles of Healthy Adolescents. <i>Pediatric Exercise Science</i> , 2019, 31, 296-305.	1.0	17
44	Aerobic, resistance, and mind-body exercise are equivalent to mitigate symptoms of depression in older adults: A systematic review and network meta-analysis of randomised controlled trials. <i>F1000Research</i> , 2020, 9, 1325.	1.6	17
45	Nonsteady penetration of long rods into semi-infinite targets. <i>International Journal of Impact Engineering</i> , 1993, 14, 303-314.	5.0	16
46	Poor levels of agreement between serum and saliva testosterone measurement following exercise training in aging men. <i>Aging Male</i> , 2015, 18, 67-70.	1.9	16
47	Utility of the hypertriglyceridemic waist phenotype in the cardiometabolic risk assessment of youth stratified by body mass index. <i>Pediatric Obesity</i> , 2016, 11, 292-298.	2.8	16
48	Sprint interval training (SIT) is an effective method to maintain cardiorespiratory fitness (CRF) and glucose homeostasis in Scottish adolescents. <i>Biology of Sport</i> , 2015, 32, 307-313.	3.2	16
49	An examination of exercise mode on ventilatory patterns during incremental exercise. <i>European Journal of Applied Physiology</i> , 2010, 110, 557-562.	2.5	14
50	An analysis of policy levers used to implement mental health reform in Australia 1992-2012. <i>BMC Health Services Research</i> , 2015, 15, 479.	2.2	13
51	Salivary testosterone measurement does not identify biochemical hypogonadism in aging men: a ROC analysis. <i>Endocrine</i> , 2015, 50, 256-259.	2.3	13
52	Lowâ€™Frequency Highâ€™Intensity Interval Training is an Effective Method to Improve Muscle Power in Lifelong Sedentary Aging Men: A Randomized Controlled Trial. <i>Journal of the American Geriatrics Society</i> , 2015, 63, 2412-2413.	2.6	12
53	An analysis of policy success and failure in formal evaluations of Australiaâ€™s national mental health strategy (1992â€™2012). <i>BMC Health Services Research</i> , 2017, 17, 374.	2.2	11
54	Aerobic Training Protects Cardiac Function During Advancing Age: A Meta-Analysis of Four Decades of Controlled Studies. <i>Sports Medicine</i> , 2019, 49, 199-219.	6.5	11

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55	Aerobic, resistance, and mind-body exercise are equivalent to mitigate symptoms of depression in older adults: A systematic review and network meta-analysis of randomised controlled trials. <i>F1000Research</i> , 2020, 9, 1325.	1.6	11
56	An electromyographic study of the effect of hand grip sizes on forearm muscle activity and golf performance. <i>Research in Sports Medicine</i> , 2016, 24, 207-218.	1.3	10
57	High intensity interval training (HIIT) produces small improvements in fasting glucose, insulin, and insulin resistance in sedentary older men but not masters athletes. <i>Experimental Gerontology</i> , 2020, 140, 111074.	2.8	10
58	Cardiac Response to Exercise in Normal Ageing: What Can We Learn from Masters Athletes?. <i>Current Cardiology Reviews</i> , 2018, 14, 245-253.	1.5	10
59	Ballistic limit velocity for long rods from ordinance velocity through hypervelocity impact. <i>International Journal of Impact Engineering</i> , 1999, 23, 295-306.	5.0	9
60	Analysis of long rods impacting ceramic targets at high velocity. <i>International Journal of Impact Engineering</i> , 1997, 20, 281-292.	5.0	8
61	Re: Emotions, immunity and sport: Winner and loser athlete's profile of fighting sport. <i>Brain, Behavior, and Immunity</i> , 2015, 47, 238.	4.1	8
62	Blurred lines: Emerging practice for registered dietitian-nutritionists in integrative and functional nutrition. <i>Complementary Therapies in Clinical Practice</i> , 2017, 28, 212-219.	1.7	7
63	The effect of short-term creatine loading on active range of movement. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010, 35, 507-511.	1.9	6
64	Strength adaptation to squat exercise is different between Caucasian and South Asian novice exercisers. <i>Research in Sports Medicine</i> , 2017, 25, 373-383.	1.3	6
65	Electromyographic analyses of the erector spinae muscles during golf swings using four different clubs. <i>Journal of Sports Sciences</i> , 2018, 36, 717-723.	2.0	6
66	Six weeks of high intensity interval training (HIIT) facilitates a four year preservation of aerobic capacity in sedentary older males: A reunion study. <i>Experimental Gerontology</i> , 2021, 150, 111373.	2.8	6
67	Utility of three anthropometric indices in assessing the cardiometabolic risk profile in children. <i>American Journal of Human Biology</i> , 2017, 29, e22934.	1.6	5
68	Short-Term and Lifelong Exercise Training Lowers Inflammatory Mediators in Older Men. <i>Frontiers in Physiology</i> , 2021, 12, 702248.	2.8	5
69	Evidence of direct cardiac damage following high-intensity exercise in chronic energy restriction. <i>Medicine (United States)</i> , 2017, 96, e7030.	1.0	4
70	Validation of a 6 Second Cycle Test for the Determination of Peak Power Output (PPO) Using Wattbike Cycle Ergometer. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 933.	0.4	3
71	Prolonged androgenic anabolic steroid (AAS) induced QT interval shortening: a suitable screening tool?. <i>Drug Testing and Analysis</i> , 2016, 8, 120-122.	2.6	3
72	Observation of Age-Related Decline in the Performance of the Transverse Abdominis Muscle. <i>PM and R</i> , 2016, 8, 45-50.	1.6	3

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73	Comparison of Thoracic and Lumbar Erector Spinae Muscle Activation Before and After a Golf Practice Session. <i>Journal of Applied Biomechanics</i> , 2017, 33, 288-293.	0.8	3
74	Commercial golf glove effects on golf performance and forearm muscle activity. <i>Research in Sports Medicine</i> , 2017, 25, 451-461.	1.3	3
75	Caucasian and south Asian men show equivalent improvements in surrogate biomarkers of cardiovascular and metabolic health following 6-weeks of supervised resistance training. <i>F1000Research</i> , 2018, 7, 1334.	1.6	3
76	The Need for a Neutral Speaking Period in Psychosocial Stress Testing. <i>Journal of Psychophysiology</i> , 2019, 33, 267-275.	0.7	3
77	PART IV: PHYSIOLOGY. <i>Journal of Sports Sciences</i> , 2001, 19, 32-68.	2.0	2
78	Cardiovascular risk and androgenic anabolic steroids. <i>British Journal of Cardiac Nursing</i> , 2012, 7, 266-275.	0.1	2
79	Telomeres, exercise and cardiovascular disease: finding the means to justify the ends. <i>Acta Physiologica</i> , 2017, 220, 186-188.	3.8	2
80	Health Philosophy of Dietitians and Its Implications for Life Satisfaction: An Exploratory Study. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2017, 7, 67.	2.1	2
81	Caucasian and south Asian men show equivalent improvements in surrogate biomarkers of cardiovascular and metabolic health following 6-weeks of supervised resistance training. <i>F1000Research</i> , 2018, 7, 1334.	1.6	2
82	Androgens Affect Myogenesis In Vitro In Association With Increased Local Igf-1 Expression. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 413.	0.4	1
83	A commentary on "Testosterone and cortisol jointly modulate risk-taking" by P.H. Mehta, K.M. Welker, S. Zilioli, J.M. Carre. <i>Psychoneuroendocrinology</i> , 2015, 56, 88-99. <i>Psychoneuroendocrinology</i> , 2016, 63, 380-381.	2.7	1
84	Long-term athletic training does not alter age-associated reductions of left-ventricular mid-diastolic lengthening or expansion at rest. <i>European Journal of Applied Physiology</i> , 2020, 120, 2059-2073.	2.5	1
85	Interface defeat of impacting rods against ceramic targets. , 2001, , 421-428.		1
86	Acute Whole-Body UVA Irradiation Combined with Nitrate Ingestion Enhances Cycling Performance in Trained Cyclists.. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 131.	0.4	1
87	Exercise, Science and Designer Doping: Traditional and Emerging Trends. <i>Journal of Steroids & Hormonal Science</i> , 2012, 03, .	0.1	1
88	Energy deposition during rod penetration in multiple-layered targets of steel and titanium. , 2001, , 353-360.		1
89	Letter to the Editor: RE: Excessive Sugar Consumption May Be a Difficult Habit to Break: A View From the Brain and Body.. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015, 100, L56-L57.	3.6	1
90	BASEM 2002 Silver Jubilee Congress. <i>British Journal of Sports Medicine</i> , 2002, 36, 385-390.	6.7	0

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91	Submitted Posters (pp 607-650). <i>Annals of Nutrition and Metabolism</i> , 2003, 47, 607-650.	1.9	0
92	The Effects of Dietary Nitrate Supplementation on Time Trial Performance in Trained Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 854.	0.4	0
93	Effects of Long-Term Anabolic Androgenic Steroid Administration on Respiratory Function. <i>Research in Sports Medicine</i> , 2011, 19, 231-244.	1.3	0
94	The Effects Of Whole-body Uva Irradiation And Nitrate Ingestion On Vascular Function In Healthy Adults. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 751.	0.4	0
95	Effects of Subsequent High Intensity Interval Training (HIIT) on Balance, Flexibility and Power in Ageing Males. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 271-272.	0.4	0
96	Day 2. Free Communications – Sport and Performance (Session 2). <i>Journal of Sports Sciences</i> , 2014, 32, s63-s66.	2.0	0
97	Day 2. Free Communications – Physical Activity for Health. <i>Journal of Sports Sciences</i> , 2014, 32, s51-s54.	2.0	0
98	Effects of Subsequent High-Intensity Interval Training on Vascular Function and Cardiovascular Risk in Ageing Males.. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 721.	0.4	0
99	Low Frequency HIIT Improves Peak Power and Body Composition in Sedentary Healthy Older Men. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 588.	0.4	0
100	Prolonged Recovery to a Single Bout of High Intensity Interval Training in Ageing Men.. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 589.	0.4	0
101	Testosterone In Older Men. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 26.	0.4	0
102	Neuromuscular Adaptation to Resistance Training Involving Compound Exercises is Different between Caucasians and South Asians.. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 541.	0.4	0
103	Validation of a 6-s Cycle Ergometry Sprint to Measure Peak Power in Recreationally Active Females. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 602.	0.4	0
104	Anabolic Androgenic Steroids. , 2021, , 74-83.		0
105	An electromyographic assessment pilot study on the reliability of the forearm muscles during multi-planar maximum voluntary contraction grip and wrist articulation in young males. <i>Technology and Health Care</i> , 2021, , 1-12.	1.2	0
106	Elevated Levels of C-Reactive Protein in Anabolic Androgenic Steroid (AAS) Users. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S170.	0.4	0
107	Further Considerations For The Diagnostic Evaluation Of Anabolic Androgenic Steroid (AAS) Associated Hepatotoxicity.. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 396-397.	0.4	0
108	Peak Oxygen Consumption ($\dot{V}O_{2,peak}$). , 2012, , 691-691.		0

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109	Pancreatic Insufficiency. , 2012, , 690-690.		0
110	Peak Walking Time. , 2012, , 691-691.		0
111	Identification of Hypertensive Youth. , 2012, 02, .		0
112	Paralympic. , 2012, , 690-690.		0
113	Peak Anaerobic Power. , 2012, , 691-691.		0
114	Periodization. , 2012, , 694-697.		0
115	Pedometer/Accelerometer. , 2012, , 691-691.		0
116	Peak Aerobic Power. , 2012, , 690-690.		0
117	High Intensity Exercise Assessment of Special Populations. , 2012, 02, .		0
118	The Obesity Paradox “ Some Methodological Considerations and Potential Physiological Mechanisms. , 2013, , .		0
119	Effects of Subsequent High Intensity Interval Training (HIIT) on Resting Testosterone and IGF-1 in Ageing Males. Medicine and Science in Sports and Exercise, 2014, 46, 721-722.	0.4	0
120	Effects Of Subsequent High Intensity Interval Training (hiit) On L-arginine, Dimethylarginines (adma;Sdma) And Their Ratios In Ageing Males. Medicine and Science in Sports and Exercise, 2014, 46, 720-721.	0.4	0
121	Short-Term Resistance Training Improves Cardiometabolic Health In Caucasian And South Asian Males.. Medicine and Science in Sports and Exercise, 2016, 48, 537-538.	0.4	0