

Stephen H Wong

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.

112
papers

1,968
citations

21
h-index

41
g-index

139
ext. papers

2,517
ext. citations

3.2
avg, IF

5.08
L-index

#	Paper	IF	Citations
112	The Effects of Accumulated Versus Continuous Exercise on Postprandial Glycemia, Insulin, and Triglycerides in Adults with or Without Diabetes: A Systematic Review and Meta-Analysis.. <i>Sports Medicine - Open</i> , 2022 , 8, 14	6.1	0
111	Does the gut microbiota contribute to the antiobesity effect of exercise? A systematic review and meta-analysis.. <i>Obesity</i> , 2022 , 30, 407-423	8	0
110	Alternating high-intensity interval training and continuous training is efficacious in improving cardiometabolic health in obese middle-aged men.. <i>Journal of Exercise Science and Fitness</i> , 2022 , 20, 40-47 ¹	4.7 ¹	0
109	A Randomized Controlled Trial of a Blended Physical Literacy Intervention to Support Physical Activity and Health of Primary School Children.. <i>Sports Medicine - Open</i> , 2022 , 8, 55	6.1	1
108	Physical Activity and Executive Function in Children With ADHD: The Mediating Role of Sleep.. <i>Frontiers in Pediatrics</i> , 2021 , 9, 775589	3.4	0
107	Associations of Sedentary Patterns with Cardiometabolic Biomarkers in Physically Active Young Males. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 838-844	1.2	5
106	Effect of Wearing Surgical Face Masks During Exercise: Does Intensity Matter?. <i>Frontiers in Physiology</i> , 2021 , 12, 775750	4.6	5
105	Movement behaviors and mental health of caregivers of preschoolers in China during the COVID-19 pandemic.. <i>Preventive Medicine</i> , 2021 , 155, 106913	4.3	0
104	Accuracy of Flash Glucose Monitoring During Postprandial Rest and Different Walking Conditions in Overweight or Obese Young Adults. <i>Frontiers in Physiology</i> , 2021 , 12, 732751	4.6	0
103	Effect of sedentary behavior interventions on vascular function in adults: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1395-1410	4.6	3
102	Wearing compression tights post-exercise enhances recovery hemodynamics and subsequent cycling performance. <i>European Journal of Applied Physiology</i> , 2021 , 121, 2091-2100	3.4	0
101	Interval training versus moderate-intensity continuous training for cardiorespiratory fitness improvements in middle-aged and older adults: a systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2021 , 39, 1996-2005	3.6	4
100	Compliance with the WHO 24-h movement guidelines and associations with body weight status among preschool children in Hong Kong. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 1273-1278	3.8	1
99	The impact of exercise interventions concerning executive functions of children and adolescents with attention-deficit/hyperactive disorder: a systematic review and meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021 , 18, 68	8.4	8
98	Associations between weather conditions and physical activity and sedentary time in children and adolescents: A systematic review and meta-analysis. <i>Health and Place</i> , 2021 , 69, 102546	4.6	4
97	Relationships of physical activity and sedentary behaviour with the previous and subsequent nights sleep in children and youth: A systematic review and meta-analysis. <i>Journal of Sleep Research</i> , 2021 , 30, e13378	5.8	1
96	Association of Sedentary Time and Physical Activity With Executive Function Among Children. <i>Academic Pediatrics</i> , 2021 , 21, 63-69	2.7	4

95	Interrupting Prolonged Sitting Reduces Postprandial Glucose Concentration in Young Men With Central Obesity. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2021 , 106, e791-e802	5.6	1
94	Maximal oxygen consumption and oxygen uptake efficiency in adolescent males. <i>Journal of Exercise Science and Fitness</i> , 2021 , 19, 75-80	3.1	1
93	Frequency of interruptions to prolonged sitting and postprandial metabolic responses in young, obese, Chinese men. <i>Journal of Sports Sciences</i> , 2021 , 39, 1376-1385	3.6	0
92	Walking Initiated 20 Minutes before the Time of Individual Postprandial Glucose Peak Reduces the Glucose Response in Young Men with Overweight or Obesity: A Randomized Crossover Study. <i>Journal of Nutrition</i> , 2021 , 151, 866-875	4.1	2
91	Adaptation and evaluation of the neighborhood environment walkability scale for youth for Chinese children (NEWS-CC). <i>BMC Public Health</i> , 2021 , 21, 480	4.1	1
90	Effects and dose-response relationship of high-intensity interval training on cardiorespiratory fitness in overweight and obese adults: a systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2021 , 1-18	3.6	0
89	The Effects of Exercise Interventions on Executive Functions in Children and Adolescents with Autism Spectrum Disorder: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2021 , 1	10.6	2
88	The association between physical activity and mental health in children with special educational needs: A systematic review. <i>Preventive Medicine Reports</i> , 2021 , 23, 101419	2.6	2
87	Promoting physical activity and health in Hong Kong primary school children through a blended physical literacy intervention: protocol and baseline characteristics of the "Stand+Move" randomized controlled trial.. <i>Trials</i> , 2021 , 22, 944	2.8	1
86	Adiposity Mediates the Association of Objectively Measured Physical Activity with Cardiorespiratory Fitness in Children. <i>Childhood Obesity</i> , 2020 , 16, 554-563	2.5	0
85	Results from Hong Kong@ 2019 report card on physical activity for children and youth with special educational needs. <i>Journal of Exercise Science and Fitness</i> , 2020 , 18, 177-182	3.1	8
84	The effect of low-volume high-intensity interval training on cardiometabolic health and psychological responses in overweight/obese middle-aged men. <i>Journal of Sports Sciences</i> , 2020 , 38, 1997-2004	3.6	12
83	Accelerometer-measured physical activity levels in children and adolescents with autism spectrum disorder: A systematic review. <i>Preventive Medicine Reports</i> , 2020 , 19, 101147	2.6	17
82	Associations between perceived and actual physical literacy level in Chinese primary school children. <i>BMC Public Health</i> , 2020 , 20, 207	4.1	9
81	Wearing Compression Garment Enhances Central Hemodynamics? A Systematic Review and Meta-Analysis. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	3
80	Low-Frequency HIIT Improves Body Composition and Aerobic Capacity in Overweight Men. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 56-66	1.2	13
79	Compression Garment-induced Leg Changes Increase Hemodynamic Responses in Healthy Individuals. <i>International Journal of Sports Medicine</i> , 2020 , 41, 3-11	3.6	6
78	COVID-19 Pandemic Brings a Sedentary Lifestyle in Young Adults: A Cross-Sectional and Longitudinal Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	88

77	Cross-validation of the Canadian Assessment of Physical Literacy second edition (CAPL-2): The case of a Chinese population. <i>Journal of Sports Sciences</i> , 2020 , 38, 2850-2857	3.6	10
76	Associations of Circulating Irisin Concentrations With Cardiometabolic Risk Factors Among Children Vary by Physical Activity or Sedentary Time Levels. <i>Frontiers in Endocrinology</i> , 2019 , 10, 549	5.7	6
75	Associations of weather conditions with adolescents' daily physical activity, sedentary time, and sleep duration. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 1339-1344	3	8
74	Physical Activity of Children with Physical Disabilities: Associations with Environmental and Behavioral Variables at Home and School. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	9
73	A school-based physical activity intervention for children with developmental coordination disorder: A randomized controlled trial. <i>Research in Developmental Disabilities</i> , 2019 , 89, 1-9	2.7	7
72	Compliance and Practical Utility of Continuous Wearing of activPAL [®] in Adolescents. <i>Pediatric Exercise Science</i> , 2019 , 31, 363-369	2	9
71	Effect of pre-exercise ingestion of flactalbumin on subsequent endurance exercise performance and mood states. <i>British Journal of Nutrition</i> , 2019 , 121, 22-29	3.6	7
70	Results from the Hong Kong 2018 report card on physical activity for children and youth. <i>Journal of Exercise Science and Fitness</i> , 2019 , 17, 14-19	3.1	26
69	Prospective Associations between Weekend Catch-Up Sleep, Physical Activity, and Childhood Obesity. <i>Childhood Obesity</i> , 2019 , 15, 40-47	2.5	8
68	Effects of whey protein in carbohydrate-electrolyte drinks on post-exercise rehydration. <i>European Journal of Sport Science</i> , 2018 , 18, 685-694	3.9	1
67	Haemodynamic responses of wearing low-pressure sports compression tights during an orthostatic challenge in healthy individuals. <i>Journal of Science and Medicine in Sport</i> , 2018 , 21, 1062-1067	4.4	8
66	Markers of Bone Health, Bone-Specific Physical Activities, Nutritional Intake, and Quality of Life of Professional Jockeys in Hong Kong. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 440-446	4.4	8
65	Results from Hong Kong 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2018 , 15, S370-S372	2.5	6
64	Global Matrix 3.0 Physical Activity Report Card Grades for Children and Youth: Results and Analysis From 49 Countries. <i>Journal of Physical Activity and Health</i> , 2018 , 15, S251-S273	2.5	329
63	Post-Exercise Appetite and Ad Libitum Energy Intake in Response to High-Intensity Interval Training versus Moderate- or Vigorous-Intensity Continuous Training among Physically Inactive Middle-Aged Adults. <i>Nutrients</i> , 2018 , 10,	6.7	10
62	Age-specific affective responses and self-efficacy to acute high-intensity interval training and continuous exercise in insufficiently active young and middle-aged men. <i>Journal of Exercise Science and Fitness</i> , 2018 , 16, 106-111	3.1	10
61	Is a Change to Active Travel to School an Important Source of Physical Activity for Chinese Children?. <i>Pediatric Exercise Science</i> , 2017 , 29, 161-168	2	9
60	The effect of carbohydrate and protein co-ingestion on energy substrate metabolism, sense of effort, and affective responses during prolonged strenuous endurance exercise. <i>Physiology and Behavior</i> , 2017 , 174, 170-177	3.5	9

59	Effect of pre-exercise carbohydrate diets with high vs low glycemic index on exercise performance: a meta-analysis. <i>Nutrition Reviews</i> , 2017 , 75, 327-338	6.4	14
58	Effects of body-mapping-designed clothing on heat stress and running performance in a hot environment. <i>Ergonomics</i> , 2017 , 60, 1435-1444	2.9	7
57	Reliability of self-report measures of correlates of obesity-related behaviours in Hong Kong adolescents for the iHealth(H) and IPEN adolescent studies. <i>Archives of Public Health</i> , 2017 , 75, 38	2.6	9
56	Physical Activity Levels among Children with Physical Disabilities in Home and School Settings. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 71-72	1.2	
55	Effects of Alpha-Lactalbumin or Whey Protein Isolate on Muscle Damage, Muscle Pain, and Mood States Following Prolonged Strenuous Endurance Exercise. <i>Frontiers in Physiology</i> , 2017 , 8, 754	4.6	8
54	Children with Physical Disabilities at School and Home: Physical Activity and Contextual Characteristics. <i>International Journal of Environmental Research and Public Health</i> , 2017 , 14,	4.6	4
53	Practical Issues Relating to a 7 Consecutive Days Wear Protocol Using the ActivPAL™ in Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 174	1.2	
52	Effect Of 2-week Cold-water Swimming On White Adipose Tissue Browning In Mice. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 438	1.2	
51	Isotemporal Substitution Analysis for Sedentary Behavior and Body Mass Index. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 2135-2141	1.2	24
50	Correlates of physical activity in children and adolescents with physical disabilities: A systematic review. <i>Preventive Medicine</i> , 2016 , 89, 184-193	4.3	40
49	Time use clusters in children and their associations with sociodemographic factors. <i>Journal of Public Health</i> , 2016 , 38, e106-13	3.5	7
48	Post-exercise appetite was affected by fructose content but not glycemic index of pre-exercise meals. <i>Appetite</i> , 2016 , 96, 481-486	4.5	1
47	Effect of Glycemic Index of Breakfast on Energy Intake at Subsequent Meal among Healthy People: A Meta-Analysis. <i>Nutrients</i> , 2016 , 8,	6.7	17
46	Results From Hong Kong@ 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016 , 13, S169-S175	2.5	11
45	Effects of protein addition to carbohydrate-electrolyte solutions on postexercise rehydration. <i>Journal of Exercise Science and Fitness</i> , 2015 , 13, 8-15	3.1	8
44	Relationship of BMI to the incidence of hypertension: a 4 years Cohort study among children in Guangzhou, 2007-2011. <i>BMC Public Health</i> , 2015 , 15, 782	4.1	21
43	Longitudinal changes in objectively measured physical activity differ for weekdays and weekends among Chinese children in Hong Kong. <i>BMC Public Health</i> , 2015 , 15, 1310	4.1	16
42	Carbohydrate electrolyte solutions enhance endurance capacity in active females. <i>Nutrients</i> , 2015 , 7, 3739-50	6.7	12

41	Physical activity research in Hong Kong from 1987 to 2012: evidence on children and adolescents. <i>Asia-Pacific Journal of Public Health</i> , 2014 , 26, 560-74	2	9
40	Effect of beverage flavor on body hydration in Hong Kong Chinese children exercising in a hot environment. <i>Pediatric Exercise Science</i> , 2014 , 26, 177-86	2	3
39	Validity of bioelectrical impedance measurement in predicting fat-free mass of Chinese children and adolescents. <i>Medical Science Monitor</i> , 2014 , 20, 2298-310	3.2	12
38	Effects of beverages with variable nutrients on rehydration and cognitive function. <i>International Journal of Sports Medicine</i> , 2014 , 35, 1208-15	3.6	7
37	Understanding neighborhood environment related to Hong Kong children's physical activity: a qualitative study using nominal group technique. <i>PLoS ONE</i> , 2014 , 9, e106578	3.7	16
36	Effect of the glycemic index of pre-exercise snack bars on substrate utilization during subsequent exercise. <i>International Journal of Food Sciences and Nutrition</i> , 2013 , 64, 1001-6	3.7	7
35	Effect of a carbohydrate drink on soccer skill performance following a sport-specific training program. <i>Journal of Exercise Science and Fitness</i> , 2013 , 11, 95-101	3.1	3
34	Correlates of physical activity and screen-based behaviors in Chinese children. <i>Journal of Science and Medicine in Sport</i> , 2013 , 16, 509-14	4.4	36
33	The Development of Aerobic and Skill Assessment in Soccer. <i>Sports Medicine</i> , 2012 , 42, 1029-1040	10.6	12
32	Substrate utilization during brisk walking is affected by glycemic index and fructose content of a pre-exercise meal. <i>European Journal of Applied Physiology</i> , 2012 , 112, 2565-74	3.4	8
31	The development of aerobic and skill assessment in soccer. <i>Sports Medicine</i> , 2012 , 42, 1029-40	10.6	8
30	Thermal Physiology and Local Responses of Human Body During Exercise in Hot Conditions. <i>Journal of Fiber Bioengineering and Informatics</i> , 2012 , 5, 115-124	2	3
29	Post-exercise Appetite Was Affected By Fructose Content But Not Glycemic Index of Pre-exercise Meals. <i>FASEB Journal</i> , 2012 , 26, 877.1	0.9	
28	Carbohydrates for training and competition. <i>Journal of Sports Sciences</i> , 2011 , 29 Suppl 1, S17-27	3.6	439
27	Effect Of Carbohydrate-electrolyte Beverage, Lemon Tea, Or Water On Rehydration During Short-term Recovery From Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 491-492	1.2	2
26	Effect of a carbohydrate-electrolyte beverage, lemon tea, or water on rehydration during short-term recovery from exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011 , 21, 300-10	4.4	22
25	Habitual exercise increases resistance of lymphocytes to oxidant-induced DNA damage by upregulating expression of antioxidant and DNA repairing enzymes. <i>Experimental Physiology</i> , 2011 , 96, 889-906	2.4	28
24	Reliability and validity of psychosocial and environmental correlates measures of physical activity and screen-based behaviors among Chinese children in Hong Kong. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011 , 8, 16	8.4	29

23	Effect of glycemic index and fructose content in lunch on substrate utilization during subsequent brisk walking. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 985-95	3	3
22	Evaluation of a glucose meter in determining the glycemic index of chinese traditional foods. <i>Diabetes Technology and Therapeutics</i> , 2010 , 12, 193-9	8.1	1
21	Glycaemic index, glycaemic load and exercise performance. <i>Sports Medicine</i> , 2010 , 40, 27-39	10.6	35
20	Immediate effects of 2 different whole-body vibration frequencies on muscle peak torque and stiffness. <i>Archives of Physical Medicine and Rehabilitation</i> , 2010 , 91, 1608-15	2.8	20
19	GLYCEMIC INDEX AND GLYCEMIC LOAD. <i>ACSM's Health and Fitness Journal</i> , 2010 , 14, 18-23	0.9	2
18	Proteasome Inhibition Alleviates Muscle Damage as Induced by Prolonged Moderate Compression. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 371	1.2	
17	Glycemic index and glycemic load of selected Chinese traditional foods. <i>World Journal of Gastroenterology</i> , 2010 , 16, 1512-7	5.6	34
16	Effect of glycemic index meals on recovery and subsequent endurance capacity. <i>International Journal of Sports Medicine</i> , 2009 , 30, 898-905	3.6	8
15	Effects of glycemic index meal and CHO-electrolyte drink on cytokine response and run performance in endurance athletes. <i>Journal of Science and Medicine in Sport</i> , 2009 , 12, 697-703	4.4	22
14	Physiological profile of Asian elite youth soccer players. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1383-90	3.2	22
13	Reliability and validity of the modified Chinese version of the Children's Leisure Activities Study Survey (CLASS) questionnaire in assessing physical activity among Hong Kong children. <i>Pediatric Exercise Science</i> , 2009 , 21, 339-53	2	53
12	Effect of preexercise glycemic-index meal on running when CHO-electrolyte solution is consumed during exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009 , 19, 222-42	4.4	15
11	Effect of the glycaemic index of pre-exercise carbohydrate meals on running performance. <i>European Journal of Sport Science</i> , 2008 , 8, 23-33	3.9	34
10	The effect of a pre-exercise carbohydrate meal on immune responses to an endurance performance run. <i>British Journal of Nutrition</i> , 2008 , 100, 1260-8	3.6	19
9	Effect of preexercise meals with different glycemic indices and loads on metabolic responses and endurance running. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008 , 18, 281-300	4.4	28
8	Weight-for-height values and limb anthropometric composition of tube-fed children with quadriplegic cerebral palsy. <i>Pediatrics</i> , 2005 , 116, e839-45	7.4	22
7	Effect of frequency of carbohydrate feedings on recovery and subsequent endurance run. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 315-23	1.2	14
6	Use of the glycemic index: effects on feeding patterns and exercise performance. <i>Journal of Physiological Anthropology and Applied Human Science</i> , 2004 , 23, 1-6		19

5	Ammonia threshold--comparison to lactate threshold, correlation to other physiological parameters and response to training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2002 , 12, 358-64	4.6	13
4	Effects of ingesting a large volume of carbohydrate-electrolyte solution on rehydration during recovery and subsequent exercise capacity. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2000 , 10, 375-93	4.4	29
3	Influence of different amounts of carbohydrate on endurance running capacity following short term recovery. <i>International Journal of Sports Medicine</i> , 2000 , 21, 444-52	3.6	18
2	Influence of fluid intake pattern on short-term recovery from prolonged, submaximal running and subsequent exercise capacity. <i>Journal of Sports Sciences</i> , 1998 , 16, 143-52	3.6	23
1	COVID-19 pandemic brings a sedentary lifestyle: a cross-sectional and longitudinal study		5