

# Helen T O connor

## 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.

94  
papers

4,119  
citations

31  
h-index

63  
g-index

95  
ext. papers

4,961  
ext. citations

4  
avg, IF

5.49  
L-index

#	Paper	IF	Citations
94	The Platform to Evaluate Athlete Knowledge of Sports Nutrition Questionnaire: a reliable and valid electronic sports nutrition knowledge questionnaire for athletes. <i>British Journal of Nutrition</i> , <b>2021</b> , 126, 561-571	3.6	4
93	Measuring the sports nutrition knowledge of elite Australian athletes using the Platform to Evaluate Athlete Knowledge of Sports Nutrition Questionnaire. <i>Nutrition and Dietetics</i> , <b>2021</b> , 78, 535-543	3.5	2
92	Client experiences and confidence in nutrition advice delivered by registered exercise professionals. <i>Journal of Science and Medicine in Sport</i> , <b>2021</b> , 24, 488-493	4.4	
91	Relative validity and reliability of a novel diet quality assessment tool for athletes: the Athlete Diet Index. <i>British Journal of Nutrition</i> , <b>2021</b> , 126, 307-319	3.6	2
90	The effectiveness of nutrition education programmes on improving dietary intake in athletes: a systematic review. <i>British Journal of Nutrition</i> , <b>2021</b> , 125, 1359-1373	3.6	2
89	The Relationship Between Habitual Physical Activity, Sitting Time, and Cognitive Function in Young Adult Women. <i>Journal of Physical Activity and Health</i> , <b>2021</b> , 18, 1082-1087	2.5	1
88	Effectiveness of Active Learning that Combines Physical Activity and Math in Schoolchildren: A Systematic Review. <i>Journal of School Health</i> , <b>2020</b> , 90, 306-318	2.1	11
87	Development of an Electronic Questionnaire to Assess Sports Nutrition Knowledge in Athletes. <i>Journal of the American College of Nutrition</i> , <b>2020</b> , 39, 636-644	3.5	8
86	Identification of factors important to study quality in exercise performance studies. <i>Journal of Science and Medicine in Sport</i> , <b>2020</b> , 23, 782-787	4.4	0
85	Diet Quality of Elite Australian Athletes Evaluated Using the Athlete Diet Index. <i>Nutrients</i> , <b>2020</b> , 13,	6.7	3
84	Association between Obesity and Omega-3 Status in Healthy Young Women. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	5
83	Disordered eating behaviours in female physique athletes. <i>European Journal of Sport Science</i> , <b>2020</b> , 20, 1206-1214	3.9	4
82	Validation of the e-NutLit, an Electronic Tool to Assess Nutrition Literacy. <i>Journal of Nutrition Education and Behavior</i> , <b>2020</b> , 52, 607-614	2	5
81	Effect of Training Phase on Physical and Physiological Parameters of Male Powerlifters. <i>Sports</i> , <b>2020</b> , 8,	3	2
80	What do young women with obesity want from a weight management program?. <i>Eating and Weight Disorders</i> , <b>2020</b> , 25, 1303-1309	3.6	2
79	Barriers and Enablers Influencing Dietary Practices in Australian Army Personnel. <i>Military Medicine</i> , <b>2019</b> , 184, e213-e221	1.3	1
78	Recruiting young women to weight management programs: Barriers and enablers. <i>Nutrition and Dietetics</i> , <b>2019</b> , 76, 392-398	2.5	5

77	Effect of Fish Oil Supplementation on Hepatic and Visceral Fat in Overweight Men: A Randomized Controlled Trial. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	28
76	Observed Dietary Intake in Adults with Intellectual Disability Living in Group Homes. <i>Nutrients</i> , <b>2019</b> , 12,	6.7	5
75	Effectiveness of Education Interventions Designed to Improve Nutrition Knowledge in Athletes: A Systematic Review. <i>Sports Medicine</i> , <b>2019</b> , 49, 1769-1786	10.6	24
74	Development of an Athlete Diet Index for Rapid Dietary Assessment of Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2019</b> , 29, 643-650	4.4	9
73	Omega-3 polyunsaturated fatty acids status and cognitive function in young women. <i>Lipids in Health and Disease</i> , <b>2019</b> , 18, 194	4.4	7
72	Are exercise professionals fit to provide nutrition advice? An evaluation of general nutrition knowledge. <i>Journal of Science and Medicine in Sport</i> , <b>2019</b> , 22, 264-268	4.4	9
71	Caffeine content of pre-workout supplements commonly used by Australian consumers. <i>Drug Testing and Analysis</i> , <b>2019</b> , 11, 523-529	3.5	11
70	Dietary Supplement Use in Australian Army Personnel. <i>Military Medicine</i> , <b>2019</b> , 184, e290-e297	1.3	5
69	Physiological implications of preparing for a natural male bodybuilding competition. <i>European Journal of Sport Science</i> , <b>2018</b> , 18, 619-629	3.9	20
68	Learning "Math on the Move": Effectiveness of a Combined Numeracy and Physical Activity Program for Primary School Children. <i>Journal of Physical Activity and Health</i> , <b>2018</b> , 15, 492-498	2.5	12
67	Association between Haem and Non-Haem Iron Intake and Serum Ferritin in Healthy Young Women. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	29
66	Perceptions and Determinants of Eating for Health and Performance in High-Level Male Adolescent Rugby Union Players. <i>Sports</i> , <b>2018</b> , 6,	3	8
65	A Qualitative Investigation to Underpin the Development of an Electronic Tool to Assess Nutrition Literacy in Australians Adults. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	6
64	Muscle Dysmorphia Symptomatology and Associated Psychological Features in Bodybuilders and Non-Bodybuilder Resistance Trainers: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , <b>2017</b> , 47, 233-259	10.6	49
63	Exercise and ectopic fat in type 2 diabetes: A systematic review and meta-analysis. <i>Diabetes and Metabolism</i> , <b>2017</b> , 43, 195-210	5.4	52
62	The effect of acute and chronic exercise on cognitive function and academic performance in adolescents: A systematic review. <i>Journal of Science and Medicine in Sport</i> , <b>2017</b> , 20, 841-848	4.4	52
61	Correlates of muscle dysmorphia symptomatology in natural bodybuilders: Distinguishing factors in the pursuit of hyper-muscularity. <i>Body Image</i> , <b>2017</b> , 22, 1-5	7.4	21
60	Effect of resistance training on liver fat and visceral adiposity in adults with obesity: A randomized controlled trial. <i>Hepatology Research</i> , <b>2017</b> , 47, 622-631	5.1	19

59	University studentsTon-campus food purchasing behaviors, preferences, and opinions on food availability. <i>Nutrition</i> , <b>2017</b> , 37, 7-13	4.8	45
58	Effect of Glycemic Index of a Pre-exercise Meal on Endurance Exercise Performance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , <b>2017</b> , 47, 1087-1101	10.6	12
57	Iron Deficiency Anemia, Not Iron Deficiency, Is Associated with Reduced Attention in Healthy Young Women. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	18
56	Validity of Dietary Assessment in Athletes: A Systematic Review. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	81
55	Do Bodybuilders Use Evidence-Based Nutrition Strategies to Manipulate Physique?. <i>Sports</i> , <b>2017</b> , 5,	3	28
54	Relationship between Obesity and Cognitive Function in Young Women: The Food, Mood and Mind Study. <i>Journal of Obesity</i> , <b>2017</b> , 2017, 5923862	3.7	32
53	Evaluation of an electronic tool to assess food label literacy in adult Australians: A pilot study. <i>Nutrition and Dietetics</i> , <b>2016</b> , 73, 482-489	2.5	4
52	Evaluation of General Nutrition Knowledge in Australian Military Personnel. <i>Journal of the Academy of Nutrition and Dietetics</i> , <b>2016</b> , 116, 251-258	3.9	13
51	Relationship between physical activity and cognitive function in apparently healthy young to middle-aged adults: A systematic review. <i>Journal of Science and Medicine in Sport</i> , <b>2016</b> , 19, 616-28	4.4	78
50	Relationship between general nutrition knowledge and diet quality in Australian military personnel. <i>British Journal of Nutrition</i> , <b>2016</b> , 115, 1489-97	3.6	20
49	Dietary Intake of Competitive Bodybuilders. <i>Sports Medicine</i> , <b>2015</b> , 45, 1041-63	10.6	49
48	Effect of aerobic exercise training dose on liver fat and visceral adiposity. <i>Journal of Hepatology</i> , <b>2015</b> , 63, 174-82	13.4	173
47	Train High Eat Low for Osteoarthritis study (THE LO study): protocol for a randomized controlled trial. <i>Journal of Physiotherapy</i> , <b>2015</b> , 61, 217	2.9	3
46	The effect of ice-slusky consumption on plasma vasoactive intestinal peptide during prolonged exercise in the heat. <i>Journal of Thermal Biology</i> , <b>2015</b> , 47, 59-62	2.9	6
45	Efficacy of the Omega-3 Index in predicting non-alcoholic fatty liver disease in overweight and obese adults: a pilot study. <i>British Journal of Nutrition</i> , <b>2015</b> , 114, 780-7	3.6	12
44	Relationship Between General Nutrition Knowledge and Dietary Quality in Elite Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2015</b> , 25, 243-51	4.4	56
43	Combined caffeine and carbohydrate ingestion: effects on nocturnal sleep and exercise performance in athletes. <i>European Journal of Applied Physiology</i> , <b>2014</b> , 114, 2529-37	3.4	17
42	Influence of dietary macronutrient composition on eating behaviour and self-perception in young women undergoing weight management. <i>Eating and Weight Disorders</i> , <b>2014</b> , 19, 241-7	3.6	9

41	Continuous exercise but not high intensity interval training improves fat distribution in overweight adults. <i>Journal of Obesity</i> , <b>2014</b> , 2014, 834865	3.7	79
40	Relationship between nutrition knowledge and dietary intake. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 1713-26	3.6	285
39	The influence of ice slushy on voluntary contraction force following exercise-induced hyperthermia. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 781-6	3	3
38	A candidate gene approach for identifying differential iron responses in young overweight women to an energy-restricted haem iron-rich diet. <i>European Journal of Clinical Nutrition</i> , <b>2014</b> , 68, 1250-2	5.2	2
37	Anthropometric characteristics of Australian junior representative rugby league players. <i>Journal of Science and Medicine in Sport</i> , <b>2014</b> , 17, 546-51	4.4	19
36	Global positioning systems (GPS) and microtechnology sensors in team sports: a systematic review. <i>Sports Medicine</i> , <b>2013</b> , 43, 1025-42	10.6	393
35	Sprinting: Optimizing Dietary Intake <b>2013</b> , 561-571		
34	The Overweight Athlete <b>2013</b> , 503-512		
33	Higher protein diet for weight management in young overweight women: a 12-month randomized controlled trial. <i>Diabetes, Obesity and Metabolism</i> , <b>2013</b> , 15, 572-5	6.7	17
32	The effect of ice slushy ingestion and mouthwash on thermoregulation and endurance performance in the heat. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2013</b> , 23, 458-69 <sup>4</sup>	4.4	43
31	Iron, hepcidin and inflammatory status of young healthy overweight and obese women in Australia. <i>PLoS ONE</i> , <b>2013</b> , 8, e68675	3.7	26
30	Effectiveness of strategies for recruiting overweight and obese Generation Y women to a clinical weight management trial. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2013</b> , 22, 235-40	1	14
29	Impact of diet and weight loss on iron and zinc status in overweight and obese young women. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2013</b> , 22, 574-82	1	12
28	Influence of beverage temperature on palatability and fluid ingestion during endurance exercise: a systematic review. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2012</b> , 22, 199-211	4.4	30
27	Omega-3 supplementation and non-alcoholic fatty liver disease: a systematic review and meta-analysis. <i>Journal of Hepatology</i> , <b>2012</b> , 56, 944-51	13.4	384
26	The relationship between obesity and hypoferraemia in adults: a systematic review. <i>Obesity Reviews</i> , <b>2012</b> , 13, 150-61	10.6	95
25	Evaluation of general nutrition knowledge in elite Australian athletes. <i>British Journal of Nutrition</i> , <b>2012</b> , 107, 1871-80	3.6	72
24	High-glycaemic index and -glycaemic load meals increase the availability of tryptophan in healthy volunteers. <i>British Journal of Nutrition</i> , <b>2011</b> , 105, 1601-6	3.6	14

23	Evaluation of General Nutrition Knowledge in Elite Australian Athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 501	1.2	2
22	Nutrition knowledge in athletes: a systematic review. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2011</b> , 21, 248-61	4.4	129
21	Evolution of food provision to athletes at the summer Olympic Games. <i>Nutrition Reviews</i> , <b>2011</b> , 69, 321-324	3.4	15
20	Nutritional, lifestyle, and weight control practices of professional jockeys. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29, 791-9	3.6	63
19	Carbohydrate ingestion during endurance exercise improves performance in adults. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 890-7	4.1	35
18	Nutritional adequacy of energy restricted diets for young obese women. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2011</b> , 20, 206-11	1	8
17	Use of anthropometric techniques in dietetic practice. <i>Nutrition and Dietetics</i> , <b>2010</b> , 67, 62-64	2.5	
16	Effect of drink temperature on core temperature and endurance cycling performance in warm, humid conditions. <i>Journal of Sports Sciences</i> , <b>2010</b> , 28, 1147-56	3.6	34
15	Influence of beverage temperature on exercise performance in the heat: a systematic review. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2010</b> , 20, 166-74	4.4	25
14	Comparison of strategies for assessing nutritional adequacy in elite female athletes Dietary intake. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2010</b> , 20, 245-56	4.4	53
13	Effect of carbohydrate ingestion on exercise performance and carbohydrate metabolism in persons with spinal cord injury. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 108, 131-40	3.4	7
12	Catering for the athletes village at the Sydney 2000 Olympic Games: the role of sports dietitians. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2009</b> , 19, 340-54	4.4	13
11	Towards an Understanding of the Barriers to Good Nutrition for Elite Athletes. <i>International Journal of Sports Science and Coaching</i> , <b>2008</b> , 3, 391-401	1.8	49
10	Acute effects of the very low carbohydrate diet on sleep indices. <i>Nutritional Neuroscience</i> , <b>2008</b> , 11, 146-54	3.4	58
9	Physique and Playing Position in Australian National Rugby League Players.. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S277	1.2	1
8	Nutrition for the young athlete. <i>Journal of Sports Sciences</i> , <b>2007</b> , 25 Suppl 1, S73-82	3.6	60
7	Physique and performance for track and field events. <i>Journal of Sports Sciences</i> , <b>2007</b> , 25 Suppl 1, S49-60	3.6	44
6	High-glycemic-index carbohydrate meals shorten sleep onset. <i>American Journal of Clinical Nutrition</i> , <b>2007</b> , 85, 426-30	7	119

5	American College of Sports Medicine position stand. Exertional heat illness during training and competition. <i>Medicine and Science in Sports and Exercise</i> , <b>2007</b> , 39, 556-72	1.2	616
4	Anthropometric characteristics and competition dietary intakes of professional rugby league players. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2006</b> , 16, 199-213	4.4	37
3	Effect of short-term starvation versus high-fat diet on intramyocellular triglyceride accumulation and insulin resistance in physically fit men. <i>Experimental Physiology</i> , <b>2006</b> , 91, 693-703	2.4	52
2	Effects of temperature on the perceived sweetness of sucrose. <i>Physiology and Behavior</i> , <b>1982</b> , 28, 905-10	3.5	126
1	Losing, Gaining and Making Weight for Athletes		210-232 5