

Ranil Jayawardena

List of Publications by Year in descending order

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Version: 2024-02-01

112
papers

6,805
citations

109264

35
h-index

74108

75
g-index

113
all docs

113
docs citations

113
times ranked

6795
citing authors

#	ARTICLE	IF	CITATIONS
1	Zinc supplementation in prediabetes mellitus. <i>Minerva Endocrinology</i> , 2022, 47, .	0.6	4
2	The impact of COVID-19 lockdown on snacking habits, fast-food and alcohol consumption: A systematic review of the evidence. <i>Clinical Nutrition</i> , 2022, 41, 3038-3045.	2.3	102
3	Using the AUSDRISK score to screen for pre-diabetes and diabetes in GP practices: a case-finding approach. <i>Australian and New Zealand Journal of Public Health</i> , 2022, 46, 203-207.	0.8	2
4	Is the proportion of per capita fat supply associated with the prevalence of overweight and obesity? an ecological analysis. <i>BMC Nutrition</i> , 2022, 8, 4.	0.6	4
5	Global, regional, and national consumption of animal-source foods between 1990 and 2018: findings from the Global Dietary Database. <i>Lancet Planetary Health</i> , The, 2022, 6, e243-e256.	5.1	59
6	Gestational obesity: An unconventional endocrine disruptor for the fetus. <i>Biochemical Pharmacology</i> , 2022, 198, 114974.	2.0	3
7	Usage of nutritional supplements to improve immunity during the COVID-19 pandemic: An online survey. <i>Clinical Nutrition Open Science</i> , 2022, 43, 6-19.	0.5	5
8	The effect of zinc supplementation on glucose homeostasis: a randomised double-blind placebo-controlled trial. <i>Acta Diabetologica</i> , 2022, 59, 965-975.	1.2	7
9	The Impact of Lockdowns on Caffeine Consumption: A Systematic Review of the Evidence. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 5255.	1.2	7
10	Shiftwork and the Risk of Metabolic Syndrome Among Health Care Workers. <i>Journal of Occupational and Environmental Medicine</i> , 2022, 64, e397-e402.	0.9	2
11	Fruit and vegetable consumption during the COVID-19 lockdown in Sri Lanka: an online survey. <i>Nutrire</i> , 2022, 47, .	0.3	7
12	Shift work and the risk for metabolic syndrome among healthcare workers: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2022, 23, .	3.1	21
13	The range of non-traditional anthropometric parameters to define obesity and obesity-related disease in children: a systematic review. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 373-384.	1.3	6
14	The inside story of fruits; exploring the truth behind conventional theories. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 102085.	1.8	2
15	Health effects of coconut oil: Summary of evidence from systematic reviews and meta-analysis of interventional studies. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 549-555.	1.8	15
16	Impact of portion-control plates (PCP) on weight reduction: A systematic review and meta-analysis of intervention studies. <i>Obesity Research and Clinical Practice</i> , 2021, 15, 106-113.	0.8	6
17	Impact of the vitamin D deficiency on COVID-19 infection and mortality in Asian countries. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 757-764.	1.8	27
18	Methods to develop figure rating scales (FRS): A systematic review. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 687-693.	1.8	5

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19	Prevalence and trends of the diabetes epidemic in urban and rural India: A pooled systematic review and meta-analysis of 1.7 million adults. <i>Annals of Epidemiology</i> , 2021, 58, 128-148.	0.9	57
20	Shift work and body composition: a systematic review and meta-analysis. <i>Minerva Endocrinology</i> , 2021, , .	0.6	6
21	The First Sri Lankan Experience on Laparoscopic Bariatric Surgery. <i>Obesity Surgery</i> , 2021, 31, 5057-5058.	1.1	1
22	Increased physical inactivity and weight gain during the COVID-19 pandemic in Sri Lanka: An online cross-sectional survey. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 102185.	1.8	17
23	Impact of vitamin D deficiency on COVID-19. <i>Clinical Nutrition ESPEN</i> , 2021, 44, 372-378.	0.5	17
24	Body weight perception, knowledge, practices and associated factors regarding weight reduction: A cross sectional study of treatment seeking obese young adults in Sri Lanka. <i>Asian Journal of Medical Sciences</i> , 2021, 12, 60-65.	0.0	0
25	Tracking development assistance for health and for COVID-19: a review of development assistance, government, out-of-pocket, and other private spending on health for 204 countries and territories, 1990â€“2050. <i>Lancet, The</i> , 2021, 398, 1317-1343.	6.3	79
26	Abdominal obesity and metabolic syndrome in South Asians: prevention and management. <i>Expert Review of Endocrinology and Metabolism</i> , 2021, 16, 339-349.	1.2	22
27	Global, regional, and national sex-specific burden and control of the HIV epidemic, 1990â€“2019, for 204 countries and territories: the Global Burden of Diseases Study 2019. <i>Lancet HIV,the</i> , 2021, 8, e633-e651.	2.1	56
28	Global, regional, and national burden of stroke and its risk factors, 1990â€“2019: a systematic analysis for the Global Burden of Disease Study 2019. <i>Lancet Neurology, The</i> , 2021, 20, 795-820.	4.9	2,308
29	Effects of a lifestyle intervention programme after 1 year of follow-up among South Asians at high risk of type 2 diabetes: a cluster randomised controlled trial. <i>BMJ Global Health</i> , 2021, 6, e006479.	2.0	6
30	The use of <i>Caralluma fimbriata</i> as an appetite suppressant and weight loss supplement: a systematic review and meta-analysis of clinical trials. <i>BMC Complementary Medicine and Therapies</i> , 2021, 21, 279.	1.2	2
31	Coconut oil consumption and bodyweight reduction: a systematic review and meta-analysis. <i>Minerva Endocrinology</i> , 2021, , .	0.6	2
32	The iHealth-T2D study, prevention of type 2 diabetes amongst South Asians with central obesity and prediabetes: study protocol for a randomised controlled trial. <i>Trials</i> , 2021, 22, 928.	0.7	1
33	Availability and composition of weightâ€“loss supplements in Sri Lanka. <i>Nutrition and Dietetics</i> , 2020, 77, 247-252.	0.9	8
34	A genetic approach to examine the relationship between vitamin B12 status and metabolic traits in a South Asian population. <i>International Journal of Diabetes in Developing Countries</i> , 2020, 40, 21-31.	0.3	3
35	Assessment of body composition in Sri Lankan adults: development and validation of bioelectrical impedance prediction equation. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 1100-1103.	1.3	1
36	Novel anthropometric parameters to define obesity and obesity-related disease in adults: a systematic review. <i>Nutrition Reviews</i> , 2020, 78, 498-513.	2.6	21

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37	Effect of coconut oil on cardio-metabolic risk: A systematic review and meta-analysis of interventional studies. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 2007-2020.	1.8	25
38	Response to the letter of L. Santacroce regarding article "Enhancing immunity in viral infections, with special emphasis on COVID-19: A review" (Jayawardena et al.). <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 839.	1.8	5
39	Obesity: A potential risk factor for infection and mortality in the current COVID-19 epidemic. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 2199-2203.	1.8	29
40	Effects of the Lysulin [®] supplementation on pre-diabetes: A randomized double-blind, placebo-controlled clinical trial. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 1479-1486.	1.8	1
41	Fruit and vegetable consumption among South Asians: A systematic review and meta-analysis. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 1791-1800.	1.8	15
42	Body composition derived Body Mass Index and Waist Circumference cut-offs for Sri Lankan adults. <i>Obesity Medicine</i> , 2020, 18, 100214.	0.5	5
43	Balanced diet is a major casualty in COVID-19. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 1085-1086.	1.8	65
44	Prediction of body fat in Sri Lankan adults: Development and validation of a skinfold thickness equation. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 147-150.	1.8	0
45	Enhancing immunity in viral infections, with special emphasis on COVID-19: A review. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 367-382.	1.8	356
46	Exploring the therapeutic benefits of Pranayama (yogic breathing): A systematic review. <i>International Journal of Yoga</i> , 2020, 13, 99.	0.4	45
47	Integrating the development agenda with noncommunicable disease prevention in developing countries: a quasi-experimental study on inter-sectoral action and its impact on self-reported salt consumption—the INPARD study. <i>Cardiovascular Diagnosis and Therapy</i> , 2019, 9, 120-128.	0.7	5
48	Effects of "plate model" as a part of dietary intervention for rehabilitation following myocardial infarction: a randomized controlled trial. <i>Cardiovascular Diagnosis and Therapy</i> , 2019, 9, 179-188.	0.7	7
49	mHealth nutrition and lifestyle intervention (mHENAL) to reduce cardiovascular disease risk in a middle-aged, overweight and obese population in Sri Lanka: Study protocol for a randomized controlled trial. <i>Contemporary Clinical Trials Communications</i> , 2019, 16, 100453.	0.5	2
50	Improving clinical practice in primary care for the prevention and control of noncommunicable diseases: a multi-actor approach to two regional pilot projects in Kazakhstan. <i>Cardiovascular Diagnosis and Therapy</i> , 2019, 9, 129-139.	0.7	2
51	Zinc in Preventing the Progression of pre-Diabetes (ZIPPeD Study) " study protocol for a randomised placebo-controlled trial in Australia. <i>Trials</i> , 2019, 20, 219.	0.7	5
52	Effects of Lysulin [®] supplementation on pre-diabetes: study protocol for a randomized controlled trial. <i>Trials</i> , 2019, 20, 171.	0.7	4
53	Diabetes in developing countries. <i>Journal of Diabetes</i> , 2019, 11, 522-539.	0.8	143
54	Diet quality of adolescents in rural Sri Lanka based on the Diet Quality Index—International: findings from the "Integrating Nutrition Promotion and Rural Development"™ project. <i>Public Health Nutrition</i> , 2019, 22, 1735-1744.	1.1	9

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55	Obesity in South Asia: Phenotype, Morbidities, and Mitigation. <i>Current Obesity Reports</i> , 2019, 8, 43-52.	3.5	78
56	The benefits of yoga practice compared to physical exercise in the management of type 2 Diabetes Mellitus: A systematic review and meta-analysis. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2018, 12, 795-805.	1.8	35
57	Zinc supplementation in prediabetes: <sc>A</sc> randomized double-blind placebo-controlled clinical trial. <i>Journal of Diabetes</i> , 2018, 10, 386-397.	0.8	57
58	Public health and health systems: implications for the prevention and management of type 2 diabetes in south Asia. <i>Lancet Diabetes and Endocrinology</i> , 2018, 6, 992-1002.	5.5	43
59	Epidemiology and determinants of type 2 diabetes in south Asia. <i>Lancet Diabetes and Endocrinology</i> , 2018, 6, 966-978.	5.5	171
60	Nutrition and diabetes in South Asia. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1267-1273.	1.3	17
61	Translation and Validation of the Sinhalese Version of the Brief Medication Questionnaire in Patients with Diabetes Mellitus. <i>Journal of Diabetes Research</i> , 2018, 2018, 1-7.	1.0	4
62	The Association between the Parents' Knowledge of Carbohydrate Counting and the Glycaemic Control of the Children with Type 1 Diabetes. <i>International Journal of Pediatrics (United Kingdom)</i> , 2018, 2018, 1-7.	0.2	1
63	Interventions for treatment and/or prevention of alcohol hangover: Systematic review. <i>Human Psychopharmacology</i> , 2017, 32, e2600.	0.7	31
64	Prevalence and trends of metabolic syndrome among adults in the asia-pacific region: a systematic review. <i>BMC Public Health</i> , 2017, 17, 101.	1.2	449
65	Development of a food atlas for Sri Lankan adults. <i>BMC Nutrition</i> , 2017, 3, 43.	0.6	11
66	Effects of the "plate model" as part of dietary intervention on modification of selected cardiometabolic risk factors in post-myocardial infarction patients: study protocol for a randomized controlled trial. <i>Trials</i> , 2017, 18, 314.	0.7	6
67	<i>Cinnamomum zeylanicum</i> (Ceylon cinnamon) as a potential pharmaceutical agent for type-2 diabetes mellitus: study protocol for a randomized controlled trial. <i>Trials</i> , 2017, 18, 446.	0.7	35
68	Evaluation of pharmacodynamic properties and safety of <i>Cinnamomum zeylanicum</i> (Ceylon cinnamon) in healthy adults: a phase I clinical trial. <i>BMC Complementary and Alternative Medicine</i> , 2017, 17, 550.	3.7	34
69	Nutrition Transition and Obesity Among Teenagers and Young Adults in South Asia. <i>Current Diabetes Reviews</i> , 2017, 13, 444-451.	0.6	30
70	Health insurance or subsidy has universal advantage for management of hospital malnutrition unrelated to GDP. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2017, 26, 247-254.	0.3	3
71	Physical inactivity among physiotherapy undergraduates: exploring the knowledge-practice gap. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2016, 8, 39.	0.7	17
72	Body weight perception among Sri Lankan cardiac patients. <i>BMC Obesity</i> , 2016, 3, 32.	3.1	6

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73	Effects of zinc supplementation on obesity: study protocol for a randomized controlled clinical trial. <i>Trials</i> , 2016, 17, 534.	0.7	4
74	Validity of a food frequency questionnaire to assess nutritional intake among Sri Lankan adults. <i>SpringerPlus</i> , 2016, 5, 162.	1.2	24
75	Predicting clinical outcome of cardiac patients by six malnutrition screening tools. <i>BMC Nutrition</i> , 2016, 2, .	0.6	5
76	Comparison dietary assessment methods in Sri Lankan adults: use of 24-hour dietary recall and 7-day weighed intake. <i>BMC Nutrition</i> , 2016, 2, .	0.6	12
77	Knowledge and perceptions about diet and physical activity among Sri Lankan adults with diabetes mellitus: a qualitative study. <i>BMC Public Health</i> , 2015, 15, 1160.	1.2	38
78	The Obesity Epidemic in Sri Lanka Revisited. <i>Asia-Pacific Journal of Public Health</i> , 2015, 27, NP1298-NP1299.	0.4	20
79	Effects of Zinc supplementation on serum lipids: a systematic review and meta-analysis. <i>Nutrition and Metabolism</i> , 2015, 12, 26.	1.3	137
80	Translational research for Diabetes Self-Management in Sri Lanka: A randomized controlled trial. <i>Primary Care Diabetes</i> , 2015, 9, 338-345.	0.9	24
81	The facts, figures, and reality of the diabetes epidemic in Sri Lanka: a systematic review. <i>International Journal of Diabetes in Developing Countries</i> , 2015, 35, 501-513.	0.3	3
82	The influence of family history of Hypertension on disease prevalence and associated metabolic risk factors among Sri Lankan adults. <i>BMC Public Health</i> , 2015, 15, 576.	1.2	104
83	The influence of family history of diabetes on disease prevalence and associated metabolic risk factors among Sri Lankan adults. <i>Diabetic Medicine</i> , 2015, 32, 314-323.	1.2	16
84	Diabetes in South Asians. <i>Diabetic Medicine</i> , 2014, 31, 1153-1162.	1.2	89
85	The prevalence, predictors and associations of hypertension in Sri Lanka: a cross-sectional population based national survey. <i>Clinical and Experimental Hypertension</i> , 2014, 36, 484-491.	0.5	44
86	Determinants of the citation rate of medical research publications from a developing country. <i>SpringerPlus</i> , 2014, 3, 140.	1.2	44
87	Prevalence of retinopathy among adults with self-reported diabetes mellitus: the Sri Lanka diabetes and Cardiovascular Study. <i>BMC Ophthalmology</i> , 2014, 14, 100.	0.6	28
88	Energy and nutrient intakes among Sri Lankan adults. <i>International Archive of Medicine</i> , 2014, 7, 34.	1.2	50
89	Prevalence of hospital malnutrition among cardiac patients: results from six nutrition screening tools. <i>SpringerPlus</i> , 2014, 3, 412.	1.2	17
90	Evaluation of physical activity among adults with diabetes mellitus from Sri Lanka. <i>International Archive of Medicine</i> , 2014, 7, 15.	1.2	16

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91	Body weight perception and weight loss practices among Sri Lankan adults. <i>Obesity Research and Clinical Practice</i> , 2014, 8, e192-e200.	0.8	20
92	Zinc supplementation in pre-diabetes: study protocol for a randomized controlled trial. <i>Trials</i> , 2013, 14, 52.	0.7	12
93	High dietary diversity is associated with obesity in Sri Lankan adults: an evaluation of three dietary scores. <i>BMC Public Health</i> , 2013, 13, 314.	1.2	112
94	Physical activity patterns among South-Asian adults: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 116.	2.0	110
95	Early life predictors of preschool overweight and obesity: a case-control study in Sri Lanka. <i>BMC Public Health</i> , 2013, 13, 994.	1.2	20
96	Waist to height ratio: A better anthropometric marker of diabetes and cardio-metabolic risks in South Asian adults. <i>Diabetes Research and Clinical Practice</i> , 2013, 99, 292-299.	1.1	63
97	Response to Akilen <i>et al</i> . Efficacy and safety of <i>True™</i> cinnamon (<i>Cinnamomum zeylanicum</i>) as a pharmaceutical agent in diabetes: a systematic review and meta-analysis. <i>Diabetic Medicine</i> , 2013, 30, 506-507.	1.2	2
98	Physical activity patterns and correlates among adults from a developing country: the Sri Lanka Diabetes and Cardiovascular Study. <i>Public Health Nutrition</i> , 2013, 16, 1684-1692.	1.1	51
99	Food consumption of Sri Lankan adults: an appraisal of serving characteristics. <i>Public Health Nutrition</i> , 2013, 16, 653-658.	1.1	70
100	Diabetes mellitus in South Asia: Scientific evaluation of the research output (2000-2012). <i>Diabetes</i> , 2013, 5, 34-42.	0.8	6
101	Prevalence, Trends and Associated Socio-Economic Factors of Obesity in South Asia. <i>Obesity Facts</i> , 2013, 6, 405-414.	1.6	62
102	Weight Change During Hospitalization in a Tertiary Cardiological Center in Sri Lanka. <i>Current Research in Nutrition and Food Science</i> , 2013, 1, 177-180.	0.3	0
103	Prevalence and trends of the diabetes epidemic in South Asia: a systematic review and meta-analysis. <i>BMC Public Health</i> , 2012, 12, 380.	1.2	204
104	Development of a food frequency questionnaire for Sri Lankan adults. <i>Nutrition Journal</i> , 2012, 11, 63.	1.5	44
105	Effects of zinc supplementation on diabetes mellitus: a systematic review and meta-analysis. <i>Diabetology and Metabolic Syndrome</i> , 2012, 4, 13.	1.2	256
106	The prevalence, patterns and predictors of diabetic peripheral neuropathy in a developing country. <i>Diabetology and Metabolic Syndrome</i> , 2012, 4, 21.	1.2	93
107	Metabolic syndrome among Sri Lankan adults: prevalence, patterns and correlates. <i>Diabetology and Metabolic Syndrome</i> , 2012, 4, 24.	1.2	84
108	Efficacy and safety of <i>True™</i> cinnamon (<i>Cinnamomum zeylanicum</i>) as a pharmaceutical agent in diabetes: a systematic review and meta-analysis. <i>Diabetic Medicine</i> , 2012, 29, 1480-1492.	1.2	142

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109	Sri Lanka in global medical research: a scientific analysis of the Sri Lankan research output during 2000-2009. BMC Research Notes, 2012, 5, 121.	0.6	9
110	Derivation of anthropometric cut-off levels to define CVD risk in Sri Lankan adults. British Journal of Nutrition, 2011, 105, 1084-1090.	1.2	24
111	Prevalence of overweight and obesity in Sri Lankan adults. Obesity Reviews, 2010, 11, 751-756.	3.1	99
112	The Distance between the Lower Edge of the Xiphisternum and the Center of the Umbilicus as an Indicator of Abdominal Obesity and Cardiovascular Disease Risk. Obesity Facts, 2010, 3, 6-6.	1.6	5