

# Sebastian Ludyga

## List of Publications by Year in descending order

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Version: 2024-02-01

84  
papers

2,227  
citations

257101

24  
h-index

276539

41  
g-index

88  
all docs

88  
docs citations

88  
times ranked

2392  
citing authors

#	ARTICLE	IF	CITATIONS
1	Acute effects of moderate aerobic exercise on specific aspects of executive function in different age and fitness groups: A meta-analysis. <i>Psychophysiology</i> , 2016, 53, 1611-1626.	1.2	361
2	Systematic review and meta-analysis investigating moderators of long-term effects of exercise on cognition in healthy individuals. <i>Nature Human Behaviour</i> , 2020, 4, 603-612.	6.2	213
3	Influence of Regular Physical Activity and Fitness on Stress Reactivity as Measured with the Trier Social Stress Test Protocol: A Systematic Review. <i>Sports Medicine</i> , 2018, 48, 2607-2622.	3.1	102
4	Effects of stress and mental toughness on burnout and depressive symptoms: A prospective study with young elite athletes. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 1200-1205.	0.6	84
5	An event-related potential investigation of the acute effects of aerobic and coordinative exercise on inhibitory control in children with ADHD. <i>Developmental Cognitive Neuroscience</i> , 2017, 28, 21-28.	1.9	68
6	Low vigorous physical activity is associated with increased adrenocortical reactivity to psychosocial stress in students with high stress perceptions. <i>Psychoneuroendocrinology</i> , 2017, 80, 104-113.	1.3	59
7	The effects of acute aerobic exercise on executive function: A systematic review and meta-analysis of individual participant data. <i>Neuroscience and Biobehavioral Reviews</i> , 2021, 128, 258-269.	2.9	55
8	The Athlete's Brain: Cross-Sectional Evidence for Neural Efficiency during Cycling Exercise. <i>Neural Plasticity</i> , 2016, 2016, 1-7.	1.0	43
9	Usefulness of the Athlete Burnout Questionnaire (ABQ) as a screening tool for the detection of clinically relevant burnout symptoms among young elite athletes. <i>Psychology of Sport and Exercise</i> , 2018, 39, 104-113.	1.1	41
10	More than a simple pastime? The potential of physical activity to moderate the relationship between occupational stress and burnout symptoms. <i>International Journal of Stress Management</i> , 2020, 27, 53-64.	0.9	41
11	Effects of high intensity training and continuous endurance training on aerobic capacity and body composition in recreationally active runners. <i>Journal of Sports Science and Medicine</i> , 2012, 11, 483-8.	0.7	40
12	Acute Bouts of Exercising Improved Mood, Rumination and Social Interaction in Inpatients With Mental Disorders. <i>Frontiers in Psychology</i> , 2018, 9, 249.	1.1	39
13	The Acute Effects of Aerobic Exercise on Cognitive Flexibility and Task-Related Heart Rate Variability in Children With ADHD and Healthy Controls. <i>Journal of Attention Disorders</i> , 2020, 24, 693-703.	1.5	39
14	Associations between selective attention and soil-transmitted helminth infections, socioeconomic status, and physical fitness in disadvantaged children in Port Elizabeth, South Africa: An observational study. <i>PLoS Neglected Tropical Diseases</i> , 2017, 11, e0005573.	1.3	39
15	Core executive functions are selectively related to different facets of motor competence in preadolescent children. <i>European Journal of Sport Science</i> , 2019, 19, 375-383.	1.4	38
16	The effects of a school-based exercise program on neurophysiological indices of working memory operations in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 833-838.	0.6	37
17	Chronic effects of exercise implemented during school-break time on neurophysiological indices of inhibitory control in adolescents. <i>Trends in Neuroscience and Education</i> , 2018, 10, 1-7.	1.5	37
18	Immediate and sustained effects of intermittent exercise on inhibitory control and task-related heart rate variability in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 96-100.	0.6	36

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19	Does Cardiorespiratory Fitness Moderate the Association between Occupational Stress, Cardiovascular Risk, and Mental Health in Police Officers?. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 2349.	1.2	32
20	A Combined EEG-fNIRS Study Investigating Mechanisms Underlying the Association between Aerobic Fitness and Inhibitory Control in Young Adults. <i>Neuroscience</i> , 2019, 419, 23-33.	1.1	31
21	Exercise types and working memory components during development. <i>Trends in Cognitive Sciences</i> , 2022, 26, 191-203.	4.0	31
22	Effects of high vs. low cadence training on cyclists's brain cortical activity during exercise. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 342-347.	0.6	30
23	Effect of a 20-week physical activity intervention on selective attention and academic performance in children living in disadvantaged neighborhoods: A cluster randomized control trial. <i>PLoS ONE</i> , 2018, 13, e0206908.	1.1	28
24	Acute and Long-term Effects of Resistance Training on Executive Function. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2018, 2, 200-207.	0.8	28
25	Cross-Sectional and Longitudinal Associations Between Athlete Burnout, Insomnia, and Polysomnographic Indices in Young Elite Athletes. <i>Journal of Sport and Exercise Psychology</i> , 2018, 40, 312-324.	0.7	27
26	Non-linear dynamics of heart rate variability during incremental cycling exercise. <i>Research in Sports Medicine</i> , 2019, 27, 88-98.	0.7	27
27	Increasing exercise's effect on mental health: Exercise intensity does matter. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2018, 115, E11890-E11891.	3.3	26
28	Psychometric properties of the Shirom-Melamed Burnout Measure (SMBM) among adolescents: results from three cross-sectional studies. <i>BMC Psychiatry</i> , 2018, 18, 266.	1.1	25
29	Does Cardiorespiratory Fitness Buffer Stress Reactivity and Stress Recovery in Police Officers? A Real-Life Study. <i>Frontiers in Psychiatry</i> , 2020, 11, 594.	1.3	24
30	Contingent Negative Variation and Working Memory Maintenance in Adolescents with Low and High Motor Competencies. <i>Neural Plasticity</i> , 2018, 2018, 1-9.	1.0	23
31	Psychometric Properties and Convergent Validity of the Shirom-Melamed Burnout Measure in Two German-Speaking Samples of Adult Workers and Police Officers. <i>Frontiers in Psychiatry</i> , 2019, 10, 536.	1.3	23
32	Effects of Aerobic Exercise on Cognitive Performance Among Young Adults in a Higher Education Setting. <i>Research Quarterly for Exercise and Sport</i> , 2018, 89, 164-172.	0.8	20
33	Adolescents' personal beliefs about sufficient physical activity are more closely related to sleep and psychological functioning than self-reported physical activity: A prospective study. <i>Journal of Sport and Health Science</i> , 2019, 8, 280-288.	3.3	20
34	Anaerobic Exercise Training in the Therapy of Substance Use Disorders: A Systematic Review. <i>Frontiers in Psychiatry</i> , 2018, 9, 644.	1.3	19
35	A Randomized Controlled Trial on the Effects of Aerobic and Coordinative Training on Neural Correlates of Inhibitory Control in Children. <i>Journal of Clinical Medicine</i> , 2019, 8, 184.	1.0	19
36	Muscle strength and executive function in children and adolescents with autism spectrum disorder. <i>Autism Research</i> , 2021, 14, 2555-2563.	2.1	19

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37	Neurophysiological correlates of interference control and response inhibition processes in children and adolescents engaging in open- and closed-skill sports. <i>Journal of Sport and Health Science</i> , 2022, 11, 224-233.	3.3	19
38	When Low Leisure-Time Physical Activity Meets Unsatisfied Psychological Needs: Insights From a Stress-Buffer Perspective. <i>Frontiers in Psychology</i> , 2018, 9, 2097.	1.1	18
39	Acute Exercise and Emotion Recognition in Young Adolescents. <i>Journal of Sport and Exercise Psychology</i> , 2019, 41, 129-136.	0.7	18
40	Four weeks of high cadence training alter brain cortical activity in cyclists. <i>Journal of Sports Sciences</i> , 2017, 35, 1377-1382.	1.0	17
41	The Role of Motor Competences in Predicting Working Memory Maintenance and Preparatory Processing. <i>Child Development</i> , 2020, 91, 799-813.	1.7	17
42	Moderate-to-vigorous physical activity, executive functions and prefrontal brain oxygenation in children: A functional near-infrared spectroscopy study. <i>Journal of Sports Sciences</i> , 2018, 36, 630-636.	1.0	15
43	Effects of a school-based physical activity program on retinal microcirculation and cognitive function in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 672-676.	0.6	15
44	Baseline Cognitive Performance Moderates the Effects of Physical Activity on Executive Functions in Children. <i>Journal of Clinical Medicine</i> , 2020, 9, 2071.	1.0	15
45	Non-linear dynamics of cardiac autonomic activity during cycling exercise with varied cadence. <i>Human Movement Science</i> , 2018, 60, 225-233.	0.6	14
46	Effects of school-based physical activity and multi-micronutrient supplementation intervention on growth, health and well-being of schoolchildren in three African countries: the KaziAfya cluster randomised controlled trial protocol with a 2â€‰%Ã—â€‰%2 factorial design. <i>Trials</i> , 2020, 21, 22.	0.7	14
47	Implicit and explicit attitudes towards sport among young elite athletes with high versus low burnout symptoms. <i>Journal of Sports Sciences</i> , 2019, 37, 1673-1680.	1.0	13
48	How children with neurodevelopmental disorders can benefit from the neurocognitive effects of exercise. <i>Neuroscience and Biobehavioral Reviews</i> , 2021, 127, 514-519.	2.9	13
49	The effects of an acute bout of exercise on neural activity in alcohol and cocaine craving: study protocol for a randomised controlled trial. <i>Trials</i> , 2018, 19, 713.	0.7	12
50	Does a run/walk strategy decrease cardiac stress during a marathon in non-elite runners?. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 64-68.	0.6	11
51	In patients suffering from major depressive disorders, quantitative EEG showed favorable changes in left and right prefrontal cortex. <i>Psychiatry Research</i> , 2017, 251, 137-141.	1.7	11
52	Heart rate variability and salivary cortisol in very preterm children during school age. <i>Psychoneuroendocrinology</i> , 2018, 87, 27-34.	1.3	11
53	Prevalence of Stunting and Relationship between Stunting and Associated Risk Factors with Academic Achievement and Cognitive Function: A Cross-Sectional Study with South African Primary School Children. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 4218.	1.2	11
54	Association between cardiorespiratory fitness and social cognition in healthy adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 1722-1728.	1.3	10

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55	Absolute and relative reliability of acute effects of aerobic exercise on executive function in seniors. <i>BMC Geriatrics</i> , 2017, 17, 247.	1.1	9
56	Physical Activity, Mental Health, and Well-Being in Very Pre-Term and Term Born Adolescents: An Individual Participant Data Meta-Analysis of Two Accelerometry Studies. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 1735.	1.2	9
57	Cortisol Impacted on Explicit Learning Encoding, but Not on Storage and Retrieval, and Was Not Associated With Sleep Patternsâ€”Results From the Trier Social Stress Test for Children (TSST-C) Among 9-Years Old Children. <i>Frontiers in Psychology</i> , 2018, 9, 2240.	1.1	8
58	Association of Exercise with Inhibitory Control and Prefrontal Brain Activity Under Acute Psychosocial Stress. <i>Brain Sciences</i> , 2020, 10, 439.	1.1	8
59	Agility Training to Integratively Promote Neuromuscular, Cognitive, Cardiovascular and Psychosocial Function in Healthy Older Adults: A Study Protocol of a One-Year Randomized-Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1853.	1.2	8
60	Einfluss verschiedener Belastungssituationen auf die EEG-AktivitÄt. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2015, 2015, 113-120.	0.2	8
61	Do Male and Female Cyclistsâ€™ Cortical Activity Differ Before and During Cycling Exercise?. <i>Journal of Sport and Exercise Psychology</i> , 2015, 37, 617-625.	0.7	7
62	Implicit attitudes towards exercise and physical activity behaviour among in-patients with psychiatric disorders. <i>Mental Health and Physical Activity</i> , 2018, 15, 71-77.	0.9	7
63	Further Evidence of the Zero-Association Between Symptoms of Insomnia and Facial Emotion Recognitionâ€”Results From a Sample of Adults in Their Late 30s. <i>Frontiers in Psychiatry</i> , 2018, 9, 754.	1.3	7
64	The Influence of an Acute Exercise Bout on Adolescentsâ€™ Stress Reactivity, Interference Control, and Brain Oxygenation Under Stress. <i>Frontiers in Psychology</i> , 2020, 11, 581965.	1.1	7
65	Effects of Judo on Neurocognitive Indices of Response Inhibition in Preadolescent Children: A Randomized Controlled Trial. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1648-1655.	0.2	7
66	Do different cognitive domains mediate the association between moderate-to-vigorous physical activity and adolescentsâ€™ off-task behaviour in the classroom?. <i>British Journal of Educational Psychology</i> , 2022, 92, e12445.	1.6	7
67	Associations Between Cardiorespiratory Fitness and Endocrine, Autonomous and Psychological Stress Reactivity in Male Adolescents. <i>Journal of Psychophysiology</i> , 2021, 35, 23-34.	0.3	7
68	School Childrenâ€™s Physical Activity, Motor Competence, and Corresponding Self-Perception: A Longitudinal Analysis of Reciprocal Relationships. <i>Journal of Physical Activity and Health</i> , 2020, 17, 1083-1090.	1.0	6
69	Neurocognitive processes mediate the relation between childrenâ€™s motor skills, cardiorespiratory fitness and response inhibition: Evidence from source imaging. <i>Psychophysiology</i> , 2021, 58, e13716.	1.2	5
70	Cardiovascular Risk Markers and Cognitive Performance in Children. <i>Journal of Pediatrics</i> , 2020, 224, 162-165.e1.	0.9	5
71	A network meta-analysis comparing the effects of exercise and cognitive training on executive function in young and middle-aged adults. <i>European Journal of Sport Science</i> , 2023, 23, 1415-1425.	1.4	5
72	Evaluation of a Physical Activity and Multi-Micronutrient Intervention on Cognitive and Academic Performance in South African Primary Schoolchildren. <i>Nutrients</i> , 2022, 14, 2609.	1.7	4

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73	Associations between physical activity, basic motor competencies and automatic evaluations of exercise. <i>Journal of Sports Sciences</i> , 2021, 39, 1-7.	1.0	3
74	Effects of an exercise and sport intervention among refugees living in a Greek refugee camp on mental health, physical fitness and cardiovascular risk markers: study protocol for the SALEEM pragmatic randomized controlled trial. <i>Trials</i> , 2021, 22, 827.	0.7	3
75	How are academic achievement and inhibitory control associated with physical fitness, soil-transmitted helminth infections, food insecurity and stunting among South African primary schoolchildren?. <i>BMC Public Health</i> , 2021, 21, 852.	1.2	2
76	Sportaktivität, Stress und das Gehirn. , 2018, , 275-291.		2
77	The acute effects of physical exercise breaks on cognitive function during prolonged sitting: The first quantitative evidence. <i>Complementary Therapies in Clinical Practice</i> , 2022, 48, 101594.	0.7	2
78	Does dispositional self-control moderate the association between stress at work and physical activity after work? A real-life study with police officers. <i>German Journal of Exercise and Sport Research</i> , 2022, 52, 290-299.	1.0	2
79	Perceived recovery and stress states as predictors of depressive, burnout, and insomnia symptoms among adolescent elite athletes. , 2023, 2, 13-22.		2
80	Very preterm birth and cognitive control: The mediating roles of motor skills and physical fitness. <i>Developmental Cognitive Neuroscience</i> , 2021, 49, 100956.	1.9	1
81	Exercise as neuroenhancer in children with ADHD. , 2017, , 191-212.		1
82	Caffeine bars used as pre-exercise supplements influence endurance performance, energy metabolism and perception of effort in trained cyclists. <i>Journal of Nursing Education and Practice</i> , 2013, 4, .	0.1	0
83	Sportaktivität, Stress und das Gehirn. , 2016, , 1-22.		0
84	Baseline Cognitive Performance Moderates The Benefits Of Regular Exercise On Cognition In Children. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 610-611.	0.2	0