

# Matthew P Herring

## List of Publications by Citations

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**Version:** 2024-04-25

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108  
papers

2,936  
citations

30  
h-index

52  
g-index

129  
ext. papers

3,856  
ext. citations

3.9  
avg, IF

5.94  
L-index

#	Paper	IF	Citations
108	The effect of exercise training on anxiety symptoms among patients: a systematic review. <i>Archives of Internal Medicine</i> , <b>2010</b> , 170, 321-31		264
107	Effect of exercise training on depressive symptoms among patients with a chronic illness: a systematic review and meta-analysis of randomized controlled trials. <i>Archives of Internal Medicine</i> , <b>2012</b> , 172, 101-11		249
106	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> , <b>2020</b> , 17,	4.6	207
105	Association of Efficacy of Resistance Exercise Training With Depressive Symptoms: Meta-analysis and Meta-regression Analysis of Randomized Clinical Trials. <i>JAMA Psychiatry</i> , <b>2018</b> , 75, 566-576	14.5	156
104	Differential effects of exercise on cancer-related fatigue during and following treatment: a meta-analysis. <i>American Journal of Preventive Medicine</i> , <b>2012</b> , 43, e1-24	6.1	136
103	Feasibility of exercise training for the short-term treatment of generalized anxiety disorder: a randomized controlled trial. <i>Psychotherapy and Psychosomatics</i> , <b>2012</b> , 81, 21-8	9.4	106
102	The Effects of Resistance Exercise Training on Anxiety: A Meta-Analysis and Meta-Regression Analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , <b>2017</b> , 47, 2521-2532	10.6	103
101	Physical Activity and Anxiety: A Systematic Review and Meta-analysis of Prospective Cohort Studies. <i>American Journal of Preventive Medicine</i> , <b>2019</b> , 57, 545-556	6.1	85
100	Ginger ( <i>Zingiber officinale</i> ) reduces muscle pain caused by eccentric exercise. <i>Journal of Pain</i> , <b>2010</b> , 11, 894-903	5.2	80
99	Mental Health Benefits of Strength Training in Adults. <i>American Journal of Lifestyle Medicine</i> , <b>2010</b> , 4, 377-396	1.9	78
98	Moving to Beat Anxiety: Epidemiology and Therapeutic Issues with Physical Activity for Anxiety. <i>Current Psychiatry Reports</i> , <b>2018</b> , 20, 63	9.1	53
97	Effects of creative arts therapies on psychological symptoms and quality of life in patients with cancer. <i>JAMA Internal Medicine</i> , <b>2013</b> , 173, 960-9	11.5	53
96	A review of competitive sport motivation research. <i>Psychology of Sport and Exercise</i> , <b>2016</b> , 27, 232-242	4.2	52
95	Exercise, Physical Activity, and Sedentary Behavior in the Treatment of Depression: Broadening the Scientific Perspectives and Clinical Opportunities. <i>Frontiers in Psychiatry</i> , <b>2016</b> , 7, 36	5	48
94	Sensitivity to change in cognitive performance and mood measures of energy and fatigue in response to differing doses of caffeine or breakfast. <i>International Journal of Neuroscience</i> , <b>2009</b> , 119, 975-94	2	47
93	Effects of Pharmacotherapy on Combat-Related PTSD, Anxiety, and Depression: A Systematic Review and Meta-Regression Analysis. <i>PLoS ONE</i> , <b>2015</b> , 10, e0126529	3.7	43
92	Effects of short-term exercise training on signs and symptoms of generalized anxiety disorder. <i>Mental Health and Physical Activity</i> , <b>2011</b> , 4, 71-77	5	43

91	Interleukin-6 and depressive symptom severity in response to physical exercise. <i>Psychiatry Research</i> , <b>2017</b> , 252, 270-276	9.9	41
90	Exercise and internet-based cognitive-behavioural therapy for depression: multicentre randomised controlled trial with 12-month follow-up. <i>British Journal of Psychiatry</i> , <b>2016</b> , 209, 414-420	5.4	41
89	Motivation Measures in Sport: A Critical Review and Bibliometric Analysis. <i>Frontiers in Psychology</i> , <b>2017</b> , 8, 348	3.4	38
88	The Prevalence and Cause(s) of Burnout Among Applied Psychologists: A Systematic Review. <i>Frontiers in Psychology</i> , <b>2018</b> , 9, 1897	3.4	38
87	Genetic factors in exercise adoption, adherence and obesity. <i>Obesity Reviews</i> , <b>2014</b> , 15, 29-39	10.6	36
86	Sex-Related Differences in Mood Responses to Acute Aerobic Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1798-802	1.2	35
85	Physical activity and generalized anxiety disorder: results from The Irish Longitudinal Study on Ageing (TILDA). <i>International Journal of Epidemiology</i> , <b>2018</b> , 47, 1443-1453	7.8	35
84	The effects of pilates on mental health outcomes: A meta-analysis of controlled trials. <i>Complementary Therapies in Medicine</i> , <b>2018</b> , 37, 80-95	3.5	33
83	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> , <b>2020</b> , 8, 597619	6	33
82	The cross-sectional associations between objectively measured sedentary time and cardiometabolic health markers in adults - a systematic review with meta-analysis component. <i>Obesity Reviews</i> , <b>2018</b> , 19, 381-395	10.6	32
81	Brief report: Associations of physical activity with anxiety and depression symptoms and status among adolescents. <i>Journal of Adolescence</i> , <b>2017</b> , 55, 1-4	3.4	30
80	Exercise dose, exercise adherence, and associated health outcomes in the TIGER study. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 69-75	1.2	30
79	Sex-related differences in the association between grip strength and depression: Results from the Irish Longitudinal Study on Ageing. <i>Experimental Gerontology</i> , <b>2018</b> , 104, 147-152	4.5	29
78	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> , <b>2017</b> , 17, 119	3.1	29
77	The Effects of Exercise Training on Anxiety. <i>American Journal of Lifestyle Medicine</i> , <b>2014</b> , 8, 388-403	1.9	29
76	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> , <b>2018</b> , 50, 26-32	5.6	28
75	The effect of acute resistance exercise on feelings of energy and fatigue. <i>Journal of Sports Sciences</i> , <b>2009</b> , 27, 701-9	3.6	28
74	Associations Between Motivation and Mental Health in Sport: A Test of the Hierarchical Model of Intrinsic and Extrinsic Motivation. <i>Frontiers in Psychology</i> , <b>2018</b> , 9, 707	3.4	26

73	Effects of Exercise on Sleep Among Young Women With Generalized Anxiety Disorder. <i>Mental Health and Physical Activity</i> , <b>2015</b> , 9, 59-66	5	24
72	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> , <b>2017</b> , 33, 31-36	4.2	22
71	Changes in physical activity and sedentary behaviour due to the COVID-19 outbreak and associations with mental health in 3,052 US adults		22
70	Associations of physical activity and depression: Results from the Irish Longitudinal Study on Ageing. <i>Experimental Gerontology</i> , <b>2018</b> , 112, 68-75	4.5	21
69	Acute Exercise Effects among Young Adults with Analogue Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 962-969	1.2	20
68	Associations Between Change in Outside Time Pre- and Post-COVID-19 Public Health Restrictions and Mental Health: Brief Research Report. <i>Frontiers in Public Health</i> , <b>2021</b> , 9, 619129	6	20
67	Eating and arterial endothelial function: a meta-analysis of the acute effects of meal consumption on flow-mediated dilation. <i>Obesity Reviews</i> , <b>2016</b> , 17, 1080-1090	10.6	19
66	Moderators of Exercise Effects on Depressive Symptoms in Multiple Sclerosis: A Meta-regression. <i>American Journal of Preventive Medicine</i> , <b>2017</b> , 53, 508-518	6.1	18
65	Mild cognitive impairment and sedentary behavior: A multinational study. <i>Experimental Gerontology</i> , <b>2018</b> , 108, 174-180	4.5	18
64	Exercise training and health-related quality of life in generalized anxiety disorder. <i>Psychology of Sport and Exercise</i> , <b>2016</b> , 27, 138-141	4.2	18
63	Joint prevalence of physical activity and sitting time during COVID-19 among US adults in April 2020. <i>Preventive Medicine Reports</i> , <b>2020</b> , 20, 101256	2.6	18
62	Associations Between Employment Changes and Mental Health: US Data From During the COVID-19 Pandemic. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 631510	3.4	17
61	Associations of physical activity with anxiety symptoms and status: results from The Irish longitudinal study on ageing. <i>Epidemiology and Psychiatric Sciences</i> , <b>2019</b> , 28, 436-445	5.1	15
60	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> , <b>2021</b> , 55, 926-934	10.3	15
59	The Effects of Exercise Training on Anxiety in Fibromyalgia Patients: A Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 1868-1876	1.2	14
58	Associations of self-reported physical activity and depression in 10,000 Irish adults across harmonised datasets: a DEDIPAC-study. <i>BMC Public Health</i> , <b>2018</b> , 18, 779	4.1	14
57	Self-esteem mediates associations of physical activity with anxiety in college women. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 1990-8	1.2	14
56	Habitual physical activity levels predict treatment outcomes in depressed adults: A prospective cohort study. <i>Preventive Medicine</i> , <b>2016</b> , 88, 53-8	4.3	14

55	The effects of exercise interventions on health and fitness of firefighters: A meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2019</b> , 29, 780-790	4.6	13
54	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> , <b>2019</b> , 255, 136-141	6.6	12
53	Sleep quality moderates the association between physical activity frequency and feelings of energy and fatigue in adolescents. <i>European Child and Adolescent Psychiatry</i> , <b>2018</b> , 27, 1425-1432	5.5	12
52	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> , <b>2018</b> , 37, 146-152	4.2	11
51	Physical activity and sleep problems in 38 low- and middle-income countries. <i>Sleep Medicine</i> , <b>2018</b> , 48, 140-147	4.6	10
50	Acute effects of Pilates on mood states among young adult males. <i>Complementary Therapies in Medicine</i> , <b>2020</b> , 49, 102313	3.5	8
49	Resistance exercise training for anxiety and worry symptoms among young adults: a randomized controlled trial. <i>Scientific Reports</i> , <b>2020</b> , 10, 17548	4.9	8
48	Associations of physical activity with anxiety symptoms and disorders: Findings from the Swedish National March Cohort. <i>General Hospital Psychiatry</i> , <b>2019</b> , 58, 45-50	5.6	7
47	Acute effects of outdoor and indoor exercise on feelings of energy and fatigue in people with depressive symptoms. <i>Journal of Environmental Psychology</i> , <b>2018</b> , 56, 91-96	6.7	6
46	Resistance exercise training among young adults with analogue generalized anxiety disorder. <i>Journal of Affective Disorders</i> , <b>2021</b> , 281, 153-159	6.6	6
45	Physical activity correlates among older adults with probable generalized anxiety disorder: Results from The Irish Longitudinal Study on Ageing. <i>General Hospital Psychiatry</i> , <b>2019</b> , 59, 30-36	5.6	5
44	Evaluation of a brief interval exercise training (IET) intervention for first-time prisoners with elevated anxiety symptoms. <i>Anxiety, Stress and Coping</i> , <b>2020</b> , 33, 581-589	3.1	5
43	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> , <b>2019</b> , 45, 101573	4.2	5
42	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> , <b>2020</b> , 277, 46-52	6.6	5
41	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> , <b>2021</b> , 220, 108506	4.9	5
40	Correlates of sedentary behavior among community-dwelling adults with anxiety in six low- and middle-income countries. <i>Psychiatry Research</i> , <b>2019</b> , 273, 501-508	9.9	5
39	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> , <b>2020</b> , 20, 365	4.1	4
38	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> , <b>2020</b> , 18, 100321	5	4

37	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> , <b>2021</b> , 27, 2267-2279	5	4
36	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> , <b>2021</b> , 139, 99-105	5.2	4
35	Flying on empty: Effects of sleep deprivation on pilot performance. <i>Biological Rhythm Research</i> , <b>2020</b> , 51, 1133-1154	0.8	4
34	Exercise for the Management of Anxiety and Stress-Related Disorders <b>2018</b> , 19-52		4
33	Physical activity and analogue anxiety disorder symptoms and status: Mediating influence of social physique anxiety. <i>Journal of Affective Disorders</i> , <b>2021</b> , 282, 511-516	6.6	3
32	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> , <b>2020</b> , 19, 100341	5	2
31	Efficacy of Resistance Exercise Training With Depressive Symptoms-Reply. <i>JAMA Psychiatry</i> , <b>2018</b> , 75, 1092	14.5	2
30	The challenge of definition and moving creative arts therapy research forward. <i>JAMA Internal Medicine</i> , <b>2013</b> , 173, 2094-5	11.5	2
29	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> , <b>2022</b> , 1	10.6	2
28	Changes in craving following acute aerobic exercise in adults with alcohol use disorder. <i>Journal of Psychiatric Research</i> , <b>2021</b> , 142, 243-249	5.2	2
27	Sprint interval training in young adult males with & without elevated worry. <i>Mental Health and Physical Activity</i> , <b>2020</b> , 18, 100328	5	1
26	Sources of Variability in Physical Activity Among Inactive People with Multiple Sclerosis. <i>International Journal of Behavioral Medicine</i> , <b>2018</b> , 25, 259-264	2.6	1
25	Moderators Of Exercise Training Effects On Depressive Symptoms In Multiple Sclerosis. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 432	1.2	1
24	The Effects of Resistance Exercise Training on Depressive Symptoms. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 5	1.2	1
23	Depressive symptoms differ across Physical Activity Status based on comorbid anxiety and depression status among adolescents. <i>Mental Health and Physical Activity</i> , <b>2020</b> , 19, 100338	5	1
22	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> , <b>2019</b> , 33, 37-43	6.4	1
21	Effect of Acute Aerobic Exercise on Ocular Measures of Attention to Emotionally Expressive Faces. <i>International Journal of Behavioral Medicine</i> , <b>2021</b> , 28, 372-381	2.6	1
20	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> , <b>2021</b> , 12, 741433	5	1

19	The effects of acute resistance exercise among young adults: A randomized controlled trial. <i>Journal of Affective Disorders</i> , <b>2021</b> , 299, 102-107	6.6	o
18	Participant experiences of eight weeks of supervised or home-based Pilates among people with multiple sclerosis: a qualitative analysis. <i>Disability and Rehabilitation</i> , <b>2021</b> , 1-8	2.4	o
17	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> , <b>2021</b> , 12, 738892 <sup>5</sup>		o
16	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> , <b>2018</b> , 50, 104-105	1.2	
15	Associations Between Physical Activity and Depression. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 251	1.2	
14	Genome-wide Association For Exercise Tolerance In The TIGER Study. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 87	1.2	
13	Associations Between Screen-time And Depressive Symptoms: Results From CSPPA-2. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 963-963	1.2	
12	Brain-Heart Dynamics Are Associated With Cardiorespiratory Fitness & Cognitive Control. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 835-835	1.2	
11	Walking Away Depression And Anxiety: Results From The Irish Longitudinal Study On Ageing. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 680-680	1.2	
10	Physical Activity is Indirectly Associated with Pain in College-Aged Women. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 513	1.2	
9	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> , <b>2020</b> , 52, 680-680	1.2	
8	The Effects of Exercise Training on Anxiety in Fibromyalgia Patients. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 162	1.2	
7	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> , <b>2017</b> , 49, 164	1.2	
6	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> , <b>2019</b> , 51, 109-109	1.2	
5	Exercise Effects On Depressive and Anxiety Symptoms, Fatigue And Pain in Rheumatoid Arthritis. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 471-472	1.2	
4	Resting Heart Rate Variability Moderates a Relationship Between Attentional Bias and Stress Response. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 111	1.2	
3	Acute Exercise Effects Among Young Adults with Subclinical Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 249-250	1.2	
2	Expected Psychological Responses To Exercise Vary Based On Physical Activity And Analogue Generalized Anxiety Disorder. <i>Medicine and Science in Sports and Exercise</i> , <b>2021</b> , 53, 304-304	1.2	

- 1 The Interplay Between Expected Psychological Responses to Exercise and Physical Activity in Analogue Generalized Anxiety Disorder: a Cross-sectional Study.. *International Journal of Behavioral Medicine*, **2022**, 1 2.6