

Maxine Bonham

List of Publications by Year in Descending Order

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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.

102
papers

3,043
citations

30
h-index

53
g-index

121
ext. papers

3,552
ext. citations

4.2
avg. IF

4.95
L-index

#	Paper	IF	Citations
102	The Impact of Meal Timing on Risk of Weight Gain and Development of Obesity: a Review of the Current Evidence and Opportunities for Dietary Intervention.. <i>Current Diabetes Reports</i> , 2022 , 22, 147-155 ^{5,6}		1
101	Postprandial lipemia and the relationship to health 2022 , 193-209		
100	Study protocol for the Shifting Weight using Intermittent Fasting in night shift workers (SWIFT) study: a three-arm randomised controlled trial comparing three weight loss strategies in night shift workers with obesity.. <i>BMJ Open</i> , 2022 , 12, e060520	3	1
99	Content Validation of a Chrononutrition Questionnaire for the General and Shift Work Populations: A Delphi Study. <i>Nutrients</i> , 2021 , 13,	6.7	2
98	Associations between socioeconomic status and obesity, sarcopenia, and sarcopenic obesity in community-dwelling older adults: The Tasmanian Older Adult Cohort Study. <i>Experimental Gerontology</i> , 2021 , 156, 111627	4.5	0
97	Assessment of Cardiometabolic Health, Diet and Physical Activity in Helicopter Rescue Paramedics. <i>Prehospital Emergency Care</i> , 2021 , 1-16	2.8	1
96	A scoping review of chronotype and temporal patterns of eating of adults: tools used, findings, and future directions. <i>Nutrition Research Reviews</i> , 2021 , 1-24	7	2
95	Diurnal variation in gene expression of human peripheral blood mononuclear cells after eating a standard meal compared with a high protein meal: A cross-over study. <i>Clinical Nutrition</i> , 2021 , 40, 4349-4359	5.9	3
94	Does rearranging meal times at night improve cardiovascular risk factors? An Australian pilot randomised trial in night shift workers. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1890-1902 ¹	4.5	1
93	An investigation of recommended serve food portions and attaining energy and protein requirements in older adults living in residential care. <i>Journal of Human Nutrition and Dietetics</i> , 2021 , 34, 374-383	3.1	2
92	Blunted nutrient-response pathways in adipose tissue following high fat meals in men with metabolic syndrome: A randomized postprandial transcriptomic study. <i>Clinical Nutrition</i> , 2021 , 40, 1355-1366 ^{5,9}	5.9	0
91	Cardiometabolic, Dietary and Physical Health in Graduate Paramedics during the First 12-Months of Practice - A Longitudinal Study. <i>Prehospital Emergency Care</i> , 2021 , 1-13	2.8	1
90	Can fortified, nutrient-dense and enriched foods and drink-based nutrition interventions increase energy and protein intake in residential aged care residents? A systematic review with meta-analyses. <i>International Journal of Nursing Studies</i> , 2021 , 124, 104088	5.8	1
89	Twelve weeks treatment with a polyphenol-rich seaweed extract increased HDL cholesterol with no change in other biomarkers of chronic disease risk in overweight adults: A placebo-controlled randomized trial. <i>Journal of Nutritional Biochemistry</i> , 2021 , 96, 108777	6.3	2
88	Falls, fractures, and areal bone mineral density in older adults with sarcopenic obesity: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2021 , 22, e13187	10.6	11
87	Nutrition and neurodevelopment: the search for candidate nutrients in the Seychelles Child Development Nutrition Study. <i>NeuroToxicology</i> , 2020 , 81, 300-306	4.4	1
86	Reply. <i>Occupational Medicine</i> , 2020 , 70, 610	2.1	

85	Does a High-Energy High-Protein Diet Reduce Unintentional Weight Loss in Residential Aged Care Residents?. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2020 , 39, 56-68	2.1	2
84	Time of day difference in postprandial glucose and insulin responses: Systematic review and meta-analysis of acute postprandial studies. <i>Chronobiology International</i> , 2020 , 37, 311-326	3.6	14
83	Incidence and predictors of fractures in older adults with and without obesity defined by body mass index versus body fat percentage. <i>Bone</i> , 2020 , 140, 115546	4.7	6
82	Development and implementation of a method to assess food and nutrient intakes in the Seychelles Child Development Nutrition Study.. <i>NeuroToxicology</i> , 2020 , 81, 323-330	4.4	
81	Effects of macronutrient manipulation on postprandial metabolic responses in overweight males with high fasting lipids during simulated shift work: A randomized crossover trial. <i>Clinical Nutrition</i> , 2020 , 39, 369-377	5.9	2
80	Glycaemic response at night is improved after eating a high protein meal compared with a standard meal: A cross-over study. <i>Clinical Nutrition</i> , 2020 , 39, 1510-1516	5.9	10
79	Temporal pattern of eating in night shift workers. <i>Chronobiology International</i> , 2019 , 36, 1613-1625	3.6	22
78	Effect of Night Time Eating on Postprandial Triglyceride Metabolism in Healthy Adults: A Systematic Literature Review. <i>Journal of Biological Rhythms</i> , 2019 , 34, 119-130	3.2	12
77	A Single-Dose of a Polyphenol-Rich Fucus Vesiculosus Extract is Insufficient to Blunt the Elevated Postprandial Blood Glucose Responses Exhibited by Healthy Adults in the Evening: A Randomised Crossover Trial. <i>Antioxidants</i> , 2019 , 8,	7.1	5
76	Sleeping Well Trial: Increasing the effectiveness of treatment with continuous positive airway pressure using a weight management program in overweight adults with obstructive sleep apnoea-A stepped wedge randomised trial protocol. <i>Nutrition and Dietetics</i> , 2019 , 76, 110-117	2.5	2
75	Effect of macronutrient composition on meal-induced thermogenesis in adolescents with obesity. <i>European Journal of Nutrition</i> , 2019 , 58, 2327-2333	5.2	4
74	Measuring Self-Esteem Changes in Children and Adolescents Affected by Overweight or Obesity: A Scoping Review of Instruments Currently Used in Multicomponent Weight-Management Interventions. <i>Childhood Obesity</i> , 2019 , 15, 485-501	2.5	4
73	The Impact of Time of Day on Energy Expenditure: Implications for Long-Term Energy Balance. <i>Nutrients</i> , 2019 , 11,	6.7	14
72	Effect of Macronutrient Composition on Appetite Hormone Responses in Adolescents with Obesity. <i>Nutrients</i> , 2019 , 11,	6.7	9
71	Effect of meal timing on postprandial glucose responses to a low glycemic index meal: A crossover trial in healthy volunteers. <i>Clinical Nutrition</i> , 2019 , 38, 465-471	5.9	42
70	No effect of saturated fatty acid chain length on meal-induced thermogenesis in overweight men. <i>Nutrition Research</i> , 2018 , 51, 102-110	4	6
69	Does modifying the timing of meal intake improve cardiovascular risk factors? Protocol of an Australian pilot intervention in night shift workers with abdominal obesity. <i>BMJ Open</i> , 2018 , 8, e020396 ³		8
68	An emerging trend in functional foods for the prevention of cardiovascular disease and diabetes: Marine algal polyphenols. <i>Critical Reviews in Food Science and Nutrition</i> , 2018 , 58, 1342-1358	11.5	40

67	Do marine algal polyphenols have antidiabetic, antihyperlipidemic or anti-inflammatory effects in humans? A systematic review. <i>Critical Reviews in Food Science and Nutrition</i> , 2018 , 58, 2039-2054	11.5	30
66	The Impact of a Single Dose of a Polyphenol-Rich Seaweed Extract on Postprandial Glycaemic Control in Healthy Adults: A Randomised Cross-Over Trial. <i>Nutrients</i> , 2018 , 10,	6.7	33
65	The impact of multicomponent weight management interventions on quality of life in adolescents affected by overweight or obesity: a meta-analysis of randomized controlled trials. <i>Obesity Reviews</i> , 2018 , 20, 278-289	10.6	7
64	Study protocol for a double-blind randomised controlled trial investigating the impact of 12 weeks supplementation with a extract on cholesterol levels in adults with elevated fasting LDL cholesterol who are overweight or have obesity. <i>BMJ Open</i> , 2018 , 8, e022195	3	7
63	Reliability of Compartmental Body Composition Measures in Weight-Stable Adults Using GE iDXA: Implications for Research and Practice. <i>Nutrients</i> , 2018 , 10,	6.7	10
62	Phlorotannins and Macroalgal Polyphenols: Potential As Functional Food Ingredients and Role in Health Promotion 2018 , 27-58		5
61	Systematic Review and Meta-Analysis: The Impact of Multicomponent Weight Management Interventions on Self-Esteem in Overweight and Obese Adolescents. <i>Journal of Pediatric Psychology</i> , 2017 , 42, 379-394	3.2	19
60	Evaluation of a Commercially Delivered Weight Management Program for Adolescents. <i>Journal of Pediatrics</i> , 2017 , 185, 73-80.e3	3.6	7
59	Influences on Dietary Choices during Day versus Night Shift in Shift Workers: A Mixed Methods Study. <i>Nutrients</i> , 2017 , 9,	6.7	61
58	Indices of adiposity as predictors of cardiometabolic risk and inflammation in young adults. <i>Journal of Human Nutrition and Dietetics</i> , 2016 , 29, 26-37	3.1	8
57	Energy intake of shift workers compared to fixed day workers: A systematic review and meta-analysis. <i>Chronobiology International</i> , 2016 , 33, 1086-100	3.6	70
56	Systematic review and meta-analysis of the effect of meal intake on postprandial appetite-related gastrointestinal hormones in obese children. <i>International Journal of Obesity</i> , 2016 , 40, 555-63	5.5	6
55	The effect of dietary interventions and nutritional supplementation on bone mineral density in otherwise healthy adults with osteopenia: A systematic review. <i>Nutrition Bulletin</i> , 2016 , 41, 108-121	3.5	3
54	Study protocol: evaluation of QenMeQa commercially-delivered weight management program for adolescents: a randomised controlled trial. <i>BMC Public Health</i> , 2015 , 15, 563	4.1	5
53	Postprandial Plasma Phospholipids in Men Are Influenced by the Source of Dietary Fat. <i>Journal of Nutrition</i> , 2015 , 145, 2012-8	4.1	43
52	Weight loss from lifestyle interventions and severity of sleep apnoea: a systematic review and meta-analysis. <i>Sleep Medicine</i> , 2014 , 15, 1173-83	4.6	69
51	Supplementation with calcium and short-chain fructo-oligosaccharides affects markers of bone turnover but not bone mineral density in postmenopausal women. <i>Journal of Nutrition</i> , 2014 , 144, 297-304	4.1	53
50	Muscle p70S6K phosphorylation in response to soy and dairy rich meals in middle aged men with metabolic syndrome: a randomised crossover trial. <i>Nutrition and Metabolism</i> , 2014 , 11, 46	4.6	14

49	Lipidomic profiling of chylomicron triacylglycerols in response to high fat meals. <i>Lipids</i> , 2013 , 48, 39-50	1.6	26
48	Neurodevelopmental outcomes at 5 years in children exposed prenatally to maternal dental amalgam: the Seychelles Child Development Nutrition Study. <i>Neurotoxicology and Teratology</i> , 2013 , 39, 57-62	3.9	21
47	Choline status and neurodevelopmental outcomes at 5 years of age in the Seychelles Child Development Nutrition Study. <i>British Journal of Nutrition</i> , 2013 , 110, 330-6	3.6	18
46	High fat breakfasts affect antioxidant and oxidative biomarkers more in metabolic syndrome subjects compared with healthy controls. <i>FASEB Journal</i> , 2013 , 27, 226.5	0.9	
45	Prenatal exposure to dental amalgam in the Seychelles Child Development Nutrition Study: associations with neurodevelopmental outcomes at 9 and 30 months. <i>NeuroToxicology</i> , 2012 , 33, 1511-1517	4.4	19
44	Predictors of taste acuity in healthy older Europeans. <i>Appetite</i> , 2012 , 58, 188-95	4.5	15
43	Maternal PUFA status but not prenatal methylmercury exposure is associated with children's language functions at age five years in the Seychelles. <i>Journal of Nutrition</i> , 2012 , 142, 1943-9	4.1	50
42	Incremental cholecalciferol supplementation up to 15 µg/d throughout winter at 51-55 years has no effect on biomarkers of cardiovascular risk in healthy young and older adults. <i>Journal of Nutrition</i> , 2012 , 142, 1519-25	4.1	25
41	Effect of adiposity on vitamin D status and the 25-hydroxycholecalciferol response to supplementation in healthy young and older Irish adults. <i>British Journal of Nutrition</i> , 2012 , 107, 126-34	3.6	40
40	Choline supplementation and measures of choline and betaine status: a randomised, controlled trial in postmenopausal women. <i>British Journal of Nutrition</i> , 2012 , 108, 1264-71	3.6	21
39	Intakes and adequacy of potentially important nutrients for cognitive development among 5-year-old children in the Seychelles Child Development and Nutrition Study. <i>Public Health Nutrition</i> , 2012 , 15, 1670-7	3.3	9
38	Varying coefficient function models to explore interactions between maternal nutritional status and prenatal methylmercury toxicity in the Seychelles Child Development Nutrition Study. <i>Environmental Research</i> , 2011 , 111, 75-80	7.9	37
37	A longitudinal analysis of prenatal exposure to methylmercury and fatty acids in the Seychelles. <i>Neurotoxicology and Teratology</i> , 2011 , 33, 325-8	3.9	54
36	Red meat from animals offered a grass diet increases plasma and platelet n-3 PUFA in healthy consumers. <i>British Journal of Nutrition</i> , 2011 , 105, 80-9	3.6	54
35	Maintenance of wintertime vitamin D status with cholecalciferol supplementation is not associated with alterations in serum cytokine concentrations among apparently healthy younger or older adults. <i>Journal of Nutrition</i> , 2011 , 141, 476-81	4.1	38
34	Iron status in pregnant women in the Republic of Seychelles. <i>Public Health Nutrition</i> , 2010 , 13, 331-7	3.3	7
33	Cholecalciferol supplementation throughout winter does not affect markers of bone turnover in healthy young and elderly adults. <i>Journal of Nutrition</i> , 2010 , 140, 454-60	4.1	28
32	Red meat consumption: an overview of the risks and benefits. <i>Meat Science</i> , 2010 , 84, 1-13	6.4	437

31	Red meat from animals offered a grass diet increases platelet n β PUFA in healthy consumers. <i>Proceedings of the Nutrition Society</i> , 2010 , 69,	2.9	1
30	Age and sex differences in plasma homocysteine, choline and betaine status in Seychellois children and young adults. <i>Proceedings of the Nutrition Society</i> , 2010 , 69,	2.9	1
29	Contribution of fish to intakes of micronutrients important for fetal development: a dietary survey of pregnant women in the Republic of Seychelles. <i>Public Health Nutrition</i> , 2009 , 12, 1312-20	3.3	29
28	Comparison of the effects of four commercially available weight-loss programmes on lipid-based cardiovascular risk factors. <i>Public Health Nutrition</i> , 2009 , 12, 799-807	3.3	92
27	Estimation of the dietary requirement for vitamin D in free-living adults ≥ 64 y of age. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 1366-74	7	131
26	Neurodevelopmental effects of maternal nutritional status and exposure to methylmercury from eating fish during pregnancy. <i>NeuroToxicology</i> , 2008 , 29, 767-75	4.4	156
25	Associations of maternal long-chain polyunsaturated fatty acids, methyl mercury, and infant development in the Seychelles Child Development Nutrition Study. <i>NeuroToxicology</i> , 2008 , 29, 776-82	4.4	176
24	Habitual fish consumption does not prevent a decrease in LCPUFA status in pregnant women (the Seychelles Child Development Nutrition Study). <i>Prostaglandins Leukotrienes and Essential Fatty Acids</i> , 2008 , 78, 343-50	2.8	28
23	Estimation of the dietary requirement for vitamin D in healthy adults. <i>American Journal of Clinical Nutrition</i> , 2008 , 88, 1535-42	7	190
22	Homocysteine concentration, related B vitamins, and betaine in pregnant women recruited to the Seychelles Child Development Study. <i>American Journal of Clinical Nutrition</i> , 2008 , 87, 391-7	7	39
21	Effect of zinc supplementation on the immune status of healthy older individuals aged 55-70 years: the ZENITH Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2007 , 62, 598-608	6.4	34
20	Assessment of 25-hydroxyvitamin D and 1,25-dihydroxyvitamin D3 concentrations in male and female multiple sclerosis patients and control volunteers. <i>Multiple Sclerosis Journal</i> , 2007 , 13, 670-2	5	48
19	Whole blood analysis of phagocytosis, apoptosis, cytokine production, and leukocyte subsets in healthy older men and women: the ZENITH study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2006 , 61, 907-17	6.4	15
18	Vitamin D: Status, Supplementation and Immunomodulation. <i>Current Nutrition and Food Science</i> , 2006 , 2, 315-336	0.7	1
17	Effect of vitamin D supplementation on vitamin D status and bone turnover markers in young adults. <i>European Journal of Clinical Nutrition</i> , 2006 , 60, 727-33	5.2	42
16	Effect of copper supplementation on indices of copper status and certain CVD risk markers in young healthy women. <i>British Journal of Nutrition</i> , 2005 , 94, 231-6	3.6	15
15	Zinc supplementation has no effect on circulating levels of peripheral blood leucocytes and lymphocyte subsets in healthy adult men. <i>British Journal of Nutrition</i> , 2003 , 89, 695-703	3.6	25
14	Copper supplementation has no effect on markers of DNA damage and liver function in healthy adults (FOODCUE project). <i>Annals of Nutrition and Metabolism</i> , 2003 , 47, 201-6	4.5	9

13	Zinc supplementation has no effect on lipoprotein metabolism, hemostasis, and putative indices of copper status in healthy men. <i>Biological Trace Element Research</i> , 2003 , 93, 75-86	4.5	19
12	The immune system as a physiological indicator of marginal copper status?. <i>British Journal of Nutrition</i> , 2002 , 87, 393-403	3.6	187
11	The Effect of Copper Supplementation on Putative Indices of Body Copper Status and on Oxidative and Inflammatory Measures (Foodcue Project) 2002 , 943-945		
10	The immune system as a physiological indicator of marginal copper status?. <i>British Journal of Nutrition</i> , 2002 , 87, 393-403	3.6	51
9	No effect of copper supplementation on biochemical markers of bone metabolism in healthy young adult females despite apparently improved copper status. <i>European Journal of Clinical Nutrition</i> , 2001 , 55, 525-31	5.2	29
8	Copper supplementation in humans does not affect the susceptibility of low density lipoprotein to in vitro induced oxidation (FOODCUE project). <i>Free Radical Biology and Medicine</i> , 2000 , 29, 1129-34	7.8	22
7	The effect of copper supplementation on red blood cell oxidizability and plasma antioxidants in middle-aged healthy volunteers. <i>Free Radical Biology and Medicine</i> , 2000 , 28, 324-9	7.8	33
6	Response of putative indices of copper status to copper supplementation in human subjects. <i>British Journal of Nutrition</i> , 2000 , 84, 151-156	3.6	39
5	Response of putative indices of copper status to copper supplementation in human subjects. <i>British Journal of Nutrition</i> , 2000 , 84, 151-6	3.6	6
4	No effect of copper supplementation on biochemical markers of bone metabolism in healthy adults. <i>British Journal of Nutrition</i> , 1999 , 82, 283-290	3.6	31
3	No effect of copper supplementation on biochemical markers of bone metabolism in healthy adults. <i>British Journal of Nutrition</i> , 1999 , 82, 283-90	3.6	2
2	Royal Academy of Medicine in Ireland Section of Biomedical Sciences. <i>Irish Journal of Medical Science</i> , 1997 , 166, 157-194	1.9	
1	Neurodevelopmental Effects of Maternal Nutrition Status and Exposure to Methyl Mercury from Eating Fish during Pregnancy: Evidence from the Seychelles Child Development Study 319-334		