

Carmen Sayon-Orea

List of Publications by Citations

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Version: 2024-04-09

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

54 papers	1,250 citations	21 h-index	34 g-index
56 ext. papers	1,670 ext. citations	4.8 avg, IF	4.32 L-index

#	Paper	IF	Citations
54	Alcohol consumption and body weight: a systematic review. <i>Nutrition Reviews</i> , 2011 , 69, 419-31	6.4	176
53	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
52	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
51	Magnesium and depression: a systematic review. <i>Nutritional Neuroscience</i> , 2013 , 16, 191-206	3.6	62
50	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019 , 38, 1221-1231	5.9	55
49	Consumption of fried foods and weight gain in a Mediterranean cohort: the SUN project. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013 , 23, 144-50	4.5	47
48	Association between sleeping hours and siesta and the risk of obesity: the SUN Mediterranean Cohort. <i>Obesity Facts</i> , 2013 , 6, 337-47	5.1	45
47	Association between yogurt consumption and the risk of metabolic syndrome over 6 years in the SUN study. <i>BMC Public Health</i> , 2015 , 15, 170	4.1	42
46	Yogurt consumption, weight change and risk of overweight/obesity: the SUN cohort study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014 , 24, 1189-96	4.5	42
45	Associations between Yogurt Consumption and Weight Gain and Risk of Obesity and Metabolic Syndrome: A Systematic Review. <i>Advances in Nutrition</i> , 2017 , 8, 146S-154S	10	38
44	Carbohydrate quality, weight change and incident obesity in a Mediterranean cohort: the SUN Project. <i>European Journal of Clinical Nutrition</i> , 2015 , 69, 297-302	5.2	38
43	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , 2019 , 322, 1486-1499	27.4	38
42	A longitudinal assessment of alcohol intake and incident depression: the SUN project. <i>BMC Public Health</i> , 2012 , 12, 954	4.1	35
41	Impact of sugars and sugar taxation on body weight control: A comprehensive literature review. <i>Obesity</i> , 2016 , 24, 1410-26	8	35
40	Type of alcoholic beverage and incidence of overweight/obesity in a Mediterranean cohort: the SUN project. <i>Nutrition</i> , 2011 , 27, 802-8	4.8	32
39	Consumption of fried foods and risk of metabolic syndrome: the SUN cohort study. <i>Clinical Nutrition</i> , 2014 , 33, 545-9	5.9	28
38	Does cooking with vegetable oils increase the risk of chronic diseases?: a systematic review. <i>British Journal of Nutrition</i> , 2015 , 113 Suppl 2, S36-48	3.6	27

37	Different types of alcoholic beverages and incidence of metabolic syndrome and its components in a Mediterranean cohort. <i>Clinical Nutrition</i> , 2013 , 32, 797-804	5.9	27
36	Adherence to Mediterranean dietary pattern and menopausal symptoms in relation to overweight/obesity in Spanish perimenopausal and postmenopausal women. <i>Menopause</i> , 2015 , 22, 750-757	7.5	26
35	Magnesium intake is not related to depression risk in Spanish university graduates. <i>Journal of Nutrition</i> , 2012 , 142, 1053-9	4.1	26
34	Association between cognitive function and supplementation with omega-3 PUFAs and other nutrients in 75 years old patients: A randomized multicenter study. <i>PLoS ONE</i> , 2018 , 13, e0193568	3.7	25
33	Dietary and health profiles of Spanish women in preconception, pregnancy and lactation. <i>Nutrients</i> , 2014 , 6, 4434-51	6.7	20
32	Working hours and incidence of metabolic syndrome and its components in a Mediterranean cohort: the SUN project. <i>European Journal of Public Health</i> , 2015 , 25, 683-8	2.1	18
31	Baseline consumption and changes in sugar-sweetened beverage consumption and the incidence of hypertension: The SUN project. <i>Clinical Nutrition</i> , 2015 , 34, 1133-40	5.9	17
30	Omega 3:6 ratio intake and incidence of glaucoma: the SUN cohort. <i>Clinical Nutrition</i> , 2014 , 33, 1041-5	5.9	17
29	Association between dietary intake of polychlorinated biphenyls and the incidence of hypertension in a Spanish cohort: the Seguimiento Universidad de Navarra project. <i>Hypertension</i> , 2015 , 65, 714-21	8.5	17
28	Risk for cardiovascular disease associated with metabolic syndrome and its components: a 13-year prospective study in the RIVANA cohort. <i>Cardiovascular Diabetology</i> , 2020 , 19, 195	8.7	15
27	Reported fried food consumption and the incidence of hypertension in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) project. <i>British Journal of Nutrition</i> , 2014 , 112, 984-91	3.6	14
26	Comparison of Intravenous and Oral Hydration in the Prevention of Contrast-Induced Acute Kidney Injury in Low-Risk Patients: A Randomized Trial. <i>Nephron</i> , 2015 , 131, 51-8	3.3	12
25	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. <i>Nutrients</i> , 2020 , 12,	6.7	10
24	Annual motor vehicle travel distance and incident obesity: a prospective cohort study. <i>American Journal of Preventive Medicine</i> , 2013 , 44, 254-9	6.1	9
23	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , 2020 , 12,	6.7	8
22	Snacking between main meals is associated with a higher risk of metabolic syndrome in a Mediterranean cohort: the SUN Project (Seguimiento Universidad de Navarra). <i>Public Health Nutrition</i> , 2016 , 19, 658-66	3.3	8
21	Association between the nutrient profile system underpinning the Nutri-Score front-of-pack nutrition label and mortality in the SUN project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021 , 40, 1085-1094	5.9	8
20	Determinants of Self-Rated Health Perception in a Sample of a Physically Active Population: PLENUFAR VI Study. <i>International Journal of Environmental Research and Public Health</i> , 2018 , 15,	4.6	8

19	Inverse-probability weighting and multiple imputation for evaluating selection bias in the estimation of childhood obesity prevalence using data from electronic health records. <i>BMC Medical Informatics and Decision Making</i> , 2020 , 20, 9	3.6	7
18	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , 2020 , 150, 3161-3170	4.1	7
17	Prebiotic consumption and the incidence of overweight in a Mediterranean cohort: the Seguimiento Universidad de Navarra Project. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1554-62	7	5
16	Nutritional Determinants of Quality of Life in a Mediterranean Cohort: The SUN Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
15	Body shape trajectories and incidence of depression in the "Seguimiento Universidad de Navarra" (SUN) prospective cohort. <i>Journal of Affective Disorders</i> , 2019 , 251, 170-179	6.6	3
14	Healthy diet, depression and quality of life: A narrative review of biological mechanisms and primary prevention opportunities. <i>World Journal of Psychiatry</i> , 2021 , 11, 997-1016	3	3
13	Cured ham consumption and incidence of hypertension: The "Seguimiento Universidad de Navarra" (SUN) cohort. <i>Medicina Clínica</i> , 2020 , 155, 9-17	1	3
12	Adherence to dietary guidelines for the Spanish population and risk of overweight/obesity in the SUN cohort. <i>PLoS ONE</i> , 2019 , 14, e0226565	3.7	3
11	Trends of obesity prevalence among Spanish adults with diabetes, 1987-2012. <i>Medicina Clínica</i> , 2019 , 152, 181-184	1	3
10	Lifestyle behavior and the risk of type 2 diabetes in the Seguimiento Universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 1355-1364	4.5	2
9	Vitamin D and Cardio-Metabolic Risk Factors in Overweight Adults: An Overview of the Evidence. <i>Current Pharmaceutical Design</i> , 2019 , 25, 2407-2420	3.3	2
8	Glycemic Dysregulations Are Associated With Worsening Cognitive Function in Older Participants at High Risk of Cardiovascular Disease: Two-Year Follow-up in the PREDIMED-Plus Study. <i>Frontiers in Endocrinology</i> , 2021 , 12, 754347	5.7	1
7	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , 2020 , 12,	6.7	1
6	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 2870-2886	4.5	1
5	Physicians' characteristics and practices associated with the provision of cancer screening advice to their patients: the Spanish SUN cohort study. <i>BMJ Open</i> , 2022 , 12, e048498	3	0
4	Dietary calcium, vitamin D, and breast cancer risk in women: findings from the SUN cohort. <i>European Journal of Nutrition</i> , 2021 , 60, 3783-3797	5.2	0
3	Body shape trajectories and risk of breast cancer: results from the SUN (Seguimiento Universidad De Navarra) Project. <i>Public Health Nutrition</i> , 2021 , 24, 467-475	3.3	0
2	Longitudinal association between yogurt consumption and the risk of overweight/obesity: the SUN cohort study (1018.7). <i>FASEB Journal</i> , 2014 , 28, 1018.7	0.9	

1	Body shape trajectories and mortality in the Seguimiento universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 1742-1750	4·5
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