

# Arman Arab

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5574840/publications.pdf>

Version: 2024-02-01

64  
papers

1,139  
citations

394421

19  
h-index

477307

29  
g-index

65  
all docs

65  
docs citations

65  
times ranked

1543  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of a Multispecies Probiotic Mixture on Glycemic Control and Inflammatory Status in Women with Gestational Diabetes: A Randomized Controlled Clinical Trial. <i>Journal of Nutrition and Metabolism</i> , 2016, 2016, 1-8.	1.8	100
2	Food insecurity and the risk of undernutrition complications among children and adolescents: A systematic review and meta-analysis. <i>Nutrition</i> , 2019, 62, 52-60.	2.4	58
3	Effect of ginger ( <i>Zingiber officinale</i> ) on blood glucose and lipid concentrations in diabetic and hyperlipidemic subjects: A meta-analysis of randomized controlled trials. <i>Journal of Functional Foods</i> , 2017, 29, 127-134.	3.4	51
4	The association between diet and mood: A systematic review of current literature. <i>Psychiatry Research</i> , 2019, 271, 428-437.	3.3	48
5	Does ginger supplementation lower blood pressure? A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , 2019, 33, 1639-1647.	5.8	45
6	Dietary patterns and semen quality: a systematic review and meta-analysis of observational studies. <i>Andrology</i> , 2018, 6, 20-28.	3.5	42
7	Vitamin D and thyroid disorders: a systematic review and Meta-analysis of observational studies. <i>BMC Endocrine Disorders</i> , 2021, 21, 171.	2.2	41
8	Is phase angle a valuable prognostic tool in cancer patients' survival? A systematic review and meta-analysis of available literature. <i>Clinical Nutrition</i> , 2021, 40, 3182-3190.	5.0	36
9	The effect of a Mediterranean diet on metabolic parameters in patients with non-alcoholic fatty liver disease: A systematic review of randomized controlled trials. <i>Clinical Nutrition ESPEN</i> , 2020, 35, 40-46.	1.2	35
10	The effect of fenugreek seed supplementation on serum irisin levels, blood pressure, and liver and kidney function in patients with type 2 diabetes mellitus: A parallel randomized clinical trial. <i>Complementary Therapies in Medicine</i> , 2020, 49, 102315.	2.7	32
11	The effects of conjugated linoleic acids on breast cancer: A systematic review. <i>Advanced Biomedical Research</i> , 2016, 5, 115.	0.5	32
12	Effect of coenzyme Q10 supplementation on fatigue: A systematic review of interventional studies. <i>Complementary Therapies in Medicine</i> , 2019, 43, 181-187.	2.7	28
13	The effect of curcumin supplementation on circulating adiponectin: A systematic review and meta-analysis of randomized controlled trials. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2019, 13, 2819-2825.	3.6	26
14	Effects of probiotic supplementation on anthropometric and metabolic characteristics in adults with metabolic syndrome: A systematic review and meta-analysis of randomized clinical trials. <i>Clinical Nutrition</i> , 2021, 40, 4662-4673.	5.0	25
15	The association between serum vitamin D, fertility and semen quality: A systematic review and meta-analysis. <i>International Journal of Surgery</i> , 2019, 71, 101-109.	2.7	23
16	Effects of silymarin supplementation on blood lipids: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , 2019, 33, 871-880.	5.8	23
17	The effects of garlic supplementation on oxidative stress markers: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 50, 102385.	2.7	23
18	The Association Between Vitamin D and Premenstrual Syndrome: A Systematic Review and Meta-Analysis of Current Literature. <i>Journal of the American College of Nutrition</i> , 2019, 38, 648-656.	1.8	22

#	ARTICLE	IF	CITATIONS
19	Effects of synbiotic consumption on lipid profile: a systematic review and meta-analysis of randomized controlled clinical trials. <i>European Journal of Nutrition</i> , 2020, 59, 2857-2874.	3.9	21
20	The Association Between Dietary Zinc Intake and Health Status, Including Mental Health and Sleep Quality, Among Iranian Female Students. <i>Biological Trace Element Research</i> , 2021, 199, 1754-1761.	3.5	21
21	&lt;p&gt;The association between omentin and diabetes: a systematic review and meta-analysis of observational studies&lt;/p&gt;. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2019, Volume 12, 1277-1286.	2.4	20
22	Effect of lifestyle modification education based on health belief model in overweight/obese patients with non-alcoholic fatty liver disease: A parallel randomized controlled clinical trial. <i>Clinical Nutrition ESPEN</i> , 2020, 38, 236-241.	1.2	20
23	Association between vitamin D and dry eye disease: A systematic review and meta-analysis of observational studies. <i>Contact Lens and Anterior Eye</i> , 2020, 43, 418-425.	1.7	20
24	Barberry ( <i>Berberis vulgaris</i> L.) is a safe approach for management of lipid parameters: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 43, 117-124.	2.7	18
25	Saffron supplementation effects on glycemic indices: a systematic review and meta-analysis of randomized controlled clinical trials. <i>International Journal of Food Properties</i> , 2020, 23, 1386-1401.	3.0	18
26	Associations between potential inflammatory properties of the diet and frequency, duration, and severity of migraine headaches: a cross-sectional study. <i>Scientific Reports</i> , 2022, 12, 2878.	3.3	17
27	The effect of <sc>l</sc>-arginine supplementation on lipid profile: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2019, 122, 1021-1032.	2.3	16
28	The effect of probiotic supplementation on the risk of gestational diabetes mellitus among high-risk pregnant women: A parallel double-blind, randomized, placebo-controlled clinical trial. <i>Biomedicine and Pharmacotherapy</i> , 2021, 141, 111915.	5.6	16
29	Associations between adherence to Mediterranean dietary pattern and frequency, duration, and severity of migraine headache: A cross-sectional study. <i>Nutritional Neuroscience</i> , 2023, 26, 1-10.	3.1	15
30	The effect of a lifestyle modification education on adiposity measures in overweight and obese nonalcoholic fatty liver disease patients. <i>International Journal of Preventive Medicine</i> , 2017, 8, 10.	0.4	14
31	The effect of <i>Nigella sativa</i> L. supplementation on serum C-reactive protein: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 45, 149-155.	2.7	13
32	Effects of ginseng supplementation on selected markers of inflammation: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , 2019, 33, 1991-2001.	5.8	13
33	Effects of cardamom supplementation on lipid profile: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Phytotherapy Research</i> , 2020, 34, 475-485.	5.8	13
34	Effects of the Dietary Approaches to Stop Hypertension (DASH) diet on clinical, quality of life and mental health outcomes in women with migraine: a randomised controlled trial. <i>British Journal of Nutrition</i> , 2022, 128, 1535-1544.	2.3	13
35	Are serum vitamin D, calcium and phosphorous associated with restless leg syndrome? A systematic review and meta-analysis. <i>Sleep Medicine</i> , 2020, 75, 326-334.	1.6	12
36	The association between serum omentin level and bodyweight: A systematic review and meta-analysis of observational studies. <i>Clinical Nutrition ESPEN</i> , 2020, 39, 22-29.	1.2	11

#	ARTICLE	IF	CITATIONS
37	Blood Circulating Levels of Adipokines in Polycystic Ovary Syndrome Patients: A Systematic Review and Meta-analysis. <i>Reproductive Sciences</i> , 2021, 28, 3032-3050.	2.5	11
38	The effect of cocoa consumption on markers of oxidative stress: A systematic review and meta-analysis of interventional studies. <i>Complementary Therapies in Medicine</i> , 2020, 48, 102240.	2.7	10
39	Blueberry and cardiovascular disease risk factors: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 53, 102389.	2.7	10
40	The Association Between Dietary Antioxidants and Semen Parameters: A Cross-Sectional Study Among Iranian Infertile Men. <i>Biological Trace Element Research</i> , 2022, 200, 3957-3964.	3.5	10
41	The Association Between Serum Magnesium and Premenstrual Syndrome: a Systematic Review and Meta-Analysis of Observational Studies. <i>Biological Trace Element Research</i> , 2019, 192, 145-152.	3.5	9
42	The effect of omega-3 and vitamin E on oxidative stress and inflammation: Systematic review and meta-analysis of randomized controlled trials. <i>International Journal for Vitamin and Nutrition Research</i> , 2020, 90, 553-563.	1.5	9
43	The Role of Magnesium in Sleep Health: a Systematic Review of Available Literature. <i>Biological Trace Element Research</i> , 2023, 201, 121-128.	3.5	9
44	The effects of the dietary approaches to stop hypertension (DASH) diet on oxidative stress and clinical indices of migraine patients: a randomized controlled trial. <i>Nutritional Neuroscience</i> , 2022, 25, 2259-2268.	3.1	8
45	Beneficial role of calcium in premenstrual syndrome: A systematic review of current literature. <i>International Journal of Preventive Medicine</i> , 2020, 11, 156.	0.4	8
46	The Association between Maternal Dietary Iron Intake during the First Trimester of Pregnancy with Pregnancy Outcomes and Pregnancy-Related Complications. <i>Clinical Nutrition Research</i> , 2020, 9, 52.	1.2	7
47	Bee products consumption and cardiovascular diseases risk factors: a systematic review of interventional studies. <i>International Journal of Food Properties</i> , 2021, 24, 115-128.	3.0	7
48	The Effect of Saffron Consumption on Liver Function: A Systematic Review and Meta-Analysis of Randomized Controlled Clinical Trials. <i>Complementary Medicine Research</i> , 2021, 28, 453-462.	1.2	7
49	A systematic review and meta-analysis of the association between vitamin D and ovarian reserve. <i>Scientific Reports</i> , 2021, 11, 16005.	3.3	6
50	The effects of ginseng supplementation on anthropometric indices and body composition: A systematic review and meta-analysis. <i>Journal of Herbal Medicine</i> , 2020, 23, 100379.	2.0	5
51	Effect of Probiotic Consumption on Immune Response in Athletes: A Meta-analysis. <i>International Journal of Sports Medicine</i> , 2021, 42, 769-781.	1.7	5
52	Is there a relationship between dietary sodium and potassium intake and clinical findings of a migraine headache?. <i>British Journal of Nutrition</i> , 2022, 127, 1839-1848.	2.3	5
53	The Effect of Nutrition Education Program on Overweight/Obese Patients with Non-Alcoholic Fatty Liver Disease: a Single-Blind Parallel Randomized Controlled Trial. <i>Clinical Nutrition Research</i> , 2019, 8, 238.	1.2	4
54	Review on selected potential nutritional intervention for treatment and prevention of viral infections: possibility of recommending these for Coronavirus 2019. <i>International Journal of Food Properties</i> , 2020, 23, 1722-1736.	3.0	4

#	ARTICLE	IF	CITATIONS
55	Probiotic consumption and inflammatory markers in athletes: a systematic review and meta-analysis. <i>International Journal of Food Properties</i> , 2020, 23, 1402-1415.	3.0	4
56	Association between dietary inflammatory index and risk of demyelinating autoimmune diseases. <i>International Journal for Vitamin and Nutrition Research</i> , 2024, 94, 19-26.	1.5	4
57	The effect of probiotic and synbiotic consumption on the most prevalent chemotherapy-related complications: A systematic review of current literature. <i>Current Medicinal Chemistry</i> , 2022, 29, .	2.4	4
58	A systematic review and meta-analysis of probiotic consumption and metabolic status of athletes. <i>International Journal of Food Properties</i> , 2020, 23, 941-954.	3.0	3
59	Is there a relationship between serum vitamin D and semen parameters? A cross-sectional sample of the Iranian infertile men. <i>Basic and Clinical Andrology</i> , 2021, 31, 29.	1.9	3
60	Effects of greater occipital nerve block with local anesthetic and triamcinolone for treatment of medication overuse headache: an open-label, parallel, randomized, controlled clinical trial. <i>Neurological Sciences</i> , 2021, , 1.	1.9	2
61	Association between dietary acid load and clinical features of migraine headaches among Iranian individuals. <i>Scientific Reports</i> , 2022, 12, 2460.	3.3	2
62	Association between maternal dietary acid load during the early pregnancy and pregnancy-related complications. <i>International Journal of Food Properties</i> , 2020, 23, 1568-1578.	3.0	1
63	Empirically derived dietary patterns and their association with mental health: a cross-sectional sample of Iranian migraine patients (2019â€“2020). <i>BMC Nutrition</i> , 2022, 8, 28.	1.6	1
64	Effects of comprehensive dietary advice on the physical and mental health of patients with ulcerative colitis during the remission phase: a parallel randomized controlled clinical trial. <i>International Journal of Food Properties</i> , 2020, 23, 1834-1844.	3.0	0