

Nathan A Johnson

List of Publications by Year in descending order

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Version: 2024-02-01

95
papers

5,603
citations

109311

35
h-index

82542

72
g-index

96
all docs

96
docs citations

96
times ranked

7742
citing authors

#	ARTICLE	IF	CITATIONS
1	The Mediterranean diet improves hepatic steatosis and insulin sensitivity in individuals with non-alcoholic fatty liver disease. <i>Journal of Hepatology</i> , 2013, 59, 138-143.	3.7	580
2	Aerobic exercise training reduces hepatic and visceral lipids in obese individuals without weight loss. <i>Hepatology</i> , 2009, 50, 1105-1112.	7.3	515
3	Omega-3 supplementation and non-alcoholic fatty liver disease: A systematic review and meta-analysis. <i>Journal of Hepatology</i> , 2012, 56, 944-951.	3.7	452
4	Exercise and non-alcoholic fatty liver disease: A systematic review and meta-analysis. <i>Journal of Hepatology</i> , 2012, 57, 157-166.	3.7	390
5	A systematic review and meta-analysis of the effect of aerobic vs. resistance exercise training on visceral fat. <i>Obesity Reviews</i> , 2012, 13, 68-91.	6.5	235
6	Effect of aerobic exercise training dose on liver fat and visceral adiposity. <i>Journal of Hepatology</i> , 2015, 63, 174-182.	3.7	229
7	A systematic review and meta-analysis of interval training versus moderate-intensity continuous training on body adiposity. <i>Obesity Reviews</i> , 2017, 18, 943-964.	6.5	202
8	Noninvasive assessment of hepatic lipid composition: Advancing understanding and management of fatty liver disorders. <i>Hepatology</i> , 2008, 47, 1513-1523.	7.3	145
9	The Effect of Low-Volume High-Intensity Interval Training on Body Composition and Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2019, 49, 1687-1721.	6.5	143
10	The Effect of Regular Exercise on Insulin Sensitivity in Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. <i>Diabetes and Metabolism Journal</i> , 2016, 40, 253.	4.7	138
11	Fitness versus fatness: Moving beyond weight loss in nonalcoholic fatty liver disease. <i>Hepatology</i> , 2010, 52, 370-380.	7.3	122
12	The Effect of Nitrate Supplementation on Exercise Performance in Healthy Individuals: A Systematic Review and Meta-Analysis. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 522-532.	2.1	121
13	Insulin resistance and elevated triglyceride in muscle: more important for survival than "thrifty" genes?. <i>Journal of Physiology</i> , 2004, 554, 595-607.	2.9	108
14	Continuous Exercise but Not High Intensity Interval Training Improves Fat Distribution in Overweight Adults. <i>Journal of Obesity</i> , 2014, 2014, 1-12.	2.7	107
15	Training Practices and Ergogenic Aids Used by Male Bodybuilders. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1609-1617.	2.1	105
16	The Effect of Variable Doses of Inorganic Nitrate-Rich Beetroot Juice on Simulated 2000-m Rowing Performance in Trained Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 615-620.	2.3	90
17	Exercise and ectopic fat in type 2 diabetes: A systematic review and meta-analysis. <i>Diabetes and Metabolism</i> , 2017, 43, 195-210.	2.9	86
18	The effect of high Intensity interval training versus moderate intensity continuous training on arterial stiffness and 24 h blood pressure responses: A systematic review and meta-analysis. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 385-391.	1.3	73

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19	Effects of physical activity upon the liver. <i>European Journal of Applied Physiology</i> , 2015, 115, 1-46.	2.5	71
20	Effect of Weight Loss via Severe vs Moderate Energy Restriction on Lean Mass and Body Composition Among Postmenopausal Women With Obesity. <i>JAMA Network Open</i> , 2019, 2, e1913733.	5.9	68
21	A novel scale to assess resistance-exercise effort. <i>Journal of Sports Sciences</i> , 2012, 30, 1405-1413.	2.0	60
22	Intramyocellular triacylglycerol in prolonged cycling with high- and low-carbohydrate availability. <i>Journal of Applied Physiology</i> , 2003, 94, 1365-1372.	2.5	59
23	Effect of short-term starvation versus high-fat diet on intramyocellular triglyceride accumulation and insulin resistance in physically fit men. <i>Experimental Physiology</i> , 2006, 91, 693-703.	2.0	56
24	Exercise and the Liver: Implications for Therapy in Fatty Liver Disorders. <i>Seminars in Liver Disease</i> , 2012, 32, 065-079.	3.6	53
25	The Effect of Ice Slushy Ingestion and Mouthwash on Thermoregulation and Endurance Performance in the Heat. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 458-469.	2.1	53
26	Low-volume high-intensity interval training for cardiometabolic health. <i>Journal of Physiology</i> , 2022, 600, 1013-1026.	2.9	53
27	Carbohydrate Ingestion during Endurance Exercise Improves Performance in Adults ^{1,2} . <i>Journal of Nutrition</i> , 2011, 141, 890-897.	2.9	52
28	Influence of Beverage Temperature on Palatability and Fluid Ingestion During Endurance Exercise: A Systematic Review. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 199-211.	2.1	45
29	The benefits of exercise for patients with non-alcoholic fatty liver disease. <i>Expert Review of Gastroenterology and Hepatology</i> , 2015, 9, 1247-1250.	3.0	43
30	Muscle Triglyceride and Glycogen in Endurance Exercise. <i>Sports Medicine</i> , 2004, 34, 151-164.	6.5	42
31	Effect of drink temperature on core temperature and endurance cycling performance in warm, humid conditions. <i>Journal of Sports Sciences</i> , 2010, 28, 1147-1156.	2.0	41
32	Effect of Fish Oil Supplementation on Hepatic and Visceral Fat in Overweight Men: A Randomized Controlled Trial. <i>Nutrients</i> , 2019, 11, 475.	4.1	40
33	Does physical activity moderate the association between alcohol drinking and all-cause, cancer and cardiovascular diseases mortality? A pooled analysis of eight British population cohorts. <i>British Journal of Sports Medicine</i> , 2017, 51, 651-657.	6.7	38
34	Physiological implications of preparing for a natural male bodybuilding competition. <i>European Journal of Sport Science</i> , 2018, 18, 619-629.	2.7	38
35	Short and sporadic bouts in the 2018 US physical activity guidelines: is high-intensity incidental physical activity the new HIIT?. <i>British Journal of Sports Medicine</i> , 2019, 53, 1137-1139.	6.7	38
36	The effect of low-volume high-intensity interval training on cardiovascular health outcomes in type 2 diabetes: A randomised controlled trial. <i>International Journal of Cardiology</i> , 2020, 320, 148-154.	1.7	38

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37	Postexercise Fat Oxidation: Effect of Exercise Duration, Intensity, and Modality. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 607-623.	2.1	37
38	Reversal of type 2 diabetes in youth who adhere to a very-low-energy diet: a pilot study. <i>Diabetologia</i> , 2017, 60, 406-415.	6.3	37
39	Effects of almond consumption on metabolic function and liver fat in overweight and obese adults with elevated fasting blood glucose: A randomised controlled trial. <i>Clinical Nutrition ESPEN</i> , 2019, 30, 10-18.	1.2	36
40	The effect of nitrate supplementation on muscle contraction in healthy adults. <i>European Journal of Sport Science</i> , 2015, 15, 712-719.	2.7	35
41	The Effect of a Novel Low-Volume Aerobic Exercise Intervention on Liver Fat in Type 2 Diabetes: A Randomized Controlled Trial. <i>Diabetes Care</i> , 2020, 43, 2371-2378.	8.6	35
42	Nitrate supplementation and high-intensity performance in competitive cyclists. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 1043-1049.	1.9	33
43	The effect of exercise training on cutaneous microvascular reactivity: A systematic review and meta-analysis. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 170-177.	1.3	31
44	Untapping the Health Enhancing Potential of Vigorous Intermittent Lifestyle Physical Activity (VILPA): Rationale, Scoping Review, and a 4-Pillar Research Framework. <i>Sports Medicine</i> , 2021, 51, 1-10.	6.5	30
45	Effect of aerobic exercise on waist circumference in adults with overweight or obesity: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2022, 23, e13446.	6.5	30
46	Effect of resistance training on liver fat and visceral adiposity in adults with obesity: A randomized controlled trial. <i>Hepatology Research</i> , 2017, 47, 622-631.	3.4	25
47	Who is at risk of chronic disease? Associations between risk profiles of physical activity, sitting and cardio-metabolic disease in Australian adults. <i>Australian and New Zealand Journal of Public Health</i> , 2017, 41, 178-183.	1.8	24
48	Physical activity in the management of obesity in adults: A position statement from Exercise and Sport Science Australia. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 1245-1254.	1.3	24
49	Energy Expenditure in Individuals With Spinal Cord Injury Quantified by Doubly Labeled Water and a Multi-Sensor Armband. <i>Journal of Physical Activity and Health</i> , 2015, 12, 163-170.	2.0	22
50	Evaluating feasibility and accuracy of non-invasive tests for nonalcoholic fatty liver disease in severe and morbid obesity. <i>International Journal of Obesity</i> , 2018, 42, 1900-1911.	3.4	22
51	The Effect of Exercise on Vascular Function and Stiffness in Type 2 Diabetes: A Systematic Review and Meta-analysis. <i>Current Diabetes Reviews</i> , 2016, 12, 369-383.	1.3	22
52	Effect of altered pre-exercise carbohydrate availability on selection and perception of effort during prolonged cycling. <i>European Journal of Applied Physiology</i> , 2006, 98, 62-70.	2.5	20
53	Post-occlusive reactive hyperaemia of skin microvasculature and foot complications in type 2 diabetes. <i>Journal of Diabetes and Its Complications</i> , 2017, 31, 1305-1310.	2.3	20
54	Impact of a Mediterranean diet on hepatic and metabolic outcomes in non-alcoholic fatty liver disease: The MEDINA randomised controlled trial. <i>Liver International</i> , 2022, 42, 1308-1322.	3.9	20

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55	Almond consumption affects fecal microbiota composition, stool pH, and stool moisture in overweight and obese adults with elevated fasting blood glucose: A randomized controlled trial. <i>Nutrition Research</i> , 2021, 85, 47-59.	2.9	19
56	Energy well spent fighting the diabetes epidemic. <i>Diabetes/Metabolism Research and Reviews</i> , 2006, 22, 11-19.	4.0	17
57	Objectively Quantified Physical Activity and Sedentary Behavior in Predicting Visceral Adiposity and Liver Fat. <i>Journal of Obesity</i> , 2016, 2016, 1-10.	2.7	17
58	Less Waste on Waist Measurements: Determination of Optimal Waist Circumference Measurement Site to Predict Visceral Adipose Tissue in Postmenopausal Women with Obesity. <i>Nutrients</i> , 2018, 10, 239.	4.1	17
59	The Effect of High-intensity Interval Training vs Moderate-intensity Continuous Training on Liver Fat: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2022, 107, 862-881.	3.6	17
60	<sc>NAFLD</sc> in clinical practice: Can simple blood and anthropometric markers be used to detect change in liver fat measured by ¹Hâ€<sc>MRS</sc>?. <i>Liver International</i> , 2017, 37, 1907-1915.	3.9	16
61	Effect of High-Intensity Interval Training on Glycemic Control in Adults With Type 1 Diabetes and Overweight or Obesity: A Randomized Controlled Trial With Partial Crossover. <i>Diabetes Care</i> , 2020, 43, 2281-2288.	8.6	16
62	Effect of prolonged exercise and pre-exercise dietary manipulation on hepatic triglycerides in trained men. <i>European Journal of Applied Physiology</i> , 2012, 112, 1817-1825.	2.5	14
63	Self-reported physical activity in community-dwelling adults with diabetes and its association with diabetes complications. <i>Journal of Diabetes and Its Complications</i> , 2019, 33, 33-38.	2.3	14
64	Joint associations of adiposity and alcohol consumption with liver disease-related morbidity and mortality risk: findings from the UK Biobank. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 74-83.	2.9	14
65	Efficacy of the Omega-3 Index in predicting non-alcoholic fatty liver disease in overweight and obese adults: a pilot study. <i>British Journal of Nutrition</i> , 2015, 114, 780-787.	2.3	13
66	3-Year effect of weight loss via severe versus moderate energy restriction on body composition among postmenopausal women with obesity - the TEMPO Diet Trial. <i>Heliyon</i> , 2020, 6, e04007.	3.2	13
67	Effect of Highâ€Intensity Interval Training on Visceral and Liver Fat in Cardiac Rehabilitation: A Randomized Controlled Trial. <i>Obesity</i> , 2020, 28, 1245-1253.	3.0	12
68	The association between cardiorespiratory fitness, liver fat and insulin resistance in adults with or without type 2 diabetes: a cross-sectional analysis. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 40.	1.7	12
69	Moderate-intensity endurance exercise prevents short-term starvation-induced intramyocellular lipid accumulation but not insulin resistance. <i>Metabolism: Clinical and Experimental</i> , 2011, 60, 1051-1057.	3.4	11
70	The effect of ice-slusly consumption on plasma vasoactive intestinal peptide during prolonged exercise in the heat. <i>Journal of Thermal Biology</i> , 2015, 47, 59-62.	2.5	10
71	Longitudinal Changes in Insulin Resistance in Normal Weight, Overweight and Obese Individuals. <i>Journal of Clinical Medicine</i> , 2019, 8, 623.	2.4	10
72	High-intensity interval exercise and hypoglycaemia minimisation in adults with type 1 diabetes: A randomised cross-over trial. <i>Journal of Diabetes and Its Complications</i> , 2020, 34, 107514.	2.3	10

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73	Effects of Cannabidiol on Exercise Physiology and Bioenergetics: A Randomised Controlled Pilot Trial. <i>Sports Medicine - Open</i> , 2022, 8, 27.	3.1	10
74	The effect of acute aerobic exercise on central arterial stiffness, wave reflections, and hemodynamics in adults with diabetes: A randomized cross-over design. <i>Journal of Sport and Health Science</i> , 2021, 10, 499-506.	6.5	9
75	Eucaloric diets enriched in palm olein, cocoa butter, and soybean oil did not differentially affect liver fat concentration in healthy participants: a 16-week randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 324-337.	4.7	9
76	Effects of eccentric exercise-induced muscle damage on intramyocellular lipid concentration and high energy phosphates. <i>European Journal of Applied Physiology</i> , 2010, 110, 1135-1141.	2.5	8
77	Short-term suppression of plasma free fatty acids fails to improve insulin sensitivity when intramyocellular lipid is elevated. <i>Diabetic Medicine</i> , 2006, 23, 1061-1068.	2.3	7
78	Exogenous glucose oxidation is reduced with carbohydrate feeding during exercise after starvation. <i>Metabolism: Clinical and Experimental</i> , 2009, 58, 1161-1169.	3.4	7
79	Low-carbohydrate diet does not affect intramyocellular lipid concentration or insulin sensitivity in lean, physically fit men when protein intake is elevated. <i>Metabolism: Clinical and Experimental</i> , 2010, 59, 1633-1641.	3.4	7
80	Indirect measures of substrate utilisation following exercise-induced muscle damage. <i>European Journal of Sport Science</i> , 2013, 13, 509-517.	2.7	7
81	Rationale and Protocol for a Randomized Controlled Trial Comparing Fast versus Slow Weight Loss in Postmenopausal Women with Obesity—the TEMPO Diet Trial. <i>Healthcare (Switzerland)</i> , 2018, 6, 85.	2.0	7
82	The Effect of Exercise on Cardiometabolic Risk Factors in Women with Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1386.	2.6	7
83	Growth Hormone as a Potential Mediator of Aerobic Exercise-Induced Reductions in Visceral Adipose Tissue. <i>Frontiers in Physiology</i> , 2021, 12, 623570.	2.8	6
84	Degree of adiposity and obesity severity is associated with cutaneous microvascular dysfunction in type 2 diabetes. <i>Microvascular Research</i> , 2021, 136, 104149.	2.5	6
85	An on-line support tool to reduce exercise-related hypoglycaemia and improve confidence to exercise in type 1 diabetes. <i>Journal of Diabetes and Its Complications</i> , 2019, 33, 682-689.	2.3	5
86	Reply:. <i>Hepatology</i> , 2008, 48, 1016-1017.	7.3	4
87	Case Study: Beverage Temperature at Aid Stations in Ironman Triathlon. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 418-424.	2.1	4
88	The influence of ice slushy on voluntary contraction force following exercise-induced hyperthermia. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 781-786.	1.9	4
89	Reply to: “The optimal dose of omega-3 supplementation for non-alcoholic fatty liver disease”. <i>Journal of Hepatology</i> , 2012, 57, 469-470.	3.7	3
90	Capacity building in physical activity and non-communicable disease prevention: a low-cost online training course can reach isolated practitioners. <i>Global Health Promotion</i> , 2017, 24, 27-33.	1.3	3

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91	Non-invasive lower limb small arterial measures co-segregate strongly with foot complications in people with diabetes. <i>Journal of Diabetes and Its Complications</i> , 2017, 31, 589-593.	2.3	3
92	Conception of learning and clinical skill acquisition in undergraduate exercise science students: a pilot study. <i>American Journal of Physiology - Advances in Physiology Education</i> , 2013, 37, 108-111.	1.6	2
93	Energy Expenditure in Individuals with Spinal Cord Injury Quantified by Doubly Labeled Water and a Multi-Sensor Armband. <i>Journal of Physical Activity and Health</i> , 2015, 12, 163-170.	2.0	1
94	Managing arterial health in adults with metabolic diseases: Is high-intensity interval exercise the answer? Response to the commentary by Lopes et al.. <i>Journal of Sport and Health Science</i> , 2021, 10, 510-512.	6.5	0
95	Non-invasive lower limb small arterial measures co-segregate strongly with foot complications in people with diabetes. <i>Endocrine Abstracts</i> , 0, , .	0.0	0