

Rhiannon M J Snipe

List of Publications by Year in descending order

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Version: 2024-02-01

52
papers

1,855
citations

304743

22
h-index

289244

40
g-index

52
all docs

52
docs citations

52
times ranked

1138
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Short-Term Very High Carbohydrate Diet and Gut-Training Have Minor Effects on Gastrointestinal Status and Performance in Highly Trained Endurance Athletes. <i>Nutrients</i> , 2022, 14, 1929. | 4.1 | 5 |
| 2 | What is real change in submaximal cardiorespiratory fitness in older adults? Retrospective analysis of a clinical trial. <i>Sports Medicine - Open</i> , 2022, 8, 59. | 3.1 | 0 |
| 3 | Sex differences among endurance athletes in the pre-race relationships between sleep, and perceived stress and recovery. <i>Journal of Sports Sciences</i> , 2022, 40, 1542-1551. | 2.0 | 3 |
| 4 | The Effects of an Acute "Train-Low" Nutritional Protocol on Markers of Recovery Optimization in Endurance-Trained Male Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1764-1776. | 2.3 | 13 |
| 5 | Assessing Overall Exercise Recovery Processes Using Carbohydrate and Carbohydrate-Protein Containing Recovery Beverages. <i>Frontiers in Physiology</i> , 2021, 12, 628863. | 2.8 | 18 |
| 6 | Farmed Mussels: A Nutritive Protein Source, Rich in Omega-3 Fatty Acids, with a Low Environmental Footprint. <i>Nutrients</i> , 2021, 13, 1124. | 4.1 | 22 |
| 7 | Effects of a Short-Term "Fat Adaptation with Carbohydrate Restoration" Diet on Metabolic Responses and Exercise Performance in Well-Trained Runners. <i>Nutrients</i> , 2021, 13, 1033. | 4.1 | 4 |
| 8 | Recommendations on Youth Participation in Ultra-Endurance Running Events: A Consensus Statement. <i>Sports Medicine</i> , 2021, 51, 1123-1135. | 6.5 | 11 |
| 9 | The Effects of a High-Protein Dairy Milk Beverage With or Without Progressive Resistance Training on Fat-Free Mass, Skeletal Muscle Strength and Power, and Functional Performance in Healthy Active Older Adults: A 12-Week Randomized Controlled Trial. <i>Frontiers in Nutrition</i> , 2021, 8, 644865. | 3.7 | 14 |
| 10 | A 16-week aerobic exercise and mindfulness-based intervention on chronic psychosocial stress: a pilot and feasibility study. <i>Pilot and Feasibility Studies</i> , 2021, 7, 64. | 1.2 | 3 |
| 11 | Factors Influencing Blood Alkalosis and Other Physiological Responses, Gastrointestinal Symptoms, and Exercise Performance Following Sodium Citrate Supplementation: A Review. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 168-186. | 2.1 | 10 |
| 12 | Sarcopenic Characteristics of Active Older Adults: a Cross-Sectional Exploration. <i>Sports Medicine - Open</i> , 2021, 7, 32. | 3.1 | 11 |
| 13 | Gastrointestinal Assessment and Therapeutic Intervention for the Management of Exercise-Associated Gastrointestinal Symptoms: A Case Series Translational and Professional Practice Approach. <i>Frontiers in Physiology</i> , 2021, 12, 719142. | 2.8 | 25 |
| 14 | Diurnal versus Nocturnal Exercise "Effect on the Gastrointestinal Tract. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1056-1067. | 0.4 | 31 |
| 15 | Feeding Tolerance, Glucose Availability, and Whole-Body Total Carbohydrate and Fat Oxidation in Male Endurance and Ultra-Endurance Runners in Response to Prolonged Exercise, Consuming a Habitual Mixed Macronutrient Diet and Carbohydrate Feeding During Exercise. <i>Frontiers in Physiology</i> , 2021, 12, 773054. | 2.8 | 13 |
| 16 | The Relationship Between Psychological Stress and Anxiety with Gastrointestinal Symptoms Before and During a 56km Ultramarathon Running Race. <i>Sports Medicine - Open</i> , 2021, 7, 93. | 3.1 | 8 |
| 17 | Exertional-heat stress-associated gastrointestinal perturbations during Olympic sports: Management strategies for athletes preparing and competing in the 2020 Tokyo Olympic Games. <i>Temperature</i> , 2020, 7, 58-88. | 3.0 | 61 |
| 18 | Impact of 24-h high and low fermentable oligo-, di-, monosaccharide, and polyol diets on markers of exercise-induced gastrointestinal syndrome in response to exertional heat stress. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 569-580. | 1.9 | 43 |

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|----|--|-----|-----------|
| 19 | Protein Requirements of Pre-Menopausal Female Athletes: Systematic Literature Review. <i>Nutrients</i> , 2020, 12, 3527. | 4.1 | 14 |
| 20 | Is the gut microbiota bacterial abundance and composition associated with intestinal epithelial injury, systemic inflammatory profile, and gastrointestinal symptoms in response to exertional-heat stress?. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 1141-1153. | 1.3 | 25 |
| 21 | Does the Nutritional Composition of Dairy Milk Based Recovery Beverages Influence Post-exercise Gastrointestinal and Immune Status, and Subsequent Markers of Recovery Optimisation in Response to High Intensity Interval Exercise?. <i>Frontiers in Nutrition</i> , 2020, 7, 622270. | 3.7 | 14 |
| 22 | The Impact of a Dairy Milk Recovery Beverage on Bacterially Stimulated Neutrophil Function and Gastrointestinal Tolerance in Response to Hypohydration Inducing Exercise Stress. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 237-248. | 2.1 | 11 |
| 23 | Considerations for ultra-endurance activities: part 1- nutrition. <i>Research in Sports Medicine</i> , 2019, 27, 166-181. | 1.3 | 54 |
| 24 | Considerations for ultra-endurance activities: part 2 – hydration. <i>Research in Sports Medicine</i> , 2019, 27, 182-194. | 1.3 | 45 |
| 25 | Applying a Low-FODMAP Dietary Intervention to a Female Ultraendurance Runner With Irritable Bowel Syndrome During a Multistage Ultramarathon. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 61-67. | 2.1 | 17 |
| 26 | Impact of 3-day high and low dietary sodium intake on sodium status in response to exertional-heat stress: a double-blind randomized control trial. <i>European Journal of Applied Physiology</i> , 2019, 119, 2105-2118. | 2.5 | 15 |
| 27 | Impact of exercise-induced hypohydration on gastrointestinal integrity, function, symptoms, and systemic endotoxin and inflammatory profile. <i>Journal of Applied Physiology</i> , 2019, 126, 1281-1291. | 2.5 | 54 |
| 28 | Nutrition for Ultramarathon Running: Trail, Track, and Road. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 130-140. | 2.1 | 58 |
| 29 | Response to Armstrong and Bergeron. <i>European Journal of Applied Physiology</i> , 2019, 119, 1453-1454. | 2.5 | 0 |
| 30 | Test-Retest Reliability of a Modified Visual Analog Scale Assessment Tool for Determining Incidence and Severity of Gastrointestinal Symptoms in Response to Exercise Stress. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 411-419. | 2.1 | 51 |
| 31 | Sodium Intake Beliefs, Information Sources, and Intended Practices of Endurance Athletes Before and During Exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 371-381. | 2.1 | 19 |
| 32 | Exertional heat stress-induced gastrointestinal perturbations: prevention and management strategies. <i>British Journal of Sports Medicine</i> , 2019, 53, 1312-1313. | 6.7 | 1 |
| 33 | The Impact of Mild Heat Stress During Prolonged Running On Gastrointestinal Integrity, Gastrointestinal Symptoms, Systemic Endotoxin and Cytokine Profiles. <i>International Journal of Sports Medicine</i> , 2018, 39, 255-263. | 1.7 | 56 |
| 34 | Does the temperature of water ingested during exertional-heat stress influence gastrointestinal injury, symptoms, and systemic inflammatory profile?. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 771-776. | 1.3 | 41 |
| 35 | The impact of exertional-heat stress on gastrointestinal integrity, gastrointestinal symptoms, systemic endotoxin and cytokine profile. <i>European Journal of Applied Physiology</i> , 2018, 118, 389-400. | 2.5 | 97 |
| 36 | Two weeks of repetitive gut challenge reduce exercise-associated gastrointestinal symptoms and malabsorption. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 630-640. | 2.9 | 50 |

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|----|---|-----|-----------|
| 37 | Ad libitum drinking adequately supports hydration during 24h of running in different ambient temperatures. <i>European Journal of Applied Physiology</i> , 2018, 118, 2687-2697. | 2.5 | 18 |
| 38 | Case Study: Providing Nutritional Support to an Ultraendurance Runner in Preparation for a Self-Sufficient Multistage Ultramarathon: Rationed Versus Full Energy Provisions. <i>Wilderness and Environmental Medicine</i> , 2018, 29, 508-520. | 0.9 | 21 |
| 39 | Does biological sex impact intestinal epithelial injury, small intestine permeability, gastrointestinal symptoms and systemic cytokine profile in response to exertional-heat stress?. <i>Journal of Sports Sciences</i> , 2018, 36, 2827-2835. | 2.0 | 28 |
| 40 | The Influence of Aerobic Exercise on Hippocampal Integrity and Function: Preliminary Findings of a Multi-Modal Imaging Analysis. <i>Brain Plasticity</i> , 2018, 4, 211-216. | 3.5 | 23 |
| 41 | Gut-training: the impact of two weeks repetitive gut-challenge during exercise on gastrointestinal status, glucose availability, fuel kinetics, and running performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 547-557. | 1.9 | 106 |
| 42 | Systematic review: exercise-induced gastrointestinal syndrome" implications for health and intestinal disease. <i>Alimentary Pharmacology and Therapeutics</i> , 2017, 46, 246-265. | 3.7 | 258 |
| 43 | Letter: low FODMAP diet for exercise-induced gastrointestinal syndrome" Authors' reply. <i>Alimentary Pharmacology and Therapeutics</i> , 2017, 46, 1023-1024. | 3.7 | 4 |
| 44 | Carbohydrate and protein intake during exertional heat stress ameliorates intestinal epithelial injury and small intestine permeability. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 1283-1292. | 1.9 | 76 |
| 45 | Measurement of saliva flow rate in healthy young humans: influence of collection time and mouthrinse water temperature. <i>European Journal of Oral Sciences</i> , 2016, 124, 447-453. | 1.5 | 15 |
| 46 | The Impact of Gastrointestinal Symptoms and Dermatological Injuries on Nutritional Intake and Hydration Status During Ultramarathon Events. <i>Sports Medicine - Open</i> , 2016, 2, 16. | 3.1 | 74 |
| 47 | Circulatory endotoxin concentration and cytokine profile in response to exertional-heat stress during a multi-stage ultra-marathon competition. <i>Exercise Immunology Review</i> , 2015, 21, 114-28. | 0.4 | 71 |
| 48 | Heat acclimation responses of an ultra-endurance running group preparing for hot desert-based competition. <i>European Journal of Sport Science</i> , 2014, 14, S131-41. | 2.7 | 47 |
| 49 | Perturbed energy balance and hydration status in ultra-endurance runners during a 24h ultra-marathon. <i>British Journal of Nutrition</i> , 2014, 112, 428-437. | 2.3 | 60 |
| 50 | Water and sodium intake habits and status of ultra-endurance runners during a multi-stage ultra-marathon conducted in a hot ambient environment: an observational field based study. <i>Nutrition Journal</i> , 2013, 12, 13. | 3.4 | 54 |
| 51 | The Effects of Postexercise Feeding on Saliva Antimicrobial Proteins. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 184-191. | 2.1 | 27 |
| 52 | Influence of Timing of Postexercise Carbohydrate-Protein Ingestion on Selected Immune Indices. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 366-384. | 2.1 | 56 |