

Matthew P Herring

List of Publications by Year in descending order

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Version: 2024-02-01

126
papers

4,823
citations

109137

35
h-index

110170

64
g-index

129
all docs

129
docs citations

129
times ranked

6158
citing authors

#	ARTICLE	IF	CITATIONS
1	Changes in Physical Activity and Sedentary Behavior in Response to COVID-19 and Their Associations with Mental Health in 3052 US Adults. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6469.	1.2	441
2	The Effect of Exercise Training on Anxiety Symptoms Among Patients. <i>Archives of Internal Medicine</i> , 2010, 170, 321.	4.3	339
3	Effect of Exercise Training on Depressive Symptoms Among Patients With a Chronic Illness. <i>Archives of Internal Medicine</i> , 2012, 172, 101.	4.3	303
4	Association of Efficacy of Resistance Exercise Training With Depressive Symptoms. <i>JAMA Psychiatry</i> , 2018, 75, 566.	6.0	283
5	Physical Activity and Anxiety: A Systematic Review and Meta-analysis of Prospective Cohort Studies. <i>American Journal of Preventive Medicine</i> , 2019, 57, 545-556.	1.6	187
6	The Effects of Resistance Exercise Training on Anxiety: A Meta-Analysis and Meta-Regression Analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , 2017, 47, 2521-2532.	3.1	181
7	Differential Effects of Exercise on Cancer-Related Fatigue During and Following Treatment. <i>American Journal of Preventive Medicine</i> , 2012, 43, e1-e24.	1.6	179
8	Moving to Beat Anxiety: Epidemiology and Therapeutic Issues with Physical Activity for Anxiety. <i>Current Psychiatry Reports</i> , 2018, 20, 63.	2.1	127
9	Feasibility of Exercise Training for the Short-Term Treatment of Generalized Anxiety Disorder: A Randomized Controlled Trial. <i>Psychotherapy and Psychosomatics</i> , 2012, 81, 21-28.	4.0	126
10	Ginger (<i>Zingiber officinale</i>) Reduces Muscle Pain Caused by Eccentric Exercise. <i>Journal of Pain</i> , 2010, 11, 894-903.	0.7	98
11	Working From Home and Job Loss Due to the COVID-19 Pandemic Are Associated With Greater Time in Sedentary Behaviors. <i>Frontiers in Public Health</i> , 2020, 8, 597619.	1.3	98
12	Mental Health Benefits of Strength Training in Adults. <i>American Journal of Lifestyle Medicine</i> , 2010, 4, 377-396.	0.8	95
13	The Prevalence and Cause(s) of Burnout Among Applied Psychologists: A Systematic Review. <i>Frontiers in Psychology</i> , 2018, 9, 1897.	1.1	92
14	A review of competitive sport motivation research. <i>Psychology of Sport and Exercise</i> , 2016, 27, 232-242.	1.1	77
15	Exercise, Physical Activity, and Sedentary Behavior in the Treatment of Depression: Broadening the Scientific Perspectives and Clinical Opportunities. <i>Frontiers in Psychiatry</i> , 2016, 7, 36.	1.3	71
16	The effects of pilates on mental health outcomes: A meta-analysis of controlled trials. <i>Complementary Therapies in Medicine</i> , 2018, 37, 80-95.	1.3	71
17	Effects of Creative Arts Therapies on Psychological Symptoms and Quality of Life in Patients With Cancer. <i>JAMA Internal Medicine</i> , 2013, 173, 960.	2.6	70
18	Customary physical activity and odds of depression: a systematic review and meta-analysis of 111 prospective cohort studies. <i>British Journal of Sports Medicine</i> , 2021, 55, 926-934.	3.1	69

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19	Effects of Pharmacotherapy on Combat-Related PTSD, Anxiety, and Depression: A Systematic Review and Meta-Regression Analysis. PLoS ONE, 2015, 10, e0126529.	1.1	67
20	Motivation Measures in Sport: A Critical Review and Bibliometric Analysis. Frontiers in Psychology, 2017, 8, 348.	1.1	66
21	Exercise and internet-based cognitive-behavioural therapy for depression: multicentre randomised controlled trial with 12-month follow-up. British Journal of Psychiatry, 2016, 209, 414-420.	1.7	57
22	Sensitivity to Change in Cognitive Performance and Mood Measures of Energy and Fatigue in Response to Differing Doses of Caffeine or Breakfast. International Journal of Neuroscience, 2009, 119, 975-994.	0.8	56
23	Effects of short-term exercise training on signs and symptoms of generalized anxiety disorder. Mental Health and Physical Activity, 2011, 4, 71-77.	0.9	56
24	Physical activity and generalized anxiety disorder: results from The Irish Longitudinal Study on Ageing (TILDA). International Journal of Epidemiology, 2018, 47, 1443-1453.	0.9	50
25	Interleukin-6 and depressive symptom severity in response to physical exercise. Psychiatry Research, 2017, 252, 270-276.	1.7	49
26	Associations Between Motivation and Mental Health in Sport: A Test of the Hierarchical Model of Intrinsic and Extrinsic Motivation. Frontiers in Psychology, 2018, 9, 707.	1.1	48
27	Associations Between Employment Changes and Mental Health: US Data From During the COVID-19 Pandemic. Frontiers in Psychology, 2021, 12, 631510.	1.1	47
28	Brief report: Associations of physical activity with anxiety and depression symptoms and status among adolescents. Journal of Adolescence, 2017, 55, 1-4.	1.2	46
29	The cross-sectional associations between objectively measured sedentary time and cardiometabolic health markers in adults - a systematic review with meta-analysis component. Obesity Reviews, 2018, 19, 381-395.	3.1	46
30	Genetic factors in exercise adoption, adherence and obesity. Obesity Reviews, 2014, 15, 29-39.	3.1	44
31	Sex-related differences in the association between grip strength and depression: Results from the Irish Longitudinal Study on Ageing. Experimental Gerontology, 2018, 104, 147-152.	1.2	44
32	Joint prevalence of physical activity and sitting time during COVID-19 among US adults in April 2020. Preventive Medicine Reports, 2020, 20, 101256.	0.8	43
33	The Effects of Exercise Training on Anxiety. American Journal of Lifestyle Medicine, 2014, 8, 388-403.	0.8	41
34	Sex-Related Differences in Mood Responses to Acute Aerobic Exercise. Medicine and Science in Sports and Exercise, 2016, 48, 1798-1802.	0.2	40
35	Associations Between Change in Outside Time Pre- and Post-COVID-19 Public Health Restrictions and Mental Health: Brief Research Report. Frontiers in Public Health, 2021, 9, 619129.	1.3	40
36	Exercise Dose, Exercise Adherence, and Associated Health Outcomes in the TIGER Study. Medicine and Science in Sports and Exercise, 2014, 46, 69-75.	0.2	38

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37	Sedentary behavior and anxiety: Association and influential factors among 42,469 community-dwelling adults in six low- and middle-income countries. <i>General Hospital Psychiatry</i> , 2018, 50, 26-32.	1.2	38
38	Associations of physical activity and depression: Results from the Irish Longitudinal Study on Ageing. <i>Experimental Gerontology</i> , 2018, 112, 68-75.	1.2	37
39	Effect of exercising at minimum recommendations of the multiple sclerosis exercise guideline combined with structured education or attention control education – secondary results of the step it up randomised controlled trial. <i>BMC Neurology</i> , 2017, 17, 119.	0.8	36
40	The effect of acute resistance exercise on feelings of energy and fatigue. <i>Journal of Sports Sciences</i> , 2009, 27, 701-709.	1.0	34
41	Effects of exercise on sleep among young women with Generalized Anxiety Disorder. <i>Mental Health and Physical Activity</i> , 2015, 9, 59-66.	0.9	34
42	The effects of exercise interventions on health and fitness of firefighters: A meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 780-790.	1.3	30
43	Acute Exercise Effects among Young Adults with Analogue Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 962-969.	0.2	28
44	Eating and arterial endothelial function: a meta-analysis of the acute effects of meal consumption on flow-mediated dilation. <i>Obesity Reviews</i> , 2016, 17, 1080-1090.	3.1	26
45	Acute exercise effects on worry, state anxiety, and feelings of energy and fatigue among young women with probable Generalized Anxiety Disorder: A pilot study. <i>Psychology of Sport and Exercise</i> , 2017, 33, 31-36.	1.1	26
46	Sleep quality moderates the association between physical activity frequency and feelings of energy and fatigue in adolescents. <i>European Child and Adolescent Psychiatry</i> , 2018, 27, 1425-1432.	2.8	26
47	Resistance exercise training for anxiety and worry symptoms among young adults: a randomized controlled trial. <i>Scientific Reports</i> , 2020, 10, 17548.	1.6	26
48	Moderators of Exercise Effects on Depressive Symptoms in Multiple Sclerosis: A Meta-regression. <i>American Journal of Preventive Medicine</i> , 2017, 53, 508-518.	1.6	24
49	Associations between grip strength and generalized anxiety disorder in older adults: Results from the Irish longitudinal study on ageing. <i>Journal of Affective Disorders</i> , 2019, 255, 136-141.	2.0	24
50	The Effects of Exercise Training on Anxiety in Fibromyalgia Patients. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1868-1876.	0.2	23
51	Research Review: The effect of school-based suicide prevention on suicidal ideation and suicide attempts and the role of intervention and contextual factors among adolescents: a meta-analysis and meta-regression. <i>Journal of Child Psychology and Psychiatry and Allied Disciplines</i> , 2022, 63, 836-845.	3.1	23
52	Mild cognitive impairment and sedentary behavior: A multinational study. <i>Experimental Gerontology</i> , 2018, 108, 174-180.	1.2	22
53	The Acute Effects of Interrupting Prolonged Sitting Time in Adults with Standing and Light-Intensity Walking on Biomarkers of Cardiometabolic Health in Adults: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 1765-1787.	3.1	22
54	Associations of self-reported physical activity and depression in 10,000 Irish adults across harmonised datasets: a DEDIPAC-study. <i>BMC Public Health</i> , 2018, 18, 779.	1.2	21

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55	Exercise training and health-related quality of life in generalized anxiety disorder. <i>Psychology of Sport and Exercise</i> , 2016, 27, 138-141.	1.1	20
56	Self-esteem Mediates Associations of Physical Activity with Anxiety in College Women. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1990-1998.	0.2	19
57	Longitudinal relations of mental health and motivation among elite student-athletes across a condensed season: Plausible influence of academic and athletic schedule. <i>Psychology of Sport and Exercise</i> , 2018, 37, 146-152.	1.1	19
58	Associations of physical activity with anxiety symptoms and status: results from The Irish longitudinal study on ageing. <i>Epidemiology and Psychiatric Sciences</i> , 2019, 28, 436-445.	1.8	19
59	Resistance exercise training among young adults with analogue generalized anxiety disorder. <i>Journal of Affective Disorders</i> , 2021, 281, 153-159.	2.0	18
60	Habitual physical activity levels predict treatment outcomes in depressed adults: A prospective cohort study. <i>Preventive Medicine</i> , 2016, 88, 53-58.	1.6	17
61	Physical activity and sleep problems in 38 low- and middle-income countries. <i>Sleep Medicine</i> , 2018, 48, 140-147.	0.8	16
62	Effects of acute exercise on craving, mood and anxiety in non-treatment seeking adults with alcohol use disorder: An exploratory study. <i>Drug and Alcohol Dependence</i> , 2021, 220, 108506.	1.6	15
63	Home-based Pilates for symptoms of anxiety, depression and fatigue among persons with multiple sclerosis: An 8-week randomized controlled trial. <i>Multiple Sclerosis Journal</i> , 2021, 27, 2267-2279.	1.4	15
64	Physical activity and analogue anxiety disorder symptoms and status: Mediating influence of social physique anxiety. <i>Journal of Affective Disorders</i> , 2021, 282, 511-516.	2.0	14
65	Acute effects of outdoor and indoor exercise on feelings of energy and fatigue in people with depressive symptoms. <i>Journal of Environmental Psychology</i> , 2018, 56, 91-96.	2.3	13
66	The feasibility of Pilates to improve symptoms of anxiety, depression, and fatigue among people with Multiple Sclerosis: An eight-week randomized controlled pilot trial. <i>Psychology of Sport and Exercise</i> , 2019, 45, 101573.	1.1	13
67	Associations of physical activity with anxiety symptoms and disorders: Findings from the Swedish National March Cohort. <i>General Hospital Psychiatry</i> , 2019, 58, 45-50.	1.2	12
68	Acute effects of Pilates on mood states among young adult males. <i>Complementary Therapies in Medicine</i> , 2020, 49, 102313.	1.3	12
69	Associations of self-reported physical activity and anxiety symptoms and status among 7,874 Irish adults across harmonised datasets: a DEDIPAC-study. <i>BMC Public Health</i> , 2020, 20, 365.	1.2	11
70	Dynamic associations between anxiety, depression, and tobacco use in older adults: Results from The Irish Longitudinal Study on Ageing. <i>Journal of Psychiatric Research</i> , 2021, 139, 99-105.	1.5	11
71	Bidirectional Associations Between Depressive and Anxiety Symptoms and Loneliness During the COVID-19 Pandemic: Dynamic Panel Models With Fixed Effects. <i>Frontiers in Psychiatry</i> , 2021, 12, 738892.	1.3	10
72	Physical activity partially mediates associations between "Big" personality traits and incident generalized anxiety disorder: Findings from the Irish longitudinal study on ageing. <i>Journal of Affective Disorders</i> , 2020, 277, 46-52.	2.0	9

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73	Acute and chronic effects of resistance exercise training among young adults with and without analogue Generalized Anxiety Disorder: A protocol for pilot randomized controlled trials. <i>Mental Health and Physical Activity</i> , 2020, 18, 100321.	0.9	9
74	Changes in craving following acute aerobic exercise in adults with alcohol use disorder. <i>Journal of Psychiatric Research</i> , 2021, 142, 243-249.	1.5	9
75	Physical activity is indirectly associated with pain in college women through associations with somatization and panic disorder symptoms: a cross-sectional study. <i>Annals of Epidemiology</i> , 2019, 33, 37-43.	0.9	8
76	“Flying on empty” effects of sleep deprivation on pilot performance. <i>Biological Rhythm Research</i> , 2020, 51, 1133-1154.	0.4	8
77	Evaluation of a brief interval exercise training (IET) intervention for first-time prisoners with elevated anxiety symptoms. <i>Anxiety, Stress and Coping</i> , 2020, 33, 581-589.	1.7	8
78	Exercise for the Management of Anxiety and Stress-Related Disorders. , 2018, , 19-52.		7
79	Correlates of sedentary behavior among community-dwelling adults with anxiety in six low- and middle-income countries. <i>Psychiatry Research</i> , 2019, 273, 501-508.	1.7	7
80	High Sitting Time Is a Behavioral Risk Factor for Blunted Improvement in Depression Across 8 Weeks of the COVID-19 Pandemic in April–May 2020. <i>Frontiers in Psychiatry</i> , 2021, 12, 741433.	1.3	7
81	Physical activity correlates among older adults with probable generalized anxiety disorder: Results from The Irish Longitudinal Study on Ageing. <i>General Hospital Psychiatry</i> , 2019, 59, 30-36.	1.2	6
82	An eight-week randomised controlled trial of home-based pilates for symptoms of anxiety, depression, and fatigue among people with MS with minimal-to-mild mobility disability: Study protocol. <i>Mental Health and Physical Activity</i> , 2020, 19, 100341.	0.9	3
83	The Challenge of Definition and Moving Creative Arts Therapy Research Forward. <i>JAMA Internal Medicine</i> , 2013, 173, 2094.	2.6	2
84	Sources of Variability in Physical Activity Among Inactive People with Multiple Sclerosis. <i>International Journal of Behavioral Medicine</i> , 2018, 25, 259-264.	0.8	2
85	Efficacy of Resistance Exercise Training With Depressive Symptoms—Reply. <i>JAMA Psychiatry</i> , 2018, 75, 1092.	6.0	2
86	Sprint interval training in young adult males with & without elevated worry. <i>Mental Health and Physical Activity</i> , 2020, 18, 100328.	0.9	2
87	Effect of Acute Aerobic Exercise on Ocular Measures of Attention to Emotionally Expressive Faces. <i>International Journal of Behavioral Medicine</i> , 2021, 28, 372-381.	0.8	2
88	Depressive symptoms differ across Physical Activity Status based on comorbid anxiety and depression status among adolescents. <i>Mental Health and Physical Activity</i> , 2020, 19, 100338.	0.9	2
89	The Effects of Resistance Exercise Training on Depressive Symptoms. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 5.	0.2	2
90	Using a virtual reality cricket simulator to explore the effects of pressure, competition anxiety on batting performance in cricket. <i>Psychology of Sport and Exercise</i> , 2022, 63, 102244.	1.1	2

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91	The Effect of Resistance Exercise Training on Anxiety Symptoms. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 471.	0.2	1
92	Moderators Of Exercise Training Effects On Depressive Symptoms In Multiple Sclerosis. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 432.	0.2	1
93	The Effects of Pilates on Mental Health Outcomes. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 104.	0.2	1
94	Participant experiences of eight weeks of supervised or home-based Pilates among people with multiple sclerosis: a qualitative analysis. <i>Disability and Rehabilitation</i> , 2021, , 1-8.	0.9	1
95	The effects of acute resistance exercise among young adults: A randomized controlled trial. <i>Journal of Affective Disorders</i> , 2022, 299, 102-107.	2.0	1
96	The Interplay Between Expected Psychological Responses to Exercise and Physical Activity in Analogue Generalized Anxiety Disorder: a Cross-sectional Study. <i>International Journal of Behavioral Medicine</i> , 2023, 30, 221-233.	0.8	1
97	Short-Term Exercise Training for Treatment of Generalized Anxiety Disorder: A Randomized Controlled Trial. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 21-22.	0.2	0
98	Short-Term Exercise Training Effects on Generalized Anxiety Disorder Signs and Symptoms. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 22.	0.2	0
99	Associations Of Adiposity, Inflammation, Depression, And Exercise Response In The Tiger Study. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 563.	0.2	0
100	Sex-Related Differences in Mood Responses to Acute Aerobic Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1057.	0.2	0
101	Genome-wide Association For Exercise Tolerance In The TIGER Study. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 87.	0.2	0
102	Psychological Antecedents and Consequences of Maximal Fitness Testing Among Firefighters. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 855.	0.2	0
103	OP0275-HPRâ€¦The effects of exercise on depressive and anxiety symptoms in rheumatoid arthritis: a systematic review and meta-analysis. , 2018, , .		0
104	Exercise Effects On Health, Fitness, And Cardiometabolic Risk Factors Among Firefighters. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 486.	0.2	0
105	Exercise Effects On Depressive and Anxiety Symptoms, Fatigue And Pain in Rheumatoid Arthritis. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 471-472.	0.2	0
106	Resting Heart Rate Variability Moderates a Relationship Between Attentional Bias and Stress Response. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 111.	0.2	0
107	Acute Exercise Effects Among Young Adults with Subclinical Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 249-250.	0.2	0
108	Associations Between Grip Strength And Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 241.	0.2	0

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109	Sleep Quality Moderates the Association Between Physical Activity Frequency and Feelings of Energy and Fatigue in Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 104-105.	0.2	0
110	Associations Between Physical Activity and Depression. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 251.	0.2	0
111	The Feasibility Of Pilates To Improve Mental Health Outcomes Among People With Multiple Sclerosis: An 8-week Randomized Controlled Pilot Trial. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 109-109.	0.2	0
112	Differences in Depressive Symptoms across Physical Activity Levels Based on Comorbid Anxiety and Depression Status. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 111-112.	0.2	0
113	State Anxiety and Worry Responses to a Single Sprint Before and After Sprint Interval Training. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 308-309.	0.2	0
114	Home-based Pilates For Symptoms Of Anxiety, Depression, And Fatigue Among Persons With MS. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 462-462.	0.2	0
115	Expected Psychological Responses To Exercise Vary Based On Physical Activity And Analogue Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 304-304.	0.2	0
116	Effect of Acute Resistance Exercise on Feelings of Energy and Fatigue. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S16-S17.	0.2	0
117	The Effects of Exercise Training on Anxiety in Fibromyalgia Patients. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 162.	0.2	0
118	Acute Exercise Effects on Mood Among Young Adults with Worry Symptoms Indicative of Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 164.	0.2	0
119	Physical Activity is Indirectly Associated with Pain in College-Aged Women. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 513.	0.2	0
120	The Effectiveness of Acute Resistance Exercise Training among Young Adults with Analogue Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 308-308.	0.2	0
121	The Effects Of Ecologically-Valid Resistance Exercise Training Among Young Adults With Analogue Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 680-680.	0.2	0
122	Associations Between Screen-time And Depressive Symptoms: Results From CSPPA-2. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 963-963.	0.2	0
123	Brain-Heart Dynamics Are Associated With Cardiorespiratory Fitness & Cognitive Control. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 835-835.	0.2	0
124	Associations Between Physical Activity, Generalized Anxiety Disorder, And Social Physique Anxiety Among Young Adults. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 460-461.	0.2	0
125	Home-based Pilates For Symptoms Of Anxiety, Depression, And Fatigue Among Women With Ms. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 462-462.	0.2	0
126	Walking Away Depression And Anxiety: Results From The Irish Longitudinal Study On Ageing. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 680-680.	0.2	0