

# Justyna Godos

## 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.

85 papers	6,781 citations	36 h-index	82 g-index
97 ext. papers	9,148 ext. citations	6.2 avg, IF	6.41 L-index

#	Paper	IF	Citations
85	The Effect of Dietary Polyphenols on Vascular Health and Hypertension: Current Evidence and Mechanisms of Action.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	14
84	Phenolic Acids and Prevention of Cognitive Decline: Polyphenols with a Neuroprotective Role in Cognitive Disorders and Alzheimer's Disease.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	17
83	Total, red and processed meat consumption and human health: an umbrella review of observational studies.. <i>International Journal of Food Sciences and Nutrition</i> , <b>2022</b> , 1-12	3.7	0
82	Dietary Phytoestrogen Intake and Cognitive Status in Southern Italian Older Adults. <i>Biomolecules</i> , <b>2022</b> , 12, 760	5.9	0
81	Polyphenols and neuroprotection: Therapeutic implications for cognitive decline. <i>Pharmacology &amp; Therapeutics</i> , <b>2021</b> , 108013	13.9	20
80	Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies <b>2021</b> , 60, 1833		1
79	Time restricted feeding and mental health: a review of possible mechanisms on affective and cognitive disorders. <i>International Journal of Food Sciences and Nutrition</i> , <b>2021</b> , 72, 723-733	3.7	16
78	Heterogeneous contributions of change in population distribution of body mass index to change in obesity and underweight. <i>ELife</i> , <b>2021</b> , 10,	8.9	10
77	The Therapeutic Potential of Carnosine/Anserine Supplementation against Cognitive Decline: A Systematic Review with Meta-Analysis. <i>Biomedicines</i> , <b>2021</b> , 9,	4.8	18
76	Dietary Phenolic Acids and Their Major Food Sources Are Associated with Cognitive Status in Older Italian Adults. <i>Antioxidants</i> , <b>2021</b> , 10,	7.1	11
75	Time-Restricted Feeding and Metabolic Outcomes in a Cohort of Italian Adults. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	5
74	Time-restricted feeding is associated with mental health in elderly Italian adults. <i>Chronobiology International</i> , <b>2021</b> , 38, 1507-1516	3.6	3
73	Association between diet and sleep quality: A systematic review. <i>Sleep Medicine Reviews</i> , <b>2021</b> , 57, 101430.	30.2	25
72	Improving Cognition with Nutraceuticals Targeting TGF- $\beta$ Signaling. <i>Antioxidants</i> , <b>2021</b> , 10,	7.1	8
71	Dietary phytoestrogens and biomarkers of their intake in relation to cancer survival and recurrence: a comprehensive systematic review with meta-analysis. <i>Nutrition Reviews</i> , <b>2021</b> , 79, 42-65	6.4	19
70	Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 1833-1862	5.2	13
69	Association between Time Restricted Feeding and Cognitive Status in Older Italian Adults. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	10

68	Total Nut, Tree Nut, and Peanut Consumption and Metabolic Status in Southern Italian Adults. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	6
67	Dietary Flavonoids and Cardiovascular Disease: A Comprehensive Dose-Response Meta-Analysis. <i>Molecular Nutrition and Food Research</i> , <b>2021</b> , 65, e2001019	5.9	27
66	Nut and legume consumption and human health: an umbrella review of observational studies. <i>International Journal of Food Sciences and Nutrition</i> , <b>2021</b> , 72, 871-878	3.7	12
65	Polyphenol-Rich and Alcoholic Beverages and Metabolic Status in Adults Living in Sicily, Southern Italy. <i>Foods</i> , <b>2021</b> , 10,	4.9	1
64	Ultra-Processed Foods and Nutritional Dietary Profile: A Meta-Analysis of Nationally Representative Samples. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	8
63	Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries and territories: a pooled analysis of 2181 population-based studies with 65 million participants. <i>Lancet, The</i> , <b>2020</b> , 396, 1511-1524	4.0	73
62	Specific Dietary (Poly)phenols Are Associated with Sleep Quality in a Cohort of Italian Adults. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	15
61	Clinical and Neurocognitive Predictors of Functional Outcome in Depressed Patients with Partial Response to Treatment: One Year Follow-Up Study. <i>Neuropsychiatric Disease and Treatment</i> , <b>2020</b> , 16, 589-595	3.1	3
60	Higher phenolic acid intake independently associates with lower prevalence of insulin resistance and non-alcoholic fatty liver disease. <i>JHEP Reports</i> , <b>2020</b> , 2, 100069	10.3	21
59	Effects of Popular Diets on Anthropometric and Cardiometabolic Parameters: An Umbrella Review of Meta-Analyses of Randomized Controlled Trials. <i>Advances in Nutrition</i> , <b>2020</b> , 11, 815-833	10	45
58	Whole grain consumption and human health: an umbrella review of observational studies. <i>International Journal of Food Sciences and Nutrition</i> , <b>2020</b> , 71, 668-677	3.7	37
57	Diet and Mental Health: Review of the Recent Updates on Molecular Mechanisms. <i>Antioxidants</i> , <b>2020</b> , 9,	7.1	67
56	Nut Consumption and Noncommunicable Diseases: Evidence From Epidemiological Studies <b>2020</b> , 441-452		
55	High Intake of Phenolic Acids Is Associated With Reduced Risk of Colorectal Adenomas Among Smokers. <i>Clinical Gastroenterology and Hepatology</i> , <b>2020</b> , 18, 1893-1895.e3	6.9	1
54	Antenatal maternal antidepressants drugs treatment affects S100B levels in maternal-fetal biological fluids in a dose dependent manner. <i>Clinica Chimica Acta</i> , <b>2020</b> , 501, 20-26	6.2	1
53	Association Between Dietary Flavonoids Intake and Cognitive Function in an Italian Cohort. <i>Biomolecules</i> , <b>2020</b> , 10,	5.9	19
52	Dairy foods and health: an umbrella review of observational studies. <i>International Journal of Food Sciences and Nutrition</i> , <b>2020</b> , 71, 138-151	3.7	36
51	Egg consumption and human health: an umbrella review of observational studies. <i>International Journal of Food Sciences and Nutrition</i> , <b>2020</b> , 71, 325-331	3.7	16

50	Dietary Inflammatory Index and Sleep Quality in Southern Italian Adults. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	24
49	Dietary Polyphenol Intake, Blood Pressure, and Hypertension: A Systematic Review and Meta-Analysis of Observational Studies. <i>Antioxidants</i> , <b>2019</b> , 8,	7.1	50
48	Rising rural body-mass index is the main driver of the global obesity epidemic in adults. <i>Nature</i> , <b>2019</b> , 569, 260-264	50.4	278
47	Adherence to the Mediterranean Diet is Associated with Better Sleep Quality in Italian Adults. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	44
46	Mediterranean diet and metabolic status in post-menopausal women living in a mediterranean area. <i>Nutrition and Healthy Aging</i> , <b>2019</b> , 5, 53-60	1.3	1
45	Adherence to a Mediterranean Dietary Pattern Is Associated with Higher Quality of Life in a Cohort of Italian Adults. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	19
44	Fruit and vegetable consumption and health outcomes: an umbrella review of observational studies. <i>International Journal of Food Sciences and Nutrition</i> , <b>2019</b> , 70, 652-667	3.7	91
43	Linking Omega-3 Fatty Acids and Depression <b>2019</b> , 199-212		2
42	Dietary Patterns and Cognitive Decline: key features for prevention. <i>Current Pharmaceutical Design</i> , <b>2019</b> , 25, 2428-2442	3.3	17
41	Hepatitis C virus eradication by direct antiviral agents improves glucose tolerance and reduces post-load insulin resistance in nondiabetic patients with genotype 1. <i>Liver International</i> , <b>2018</b> , 38, 1206-1211	7.9	7
40	Association between dietary flavonoids intake and obesity in a cohort of adults living in the Mediterranean area. <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 1020-1029	3.7	33
39	Mediterranean diet adherence in the Mediterranean healthy eating, aging and lifestyle (MEAL) study cohort. <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 100-107	3.7	59
38	Does a Mediterranean-type dietary pattern exert a cardio-protective effect outside the Mediterranean region? A review of current evidence. <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 524-535	3.7	23
37	Caffeinated and decaffeinated coffee consumption and melanoma risk: a dose-response meta-analysis of prospective cohort studies. <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 417-426	3.7	20
36	Dietary Inflammatory Index and Cardiovascular Risk and Mortality-A Meta-Analysis. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	104
35	Dietary Polyphenol Intake and Depression: Results from the Mediterranean Healthy Eating, Lifestyle and Aging (MEAL) Study. <i>Molecules</i> , <b>2018</b> , 23,	4.8	75
34	Simple Scores of Fibrosis and Mortality in Patients with NAFLD: A Systematic Review with Meta-Analysis. <i>Journal of Clinical Medicine</i> , <b>2018</b> , 7,	5.1	18
33	Dietary Phytoestrogen Intake is Inversely Associated with Hypertension in a Cohort of Adults Living in the Mediterranean Area. <i>Molecules</i> , <b>2018</b> , 23,	4.8	19

32	Legume consumption and CVD risk: a systematic review and meta-analysis. <i>Public Health Nutrition</i> , <b>2017</b> , 20, 245-254	3.3	83
31	Dietary sources of polyphenols in the Mediterranean healthy Eating, Aging and Lifestyle (MEAL) study cohort. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 750-756	3.7	80
30	Dietary Flavonoid and Lignan Intake and Mortality in Prospective Cohort Studies: Systematic Review and Dose-Response Meta-Analysis. <i>American Journal of Epidemiology</i> , <b>2017</b> , 185, 1304-1316	3.8	161
29	Differences in the association between empirically derived dietary patterns and cancer: a meta-analysis. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 402-410	3.7	10
28	Association between polyphenol intake and adherence to the Mediterranean diet in Sicily, southern Italy. <i>NFS Journal</i> , <b>2017</b> , 8, 1-7	6.5	44
27	Possible role of diet in cancer: systematic review and multiple meta-analyses of dietary patterns, lifestyle factors, and cancer risk. <i>Nutrition Reviews</i> , <b>2017</b> , 75, 405-419	6.4	206
26	A comprehensive meta-analysis on dietary flavonoid and lignan intake and cancer risk: Level of evidence and limitations. <i>Molecular Nutrition and Food Research</i> , <b>2017</b> , 61, 1600930	5.9	150
25	Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. <i>Lancet, The</i> , <b>2017</b> , 390, 2627-2642	4.0	2980
24	Health risk factors associated with meat, fruit and vegetable consumption in cohort studies: A comprehensive meta-analysis. <i>PLoS ONE</i> , <b>2017</b> , 12, e0183787	3.7	44
23	Dietary Inflammatory Index and Colorectal Cancer Risk-A Meta-Analysis. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	104
22	Metabolic profile of the Mediterranean healthy Eating, Lifestyle and Aging (MEAL) study cohort. <i>Mediterranean Journal of Nutrition and Metabolism</i> , <b>2017</b> , 10, 131-140	1.3	27
21	Coffee, Caffeine, and Health Outcomes: An Umbrella Review. <i>Annual Review of Nutrition</i> , <b>2017</b> , 37, 131-156	3.5	246
20	Mediterranean diet and nonalcoholic fatty liver disease: molecular mechanisms of protection. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 18-27	3.7	55
19	Adherence to the Mediterranean diet is inversely associated with metabolic syndrome occurrence: a meta-analysis of observational studies. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 138-148	3.7	111
18	Vegetarianism and breast, colorectal and prostate cancer risk: an overview and meta-analysis of cohort studies. <i>Journal of Human Nutrition and Dietetics</i> , <b>2017</b> , 30, 349-359	3.1	40
17	(E)-Gossypol induces apoptosis and autophagy in head and neck carcinoma cell lines and inhibits the growth of transplanted salivary gland cancer cells in BALB/c mice. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 298-312	3.7	13
16	Association between Dietary Phenolic Acids and Hypertension in a Mediterranean Cohort. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	47
15	Whole Grain Intake and Glycaemic Control in Healthy Subjects: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	57

14	Long-Term Coffee Consumption Is Associated with Decreased Incidence of New-Onset Hypertension: A Dose-Response Meta-Analysis. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	43
13	Coffee Consumption and Risk of Biliary Tract Cancers and Liver Cancer: A Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	30
12	Silibinin Restores NAD <sup>+</sup> Levels and Induces the SIRT1/AMPK Pathway in Non-Alcoholic Fatty Liver. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	53
11	Markers of systemic inflammation and colorectal adenoma risk: Meta-analysis of observational studies. <i>World Journal of Gastroenterology</i> , <b>2017</b> , 23, 1909-1919	5.6	25
10	Targeting gut-liver axis for the treatment of nonalcoholic steatohepatitis: translational and clinical evidence. <i>Translational Research</i> , <b>2016</b> , 167, 116-24	11	57
9	Heme oxygenase-1 nuclear translocation regulates bortezomib-induced cytotoxicity and mediates genomic instability in myeloma cells. <i>Oncotarget</i> , <b>2016</b> , 7, 28868-80	3.3	45
8	Dietary patterns and risk of colorectal adenoma: a systematic review and meta-analysis of observational studies. <i>Journal of Human Nutrition and Dietetics</i> , <b>2016</b> , 29, 757-767	3.1	22
7	Caffeic Acid Phenethyl Ester Regulates PPAR $\delta$ Levels in Stem Cells-Derived Adipocytes. <i>PPAR Research</i> , <b>2016</b> , 2016, 7359521	4.3	16
6	Coffee and tea consumption in relation with non-alcoholic fatty liver and metabolic syndrome: A systematic review and meta-analysis of observational studies. <i>Clinical Nutrition</i> , <b>2016</b> , 35, 1269-1281	5.9	116
5	Lifestyle changes for the treatment of nonalcoholic fatty liver disease: a review of observational studies and intervention trials. <i>Therapeutic Advances in Gastroenterology</i> , <b>2016</b> , 9, 392-407	4.7	73
4	Coffee consumption and risk of all-cause, cardiovascular, and cancer mortality in smokers and non-smokers: a dose-response meta-analysis. <i>European Journal of Epidemiology</i> , <b>2016</b> , 31, 1191-1205	12.1	95
3	Natural antioxidants for non-alcoholic fatty liver disease: molecular targets and clinical perspectives. <i>Liver International</i> , <b>2016</b> , 36, 5-20	7.9	140
2	Silibinin Regulates Lipid Metabolism and Differentiation in Functional Human Adipocytes. <i>Frontiers in Pharmacology</i> , <b>2015</b> , 6, 309	5.6	27
1	Coffee components and cardiovascular risk: beneficial and detrimental effects. <i>International Journal of Food Sciences and Nutrition</i> , <b>2014</b> , 65, 925-36	3.7	106