

# Sonia Gmez\_Martnez

## List of Publications by Citations

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110  
papers

3,291  
citations

33  
h-index

53  
g-index

129  
ext. papers

3,899  
ext. citations

3.6  
avg, IF

4.85  
L-index

#	Paper	IF	Citations
110	Obesity, inflammation and the immune system. <i>Proceedings of the Nutrition Society</i> , <b>2012</b> , 71, 332-8	2.9	385
109	Possible roles of magnesium on the immune system. <i>European Journal of Clinical Nutrition</i> , <b>2003</b> , 57, 1193-7	5.2	145
108	Association between dietary inflammatory index and inflammatory markers in the HELENA study. <i>Molecular Nutrition and Food Research</i> , <b>2017</b> , 61, 1600707	5.9	118
107	Moderate alcohol consumption and the immune system: a review. <i>British Journal of Nutrition</i> , <b>2007</b> , 98 Suppl 1, S111-5	3.6	114
106	Differential DNA methylation patterns between high and low responders to a weight loss intervention in overweight or obese adolescents: the EVASYON study. <i>FASEB Journal</i> , <b>2013</b> , 27, 2504-12	0.9	113
105	Health-related fitness in adolescents: underweight, and not only overweight, as an influencing factor. The AVENA study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2010</b> , 20, 418-27	4.6	112
104	Sampling and processing of fresh blood samples within a European multicenter nutritional study: evaluation of biomarker stability during transport and storage. <i>International Journal of Obesity</i> , <b>2008</b> , 32 Suppl 5, S66-75	5.5	106
103	Sedentarismo, adiposidad y factores de riesgo cardiovascular en adolescentes. Estudio AFINOS. <i>Revista Espanola De Cardiologia</i> , <b>2010</b> , 63, 277-285	1.5	88
102	Active commuting to school and cognitive performance in adolescents: the AVENA study. <i>JAMA Pediatrics</i> , <b>2011</b> , 165, 300-5		73
101	Nutrition, inflammation, and cognitive function. <i>Annals of the New York Academy of Sciences</i> , <b>2009</b> , 1153, 164-75	6.5	71
100	The effect of milk fermented by yogurt cultures plus <i>Lactobacillus casei</i> DN-114001 on the immune response of subjects under academic examination stress. <i>European Journal of Nutrition</i> , <b>2004</b> , 43, 381-9	5.2	71
99	Breakfast habits and factors influencing food choices at breakfast in relation to socio-demographic and family factors among European adolescents. The HELENA Study. <i>Appetite</i> , <b>2011</b> , 56, 649-57	4.5	64
98	Sleep duration and emerging cardiometabolic risk markers in adolescents. The AFINOS study. <i>Sleep Medicine</i> , <b>2011</b> , 12, 997-1002	4.6	64
97	Socio-economic factors and active commuting to school in urban Spanish adolescents: the AVENA study. <i>European Journal of Public Health</i> , <b>2009</b> , 19, 470-6	2.1	64
96	Immunomodulatory effects of probiotics in different stages of life. <i>British Journal of Nutrition</i> , <b>2007</b> , 98 Suppl 1, S90-5	3.6	57
95	Follow-up in healthy schoolchildren and in adolescents with Down syndrome: psycho-environmental and genetic determinants of physical activity and its impact on fitness, cardiovascular diseases, inflammatory biomarkers and mental health; the UP&DOWN study. <i>BMC Public Health</i> , <b>2014</b> , 14, 400	4.1	54
94	Objectively-measured and self-reported physical activity and fitness in relation to inflammatory markers in European adolescents: the HELENA Study. <i>Atherosclerosis</i> , <b>2012</b> , 221, 260-7	3.1	53

93	Factors associated with vitamin D deficiency in European adolescents: the HELENA study. <i>Journal of Nutritional Science and Vitaminology</i> , <b>2013</b> , 59, 161-71	1.1	50
92	Muscular fitness, fatness and inflammatory biomarkers in adolescents. <i>Pediatric Obesity</i> , <b>2014</b> , 9, 391-400.	4.6	47
91	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
90	Associations of physical activity and fitness with adipocytokines in adolescents: the AFINOS Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2012</b> , 22, 252-9	4.5	44
89	Microbiota and Lifestyle: A Special Focus on Diet. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	42
88	Body Composition Indices and Single and Clustered Cardiovascular Disease Risk Factors in Adolescents: Providing Clinical-Based Cut-Points. <i>Progress in Cardiovascular Diseases</i> , <b>2016</b> , 58, 555-64	8.5	41
87	Cytokine production by blood mononuclear cells from in-patients with anorexia nervosa. <i>British Journal of Nutrition</i> , <b>2002</b> , 88, 183-188	3.6	41
86	Dietary animal and plant protein intakes and their associations with obesity and cardio-metabolic indicators in European adolescents: the HELENA cross-sectional study. <i>Nutrition Journal</i> , <b>2015</b> , 14, 10	4.3	40
85	Dietary fiber intake and its association with indicators of adiposity and serum biomarkers in European adolescents: the HELENA study. <i>European Journal of Nutrition</i> , <b>2015</b> , 54, 771-82	5.2	37
84	Sedentary behaviors and emerging cardiometabolic biomarkers in adolescents. <i>Journal of Pediatrics</i> , <b>2012</b> , 160, 104-10.e2	3.6	37
83	Adherence to the Mediterranean diet and academic performance in youth: the UP&DOWN study. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 1133-40	5.2	36
82	Muscular strength and markers of insulin resistance in European adolescents: the HELENA Study. <i>European Journal of Applied Physiology</i> , <b>2012</b> , 112, 2455-65	3.4	36
81	Effects of hydroxytyrosol-enriched sunflower oil consumption on CVD risk factors. <i>British Journal of Nutrition</i> , <b>2011</b> , 105, 1448-52	3.6	36
80	Breakfast habits among European adolescents and their association with sociodemographic factors: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Public Health Nutrition</i> , <b>2012</b> , 15, 1879-89	3.3	36
79	Probiotics as a help in children suffering from malnutrition and diarrhoea. <i>European Journal of Clinical Nutrition</i> , <b>2002</b> , 56 Suppl 3, S57-9	5.2	36
78	Associations of physical activity, cardiorespiratory fitness and fatness with low-grade inflammation in adolescents: the AFINOS Study. <i>International Journal of Obesity</i> , <b>2010</b> , 34, 1501-7	5.5	34
77	The Role of Probiotics on the Microbiota: Effect on Obesity. <i>Nutrition in Clinical Practice</i> , <b>2016</b> , 31, 387-400	9.0	32
76	Associations between a Mediterranean diet pattern and inflammatory biomarkers in European adolescents. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 1747-1760	5.2	31

75	Excessive TV viewing and cardiovascular disease risk factors in adolescents. The AVENA cross-sectional study. <i>BMC Public Health</i> , <b>2010</b> , 10, 274	4.1	30
74	Association of breakfast consumption with objectively measured and self-reported physical activity, sedentary time and physical fitness in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>Public Health Nutrition</i> , <b>2014</b> , 17, 2226-36	3.3	26
73	Inflammation profile in overweight/obese adolescents in Europe: an analysis in relation to iron status. <i>European Journal of Clinical Nutrition</i> , <b>2015</b> , 69, 247-55	5.2	25
72	Cardiorespiratory Fitness Cutoff Points for Early Detection of Present and Future Cardiovascular Risk in Children: A 2-Year Follow-up Study. <i>Mayo Clinic Proceedings</i> , <b>2017</b> , 92, 1753-1762	6.4	25
71	Physical activity among Spanish adolescents: relationship with their relatives Physical activity - the AVENA study. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29, 329-36	3.6	25
70	Daily consumption of milk enriched with fish oil, oleic acid, minerals and vitamins reduces cell adhesion molecules in healthy children. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 113-20	4.5	24
69	Passive smoking alters circulating naïve/memory lymphocyte T-cell subpopulations in children. <i>Pediatric Allergy and Immunology</i> , <b>2010</b> , 21, 1171-8	4.2	23
68	The role of physical activity and fitness on the metabolic syndrome in adolescents: effect of different scores. The AFINOS Study. <i>Journal of Physiology and Biochemistry</i> , <b>2009</b> , 65, 277-89	5	23
67	Gender-specific influence of health behaviors on academic performance in Spanish adolescents: the AFINOS study. <i>Nutricion Hospitalaria</i> , <b>2012</b> , 27, 724-30	1	23
66	Muscle Fitness Cut Points for Early Assessment of Cardiovascular Risk in Children and Adolescents. <i>Journal of Pediatrics</i> , <b>2019</b> , 206, 134-141.e3	3.6	23
65	Physical activity as a preventive measure against overweight, obesity, infections, allergies and cardiovascular disease risk factors in adolescents: AFINOS Study protocol. <i>BMC Public Health</i> , <b>2009</b> , 9, 475	4.1	22
64	IL6 gene promoter polymorphism (-174G/C) influences the association between fat mass and cardiovascular risk factors. <i>Journal of Physiology and Biochemistry</i> , <b>2009</b> , 65, 405-13	5	22
63	Behavioural correlates of active commuting to school in Spanish adolescents: the AFINOS (Physical Activity as a Preventive Measure Against Overweight, Obesity, Infections, Allergies, and Cardiovascular Disease Risk Factors in Adolescents) study. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 1779-86	3.3	21
62	Reference values for leptin, cortisol, insulin and glucose, among European adolescents and their association with adiposity: the HELENA study. <i>Nutricion Hospitalaria</i> , <b>2014</b> , 30, 1181-90	1	20
61	Eating habits and total and abdominal fat in Spanish adolescents: influence of physical activity. The AVENA study. <i>Journal of Adolescent Health</i> , <b>2012</b> , 50, 403-9	5.8	19
60	Physical fitness as a mediator between objectively measured physical activity and clustered metabolic syndrome in children and adolescents: The UP&DOWN study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2016</b> , 26, 1011-1019	4.5	18
59	Design and evaluation of a treatment programme for Spanish adolescents with overweight and obesity. The EVASYON Study. <i>BMC Public Health</i> , <b>2009</b> , 9, 414	4.1	18
58	The effect of early menarche on later body composition and fat distribution in female adolescents: role of birth weight. <i>Annals of Nutrition and Metabolism</i> , <b>2009</b> , 54, 313-20	4.5	16

57	Immunological changes after a single bout of moderate-intensity exercise in a hot environment. <i>Journal of Physiology and Biochemistry</i> , <b>2008</b> , 64, 197-204	5	16
56	Design of the nutritional therapy for overweight and obese Spanish adolescents conducted by registered dieticians: the EVASYON study. <i>Nutricion Hospitalaria</i> , <b>2012</b> , 27, 165-76	1	15
55	Diet quality and well-being in children and adolescents: the UP&DOWN longitudinal study. <i>British Journal of Nutrition</i> , <b>2019</b> , 121, 221-231	3.6	15
54	Physical fitness, overweight and the risk of eating disorders in adolescents. The AVENA and AFINOS studies. <i>Pediatric Obesity</i> , <b>2014</b> , 9, 1-9	4.6	14
53	Influence of maternal educational level on the association between the rs3809508 neuromedin B gene polymorphism and the risk of obesity in the HELENA study. <i>International Journal of Obesity</i> , <b>2010</b> , 34, 478-86	5.5	14
52	Haematological reference values in Spanish adolescents: the AVENA study. <i>European Journal of Haematology</i> , <b>2009</b> , 83, 586-94	3.8	14
51	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
50	The relationship between cotinine concentrations and inflammatory markers among highly secondhand smoke exposed non-smoking adolescents. <i>Cytokine</i> , <b>2014</b> , 66, 17-22	4	13
49	The effect of fermented milk on interferon production in malnourished children and in anorexia nervosa patients undergoing nutritional care. <i>European Journal of Clinical Nutrition</i> , <b>2002</b> , 56 Suppl 4, S27-33	5.2	13
48	Potential of to Improve Glucose Control for the Prevention of Diabetes and Related Metabolic Alterations: A Systematic Review of Animal and Human Studies. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	13
47	Neck circumference and clustered cardiovascular risk factors in children and adolescents: cross-sectional study. <i>BMJ Open</i> , <b>2017</b> , 7, e016048	3	12
46	Immunonutrition: methodology and applications. <i>Nutricion Hospitalaria</i> , <b>2015</b> , 31 Suppl 3, 145-54	1	12
45	The Role of Adiposity in the Association between Muscular Fitness and Cardiovascular Disease. <i>Journal of Pediatrics</i> , <b>2018</b> , 199, 178-185.e4	3.6	12
44	Correlates of ideal cardiovascular health in European adolescents: The HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2018</b> , 28, 187-194	4.5	11
43	Psychosocial stress and inflammation driving tryptophan breakdown in children and adolescents: A cross-sectional analysis of two cohorts. <i>Psychoneuroendocrinology</i> , <b>2018</b> , 94, 104-111	5	11
42	Sensory attributes of soft drinks and their influence on consumers preferences. <i>Food and Function</i> , <b>2014</b> , 5, 1686-94	6.1	11
41	Association between excessive body fat and eating-disorder risk in adolescents: the AFINOS Study. <i>Medicina Clínica</i> , <b>2011</b> , 136, 620-2	1	11
40	Body size at birth modifies the effect of fat mass and obesity associated (FTO) rs9939609 polymorphism on adiposity in adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>British Journal of Nutrition</i> , <b>2012</b> , 107, 1498-504	3.6	11

39	The influence of cardiorespiratory fitness on clustered cardiovascular disease risk factors and the mediator role of body mass index in youth: The UP&DOWN Study. <i>Pediatric Diabetes</i> , <b>2019</b> , 20, 32-40	3.6	11
38	Ideal cardiovascular health and inflammation in European adolescents: The HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2017</b> , 27, 447-455	4.5	10
37	Physical activity during high school recess in spanish adolescents: the AFINOS study. <i>Journal of Physical Activity and Health</i> , <b>2014</b> , 11, 1194-201	2.5	9
36	Video game playing time and cardiometabolic risk in adolescents: the AFINOS study. <i>Medicina Clínica</i> , <b>2012</b> , 139, 290-2	1	9
35	Changes in cardiometabolic risk factors, appetite-controlling hormones and cytokines after a treatment program in overweight adolescents: preliminary findings from the EVASYON study. <i>Pediatric Diabetes</i> , <b>2011</b> , 12, 372-80	3.6	9
34	Independent and combined associations of physical fitness components with inflammatory biomarkers in children and adolescents. <i>Pediatric Research</i> , <b>2018</b> , 84, 704-712	3.2	9
33	Inflammatory biomarkers and academic performance in youth. The UP & DOWN Study. <i>Brain, Behavior, and Immunity</i> , <b>2016</b> , 54, 122-127	16.6	8
32	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
31	Convergent validity of a questionnaire for assessing physical activity in Spanish adolescents with overweight. <i>Medicina Clínica</i> , <b>2011</b> , 136, 13-5	1	8
30	Breastfeeding in infancy is not associated with inflammatory status in healthy adolescents. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 411-7	4.1	8
29	Diet quality index as a predictor of treatment efficacy in overweight and obese adolescents: The EVASYON study. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 782-790	5.9	8
28	Characteristics of extracurricular physical activity and cognitive performance in adolescents. The AVENA study. <i>Journal of Sports Sciences</i> , <b>2014</b> , 32, 1596-603	3.6	7
27	Associations between macronutrient intake and serum lipid profile depend on body fat in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>British Journal of Nutrition</i> , <b>2014</b> , 112, 2049-59	3.6	7
26	Influence of health behaviours on the incidence of infection and allergy in adolescents: the AFINOS cross-sectional study. <i>BMC Public Health</i> , <b>2014</b> , 14, 19	4.1	7
25	Length of residence and risk of eating disorders in immigrant adolescents living in madrid. The AFINOS study. <i>Nutricion Hospitalaria</i> , <b>2014</b> , 29, 1047-53	1	7
24	Association of telomere length with IL-6 levels during an obesity treatment in adolescents: interaction with the-174G/C polymorphism in the IL-6gene. <i>Pediatric Obesity</i> , <b>2017</b> , 12, 257-263	4.6	6
23	Neuroimmunomodulation by nutrition in stress situations. <i>NeuroImmunoModulation</i> , <b>2008</b> , 15, 165-9	2.5	6
22	Inflammation and insulin resistance according to body composition in European adolescents: the HELENA study. <i>Nutricion Hospitalaria</i> , <b>2017</b> , 34, 1033-1043	1	6

21	Association of Moderate Beer Consumption with the Gut Microbiota and SCFA of Healthy Adults. <i>Molecules</i> , <b>2020</b> , 25,	4.8	6
20	Patterns of sedentary behavior and compliance with public health recommendations in Spanish adolescents: the AFINOS study. <i>Cadernos De Saude Publica</i> , <b>2012</b> , 28, 2237-44	3.2	5
19	High fitness is associated with a healthier programming of body composition at adolescence. <i>American Journal of Human Biology</i> , <b>2008</b> , 20, 732-4	2.7	5
18	The adolescent onset anorexia nervosa study (ANABEL): Design and baseline results. <i>International Journal of Methods in Psychiatric Research</i> , <b>2018</b> , 27, e1739	4.3	4
17	Impact of physical activity and cardiovascular fitness on total homocysteine concentrations in European adolescents: The HELENA study. <i>Journal of Nutritional Science and Vitaminology</i> , <b>2015</b> , 61, 45-54 <sup>1</sup>	4.1	4
16	Inflammation and fatness in adolescents with and without Down syndrome: UP & DOWN study. <i>Journal of Intellectual Disability Research</i> , <b>2020</b> , 64, 170-179	3.2	4
15	Obese and unfit students dislike physical education in adolescence: myth or truth? The AVENA and UP&DOWN studies. <i>Nutricion Hospitalaria</i> , <b>2014</b> , 30, 1319-23	1	4
14	Cognition and the risk of eating disorders in Spanish adolescents: the AVENA and AFINOS studies. <i>European Journal of Pediatrics</i> , <b>2015</b> , 174, 229-36	4.1	3
13	The role of dietary fat on the association between dietary amino acids and serum lipid profile in European adolescents participating in the HELENA Study. <i>European Journal of Clinical Nutrition</i> , <b>2014</b> , 68, 464-73	5.2	3
12	Lifestyle patterns and endocrine, metabolic, and immunological biomarkers in European adolescents: The HELENA study. <i>Pediatric Diabetes</i> , <b>2019</b> , 20, 23-31	3.6	3
11	Diet, Nutrition and the Immune System <b>2019</b> , 250-255		2
10	Television viewing time and risk of eating disorders in Spanish adolescents: AVENA and AFINOS studies. <i>Pediatrics International</i> , <b>2015</b> , 57, 455-60	1.2	2
9	Anthropometric measurements and immune responses in elite gymnasts and in patients with anorexia nervosa. <i>Nutrition Research</i> , <b>1998</b> , 18, 247-257	4	2
8	Changes in Body Composition and Physical Fitness in Adolescents with Down Syndrome: The UP&DOWN Longitudinal Study. <i>Childhood Obesity</i> , <b>2019</b> , 15, 397-405	2.5	1
7	Association of UCP1, UCP2 and UCP3 gene polymorphisms with cardiovascular disease risk factors in European adolescents: the HELENA study. <i>Pediatric Research</i> , <b>2020</b> , 88, 265-270	3.2	1
6	Reference values of IL-6 and TNF $\alpha$ in Mexican adolescents by BMI. <i>Proceedings of the Nutrition Society</i> , <b>2011</b> , 70,	2.9	1
5	Relationships of self-reported physical activity, fitness and body mass index with inflammatory proteins in adolescents. The AFINOS study. <i>Proceedings of the Nutrition Society</i> , <b>2010</b> , 69,	2.9	1
4	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	

3 Effects of Dietary Patterns and Physical Activity on the Establishment of Abdominal Obesity in Adolescents **2014**, 27-37

2 Food Supplements and Immune Function in Humans **2013**, 145-156

1 STRAIGHT-A STUDENTS DISLIKE PHYSICAL EDUCATION IN ADOLESCENCE: MYTH OR TRUTH? THE AVENA, AFINOS AND UP&DOWN STUDIES. *Nutricion Hospitalaria*, **2015**, 32, 318-23

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