

# Juan Mielgo-Ayuso

## List of Publications by Citations

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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.

105  
papers

1,147  
citations

18  
h-index

27  
g-index

135  
ext. papers

1,816  
ext. citations

4  
avg, IF

5.1  
L-index

#	Paper	IF	Citations
105	Effects of dietary supplementation with epigallocatechin-3-gallate on weight loss, energy homeostasis, cardiometabolic risk factors and liver function in obese women: randomised, double-blind, placebo-controlled clinical trial. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 1263-71	3.6	107
104	Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study. <i>PLoS ONE</i> , <b>2016</b> , 11, e0149969	3.7	57
103	Adherence to treatment and related factors among patients with chronic conditions in primary care: a cross-sectional study. <i>BMC Family Practice</i> , <b>2019</b> , 20, 132	2.6	44
102	Social and Psychophysiological Consequences of the COVID-19 Pandemic: An Extensive Literature Review. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 580225	3.4	42
101	Modulation of Exercise-Induced Muscle Damage, Inflammation, and Oxidative Markers by Curcumin Supplementation in a Physically Active Population: A Systematic Review. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	42
100	Liquid Biopsy as Novel Tool in Precision Medicine: Origins, Properties, Identification and Clinical Perspective of Cancer Biomarkers. <i>Diagnostics</i> , <b>2020</b> , 10,	3.8	38
99	Effect of Caffeine Supplementation on Sports Performance Based on Differences Between Sexes: A Systematic Review. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	37
98	Nutrition in the Actual COVID-19 Pandemic. A Narrative Review. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	32
97	Evidence-based post-exercise recovery strategies in basketball. <i>Physician and Sportsmedicine</i> , <b>2016</b> , 44, 74-8	2.4	29
96	Dietary Intake and Food Sources of Niacin, Riboflavin, Thiamin and Vitamin B <sub>12</sub> in a Representative Sample of the Spanish Population. The Anthropometry, Intake, and Energy Balance in Spain (ANIBES) Study □ <i>Nutrients</i> , <b>2018</b> , 10,	6.7	28
95	Caffeine Supplementation and Physical Performance, Muscle Damage and Perception of Fatigue in Soccer Players: A Systematic Review. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	24
94	Sedentary behavior among Spanish children and adolescents: findings from the ANIBES study. <i>BMC Public Health</i> , <b>2017</b> , 17, 94	4.1	23
93	Brief ideas about evidence-based recovery in team sports. <i>Journal of Exercise Rehabilitation</i> , <b>2018</b> , 14, 545-550	1.8	22
92	Effects of Creatine Supplementation on Athletic Performance in Soccer Players: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	20
91	Effects of Vitamin D Supplementation on Haematological Values and Muscle Recovery in Elite Male Traditional Rowers. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	20
90	The Role of Selenium Mineral Trace Element in Exercise: Antioxidant Defense System, Muscle Performance, Hormone Response, and Athletic Performance. A Systematic Review. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	19
89	Physical Exercise as a Multimodal Tool for COVID-19: Could It Be Used as a Preventive Strategy?. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	19

88	Dietary intake habits and controlled training on body composition and strength in elite female volleyball players during the season. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2015</b> , 40, 827-34	3	18
87	Influence of Teaching Style on Physical Education Adolescents Motivation and Health-Related Lifestyle. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	18
86	Effects of Arginine Supplementation on Athletic Performance Based on Energy Metabolism: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	17
85	Active Commuting, Physical Activity, and Sedentary Behaviors in Children and Adolescents from Spain: Findings from the ANIBES Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	17
84	Physical activity and COVID-19. The basis for an efficient intervention in times of COVID-19 pandemic. <i>Physiology and Behavior</i> , <b>2021</b> , 113667	3.5	17
83	Psychological Effects of Home Confinement and Social Distancing Derived from COVID-19 in the General Population-A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	17
82	Effects of 120 g/h of Carbohydrates Intake during a Mountain Marathon on Exercise-Induced Muscle Damage in Elite Runners. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	16
81	Iron supplementation prevents a decline in iron stores and enhances strength performance in elite female volleyball players during the competitive season. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2015</b> , 40, 615-22	3	16
80	Fruit and vegetables consumption is associated with higher vitamin intake and blood vitamin status among European adolescents. <i>European Journal of Clinical Nutrition</i> , <b>2017</b> , 71, 458-467	5.2	14
79	Exercise-Induced Muscle Damage and Cardiac Stress During a Marathon Could be Associated with Dietary Intake During the Week Before the Race. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	14
78	Life Satisfaction during Forced Social Distancing and Home Confinement Derived from the COVID-19 Pandemic in Spain. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	14
77	Effect of the Combination of Creatine Monohydrate Plus HMB Supplementation on Sports Performance, Body Composition, Markers of Muscle Damage and Hormone Status: A Systematic Review. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	13
76	Physical activity assessment in the general population; instrumental methods and new technologies. <i>Nutricion Hospitalaria</i> , <b>2015</b> , 31 Suppl 3, 219-26	1	13
75	Relationship of Forced Social Distancing and Home Confinement Derived from the COVID-19 Pandemic with the Occupational Balance of the Spanish Population. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	12
74	Iron and Physical Activity: Bioavailability Enhancers, Properties of Black Pepper (Bioperine) and Potential Applications. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	11
73	Effect of Ten Weeks of Creatine Monohydrate Plus HMB Supplementation on Athletic Performance Tests in Elite Male Endurance Athletes. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	11
72	Changes induced by diet and nutritional intake in the lipid profile of female professional volleyball players after 11 weeks of training. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 55	4.5	11
71	Can psychological well-being scales and hormone levels be used to predict acute performance of anaerobic training tasks in elite female volleyball players?. <i>Physiology and Behavior</i> , <b>2017</b> , 180, 31-38	3.5	11

70	Effect of Iron Supplementation on the Modulation of Iron Metabolism, Muscle Damage Biomarkers and Cortisol in Professional Cyclists. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	10
69	Effect of magnesium supplementation on muscular damage markers in basketball players during a full season. <i>Magnesium Research</i> , <b>2017</b> , 30, 61-70	1.7	10
68	Long COVID a New Derivative in the Chaos of SARS-CoV-2 Infection: The Emergent Pandemic?. <i>Journal of Clinical Medicine</i> , <b>2021</b> , 10,	5.1	10
67	Effects of 120 vs. 60 and 90 g/h Carbohydrate Intake during a Trail Marathon on Neuromuscular Function and High Intensity Run Capacity Recovery. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	10
66	Regular breakfast consumption is associated with higher blood vitamin status in adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>Public Health Nutrition</i> , <b>2017</b> , 20, 1393-1404	3.3	9
65	Relationship of long-term macronutrients intake on anabolic-catabolic hormones in female elite volleyball players. <i>Nutricion Hospitalaria</i> , <b>2017</b> , 34, 1155-1162	1	9
64	Impact of an Intervention with Wii Video Games on the Autonomy of Activities of Daily Living and Psychological-Cognitive Components in the Institutionalized Elderly. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	9
63	Exploring the Occupational Balance of Young Adults during Social Distancing Measures in the COVID-19 Pandemic. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	8
62	What Are We Doing Wrong When Athletes Report Higher Levels of Fatigue From Traveling Than From Training or Competition?. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 194	3.4	7
61	Dietetic-nutritional, physical and physiological recovery methods post-competition in team sports. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2019</b> , 59, 415-428	1.4	7
60	Knowledge on Signs and Risk Factors in Stroke Patients. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	7
59	Validation of the Satisfaction Scale of Basic Psychological Needs in Physical Education with the Incorporation of the Novelty in the Spanish Context. <i>Sustainability</i> , <b>2019</b> , 11, 6250	3.6	7
58	Evidence-based post-exercise recovery strategies in rugby: a narrative review. <i>Physician and Sportsmedicine</i> , <b>2019</b> , 47, 137-147	2.4	7
57	Long-Term Effect of Combination of Creatine Monohydrate Plus $\beta$ -Hydroxy $\beta$ -Methylbutyrate (HMB) on Exercise-Induced Muscle Damage and Anabolic/Catabolic Hormones in Elite Male Endurance Athletes. <i>Biomolecules</i> , <b>2020</b> , 10,	5.9	6
56	Anthropometry and performance of top youth international male basketball players in Spanish national academy. <i>Nutricion Hospitalaria</i> , <b>2018</b> , 35, 1331-1339	1	6
55	Influence of anthropometric profile on physical performance in elite female volleyballers in relation to playing position. <i>Nutricion Hospitalaria</i> , <b>2014</b> , 31, 849-57	1	6
54	Glycophosphopeptical AM3 Food Supplement: A Potential Adjuvant in the Treatment and Vaccination of SARS-CoV-2. <i>Frontiers in Immunology</i> , <b>2021</b> , 12, 698672	8.4	6
53	Eleven Weeks of Iron Supplementation Does Not Maintain Iron Status for an Entire Competitive Season in Elite Female Volleyball Players: A Follow-Up Study. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	6

52	Effect of Listening to Music on Wingate Anaerobic Test Performance. A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
51	Electroconvulsive Therapy in Super Refractory Status Epilepticus: Case Series with a Defined Protocol. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
50	The Protective Role of Emotional Intelligence in Self-Stigma and Emotional Exhaustion of Family Members of People with Mental Disorders. <i>Sustainability</i> , <b>2020</b> , 12, 4862	3.6	5
49	Impact of Magnesium Supplementation in Muscle Damage of Professional Cyclists Competing in a Stage Race. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	5
48	Anthropometric profile, body composition and somatotype in elite traditional rowers: A cross-sectional study. <i>Revista Espanola De Nutricion Humana Y Dietetica</i> , <b>2019</b> , 22, 279	1.2	5
47	Linking Cooperative Learning and Emotional Intelligence in Physical Education: Transition across School Stages. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
46	Electromyography: A Simple and Accessible Tool to Assess Physical Performance and Health during Hypoxia Training. A Systematic Review. <i>Sustainability</i> , <b>2020</b> , 12, 9137	3.6	5
45	Sex differences in cardiovascular demands of refereeing during international basketball competition. <i>Physician and Sportsmedicine</i> , <b>2016</b> , 44, 164-9	2.4	5
44	Influence of a Physical Exercise Program in the Anxiety and Depression in Children with Obesity. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	4
43	The Spanish "Century XXI" academy for developing elite level basketballers: design, monitoring and training methodologies. <i>Physician and Sportsmedicine</i> , <b>2016</b> , 44, 148-57	2.4	4
42	Cardiovascular and perceptual stress of female basketball referees during women's International matches. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2017</b> , 57, 476 - 482	1.4	4
41	Impact of physical activity and cardiovascular fitness on total homocysteine concentrations in European adolescents: The HELENA study. <i>Journal of Nutritional Science and Vitaminology</i> , <b>2015</b> , 61, 45-54 <sup>11</sup>	1.1	4
40	Evaluation of nutritional status and energy expenditure in athletes. <i>Nutricion Hospitalaria</i> , <b>2015</b> , 31 Suppl 3, 227-36	1	4
39	Seasonal variation and diet quality among Spanish people aged over 55 years. <i>Journal of Physiology and Biochemistry</i> , <b>2018</b> , 74, 179-188	5	4
38	vs. During the Recovery Process in High Performance Sport. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1598	4.6	4
37	Modeling Physical Activity, Mental Health, and Prosocial Behavior in School-Aged Children: A Gender Perspective. <i>Sustainability</i> , <b>2020</b> , 12, 4646	3.6	3
36	Physical Education Classes as a Precursor to the Mediterranean Diet and the Practice of Physical Activity. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	3
35	Infant Cranial Deformity: Cranial Helmet Therapy or Physiotherapy?. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	3

34	A Prospective Study of Cranial Deformity and Delayed Development in Children. <i>Sustainability</i> , <b>2020</b> , 12, 1949	3.6	3
33	Emotion, Psychological Well-Being and Their Influence on Resilience. A Study with Semi-Professional Athletes. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	3
32	Parámetros bioquímicos básicos, hematológicos y hormonales para el control de la salud y el estado nutricional en los deportistas. <i>Revista Espanola De Nutricion Humana Y Dietetica</i> , <b>2014</b> , 18, 155	1.2	3
31	Age-Related Risk Factors at the First Stroke Event. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	3
30	Explanatory Factors of Burnout in a Sample of Workers with Disabilities from the Special Employment Centres (SEC) of the Amica Association, Spain. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	3
29	Inspiratory Muscle Training Program Using the PowerBreath: Does It Have Ergogenic Potential for Respiratory and/or Athletic Performance? A Systematic Review with Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	3
28	Cold Water Immersion as a Strategy for Muscle Recovery in Professional Basketball Players During the Competitive Season. <i>Journal of Sport Rehabilitation</i> , <b>2020</b> , 29, 301-309	1.7	3
27	Adaptation and Validation of the Multi-Dimensional Perceived Autonomy Support Scale for Physical Education to the Spanish Physical Exercise Context. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	2
26	Effect of Tocopherol megadoses on hematologic parameters and antioxidant capacity of rats in an ultraendurance probe. <i>Physiology International</i> , <b>2017</b> , 104, 291-300	1.5	2
25	The Influence of the Trainer's Social Behaviors on the Resilience, Anxiety, Stress, Depression and Eating Habits of Athletes. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	2
24	Comparison of the Effectiveness of an Abbreviated Program versus a Standard Program in Mindfulness, Self-Compassion and Self-Perceived Empathy in Tutors and Resident Intern Specialists of Family and Community Medicine and Nursing in Spain. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	2
23	Relationship of Carbohydrate Intake during a Single-Stage One-Day Ultra-Trail Race with Fatigue Outcomes and Gastrointestinal Problems: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	2
22	Recovery in volleyball. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2019</b> , 59, 982-993	1.4	2
21	Exploring the Quality of Life Related to Health and Vision in a Group of Patients with Diabetic Retinopathy.. <i>Healthcare (Switzerland)</i> , <b>2022</b> , 10,	3.4	1
20	The Effects of 6 Weeks of L. Supplementation on Body Composition, Hormonal Response, Perceived Exertion, and CrossFit Performance: A Randomized, Single-Blind, Placebo-Controlled Study. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
19	Anthropometric profile, body composition, and somatotype in stand-up paddle (SUP) boarding international athletes: a cross-sectional study. <i>Nutricion Hospitalaria</i> , <b>2020</b> , 37, 958-963	1	1
18	Impact of Optimal Timing of Intake of Multi-Ingredient Performance Supplements on Sports Performance, Muscular Damage, and Hormonal Behavior across a Ten-Week Training Camp in Elite Cyclists: A Randomized Clinical Trial. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
17	SOS to the Soccer World. Each Time the Preseason Games Are Less Friendly. <i>Frontiers in Sports and Active Living</i> , <b>2020</b> , 2, 559539	2.3	1

16	Reference Values for Isometric, Dynamic, and Asymmetry Leg Extension Strength in Patients with Multiple Sclerosis. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	1
15	Relationship of Body Composition with the Strength and Functional Capacity of People over 70 Years. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	1
14	Influence of the Use of Wii Games on Physical Frailty Components in Institutionalized Older Adults. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
13	Evidence-based post exercise recovery in combat sports: a narrative review. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2021</b> , 61, 386-400	1.4	1
12	Post-exercise Recovery Methods Focus on Young Soccer Players: A Systematic Review. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 505149	4.6	1
11	Effectiveness of Community Occupational Therapy Intervention in, with and from the Community in People with Disabilities in Azrou (Morocco). <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
10	Long-Term V-EEG in Epilepsy: Chronological Distribution of Recorded Events Focused on the Differential Diagnosis of Epileptic Seizures and Psychogenic Non-Epileptic Seizures. <i>Journal of Clinical Medicine</i> , <b>2021</b> , 10,	5.1	1
9	Body Composition, Dietary Intake and the Risk of Low Energy Availability in Elite-Level Competitive Rhythmic Gymnasts. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
8	Inclusion of resistance routines in a hypoxia training program does not interfere with prevention of acute mountain sickness. <i>Physician and Sportsmedicine</i> , <b>2021</b> , 49, 151-157	2.4	1
7	Effectiveness of a Mindfulness and Self-Compassion Standard Training Program versus an Abbreviated Training Program on Stress in Tutors and Resident Intern Specialists of Family and Community Medicine and Nursing in Spain. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
6	Relationship Between Training Factors and Injuries in Stand-Up Paddleboarding Athletes. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
5	The Recovery Umbrella in the World of Elite Sport: Do Not Forget the Coaching and Performance Staff.. <i>Sports</i> , <b>2021</b> , 9,	3	1
4	Validation of an Academic Self-Attribution Questionnaire for Primary and Secondary School Students: Implications of Gender and Grade. <i>International Journal of Environmental Research and Public Health</i> , <b>2022</b> , 19, 6045	4.6	1
3	Composició corporal y somatotipo de nadadores adolescentes federados. <i>Revista Espanola De Nutricion Humana Y Dietetica</i> , <b>2012</b> , 16, 130-136	1.2	
2	BODY COMPOSITION AND SOMATOTYPE OF PROFESSIONAL AND U23 HAND BASQUE PELOTA PLAYERS. <i>Nutricion Hospitalaria</i> , <b>2015</b> , 32, 2208-15	1	
1	Psychometric Analysis and Contribution to the Evaluation of the Exams-Related Emotions Scale in Primary and Secondary School Students. <i>International Journal of Environmental Research and Public Health</i> , <b>2022</b> , 19, 6770	4.6	