

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	Perceived recovery and stress states as predictors of depressive, burnout, and insomnia symptoms among adolescent elite athletes. , 2023, 2, 13-22.		2
2	A network meta-analysis comparing the effects of exercise and cognitive training on executive function in young and middle-aged adults. European Journal of Sport Science, 2023, 23, 1415-1425.	1.4	5
3	Do different cognitive domains mediate the association between moderate-to-vigorous physical activity and adolescents' off-task behaviour in the classroom?. British Journal of Educational Psychology, 2022, 92, e12445.	1.6	7
4	Neurophysiological correlates of interference control and response inhibition processes in children and adolescents engaging in open- and closed-skill sports. Journal of Sport and Health Science, 2022, 11, 224-233.	3.3	19
5	Exercise types and working memory components during development. Trends in Cognitive Sciences, 2022, 26, 191-203.	4.0	31
6	The acute effects of physical exercise breaks on cognitive function during prolonged sitting: The first quantitative evidence. Complementary Therapies in Clinical Practice, 2022, 48, 101594.	0.7	2
7	Does dispositional self-control moderate the association between stress at work and physical activity after work? A real-life study with police officers. German Journal of Exercise and Sport Research, 2022, 52, 290-299.	1.0	2
8	Evaluation of a Physical Activity and Multi-Micronutrient Intervention on Cognitive and Academic Performance in South African Primary Schoolchildren. Nutrients, 2022, 14, 2609.	1.7	4
9	Neurocognitive processes mediate the relation between children's motor skills, cardiorespiratory fitness and response inhibition: Evidence from source imaging. Psychophysiology, 2021, 58, e13716.	1.2	5
10	Effects of Judo on Neurocognitive Indices of Response Inhibition in Preadolescent Children: A Randomized Controlled Trial. Medicine and Science in Sports and Exercise, 2021, 53, 1648-1655.	0.2	7
11	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. International Journal of Environmental Research and Public Health, 2021, 18, 1735.	1.2	9
12	Associations between physical activity, basic motor competencies and automatic evaluations of exercise. Journal of Sports Sciences, 2021, 39, 1-7.	1.0	3
13	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. International Journal of Environmental Research and Public Health, 2021, 18, 4218.	1.2	11
14	How are academic achievement and inhibitory control associated with physical fitness, soil-transmitted helminth infections, food insecurity and stunting among South African primary schoolchildren?. BMC Public Health, 2021, 21, 852.	1.2	2
15	Very preterm birth and cognitive control: The mediating roles of motor skills and physical fitness. Developmental Cognitive Neuroscience, 2021, 49, 100956.	1.9	1
16	How children with neurodevelopmental disorders can benefit from the neurocognitive effects of exercise. Neuroscience and Biobehavioral Reviews, 2021, 127, 514-519.	2.9	13
17	Muscle strength and executive function in children and adolescents with autism spectrum disorder. Autism Research, 2021, 14, 2555-2563.	2.1	19
18	The effects of acute aerobic exercise on executive function: A systematic review and meta-analysis of individual participant data. Neuroscience and Biobehavioral Reviews, 2021, 128, 258-269.	2.9	55

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19	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
20	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
21	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
22	The Role of Motor Competences in Predicting Working Memory Maintenance and Preparatory Processing. <i>Child Development</i> , 2020, 91, 799-813.	1.7	17
23	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€‰%—â€‰%2 factorial design. <i>Trials</i> , 2020, 21, 22.	0.7	14
24	Association of Exercise with Inhibitory Control and Prefrontal Brain Activity Under Acute Psychosocial Stress. <i>Brain Sciences</i> , 2020, 10, 439.	1.1	8
25	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
26	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
27	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
28	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
29	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
30	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
31	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
32	Cardiovascular Risk Markers and Cognitive Performance in Children. <i>Journal of Pediatrics</i> , 2020, 224, 162-165.e1.	0.9	5
33	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
34	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
35	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
36	Non-linear dynamics of heart rate variability during incremental cycling exercise. <i>Research in Sports Medicine</i> , 2019, 27, 88-98.	0.7	27

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37	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
38	Psychometric Properties and Convergent Validity of the Shiromâ€“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
39	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
40	Acute Exercise and Emotion Recognition in Young Adolescents. <i>Journal of Sport and Exercise Psychology</i> , 2019, 41, 129-136.	0.7	18
41	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
42	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
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	Core executive functions are selectively related to different facets ofÂmotor competence in preadolescent children. <i>European Journal of Sport Science</i> , 2019, 19, 375-383.	1.4	38
45	Adolescentsâ€™ 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
46	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
47	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
48	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
49	Heart rate variability and salivary cortisol in very preterm children during school age. <i>Psychoneuroendocrinology</i> , 2018, 87, 27-34.	1.3	11
50	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
51	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
52	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
53	Anaerobic Exercise Training in the Therapy of Substance Use Disorders: A Systematic Review. <i>Frontiers in Psychiatry</i> , 2018, 9, 644.	1.3	19
54	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

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55	Increasing exercise's effect on mental health: Exercise intensity does matter. Proceedings of the National Academy of Sciences of the United States of America, 2018, 115, E11890-E11891.	3.3	26
56	Cross-Sectional and Longitudinal Associations Between Athlete Burnout, Insomnia, and Polysomnographic Indices in Young Elite Athletes. Journal of Sport and Exercise Psychology, 2018, 40, 312-324.	0.7	27
57	Cortisol Impacted on Explicit Learning Encoding, but Not on Storage and Retrieval, and Was Not Associated With Sleep Patterns—Results From the Trier Social Stress Test for Children (TSST-C) Among 9-Years Old Children. Frontiers in Psychology, 2018, 9, 2240.	1.1	8
58	Implicit attitudes towards exercise and physical activity behaviour among in-patients with psychiatric disorders. Mental Health and Physical Activity, 2018, 15, 71-77.	0.9	7
59	Influence of Regular Physical Activity and Fitness on Stress Reactivity as Measured with the Trier Social Stress Test Protocol: A Systematic Review. Sports Medicine, 2018, 48, 2607-2622.	3.1	102
60	Effects of stress and mental toughness on burnout and depressive symptoms: A prospective study with young elite athletes. Journal of Science and Medicine in Sport, 2018, 21, 1200-1205.	0.6	84
61	Contingent Negative Variation and Working Memory Maintenance in Adolescents with Low and High Motor Competencies. Neural Plasticity, 2018, 2018, 1-9.	1.0	23
62	Usefulness of the Athlete Burnout Questionnaire (ABQ) as a screening tool for the detection of clinically relevant burnout symptoms among young elite athletes. Psychology of Sport and Exercise, 2018, 39, 104-113.	1.1	41
63	Acute Bouts of Exercising Improved Mood, Rumination and Social Interaction in Inpatients With Mental Disorders. Frontiers in Psychology, 2018, 9, 249.	1.1	39
64	Non-linear dynamics of cardiac autonomic activity during cycling exercise with varied cadence. Human Movement Science, 2018, 60, 225-233.	0.6	14
65	Acute and Long-term Effects of Resistance Training on Executive Function. Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice, 2018, 2, 200-207.	0.8	28
66	Psychometric properties of the Shirom-Melamed Burnout Measure (SMBM) among adolescents: results from three cross-sectional studies. BMC Psychiatry, 2018, 18, 266.	1.1	25
67	Further Evidence of the Zero-Association Between Symptoms of Insomnia and Facial Emotion Recognition—Results From a Sample of Adults in Their Late 30s. Frontiers in Psychiatry, 2018, 9, 754.	1.3	7
68	Sportaktivität, Stress und das Gehirn. , 2018, , 275-291.		2
69	Four weeks of high cadence training alter brain cortical activity in cyclists. Journal of Sports Sciences, 2017, 35, 1377-1382.	1.0	17
70	In patients suffering from major depressive disorders, quantitative EEG showed favorable changes in left and right prefrontal cortex. Psychiatry Research, 2017, 251, 137-141.	1.7	11
71	Low vigorous physical activity is associated with increased adrenocortical reactivity to psychosocial stress in students with high stress perceptions. Psychoneuroendocrinology, 2017, 80, 104-113.	1.3	59
72	An event-related potential investigation of the acute effects of aerobic and coordinative exercise on inhibitory control in children with ADHD. Developmental Cognitive Neuroscience, 2017, 28, 21-28.	1.9	68

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73	Absolute and relative reliability of acute effects of aerobic exercise on executive function in seniors. BMC Geriatrics, 2017, 17, 247.	1.1	9
74	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. PLoS Neglected Tropical Diseases, 2017, 11, e0005573.	1.3	39
75	Exercise as neuroenhancer in children with ADHD. , 2017, , 191-212.		1
76	The Athlete's Brain: Cross-Sectional Evidence for Neural Efficiency during Cycling Exercise. Neural Plasticity, 2016, 2016, 1-7.	1.0	43
77	Acute effects of moderate aerobic exercise on specific aspects of executive function in different age and fitness groups: A meta-analysis. Psychophysiology, 2016, 53, 1611-1626.	1.2	361
78	Does a run/walk strategy decrease cardiac stress during a marathon in non-elite runners?. Journal of Science and Medicine in Sport, 2016, 19, 64-68.	0.6	11
79	Effects of high vs. low cadence training on cyclists' brain cortical activity during exercise. Journal of Science and Medicine in Sport, 2016, 19, 342-347.	0.6	30
80	Sportaktivität, Stress und das Gehirn. , 2016, , 1-22.		0
81	Do Male and Female Cyclists' Cortical Activity Differ Before and During Cycling Exercise?. Journal of Sport and Exercise Psychology, 2015, 37, 617-625.	0.7	7
82	Einfluss verschiedener Belastungssituationen auf die EEG-Aktivität. Deutsche Zeitschrift Fur Sportmedizin, 2015, 2015, 113-120.	0.2	8
83	Caffeine bars used as pre-exercise supplements influence endurance performance, energy metabolism and perception of effort in trained cyclists. Journal of Nursing Education and Practice, 2013, 4, .	0.1	0
84	Effects of high intensity training and continuous endurance training on aerobic capacity and body composition in recreationally active runners. Journal of Sports Science and Medicine, 2012, 11, 483-8.	0.7	40