

# Xiaoyue Hu

## List of Publications by Year in descending order

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32  
papers

1,423  
citations

331538

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times ranked

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citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of Mind-Body Exercises (Tai Chi/Yoga) on Heart Rate Variability Parameters and Perceived Stress: A Systematic Review with Meta-Analysis of Randomized Controlled Trials. <i>Journal of Clinical Medicine</i> , 2018, 7, 404.	1.0	129
2	A Review Study on the Beneficial Effects of Baduanjin. <i>Journal of Alternative and Complementary Medicine</i> , 2018, 24, 324-335.	2.1	119
3	A Systematic Review and Meta-Analysis of Mindfulness-Based (Baduanjin) Exercise for Alleviating Musculoskeletal Pain and Improving Sleep Quality in People with Chronic Diseases. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 206.	1.2	106
4	Mindfulness-Based Baduanjin Exercise for Depression and Anxiety in People with Physical or Mental Illnesses: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 321.	1.2	104
5	Effects of Meditative Movements on Major Depressive Disorder: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Clinical Medicine</i> , 2018, 7, 195.	1.0	103
6	The Effects of Mind-Body Exercise on Cognitive Performance in Elderly: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2791.	1.2	88
7	Effects of Mind-Body Exercises for Mood and Functional Capabilities in Patients with Stroke: An Analytical Review of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 721.	1.2	62
8	Qigong and Tai-Chi for Mood Regulation. <i>Focus (American Psychiatric Publishing)</i> , 2018, 16, 40-47.	0.4	62
9	Effects of Tai Chi on Lower Limb Proprioception in Adults Aged Over 55: A Systematic Review and Meta-Analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2019, 100, 1102-1113.	0.5	60
10	The Effect of Taichi Practice on Attenuating Bone Mineral Density Loss: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 1000.	1.2	52
11	Effect of Yang-Style Tai Chi on Gait Parameters and Musculoskeletal Flexibility in Healthy Chinese Older Women. <i>Sports</i> , 2017, 5, 52.	0.7	47
12	Tai chi for health benefits in patients with multiple sclerosis: A systematic review. <i>PLoS ONE</i> , 2017, 12, e0170212.	1.1	47
13	Chen-Style Tai Chi for Individuals (Aged 50 Years Old or Above) with Chronic Non-Specific Low Back Pain: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 517.	1.2	43
14	A Systematic Review With Meta-Analysis of Mindful Exercises on Rehabilitative Outcomes Among Poststroke Patients. <i>Archives of Physical Medicine and Rehabilitation</i> , 2018, 99, 2355-2364.	0.5	41
15	The Effect of Tai Chi Chuan on Negative Emotions in Non-Clinical Populations: A Meta-Analysis and Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3033.	1.2	36
16	Superior Effects of Modified Chen-Style Tai Chi versus 24-Style Tai Chi on Cognitive Function, Fitness, and Balance Performance in Adults over 55. <i>Brain Sciences</i> , 2019, 9, 102.	1.1	34
17	The Effects of Tai Chi on Heart Rate Variability in Older Chinese Individuals with Depression. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2771.	1.2	32
18	Tai Chi Training Evokes Significant Changes in Brain White Matter Network in Older Women. <i>Healthcare (Switzerland)</i> , 2020, 8, 57.	1.0	30

#	ARTICLE	IF	CITATIONS
19	Wuqinxi Qigong as an Alternative Exercise for Improving Risk Factors Associated with Metabolic Syndrome: A Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1396.	1.2	29
20	Characteristics of Plantar Loads in Maximum Forward Lunge Tasks in Badminton. <i>PLoS ONE</i> , 2015, 10, e0137558.	1.1	28
21	The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 753.	1.2	27
22	Effects of Taichi exercise on knee and ankle proprioception among individuals with knee osteoarthritis. <i>Research in Sports Medicine</i> , 2020, 28, 268-278.	0.7	26
23	Effects of Mindâ€™Body Movements on Balance Function in Stroke Survivors: A Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 1292.	1.2	25
24	Effects and Moderators of Exercise on Sarcopenic Components in Sarcopenic Elderly: A Systematic Review and Meta-Analysis. <i>Frontiers in Medicine</i> , 2021, 8, 649748.	1.2	21
25	Simplified Tai Chi Program Training versus Traditional Tai Chi on the Functional Movement Screening in Older Adults. <i>Evidence-based Complementary and Alternative Medicine</i> , 2016, 2016, 1-6.	0.5	18
26	The Effects of High-Intensity Interval Exercise and Hypoxia on Cognition in Sedentary Young Adults. <i>Medicina (Lithuania)</i> , 2019, 55, 43.	0.8	14
27	Effect of adding whole-body vibration training to squat training on physical function and muscle strength in individuals with knee osteoarthritis. <i>Journal of Musculoskeletal Neuronal Interactions</i> , 2019, 19, 333-341.	0.1	12
28	Leg Stiffness and Vertical Stiffness of Habitual Forefoot and Rearfoot Strikers during Running. <i>Applied Bionics and Biomechanics</i> , 2020, 2020, 1-6.	0.5	8
29	Effects of intrinsic-foot-muscle exercise combined with the lower extremity resistance training on postural stability in older adults with fall risk: study protocol for a randomised controlled trial. <i>Trials</i> , 2021, 22, 587.	0.7	8
30	Concurrent Performance of Executive Function during Acute Bouts of Exercise in Adults: A Systematic Review. <i>Brain Sciences</i> , 2021, 11, 1364.	1.1	5
31	Effects of taping techniques on arch deformation in adults with pes planus: A meta-analysis. <i>PLoS ONE</i> , 2021, 16, e0253567.	1.1	4
32	Evaluating Postural Control and Lower-extremity Muscle Activation in Individuals with Chronic Ankle Instability. <i>Journal of Visualized Experiments</i> , 2020, , .	0.2	3