

# Hayley A Young

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5723929/publications.pdf>

Version: 2024-02-01

29  
papers

771  
citations

623188

14  
h-index

525886

27  
g-index

36  
all docs

36  
docs citations

36  
times ranked

1153  
citing authors

#	ARTICLE	IF	CITATIONS
1	Heart-rate variability: a biomarker to study the influence of nutrition on physiological and psychological health?. Behavioural Pharmacology, 2018, 29, 140-151.	0.8	140
2	Do small differences in hydration status affect mood and mental performance?. Nutrition Reviews, 2015, 73, 83-96.	2.6	96
3	Reducing Calorie Intake May Not Help You Lose Body Weight. Perspectives on Psychological Science, 2017, 12, 703-714.	5.2	82
4	We should be using nonlinear indices when relating heart-rate dynamics to cognition and mood. Scientific Reports, 2015, 5, 16619.	1.6	66
5	Getting to the heart of the matter: Does aberrant interoceptive processing contribute towards emotional eating?. PLoS ONE, 2017, 12, e0186312.	1.1	47
6	Role of fruit juice in achieving the 5-a-day recommendation for fruit and vegetable intake. Nutrition Reviews, 2019, 77, 829-843.	2.6	39
7	The Immediate Effect of Therapeutic Touch and Deep Touch Pressure on Range of Motion, Interoceptive Accuracy and Heart Rate Variability: A Randomized Controlled Trial With Moderation Analysis. Frontiers in Integrative Neuroscience, 2018, 12, 41.	1.0	37
8	Minor degree of hypohydration adversely influences cognition: a mediator analysis. American Journal of Clinical Nutrition, 2016, 104, 603-612.	2.2	32
9	Is the link between depressed mood and heart rate variability explained by disinhibited eating and diet?. Biological Psychology, 2017, 123, 94-102.	1.1	25
10	The effect of using isomaltulose (Palatinose®,€) to modulate the glycaemic properties of breakfast on the cognitive performance of children. European Journal of Nutrition, 2015, 54, 1013-1020.	1.8	21
11	Immediate biomechanical, systemic, and interoceptive effects of myofascial release on the thoracic spine: A randomised controlled trial. Journal of Bodywork and Movement Therapies, 2019, 23, 74-81.	0.5	21
12	The Effect of Chicken Extract on Mood, Cognition and Heart Rate Variability. Nutrients, 2015, 7, 887-904.	1.7	20
13	Interoceptive accuracy moderates the response to a glucose load: a test of the predictive coding framework. Proceedings of the Royal Society B: Biological Sciences, 2019, 286, 20190244.	1.2	19
14	The glycemic load of meals, cognition and mood in middle and older aged adults with differences in glucose tolerance: A randomized trial. E-SPEN Journal, 2014, 9, e147-e154.	0.5	17
15	Acute and repetitive fronto-cerebellar tDCS stimulation improves mood in non-depressed participants. Experimental Brain Research, 2018, 236, 83-97.	0.7	16
16	Autonomic adaptations mediate the effect of hydration on brain functioning and mood: Evidence from two randomized controlled trials. Scientific Reports, 2019, 9, 16412.	1.6	15
17	Eating disinhibition and vagal tone moderate the postprandial response to glycemic load: a randomised controlled trial. Scientific Reports, 2016, 6, 35740.	1.6	14
18	Nonsuicidal Self-Injury Is Associated With Attenuated Interoceptive Responses to Self-Critical Rumination. Behavior Therapy, 2021, 52, 1123-1136.	1.3	13

#	ARTICLE	IF	CITATIONS
19	A Pragmatic Study of the Impact of a Brief Mindfulness Intervention on Prisoners and Staff in a Category B Prison and Men Subject to Community-Based Probation Supervision. <i>International Journal of Offender Therapy and Comparative Criminology</i> , 2021, 65, 136-156.	0.8	9
20	Manipulating the sensation of feeling fat: The role of alexithymia, interoceptive sensibility and perfectionism. <i>Physiology and Behavior</i> , 2021, 239, 113501.	1.0	9
21	Using engagement in sustainable construction to improve mental health and social connection in disadvantaged and hard to reach groups: a new green care approach. <i>Journal of Mental Health</i> , 2020, 29, 350-357.	1.0	7
22	The nature of the control of blood glucose in those with poorer glucose tolerance influences mood and cognition. <i>Metabolic Brain Disease</i> , 2014, 29, 721-728.	1.4	5
23	Individual differences in sensory and expectation driven interoceptive processes: a novel paradigm with implications for alexithymia, disordered eating and obesity. <i>Scientific Reports</i> , 2021, 11, 10065.	1.6	5
24	The use of moderated mediated analysis to study the influence of hypo-hydration on working memory. <i>Nutricion Hospitalaria</i> , 2016, 33, 320.	0.2	5
25	Water: The Cinderella Nutrient. <i>Journal of Nutrition</i> , 2019, 149, 2081-2082.	1.3	3
26	The development of the predisposition to dehydration questionnaire. <i>Appetite</i> , 2015, 87, 76-80.	1.8	2
27	The Effect of Hypo-Hydration on Mood and Cognition Is Influenced by Electrolyte in a Drink and Its Colour: A Randomised Trial. <i>Nutrients</i> , 2019, 11, 2002.	1.7	2
28	Weaker connectivity in resting state networks is associated with disinhibited eating in older adults. <i>International Journal of Obesity</i> , 2022, 46, 859-865.	1.6	2
29	Glycaemic load and cognition: comments concerning Marchand <i>et al.</i> . <i>British Journal of Nutrition</i> , 2021, 125, 101-102.	1.2	0