James E Clark

List of Publications by Year in descending order

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#	Article	IF	CITATIONS
1	Diet, exercise or diet with exercise: comparing the effectiveness of treatment options for weight-loss and changes in fitness for adults (18–65 years old) who are overfat, or obese; systematic review and meta-analysis. Journal of Diabetes and Metabolic Disorders, 2015, 14, 31.	1.9	100
2	The impact of duration on effectiveness of exercise, the implication for periodization of training and goal setting for individuals who are overfat, a meta-analysis. Biology of Sport, 2016, 33, 309-333.	3.2	30
3	An overview of the contribution of fatness and fitness factors, and the role of exercise, in the formation of health status for individuals who are overweight. Journal of Diabetes and Metabolic Disorders, 2012, 11, 19.	1.9	14
4	Comparing effectiveness of fat burners and thermogenic supplements to diet and exercise for weight loss and cardiometabolic health: Systematic review and meta-analysis. Nutrition and Health, 2021, 27, 445-459.	1.5	7
5	Diets and Diet Therapy: Diet Supplements for Exercise. , 2019, , 161-170.		2
6	The possible role of hydration in concussions and long-term symptoms of concussion for athletes. A review of the evidence. Journal of Concussion, 2020, 4, 205970022093940.	0.6	2