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List of Publications by Year in descending order

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73
papers

1,541
citations

304368

22
h-index

377514

34
g-index

77
all docs

77
docs citations

77
times ranked

2672
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of cocoa-rich chocolate on cognitive performance in postmenopausal women. A randomised clinical trial. <i>Nutritional Neuroscience</i> , 2022, 25, 1147-1158.	1.5	6
2	Effect of a Multicomponent mHealth Intervention on the Composition of Diet in a Population with Overweight and Obesity”Randomized Clinical Trial EVIDENT 3. <i>Nutrients</i> , 2022, 14, 270.	1.7	8
3	Long-term Effectiveness of a Smartphone App Combined With a Smart Band on Weight Loss, Physical Activity, and Caloric Intake in a Population With Overweight and Obesity (Evident 3 Study): Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2022, 24, e30416.	2.1	29
4	Design and Validation of a Questionnaire on Risk Perception, Coping Behaviors and Preventive Knowledge against COVID-19 among Nursing Students. <i>Journal of Personalized Medicine</i> , 2022, 12, 515.	1.1	2
5	Cocoa-rich chocolate and body composition in postmenopausal women: a randomised clinical trial. <i>British Journal of Nutrition</i> , 2021, 125, 548-556.	1.2	6
6	Effectiveness of a Multicomponent Intervention in Primary Care That Addresses Patients with Diabetes Mellitus with Two or More Unhealthy Habits, Such as Diet, Physical Activity or Smoking: Multicenter Randomized Cluster Trial (EIRA Study). <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5788.	1.2	6
7	Specific autonomy recovery programme in a comprehensive rehabilitation on functionality and respiratory parameters in oncological patients with dyspnoea. Study protocol. <i>BMC Nursing</i> , 2021, 20, 120.	0.9	1
8	The Relationship between Adherence to the Mediterranean Diet, Intake of Specific Foods and Depression in an Adult Population (45-75 Years) in Primary Health Care. A Cross-Sectional Descriptive Study. <i>Nutrients</i> , 2021, 13, 2724.	1.7	15
9	Multimodal physical exercise and functional rehabilitation program in oncological patients with asthenia. study protocol. <i>BMC Nursing</i> , 2021, 20, 207.	0.9	2
10	Multiple health behaviour change primary care intervention for smoking cessation, physical activity and healthy diet in adults 45 to 75 years old (EIRA study): a hybrid effectiveness-implementation cluster randomised trial. <i>BMC Public Health</i> , 2021, 21, 2208.	1.2	9
11	Postprandial effects of breakfast glycaemic index on cognitive performance among young, healthy adults: A crossover clinical trial. <i>Nutritional Neuroscience</i> , 2020, 23, 1-7.	1.5	6
12	Cocoa-Rich Chocolate and Quality of Life in Postmenopausal Women: A Randomized Clinical Trial. <i>Nutrients</i> , 2020, 12, 2754.	1.7	2
13	Effects of Cocoa-Rich Chocolate on Blood Pressure, Cardiovascular Risk Factors, and Arterial Stiffness in Postmenopausal Women: A Randomized Clinical Trial. <i>Nutrients</i> , 2020, 12, 1758.	1.7	10
14	Effectiveness of an mHealth Intervention Combining a Smartphone App and Smart Band on Body Composition in an Overweight and Obese Population: Randomized Controlled Trial (EVIDENT 3 Study). <i>JMIR MHealth and UHealth</i> , 2020, 8, e21771.	1.8	28
15	Combined use of smartphone and smartband technology in the improvement of lifestyles in the adult population over 65 years: study protocol for a randomized clinical trial (EVIDENT-Age study). <i>BMC Geriatrics</i> , 2019, 19, 19.	1.1	20
16	Total Dairy, Cheese and Milk Intake and Arterial Stiffness: A Systematic Review and Meta-Analysis of Cross-sectional Studies.. <i>Nutrients</i> , 2019, 11, 741.	1.7	19
17	The Relationship of the Atlantic Diet with Cardiovascular Risk Factors and Markers of Arterial Stiffness in Adults without Cardiovascular Disease. <i>Nutrients</i> , 2019, 11, 742.	1.7	20
18	Using a smartphone app in changing cardiovascular risk factors: A randomized controlled trial (EVIDENT II study). <i>International Journal of Medical Informatics</i> , 2019, 125, 13-21.	1.6	16

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19	Combined use of a healthy lifestyle smartphone application and usual primary care counseling to improve arterial stiffness, blood pressure and wave reflections: a Randomized Controlled Trial (EVIDENT II Study). <i>Hypertension Research</i> , 2019, 42, 852-862.	1.5	14
20	Effectiveness of A Multifactorial Intervention in Increasing Adherence to the Mediterranean Diet among Patients with Diabetes Mellitus Type 2: A Controlled and Randomized Study (EMID Study). <i>Nutrients</i> , 2019, 11, 162.	1.7	48
21	Relationship between the presence of insomnia and walking physical activity and diet quality: A cross-sectional study in a sample of Spanish adults. <i>Medicina ClÃnica</i> , 2019, 152, 339-345.	0.3	6
22	EVIDENT Smartphone App, a New Method for the Dietary Record: Comparison With a Food Frequency Questionnaire. <i>JMIR MHealth and UHealth</i> , 2019, 7, e11463.	1.8	26
23	Reclassification by applying the Framingham equation 30 years to subjects with intermediate cardiovascular risk. MARK study. <i>Medicina ClÃnica</i> , 2019, 153, 351-356.	0.3	1
24	EVIDENT 3 Study. <i>Medicine (United States)</i> , 2018, 97, e9633.	0.4	19
25	Short- and long-term effectiveness of a smartphone application for improving measures of adiposity: A randomised clinical trial â€” EVIDENT II study. <i>European Journal of Cardiovascular Nursing</i> , 2018, 17, 552-562.	0.4	28
26	Ideal Cardiovascular Health and Arterial Stiffness in Spanish Adultsâ€”The EVIDENT Study. <i>Journal of Stroke and Cerebrovascular Diseases</i> , 2018, 27, 1386-1394.	0.7	20
27	Effectiveness of an intensive intervention to improve lifestyles in people with intermediate cardiovascular risk (DATE study): Study protocol for a randomized controlled trial. <i>Journal of Advanced Nursing</i> , 2018, 74, 957-967.	1.5	2
28	Vascular and cognitive effects of cocoa-rich chocolate in postmenopausal women: a study protocol for a randomised clinical trial. <i>BMJ Open</i> , 2018, 8, e024095.	0.8	8
29	A body shape index and vascular structure and function in Spanish adults (MARK study). <i>Medicine (United States)</i> , 2018, 97, e13299.	0.4	10
30	The Effectiveness of a Smartphone Application on Modifying the Intakes of Macro and Micronutrients in Primary Care: A Randomized Controlled Trial. The EVIDENT II Study. <i>Nutrients</i> , 2018, 10, 1473.	1.7	24
31	Noninvasive validation of central and peripheral augmentation index estimated by a novel wrist-worn tonometer. <i>Journal of Hypertension</i> , 2018, 36, 2204-2214.	0.3	14
32	Long-Term Effectiveness of a Smartphone App for Improving Healthy Lifestyles in General Population in Primary Care: Randomized Controlled Trial (Evident II Study). <i>JMIR MHealth and UHealth</i> , 2018, 6, e107.	1.8	36
33	The EVIDENT diet quality index is associated with cardiovascular risk and arterial stiffness in adults. <i>BMC Public Health</i> , 2017, 17, 305.	1.2	14
34	Adiposity measures and arterial stiffness in primary care: the MARK prospective observational study. <i>BMJ Open</i> , 2017, 7, e016422.	0.8	15
35	Effectiveness of a multifactorial intervention based on an application for smartphones, heart-healthy walks and a nutritional workshop in patients with type 2 diabetes mellitus in primary care (EMID): study protocol for a randomised controlled trial. <i>BMJ Open</i> , 2017, 7, e016191.	0.8	16
36	Physical Activity and Adiposity Among Older Adults of the EVIDENT Study. <i>Journal of Aging and Physical Activity</i> , 2017, 25, 254-260.	0.5	6

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37	Effect of the Fat Component of Dairy Products in Cardiovascular Health, Vascular Structure and Function. , 2017, , 325-332.		1
38	Postprandial Effects of Breakfast Glycemic Index on Vascular Function among Young Healthy Adults: A Crossover Clinical Trial. <i>Nutrients</i> , 2017, 9, 712.	1.7	9
39	Diet quality and carotid atherosclerosis in intermediate cardiovascular risk individuals. <i>Nutrition Journal</i> , 2017, 16, 40.	1.5	2
40	Association between different risk factors and vascular accelerated ageing (EVA study): study protocol for a cross-sectional, descriptive observational study. <i>BMJ Open</i> , 2016, 6, e011031.	0.8	37
41	Evolution of target organ damage and haemodynamic parameters over 4â€¦years in patients with increased insulin resistance: the LOD-DIABETES prospective observational study. <i>BMJ Open</i> , 2016, 6, e010400.	0.8	4
42	Dietary glycemic index and retinal microvasculature in adults: a cross-sectional study. <i>Nutrition Journal</i> , 2016, 15, 88.	1.5	2
43	Postprandial effect of breakfast glycaemic index on vascular function, glycaemic control and cognitive performance (BGI study): study protocol for a randomised crossover trial. <i>Trials</i> , 2016, 17, 516.	0.7	4
44	Cognitive impairment and dependence of patients with diabetes older than 65Â¥years old in an urban area (DERIVA study). <i>BMC Geriatrics</i> , 2016, 16, 33.	1.1	13
45	Short-Term Effectiveness of a Mobile Phone App for Increasing Physical Activity and Adherence to the Mediterranean Diet in Primary Care: A Randomized Controlled Trial (EVIDENT II Study). <i>Journal of Medical Internet Research</i> , 2016, 18, e331.	2.1	72
46	Clustering of lifestyle characteristics and their association with cardio-metabolic health: the Lifestyles and Endothelial Dysfunction (EVIDENT) study. <i>British Journal of Nutrition</i> , 2015, 114, 943-951.	1.2	17
47	Gender differences in the progression of target organ damage in patients with increased insulin resistance: the LOD-DIABETES study. <i>Cardiovascular Diabetology</i> , 2015, 14, 132.	2.7	18
48	Moderate-to-vigorous physical activity as a mediator between sedentary behavior and cardiometabolic risk in Spanish healthy adults: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2015, 12, 78.	2.0	12
49	The Association Between the Cardio-ankle Vascular Index and Other Parameters of Vascular Structure and Function in Caucasian Adults: MARK Study. <i>Journal of Atherosclerosis and Thrombosis</i> , 2015, 22, 901-911.	0.9	37
50	Sedentary behaviour patterns and carotid intima-media thickness in Spanish healthy adult population. <i>Atherosclerosis</i> , 2015, 239, 571-576.	0.4	14
51	Effectiveness of interventions applicable to primary health care settings to promote Mediterranean diet or healthy eating adherence in adults: A systematic review. <i>Preventive Medicine</i> , 2015, 76, S39-S55.	1.6	44
52	Effects of kiwi consumption on plasma lipids, fibrinogen and insulin resistance in the context of a normal diet. <i>Nutrition Journal</i> , 2015, 14, 97.	1.5	16
53	Screening Physical Activity in Family Practice: Validity of the Spanish Version of a Brief Physical Activity Questionnaire. <i>PLoS ONE</i> , 2015, 10, e0136870.	1.1	35
54	Effectiveness of a smartphone application for improving healthy lifestyles, a randomized clinical trial (EVIDENT II): study protocol. <i>BMC Public Health</i> , 2014, 14, 254.	1.2	53

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55	Blood Pressure Circadian Pattern and Physical Exercise Assessment by Accelerometer and 7-Day Physical Activity Recall Scale. <i>American Journal of Hypertension</i> , 2014, 27, 665-673.	1.0	17
56	Factors Associated with Adherence to the Mediterranean Diet in the Adult Population. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014, 114, 583-589.	0.4	65
57	Association between fat amount of dairy products with pulse wave velocity and carotid intima-media thickness in adults. <i>Nutrition Journal</i> , 2014, 13, 37.	1.5	24
58	Relationship between objectively measured physical activity and vascular structure and function in adults. <i>Atherosclerosis</i> , 2014, 234, 366-372.	0.4	34
59	Relationship between objectively measured physical activity and cardiovascular aging in the general population â€” The EVIDENT trial. <i>Atherosclerosis</i> , 2014, 233, 434-440.	0.4	36
60	Association between smoking status and the parameters of vascular structure and function in adults: results from the EVIDENT study. <i>BMC Cardiovascular Disorders</i> , 2013, 13, 109.	0.7	8
61	Association of Television Viewing Time With Central Hemodynamic Parameters and the Radial Augmentation Index in Adults. <i>American Journal of Hypertension</i> , 2013, 26, 488-494.	1.0	25
62	Protocol for Measuring Carotid Intima-Media Thickness That Best Correlates With Cardiovascular Risk and Target Organ Damage. <i>American Journal of Hypertension</i> , 2012, 25, 955-961.	1.0	41
63	Comparison of two measuring instruments, B-pro and SphygmoCor system as reference, to evaluate central systolic blood pressure and radial augmentation index. <i>Hypertension Research</i> , 2012, 35, 617-623.	1.5	42
64	Cardiovascular risk assessment in hypertensive patients with tests recommended by the European Guidelines on Hypertension. <i>European Journal of Preventive Cardiology</i> , 2012, 19, 515-522.	0.8	14
65	Relationships between high-sensitive C-reactive protein and markers of arterial stiffness in hypertensive patients. Differences by sex. <i>BMC Cardiovascular Disorders</i> , 2012, 12, 37.	0.7	23
66	Abdominal obesity vs general obesity for identifying arterial stiffness, subclinical atherosclerosis and wave reflection in healthy, diabetics and hypertensive. <i>BMC Cardiovascular Disorders</i> , 2012, 12, 3.	0.7	111
67	Cocoa intake and arterial stiffness in subjects with cardiovascular risk factors. <i>Nutrition Journal</i> , 2012, 11, 8.	1.5	10
68	Relationships of night/day heart rate ratio with carotid intima media thickness and markers of arterial stiffness. <i>Atherosclerosis</i> , 2011, 217, 420-426.	0.4	11
69	Improving interMediAte Risk management. MARK study. <i>BMC Cardiovascular Disorders</i> , 2011, 11, 61.	0.7	25
70	Peripheral and central arterial pressure and its relationship to vascular target organ damage in carotid artery, retina and arterial stiffness. Development and validation of a tool. The Vaso risk study. <i>BMC Public Health</i> , 2011, 11, 266.	1.2	17
71	Central blood pressure and pulse wave velocity: relationship to target organ damage and cardiovascular morbidity-mortality in diabetic patients or metabolic syndrome. An observational prospective study. LOD-DIABETES study protocol. <i>BMC Public Health</i> , 2010, 10, 143.	1.2	32
72	Physical exercise, fitness and dietary pattern and their relationship with circadian blood pressure pattern, augmentation index and endothelial dysfunction biological markers: EVIDENT study protocol. <i>BMC Public Health</i> , 2010, 10, 233.	1.2	50

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73	Pulse pressure and nocturnal fall in blood pressure are predictors of vascular, cardiac and renal target organ damage in hypertensive patients (LOD-RISK study). <i>Blood Pressure Monitoring</i> , 2009, 14, 145-151.	0.4	54