

# Fergal M Grace

## 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.

86

papers

1,815

citations

26

h-index

39

g-index

124

ext. papers

2,176

ext. citations

3.6

avg, IF

4.97

L-index

#	Paper	IF	Citations
86	Anabolic Androgenic Steroids <b>2021</b> , 74-83		
85	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> , <b>2021</b> , 150, 111373	4.5	3
84	Short-Term and Lifelong Exercise Training Lowers Inflammatory Mediators in Older Men. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 702248	4.6	0
83	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> , <b>2020</b> , 120, 2059-2073	3.4	1
82	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> , <b>2020</b> , 17,	4.6	15
81	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> , <b>2020</b> , 9, 1325	3.6	6
80	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> , <b>2020</b> , 58, 100999	12	25
79	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> , <b>2020</b> , 140, 111074	4.5	6
78	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> , <b>2020</b> , 9, 1325	3.6	6
77	Exercise, Mood, Self-Efficacy, and Social Support as Predictors of Depressive Symptoms in Older Adults: Direct and Interaction Effects. <i>Frontiers in Psychology</i> , <b>2019</b> , 10, 2145	3.4	22
76	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> , <b>2019</b> , 10, 31	4.6	18
75	The Need for a Neutral Speaking Period in Psychosocial Stress Testing. <i>Journal of Psychophysiology</i> , <b>2019</b> , 33, 267-275	1	0
74	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> , <b>2019</b> , 31, 296-305	2	8
73	Aerobic Training Protects Cardiac Function During Advancing Age: A Meta-Analysis of Four Decades of Controlled Studies. <i>Sports Medicine</i> , <b>2019</b> , 49, 199-219	10.6	7
72	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> , <b>2018</b> , 109, 75-81	4.5	36
71	Electromyographic analyses of the erector spinae muscles during golf swings using four different clubs. <i>Journal of Sports Sciences</i> , <b>2018</b> , 36, 717-723	3.6	2
70	Cardiac Response to Exercise in Normal Ageing: What Can We Learn from Masters Athletes?. <i>Current Cardiology Reviews</i> , <b>2018</b> , 14, 245-253	2.4	6

69	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> , <b>2018</b> , 7, 1334	3.6	1
68	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> , <b>2018</b> , 7, 1334	3.6	1
67	Strength adaptation to squat exercise is different between Caucasian and South Asian novice exercisers. <i>Research in Sports Medicine</i> , <b>2017</b> , 25, 373-383	3.8	5
66	One session of high-intensity interval training (HIIT) every 5 days, improves muscle power but not static balance in lifelong sedentary ageing men: A randomized controlled trial. <i>Medicine (United States)</i> , <b>2017</b> , 96, e6040	1.8	39
65	Exercise training improves free testosterone in lifelong sedentary aging men. <i>Endocrine Connections</i> , <b>2017</b> , 6, 306-310	3.5	36
64	Comparison of Thoracic and Lumbar Erector Spinae Muscle Activation Before and After a Golf Practice Session. <i>Journal of Applied Biomechanics</i> , <b>2017</b> , 33, 288-293	1.2	3
63	High-intensity interval training (HIIT) increases insulin-like growth factor-I (IGF-I) in sedentary aging men but not masters athletes: an observational study. <i>Aging Male</i> , <b>2017</b> , 20, 54-59	2.1	19
62	Commercial golf glove effects on golf performance and forearm muscle activity. <i>Research in Sports Medicine</i> , <b>2017</b> , 25, 451-461	3.8	2
61	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> , <b>2017</b> , 49, 602	1.2	
60	Lifelong exercise, but not short-term high-intensity interval training, increases GDF11, a marker of successful aging: a preliminary investigation. <i>Physiological Reports</i> , <b>2017</b> , 5, e13343	2.6	28
59	Blurred lines: Emerging practice for registered dietitian-nutritionists in integrative and functional nutrition. <i>Complementary Therapies in Clinical Practice</i> , <b>2017</b> , 28, 212-219	3.5	3
58	Evidence of direct cardiac damage following high-intensity exercise in chronic energy restriction: A case report and literature review. <i>Medicine (United States)</i> , <b>2017</b> , 96, e7030	1.8	3
57	HIIT produces increases in muscle power and free testosterone in male masters athletes. <i>Endocrine Connections</i> , <b>2017</b> , 6, 430-436	3.5	24
56	An analysis of policy success and failure in formal evaluations of Australia's national mental health strategy (1992-2012). <i>BMC Health Services Research</i> , <b>2017</b> , 17, 374	2.9	7
55	Utility of three anthropometric indices in assessing the cardiometabolic risk profile in children. <i>American Journal of Human Biology</i> , <b>2017</b> , 29, e22934	2.7	2
54	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> , <b>2017</b> , 47, 1145-1170	10.6	33
53	Health Philosophy of Dietitians and Its Implications for Life Satisfaction: An Exploratory Study. <i>Behavioral Sciences (Basel, Switzerland)</i> , <b>2017</b> , 7,	2.3	1
52	Observation of Age-Related Decline in the Performance of the Transverse Abdominis Muscle. <i>PM and R</i> , <b>2016</b> , 8, 45-50	2.2	1

51	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> , <b>2016</b> , 63, 380-1	5	1
50	An electromyographic study of the effect of hand grip sizes on forearm muscle activity and golf performance. <i>Research in Sports Medicine</i> , <b>2016</b> , 24, 222-33	3.8	7
49	Utility of the hypertriglyceridemic waist phenotype in the cardiometabolic risk assessment of youth stratified by body mass index. <i>Pediatric Obesity</i> , <b>2016</b> , 11, 292-8	4.6	10
48	Prolonged androgenic anabolic steroid (AAS) induced QT interval shortening: a suitable screening tool?. <i>Drug Testing and Analysis</i> , <b>2016</b> , 8, 120-2	3.5	3
47	Evidence from randomised controlled trials does not support current dietary fat guidelines: a systematic review and meta-analysis. <i>Open Heart</i> , <b>2016</b> , 3, e000409	3	38
46	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> , <b>2016</b> , 37, 1007-1018	3.6	19
45	Salivary testosterone measurement does not identify biochemical hypogonadism in aging men: a ROC analysis. <i>Endocrine</i> , <b>2015</b> , 50, 256-9	4	8
44	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> , <b>2015</b> , 37, 25		52
43	Re: Emotions, immunity and sport: Winner and loser athletes' profile of fighting sport. <i>Brain, Behavior, and Immunity</i> , <b>2015</b> , 47, 238	16.6	
42	Validation of a six second cycle test for the determination of peak power output. <i>Research in Sports Medicine</i> , <b>2015</b> , 23, 115-25	3.8	33
41	Acute whole body UVA irradiation combined with nitrate ingestion enhances time trial performance in trained cyclists. <i>Nitric Oxide - Biology and Chemistry</i> , <b>2015</b> , 48, 3-9	5	31
40	Exercising caution: prolonged recovery from a single session of high-intensity interval training in older men. <i>Journal of the American Geriatrics Society</i> , <b>2015</b> , 63, 817-8	5.6	20
39	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> , <b>2015</b> , 100, 2239-47	5.6	93
38	Poor levels of agreement between serum and saliva testosterone measurement following exercise training in aging men. <i>Aging Male</i> , <b>2015</b> , 18, 67-70	2.1	13
37	Six weeks of conditioning exercise increases total, but not free testosterone in lifelong sedentary aging men. <i>Aging Male</i> , <b>2015</b> , 18, 195-200	2.1	29
36	Platelet function tests, independent of platelet count, are associated with bleeding severity in ITP. <i>Blood</i> , <b>2015</b> , 126, 873-9	2.2	104
35	An analysis of policy levers used to implement mental health reform in Australia 1992-2012. <i>BMC Health Services Research</i> , <b>2015</b> , 15, 479	2.9	9
34	Low-Frequency High-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> , <b>2015</b> , 63, 2412-3	5.6	9

33	Bones of contention: bone mineral density recovery in celiac disease--a systematic review. <i>Nutrients</i> , <b>2015</b> , 7, 3347-69	6.7	46
32	Resting steroid hormone concentrations in lifetime exercisers and lifetime sedentary males. <i>Aging Male</i> , <b>2015</b> , 18, 22-6	2.1	24
31	Exercise-induced responses in salivary testosterone, cortisol, and their ratios in men: a meta-analysis. <i>Sports Medicine</i> , <b>2015</b> , 45, 713-26	10.6	60
30	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> , <b>2015</b> , 2, e000196	3	96
29	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> , <b>2015</b> , 3, e12234	2.6	19
28	Sprint interval training (SIT) is an effective method to maintain cardiorespiratory fitness (CRF) and glucose homeostasis in Scottish adolescents. <i>Biology of Sport</i> , <b>2015</b> , 32, 307-13	4.3	11
27	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> , <b>2014</b> , 70, 991-6	5	18
26	Remote preconditioning and major clinical complications following adult cardiovascular surgery: systematic review and meta-analysis. <i>International Journal of Cardiology</i> , <b>2014</b> , 176, 20-31	3.2	70
25	The effects of a formal exercise training programme on salivary hormone concentrations and body composition in previously sedentary aging men. <i>SpringerPlus</i> , <b>2013</b> , 2, 18		27
24	Does chronic exercise attenuate age-related physiological decline in males?. <i>Research in Sports Medicine</i> , <b>2013</b> , 21, 343-54	3.8	27
23	Cardiovascular risk and androgenic anabolic steroids. <i>British Journal of Cardiac Nursing</i> , <b>2012</b> , 7, 266-275	0.2	1
22	Androgens affect myogenesis in vitro and increase local IGF-1 expression. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 610-5	1.2	40
21	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> , <b>2011</b> , 24, 119-25	3	49
20	Effects of long-term anabolic androgenic steroid administration on respiratory function. <i>Research in Sports Medicine</i> , <b>2011</b> , 19, 231-44	3.8	
19	The effect of short-term creatine loading on active range of movement. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2010</b> , 35, 507-11	3	5
18	An examination of exercise mode on ventilatory patterns during incremental exercise. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 110, 557-62	3.4	11
17	Evidence of altered cardiac electrophysiology following prolonged androgenic anabolic steroid use. <i>Cardiovascular Toxicology</i> , <b>2010</b> , 10, 239-43	3.4	26
16	Anabolic steroid use: patterns of use and detection of doping. <i>Sports Medicine</i> , <b>2008</b> , 38, 505-25	10.6	62

15	Homocysteine induced cardiovascular events: a consequence of long term anabolic-androgenic steroid (AAS) abuse. <i>British Journal of Sports Medicine</i> , <b>2006</b> , 40, 644-8	10.3	34
14	Manipulation of systemic oxygen flux by acute exercise and normobaric hypoxia: implications for reactive oxygen species generation. <i>Clinical Science</i> , <b>2006</b> , 110, 133-41	6.5	23
13	Impaired vasoreactivity in bodybuilders using androgenic anabolic steroids. <i>European Journal of Clinical Investigation</i> , <b>2006</b> , 36, 483-8	4.6	55
12	Raised concentrations of C reactive protein in anabolic steroid using bodybuilders. <i>British Journal of Sports Medicine</i> , <b>2004</b> , 38, 97-8	10.3	17
11	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> , <b>2003</b> , 6, 307-12	4.4	45
10	The importance of the QT interval: a review of the literature. <i>Acta Psychiatrica Scandinavica</i> , <b>2003</b> , 107, 96-101	6.5	36
9	Joint Conference of BASEM and BASES. <i>British Journal of Sports Medicine</i> , <b>2003</b> , 37, 464-470	10.3	16
8	BASEM 2002 Silver Jubilee Congress. <i>British Journal of Sports Medicine</i> , <b>2002</b> , 36, 385-390	10.3	78
7	Anabolic androgenic steroid use in recreational gym users: a regional sample of the Mid-Glamorgan area. <i>Journal of Substance Use</i> , <b>2001</b> , 6, 189-195	0.8	15
6	Energy deposition during rod penetration in multiple-layered targets of steel and titanium <b>2001</b> , 353-360		
5	Interface defeat of impacting rods against ceramic targets <b>2001</b> , 421-428		1
4	Ballistic limit velocity for long rods from ordinance velocity through hypervelocity impact. <i>International Journal of Impact Engineering</i> , <b>1999</b> , 23, 295-306	4	6
3	Analysis of long rods impacting ceramic targets at high velocity. <i>International Journal of Impact Engineering</i> , <b>1997</b> , 20, 281-292	4	7
2	Long-rod penetration into targets of finite thickness at normal impact. <i>International Journal of Impact Engineering</i> , <b>1995</b> , 16, 419-433	4	20
1	Nonsteady penetration of long rods into semi-infinite targets. <i>International Journal of Impact Engineering</i> , <b>1993</b> , 14, 303-314	4	15