# Nathan A Johnson

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/4250983/publications.pdf

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|---|---|---|---|
| 95 papers | 5,603 citations | 125106 35 h-index | 93651 72 g-index |
| 96 all docs | 96 docs citations | 96 times ranked | 8316 citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Lowâ€volume highâ€intensity interval training for cardiometabolic health. Journal of Physiology, 2022, 600, 1013-1026. | 1.3 | 53 |
| 2 | Joint associations of adiposity and alcohol consumption with liver disease-related morbidity and mortality risk: findings from the UK Biobank. European Journal of Clinical Nutrition, 2022, 76, 74-83. | 1.3 | 14 |
| 3 | The Effect of High-intensity Interval Training vs Moderate-intensity Continuous Training on Liver Fat: A Systematic Review and Meta-Analysis. Journal of Clinical Endocrinology and Metabolism, 2022, 107, 862-881. | 1.8 | 17 |
| 4 | The Effect of Exercise on Cardiometabolic Risk Factors in Women with Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis. International Journal of Environmental Research and Public Health, 2022, 19, 1386. | 1.2 | 7 |
| 5 | Impact of a Mediterranean diet on hepatic and metabolic outcomes in <scp>nonâ€alcoholic</scp> fatty liver disease: The <scp>MEDINA</scp> randomised controlled trial. Liver International, 2022, 42, 1308-1322. | 1.9 | 20 |
| 6 | Effects of Cannabidiol on Exercise Physiology and Bioenergetics: A Randomised Controlled Pilot Trial. Sports Medicine - Open, 2022, 8, 27. | 1.3 | 10 |
| 7 | Effect of aerobic exercise on waist circumference in adults with overweight or obesity: A systematic review and metaâ€analysis. Obesity Reviews, 2022, 23, e13446. | 3.1 | 30 |
| 8 | Managing arterial health in adults with metabolic diseases: Is high-intensity interval exercise the answer? Response to the commentary by Lopes et al.. Journal of Sport and Health Science, 2021, 10, 510-512. | 3.3 | 0 |
| 9 | The effect of acute aerobic exercise on central arterial stiffness, wave reflections, and hemodynamics in adults with diabetes: A randomized cross-over design. Journal of Sport and Health Science, 2021, 10, 499-506. | 3.3 | 9 |
| 10 | Untapping the Health Enhancing Potential of Vigorous Intermittent Lifestyle Physical Activity (VILPA): Rationale, Scoping Review, and a 4-Pillar Research Framework. Sports Medicine, 2021, 51, 1-10. | 3.1 | 30 |
| 11 | 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. Nutrition Research, 2021, 85, 47-59. | 1.3 | 19 |
| 12 | Growth Hormone as a Potential Mediator of Aerobic Exercise-Induced Reductions in Visceral Adipose Tissue. Frontiers in Physiology, 2021, 12, 623570. | 1.3 | 6 |
| 13 | The association between cardiorespiratory fitness, liver fat and insulin resistance in adults with or without type 2 diabetes: a cross-sectional analysis. BMC Sports Science, Medicine and Rehabilitation, 2021, 13, 40. | 0.7 | 12 |
| 14 | Degree of adiposity and obesity severity is associated with cutaneous microvascular dysfunction in type 2 diabetes. Microvascular Research, 2021, 136, 104149. | 1.1 | 6 |
| 15 | Physical activity in the management of obesity in adults: A position statement from Exercise and Sport Science Australia. Journal of Science and Medicine in Sport, 2021, 24, 1245-1254. | 0.6 | 24 |
| 16 | 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. American Journal of Clinical Nutrition, 2021, 113, 324-337. | 2.2 | 9 |
| 17 | High-intensity interval exercise and hypoglycaemia minimisation in adults with type 1 diabetes: A randomised cross-over trial. Journal of Diabetes and Its Complications, 2020, 34, 107514. | 1.2 | 10 |
| 18 | 3-Year effect of weight loss via severe versus moderate energy restriction on body composition among postmenopausal women with obesity - the TEMPO Diet Trial. Heliyon, 2020, 6, e04007. | 1.4 | 13 |

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|---|---|---|---|
| 19 | The Effect of a Novel Low-Volume Aerobic Exercise Intervention on Liver Fat in Type 2 Diabetes: A Randomized Controlled Trial. Diabetes Care, 2020, 43, 2371-2378. | 4.3 | 35 |
| 20 | Effect of Highâ€Intensity Interval Training on Visceral and Liver Fat in Cardiac Rehabilitation: A Randomized Controlled Trial. Obesity, 2020, 28, 1245-1253. | 1.5 | 12 |
| 21 | The effect of low-volume high-intensity interval training on cardiovascular health outcomes in type 2 diabetes: A randomised controlled trial. International Journal of Cardiology, 2020, 320, 148-154. | 0.8 | 38 |
| 22 | 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. Diabetes Care, 2020, 43, 2281-2288. | 4.3 | 16 |
| 23 | The Effect of Low-Volume High-Intensity Interval Training on Body Composition and Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. Sports Medicine, 2019, 49, 1687-1721. | 3.1 | 143 |
| 24 | An on-line support tool to reduce exercise-related hypoglycaemia and improve confidence to exercise in type 1 diabetes. Journal of Diabetes and Its Complications, 2019, 33, 682-689. | 1.2 | 5 |
| 25 | Effect of Weight Loss via Severe vs Moderate Energy Restriction on Lean Mass and Body Composition Among Postmenopausal Women With Obesity. JAMA Network Open, 2019, 2, e1913733. | 2.8 | 68 |
| 26 | Longitudinal Changes in Insulin Resistance in Normal Weight, Overweight and Obese Individuals. Journal of Clinical Medicine, 2019, 8, 623. | 1.0 | 10 |
| 27 | Effects of almond consumption on metabolic function and liver fat in overweight and obese adults with elevated fasting blood glucose: A randomised controlled trial. Clinical Nutrition ESPEN, 2019, 30, 10-18. | 0.5 | 36 |
| 28 | Effect of Fish Oil Supplementation on Hepatic and Visceral Fat in Overweight Men: A Randomized Controlled Trial. Nutrients, 2019, 11, 475. | 1.7 | 40 |
| 29 | Short and sporadic bouts in the 2018 US physical activity guidelines: is high-intensity incidental physical activity the new HIIT?. British Journal of Sports Medicine, 2019, 53, 1137-1139. | 3.1 | 38 |
| 30 | 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. Journal of Science and Medicine in Sport, 2019, 22, 385-391. | 0.6 | 73 |
| 31 | Self-reported physical activity in community-dwelling adults with diabetes and its association with diabetes complications. Journal of Diabetes and Its Complications, 2019, 33, 33-38. | 1.2 | 14 |
| 32 | Evaluating feasibility and accuracy of non-invasive tests for nonalcoholic fatty liver disease in severe and morbid obesity. International Journal of Obesity, 2018, 42, 1900-1911. | 1.6 | 22 |
| 33 | Physiological implications of preparing for a natural male bodybuilding competition. European Journal of Sport Science, 2018, 18, 619-629. | 1.4 | 38 |
| 34 | Rationale and Protocol for a Randomized Controlled Trial Comparing Fast versus Slow Weight Loss in Postmenopausal Women with Obesityâ€"The TEMPO Diet Trial. Healthcare (Switzerland), 2018, 6, 85. | 1.0 | 7 |
| 35 | Less Waste on Waist Measurements: Determination of Optimal Waist Circumference Measurement Site to Predict Visceral Adipose Tissue in Postmenopausal Women with Obesity. Nutrients, 2018, 10, 239. | 1.7 | 17 |
| 36 | Capacity building in physical activity and non-communicable disease prevention: a low-cost online training course can reach isolated practitioners. Global Health Promotion, 2017, 24, 27-33. | 0.7 | 3 |

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|---|---|---|---|
| 37 | Exercise and ectopic fat in type 2 diabetes: A systematic review and meta-analysis. Diabetes and Metabolism, 2017, 43, 195-210. | 1.4 | 86 |
| 38 | 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. British Journal of Sports Medicine, 2017, 51, 651-657. | 3.1 | 38 |
| 39 | A systematic review and metaâ€analysis of interval training versus moderateâ€intensity continuous training on body adiposity. Obesity Reviews, 2017, 18, 943-964. | 3.1 | 202 |
| 40 | <scp>NAFLD</scp> in clinical practice: Can simple blood and anthropometric markers be used to detect change in liver fat measured by <sup>1</sup>Hâ€<scp>MRS</scp>?. Liver International, 2017, 37, 1907-1915. | 1.9 | 16 |
| 41 | Post-occlusive reactive hyperaemia of skin microvasculature and foot complications in type 2 diabetes. Journal of Diabetes and Its Complications, 2017, 31, 1305-1310. | 1.2 | 20 |
| 42 | Who is at risk of chronic disease? Associations between risk profiles of physical activity, sitting and cardioâ€metabolic disease in Australian adults. Australian and New Zealand Journal of Public Health, 2017, 41, 178-183. | 0.8 | 24 |
| 43 | The effect of exercise training on cutaneous microvascular reactivity: A systematic review and meta-analysis. Journal of Science and Medicine in Sport, 2017, 20, 170-177. | 0.6 | 31 |
| 44 | Effect of resistance training on liver fat and visceral adiposity in adults with obesity: A randomized controlled trial. Hepatology Research, 2017, 47, 622-631. | 1.8 | 25 |
| 45 | Non-invasive lower limb small arterial measures co-segregate strongly with foot complications in people with diabetes. Journal of Diabetes and Its Complications, 2017, 31, 589-593. | 1.2 | 3 |
| 46 | Reversal of type 2 diabetes in youth who adhere to a very-low-energy diet: a pilot study. Diabetologia, 2017, 60, 406-415. | 2.9 | 37 |
| 47 | Objectively Quantified Physical Activity and Sedentary Behavior in Predicting Visceral Adiposity and Liver Fat. Journal of Obesity, 2016, 2016, 1-10. | 1.1 | 17 |
| 48 | The Effect of Regular Exercise on Insulin Sensitivity in Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. Diabetes and Metabolism Journal, 2016, 40, 253. | 1.8 | 138 |
| 49 | The Effect of Exercise on Vascular Function and Stiffness in Type 2 Diabetes: A Systematic Review and Meta-analysis. Current Diabetes Reviews, 2016, 12, 369-383. | 0.6 | 22 |
| 50 | Efficacy of the Omega-3 Index in predicting non-alcoholic fatty liver disease in overweight and obese adults: a pilot study. British Journal of Nutrition, 2015, 114, 780-787. | 1.2 | 13 |
| 51 | Energy Expenditure in Individuals With Spinal Cord Injury Quantified by Doubly Labeled Water and a Multi-Sensor Armband. Journal of Physical Activity and Health, 2015, 12, 163-170. | 1.0 | 22 |
| 52 | Effect of aerobic exercise training dose on liver fat and visceral adiposity. Journal of Hepatology, 2015, 63, 174-182. | 1.8 | 229 |
| 53 | The benefits of exercise for patients with non-alcoholic fatty liver disease. Expert Review of Gastroenterology and Hepatology, 2015, 9, 1247-1250. | 1.4 | 43 |
| 54 | The effect of nitrate supplementation on muscle contraction in healthy adults. European Journal of Sport Science, 2015, 15, 712-719. | 1.4 | 35 |

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|---|---|---|---|
| 55 | The effect of ice-slushy consumption on plasma vasoactive intestinal peptide during prolonged exercise in the heat. Journal of Thermal Biology, 2015, 47, 59-62. | 1.1 | 10 |
| 56 | Effects of physical activity upon the liver. European Journal of Applied Physiology, 2015, 115, 1-46. | 1.2 | 71 |
| 57 | Energy Expenditure in Individuals with Spinal Cord Injury Quantified by Doubly Labeled Water and a Multi-Sensor Armband. Journal of Physical Activity and Health, 2015, 12, 163-170. | 1.0 | 1 |
| 58 | Continuous Exercise but Not High Intensity Interval Training Improves Fat Distribution in Overweight Adults. Journal of Obesity, 2014, 2014, 1-12. | 1.1 | 107 |
| 59 | The influence of ice slushy on voluntary contraction force following exercise-induced hyperthermia. Applied Physiology, Nutrition and Metabolism, 2014, 39, 781-786. | 0.9 | 4 |
| 60 | Nitrate supplementation and high-intensity performance in competitive cyclists. Applied Physiology, Nutrition and Metabolism, 2014, 39, 1043-1049. | 0.9 | 33 |
| 61 | The Effect of Variable Doses of Inorganic Nitrate-Rich Beetroot Juice on Simulated 2000-m Rowing Performance in Trained Athletes. International Journal of Sports Physiology and Performance, 2014, 9, 615-620. | 1.1 | 90 |
| 62 | The Mediterranean diet improves hepatic steatosis and insulin sensitivity in individuals with non-alcoholic fatty liver disease. Journal of Hepatology, 2013, 59, 138-143. | 1.8 | 580 |
| 63 | Conception of learning and clinical skill acquisition in undergraduate exercise science students: a pilot study. American Journal of Physiology - Advances in Physiology Education, 2013, 37, 108-111. | 0.8 | 2 |
| 64 | Indirect measures of substrate utilisation following exerciseâ€induced muscle damage. European Journal of Sport Science, 2013, 13, 509-517. | 1.4 | 7 |
| 65 | The Effect of Nitrate Supplementation on Exercise Performance in Healthy Individuals: A Systematic Review and Meta-Analysis. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 522-532. | 1.0 | 121 |
| 66 | The Effect of Ice Slushy Ingestion and Mouthwash on Thermoregulation and Endurance Performance in the Heat. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 458-469. | 1.0 | 53 |
| 67 | Case Study: Beverage Temperature at Aid Stations in Ironman Triathlon. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 418-424. | 1.0 | 4 |
| 68 | Training Practices and Ergogenic Aids Used by Male Bodybuilders. Journal of Strength and Conditioning Research, 2013, 27, 1609-1617. | 1.0 | 105 |
| 69 | Exercise and the Liver: Implications for Therapy in Fatty Liver Disorders. Seminars in Liver Disease, 2012, 32, 065-079. | 1.8 | 53 |
| 70 | Influence of Beverage Temperature on Palatability and Fluid Ingestion During Endurance Exercise: A Systematic Review. International Journal of Sport Nutrition and Exercise Metabolism, 2012, 22, 199-211. | 1.0 | 45 |
| 71 | Omega-3 supplementation and non-alcoholic fatty liver disease: A systematic review and meta-analysis. Journal of Hepatology, 2012, 56, 944-951. | 1.8 | 452 |
| 72 | Exercise and non-alcoholic fatty liver disease: A systematic review and meta-analysis. Journal of Hepatology, 2012, 57, 157-166. | 1.8 | 390 |

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|---|---|---|---|
| 73 | Reply to: â€œThe optimal dose of omega-3 supplementation for non-alcoholic fatty liver diseaseâ€. Journal of Hepatology, 2012, 57, 469-470. | 1.8 | 3 |
| 74 | A novel scale to assess resistance-exercise effort. Journal of Sports Sciences, 2012, 30, 1405-1413. | 1.0 | 60 |
| 75 | Effect of prolonged exercise and pre-exercise dietary manipulation on hepatic triglycerides in trained men. European Journal of Applied Physiology, 2012, 112, 1817-1825. | 1.2 | 14 |
| 76 | A systematic review and metaâ€analysis of the effect of aerobic vs. resistance exercise training on visceral fat. Obesity Reviews, 2012, 13, 68-91. | 3.1 | 235 |
| 77 | Moderate-intensity endurance exercise prevents short-term starvation-induced intramyocellular lipid accumulation but not insulin resistance. Metabolism: Clinical and Experimental, 2011, 60, 1051-1057. | 1.5 | 11 |
| 78 | Carbohydrate Ingestion during Endurance Exercise Improves Performance in Adults1,2. Journal of Nutrition, 2011, 141, 890-897. | 1.3 | 52 |
| 79 | Effects of eccentric exercise-induced muscle damage on intramyocellular lipid concentration and high energy phosphates. European Journal of Applied Physiology, 2010, 110, 1135-1141. | 1.2 | 8 |
| 80 | Low-carbohydrate diet does not affect intramyocellular lipid concentration or insulin sensitivity in lean, physically fit men when protein intake is elevated. Metabolism: Clinical and Experimental, 2010, 59, 1633-1641. | 1.5 | 7 |
| 81 | Fitness versus fatness: Moving beyond weight loss in nonalcoholic fatty liver disease. Hepatology, 2010, 52, 370-380. | 3.6 | 122 |
| 82 | Effect of drink temperature on core temperature and endurance cycling performance in warm, humid conditions. Journal of Sports Sciences, 2010, 28, 1147-1156. | 1.0 | 41 |
| 83 | Aerobic exercise training reduces hepatic and visceral lipids in obese individuals without weight loss. Hepatology, 2009, 50, 1105-1112. | 3.6 | 515 |
| 84 | Exogenous glucose oxidation is reduced with carbohydrate feeding during exercise after starvation. Metabolism: Clinical and Experimental, 2009, 58, 1161-1169. | 1.5 | 7 |
| 85 | Postexercise Fat Oxidation: Effect of Exercise Duration, Intensity, and Modality. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 607-623. | 1.0 | 37 |
| 86 | Noninvasive assessment of hepatic lipid composition: Advancing understanding and management of fatty liver disorders. Hepatology, 2008, 47, 1513-1523. | 3.6 | 145 |
| 87 | Reply:. Hepatology, 2008, 48, 1016-1017. | 3.6 | 4 |
| 88 | Short-term suppression of plasma free fatty acids fails to improve insulin sensitivity when intramyocellular lipid is elevated. Diabetic Medicine, 2006, 23, 1061-1068. | 1.2 | 7 |
| 89 | Effect of short-term starvationversushigh-fat diet on intramyocellular triglyceride accumulation and insulin resistance in physically fit men. Experimental Physiology, 2006, 91, 693-703. | 0.9 | 56 |
| 90 | Effect of altered pre-exercise carbohydrate availability on selection and perception of effort during prolonged cycling. European Journal of Applied Physiology, 2006, 98, 62-70. | 1.2 | 20 |

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|---|---|---|---|
| 91 | Energy well spent fighting the diabetes epidemic. Diabetes/Metabolism Research and Reviews, 2006, 22, 11-19. | 1.7 | 17 |
| 92 | Insulin resistance and elevated triglyceride in muscle: more important for survival than â€˜thriftyâ€™ genes?. Journal of Physiology, 2004, 554, 595-607. | 1.3 | 108 |
| 93 | Muscle Triglyceride and Glycogen in Endurance Exercise. Sports Medicine, 2004, 34, 151-164. | 3.1 | 42 |
| 94 | Intramyocellular triacylglycerol in prolonged cycling with high- and low-carbohydrate availability. Journal of Applied Physiology, 2003, 94, 1365-1372. | 1.2 | 59 |
| 95 | Non-invasive lower limb small arterial measures co-segregate strongly with foot complications in people with diabetes. Endocrine Abstracts, 0, , . | 0.0 | 0 |