

Parco M Siu

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.

101
papers

9,366
citations

31
h-index

96
g-index

103
ext. papers

10,470
ext. citations

4.4
avg, IF

5.28
L-index

#	Paper	IF	Citations
101	Acute effects of mindfulness-based intervention on athlete cognitive function: An fNIRS investigation.. <i>Journal of Exercise Science and Fitness</i> , 2022 , 20, 90-99	3.1	0
100	Effects of one-year once-weekly high-intensity interval training on body adiposity and liver fat in adults with central obesity: Study protocol for a randomized controlled trial.. <i>Journal of Exercise Science and Fitness</i> , 2022 , 20, 161-171	3.1	0
99	Effects of Exercise Frequency and Intensity on Reducing Depressive Symptoms in Older Adults With Insomnia: A Pilot Randomized Controlled Trial.. <i>Frontiers in Physiology</i> , 2022 , 13, 863457	4.6	0
98	Comparison of moderate and vigorous walking exercise on reducing depression in middle-aged and older adults: A pilot randomized controlled trial.. <i>European Journal of Sport Science</i> , 2022 , 1-23	3.9	0
97	The APPL1-Rab5 axis restricts NLRP3 inflammasome activation through early endosomal-dependent mitophagy in macrophages. <i>Nature Communications</i> , 2021 , 12, 6637	17.4	7
96	Aerobic Exercise Decreases Negative Affect by Modulating Orbitofrontal-Amygdala Connectivity in Adolescents. <i>Life</i> , 2021 , 11,	3	3
95	The Effects of Mindfulness-Based Interventions on Child and Adolescent Aggression: a Systematic Review and Meta-Analysis. <i>Mindfulness</i> , 2021 , 12, 1301-1315	2.9	6
94	Effects of Tai Chi or Exercise on Sleep in Older Adults With Insomnia: A Randomized Clinical Trial. <i>JAMA Network Open</i> , 2021 , 4, e2037199	10.4	10
93	Effects of Tai Chi or Conventional Exercise on Central Obesity in Middle-Aged and Older Adults : A Three-Group Randomized Controlled Trial. <i>Annals of Internal Medicine</i> , 2021 , 174, 1050-1057	8	8
92	Effects and dose-response relationship of high-intensity interval training on cardiorespiratory fitness in overweight and obese adults: a systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2021 , 1-18	3.6	0
91	Effects of high-intensity interval exercise and moderate-intensity continuous exercise on executive function of healthy young males. <i>Physiology and Behavior</i> , 2021 , 239, 113505	3.5	3
90	Acute Effects of Brief Mindfulness Intervention Coupled with Carbohydrate Ingestion to Re-Energize Soccer Players: A Randomized Crossover Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	2
89	Obestatin and growth hormone reveal the interaction of central obesity and other cardiometabolic risk factors of metabolic syndrome. <i>Scientific Reports</i> , 2020 , 10, 5495	4.9	6
88	Promoting healthy ageing through light volleyball intervention in Hong Kong: study protocol for a randomised controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2020 , 12, 6	2.4	3
87	Acute Effect of Brief Mindfulness-Based Intervention Coupled with Fluid Intake on AthletesV Cognitive Function. <i>Journal of Sports Science and Medicine</i> , 2020 , 19, 753-760	2.7	2
86	Low-Frequency HIIT Improves Body Composition and Aerobic Capacity in Overweight Men. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 56-66	1.2	13
85	The Effect of Tai Chi Chuan on Negative Emotions in Non-Clinical Populations: A Meta-Analysis and Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	15

84	Brain Vitality Enhancement (BRAVE) program to promote brain health among persons with mild cognitive impairment: A study protocol. <i>Journal of Advanced Nursing</i> , 2019 , 75, 3758-3767	3.1	2
83	Effects of an Individualized Exercise Program Plus Behavioral Change Enhancement Strategies for Managing Fatigue in Older People Who Are Frail: Protocol for a Cluster Randomized Controlled Trial. <i>Physical Therapy</i> , 2019 , 99, 1616-1627	3.3	1
82	Effects of Maternal Voluntary Wheel Running During Pregnancy on Adult Hippocampal Neurogenesis, Temporal Order Memory, and Depression-Like Behavior in Adult Female and Male Offspring. <i>Frontiers in Neuroscience</i> , 2019 , 13, 470	5.1	10
81	Mindfulness and Athlete Burnout: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	19
80	Ablation of Bax and Bak protects skeletal muscle against pressure-induced injury. <i>Scientific Reports</i> , 2018 , 8, 3689	4.9	4
79	Revealing the Neural Mechanisms Underlying the Beneficial Effects of Tai Chi: A Neuroimaging Perspective. <i>The American Journal of Chinese Medicine</i> , 2018 , 46, 231-259	6	15
78	Association of Markers of Proinflammatory Phenotype and Beige Adipogenesis with Metabolic Syndrome in Chinese Centrally Obese Adults. <i>Journal of Diabetes Research</i> , 2018 , 2018, 8956509	3.9	6
77	Adipokine Profiling in Adult Women With Central Obesity and Hypertension. <i>Frontiers in Physiology</i> , 2018 , 9, 294	4.6	4
76	Adipokines demonstrate the interacting influence of central obesity with other cardiometabolic risk factors of metabolic syndrome in Hong Kong Chinese adults. <i>PLoS ONE</i> , 2018 , 13, e0201585	3.7	17
75	Ghrelin Axis Reveals the Interacting Influence of Central Obesity and Hypertension. <i>Frontiers in Endocrinology</i> , 2018 , 9, 534	5.7	2
74	Yoga training modulates adipokines in adults with high-normal blood pressure and metabolic syndrome. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 1130-1138	4.6	7
73	One Year of Yoga Training Alters Ghrelin Axis in Centrally Obese Adults With Metabolic Syndrome. <i>Frontiers in Physiology</i> , 2018 , 9, 1321	4.6	11
72	An individualized exercise programme with and without behavioural change enhancement strategies for managing fatigue among frail older people: a quasi-experimental pilot study. <i>Clinical Rehabilitation</i> , 2017 , 31, 521-531	3.3	12
71	Cardiovascular Protective Effects of Salvianic Acid A on Mice with Elevated Homocysteine Level. <i>Oxidative Medicine and Cellular Longevity</i> , 2017 , 2017, 9506925	6.7	5
70	Role of free fatty acids in endothelial dysfunction. <i>Journal of Biomedical Science</i> , 2017 , 24, 50	13.3	154
69	Vitamin D deficiency, oxidative stress and antioxidant status: only weak association seen in the absence of advanced age, obesity or pre-existing disease. <i>British Journal of Nutrition</i> , 2017 , 118, 11-16	3.6	24
68	Protective Effect of Unacylated Ghrelin on Compression-Induced Skeletal Muscle Injury Mediated by SIRT1-Signaling. <i>Frontiers in Physiology</i> , 2017 , 8, 962	4.6	6
67	Acute Treatment of Resveratrol Alleviates Doxorubicin-Induced Myotoxicity in Aged Skeletal Muscle Through SIRT1-Dependent Mechanisms. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2016 , 71, 730-9	6.4	16

66	Diabetic nephropathy and endothelial dysfunction: Current and future therapies, and emerging of vascular imaging for preclinical renal-kinetic study. <i>Life Sciences</i> , 2016 , 166, 121-130	6.8	39
65	Guidelines for the use and interpretation of assays for monitoring autophagy (3rd edition). <i>Autophagy</i> , 2016 , 12, 1-222	10.2	3838
64	Implications of MicroRNAs in the Treatment of Gefitinib-Resistant Non-Small Cell Lung Cancer. <i>International Journal of Molecular Sciences</i> , 2016 , 17, 237	6.3	37
63	Doxorubicin Induces Inflammatory Modulation and Metabolic Dysregulation in Diabetic Skeletal Muscle. <i>Frontiers in Physiology</i> , 2016 , 7, 323	4.6	14
62	S100A8 and S100A9 Are Associated with Doxorubicin-Induced Cardiotoxicity in the Heart of Diabetic Mice. <i>Frontiers in Physiology</i> , 2016 , 7, 334	4.6	7
61	Current and future molecular diagnostics in non-small-cell lung cancer. <i>Expert Review of Molecular Diagnostics</i> , 2015 , 15, 1061-74	3.8	12
60	Effects of long-term resveratrol-induced SIRT1 activation on insulin and apoptotic signalling in aged skeletal muscle. <i>Acta Diabetologica</i> , 2015 , 52, 1063-75	3.9	23
59	Unacylated ghrelin restores insulin and autophagic signaling in skeletal muscle of diabetic mice. <i>Pflugers Archiv European Journal of Physiology</i> , 2015 , 467, 2555-69	4.6	15
58	Effects of 1-year yoga on cardiovascular risk factors in middle-aged and older adults with metabolic syndrome: a randomized trial. <i>Diabetology and Metabolic Syndrome</i> , 2015 , 7, 40	5.6	37
57	Protective effects of desacyl ghrelin on diabetic cardiomyopathy. <i>Acta Diabetologica</i> , 2015 , 52, 293-306	3.9	37
56	Muscle mass, structural and functional investigations of senescence-accelerated mouse P8 (SAMP8). <i>Experimental Animals</i> , 2015 , 64, 425-33	1.8	34
55	SIRT1-dependent myoprotective effects of resveratrol on muscle injury induced by compression. <i>Frontiers in Physiology</i> , 2015 , 6, 293	4.6	17
54	Gene network exploration of crosstalk between apoptosis and autophagy in chronic myelogenous leukemia. <i>BioMed Research International</i> , 2015 , 2015, 459840	3	6
53	Coexpression Pattern Analysis of NPM1-Associated Genes in Chronic Myelogenous Leukemia. <i>BioMed Research International</i> , 2015 , 2015, 610595	3	3
52	Novel structural co-expression analysis linking the NPM1-associated ribosomal biogenesis network to chronic myelogenous leukemia. <i>Scientific Reports</i> , 2015 , 5, 10973	4.9	12
51	Resveratrol protects against doxorubicin-induced cardiotoxicity in aged hearts through the SIRT1-USP7 axis. <i>Journal of Physiology</i> , 2015 , 593, 1887-99	3.9	55
50	Modulation of SIRT1-Foxo1 signaling axis by resveratrol: implications in skeletal muscle aging and insulin resistance. <i>Cellular Physiology and Biochemistry</i> , 2015 , 35, 541-52	3.9	81
49	[D-Lys3]-GHRP-6 exhibits pro-autophagic effects on skeletal muscle. <i>Molecular and Cellular Endocrinology</i> , 2015 , 401, 155-64	4.4	5

48	Autophagic cellular responses to physical exercise in skeletal muscle. <i>Sports Medicine</i> , 2014 , 44, 625-40	10.6	35
47	Modulating effect of SIRT1 activation induced by resveratrol on Foxo1-associated apoptotic signalling in senescent heart. <i>Journal of Physiology</i> , 2014 , 592, 2535-48	3.9	61
46	Desacyl ghrelin prevents doxorubicin-induced myocardial fibrosis and apoptosis via the GHSR-independent pathway. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2014 , 306, E311-23	6	42
45	MicroRNAs as regulators of cutaneous wound healing. <i>Journal of Biosciences</i> , 2014 , 39, 519-24	2.3	17
44	Effects of single dose and regular intake of green tea (<i>Camellia sinensis</i>) on DNA damage, DNA repair, and heme oxygenase-1 expression in a randomized controlled human supplementation study. <i>Molecular Nutrition and Food Research</i> , 2014 , 58, 1379-83	5.9	16
43	Novel approach for coexpression analysis of E2F1-3 and MYC target genes in chronic myelogenous leukemia. <i>BioMed Research International</i> , 2014 , 2014, 439840	3	4
42	Supplementary use of HbA1c as hyperglycemic criterion to detect metabolic syndrome. <i>Diabetology and Metabolic Syndrome</i> , 2014 , 6, 119	5.6	16
41	Oxidative stress and DNA damage signalling in skeletal muscle in pressure-induced deep tissue injury. <i>Pflugers Archiv European Journal of Physiology</i> , 2013 , 465, 295-317	4.6	17
40	Genoprotection and genotoxicity of green tea (<i>Camellia sinensis</i>): Are they two sides of the same redox coin?. <i>Redox Report</i> , 2013 , 18, 150-4	5.9	13
39	Guidelines for the use and interpretation of assays for monitoring autophagy. <i>Autophagy</i> , 2012 , 8, 445-544.2	4.2	2783
38	Aging and Apoptosis in Muscle 2011 , 63-118		7
37	Protective effect of caspase inhibition on compression-induced muscle damage. <i>Journal of Physiology</i> , 2011 , 589, 3349-69	3.9	16
36	Habitual exercise increases resistance of lymphocytes to oxidant-induced DNA damage by upregulating expression of antioxidant and DNA repairing enzymes. <i>Experimental Physiology</i> , 2011 , 96, 889-906	2.4	28
35	Proteasome inhibition alleviates prolonged moderate compression-induced muscle pathology. <i>BMC Musculoskeletal Disorders</i> , 2011 , 12, 58	2.8	9
34	Cryopreservation and storage effects on cell numbers and DNA damage in human lymphocytes. <i>Biopreservation and Biobanking</i> , 2011 , 9, 343-7	2.1	10
33	Nuclear Apoptosis and Sarcopenia 2011 , 173-206		
32	Delayed activation of caspase-independent apoptosis during heart failure in transgenic mice overexpressing caspase inhibitor CrmA. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2010 , 299, H1374-81	5.2	23
31	Immediate effects of 2 different whole-body vibration frequencies on muscle peak torque and stiffness. <i>Archives of Physical Medicine and Rehabilitation</i> , 2010 , 91, 1608-15	2.8	20

30	Muscle apoptosis is induced in pressure-induced deep tissue injury. <i>Journal of Applied Physiology</i> , 2009 , 107, 1266-75	3.7	35
29	Apoptotic signaling induced by H ₂ O ₂ -mediated oxidative stress in differentiated C2C12 myotubes. <i>Life Sciences</i> , 2009 , 84, 468-81	6.8	87
28	Muscle apoptotic response to denervation, disuse, and aging. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 1876-86	1.2	40
27	Response and adaptation of skeletal muscle to denervation stress: the role of apoptosis in muscle loss. <i>Frontiers in Bioscience - Landmark</i> , 2009 , 14, 432-52	2.8	39
26	Age-dependent increase in oxidative stress in gastrocnemius muscle with unloading. <i>Journal of Applied Physiology</i> , 2008 , 105, 1695-705	3.7	75
25	Effect of the glycaemic index of pre-exercise carbohydrate meals on running performance. <i>European Journal of Sport Science</i> , 2008 , 8, 23-33	3.9	34
24	Effect of preexercise meals with different glycemic indices and loads on metabolic responses and endurance running. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008 , 18, 281-300	4.4	28
23	Nuclear apoptosis contributes to sarcopenia. <i>Exercise and Sport Sciences Reviews</i> , 2008 , 36, 51-7	6.7	92
22	Apoptosis and Id2 expression in diaphragm and soleus muscle from the emphysematous hamster. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2007 , 293, R135-44	3.2	26
21	Interleukin-15 responses to aging and unloading-induced skeletal muscle atrophy. <i>American Journal of Physiology - Cell Physiology</i> , 2007 , 292, C1298-304	5.4	61
20	Response of caspase-independent apoptotic factors to high salt diet-induced heart failure. <i>Journal of Molecular and Cellular Cardiology</i> , 2007 , 42, 678-86	5.8	30
19	Aging alters the reduction of pro-apoptotic signaling in response to loading-induced hypertrophy. <i>Experimental Gerontology</i> , 2006 , 41, 175-88	4.5	21
18	Hindlimb unloading increases muscle content of cytosolic but not nuclear Id2 and p53 proteins in young adult and aged rats. <i>Journal of Applied Physiology</i> , 2006 , 100, 907-16	3.7	42
17	Molecular regulation of apoptosis in fast plantaris muscles of aged rats. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2006 , 61, 245-55	6.4	51
16	Aging-Associated Differences in Skeletal Muscle Expression of the Trimeric IL-15R.. <i>FASEB Journal</i> , 2006 , 20, A803	0.9	
15	Deficiency of the Bax gene attenuates denervation-induced muscle wasting. <i>FASEB Journal</i> , 2006 , 20, A390	0.9	
14	Muscle hypertrophy models: applications for research on aging. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2005 , 30, 591-624		20
13	Mitochondria-associated apoptotic signalling in denervated rat skeletal muscle. <i>Journal of Physiology</i> , 2005 , 565, 309-23	3.9	162

12	Response of XIAP, ARC, and FLIP apoptotic suppressors to 8 wk of treadmill running in rat heart and skeletal muscle. <i>Journal of Applied Physiology</i> , 2005 , 99, 204-9	3-7	43
11	Subcellular responses of p53 and Id2 in fast and slow skeletal muscle in response to stretch-induced overload. <i>Journal of Applied Physiology</i> , 2005 , 99, 1897-904	3-7	15
10	Apoptotic responses to hindlimb suspension in gastrocnemius muscles from young adult and aged rats. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2005 , 289, R1013-26	3-7	123
9	Age-related apoptotic responses to stretch-induced hypertrophy in quail slow-tonic skeletal muscle. <i>American Journal of Physiology - Cell Physiology</i> , 2005 , 289, C1105-13	5-4	16
8	Aging influences cellular and molecular responses of apoptosis to skeletal muscle unloading. <i>American Journal of Physiology - Cell Physiology</i> , 2005 , 288, C338-49	5-4	108
7	Id2 and p53 participate in apoptosis during unloading-induced muscle atrophy. <i>American Journal of Physiology - Cell Physiology</i> , 2005 , 288, C1058-73	5-4	51
6	Aging sustains the hypertrophy-associated elevation of apoptotic suppressor X-linked inhibitor of apoptosis protein (XIAP) in skeletal muscle during unloading. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2005 , 60, 976-83	6.4	17
5	Myogenin and oxidative enzyme gene expression levels are elevated in rat soleus muscles after endurance training. <i>Journal of Applied Physiology</i> , 2004 , 97, 277-85	3-7	43
4	Apoptotic adaptations from exercise training in skeletal and cardiac muscles. <i>FASEB Journal</i> , 2004 , 18, 1150-2	0.9	192
3	Effect of frequency of carbohydrate feedings on recovery and subsequent endurance run. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 315-23	1.2	14
2	Use of the glycemic index: effects on feeding patterns and exercise performance. <i>Journal of Physiological Anthropology and Applied Human Science</i> , 2004 , 23, 1-6		19
1	Citrate synthase expression and enzyme activity after endurance training in cardiac and skeletal muscles. <i>Journal of Applied Physiology</i> , 2003 , 94, 555-60	3-7	99