

Jacopo Vitale

List of Publications by Year in descending order

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Version: 2024-02-01

79
papers

2,186
citations

236612

25
h-index

264894

42
g-index

80
all docs

80
docs citations

80
times ranked

2641
citing authors

#	ARTICLE	IF	CITATIONS
1	Chronotype influences activity circadian rhythm and sleep: Differences in sleep quality between weekdays and weekend. <i>Chronobiology International</i> , 2015, 32, 405-415.	0.9	254
2	Imaging of sarcopenia: old evidence and new insights. <i>European Radiology</i> , 2020, 30, 2199-2208.	2.3	204
3	Chronotype, Physical Activity, and Sport Performance: A Systematic Review. <i>Sports Medicine</i> , 2017, 47, 1859-1868.	3.1	150
4	Diagnostic imaging of osteoporosis and sarcopenia: a narrative review. <i>Quantitative Imaging in Medicine and Surgery</i> , 2018, 8, 86-99.	1.1	89
5	Sleep quality and high intensity interval training at two different times of day: A crossover study on the influence of the chronotype in male collegiate soccer players. <i>Chronobiology International</i> , 2017, 34, 260-268.	0.9	74
6	COVID-19 Outbreak and Physical Activity in the Italian Population: A Cross-Sectional Analysis of the Underlying Psychosocial Mechanisms. <i>Frontiers in Psychology</i> , 2020, 11, 2100.	1.1	68
7	Protective Effect of Aerobic Physical Activity on Sleep Behavior in Breast Cancer Survivors. <i>Integrative Cancer Therapies</i> , 2017, 16, 21-31.	0.8	58
8	To Nap or Not to Nap? A Systematic Review Evaluating Napping Behavior in Athletes and the Impact on Various Measures of Athletic Performance. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 841-862.	1.4	51
9	Circannual rhythm of plasmatic vitamin D levels and the association with markers of psychophysical stress in a cohort of Italian professional soccer players. <i>Chronobiology International</i> , 2017, 34, 471-479.	0.9	48
10	<p>Healthy Eating, Physical Activity, and Sleep Hygiene (HEPAS) as the Winning Triad for Sustaining Physical and Mental Health in Patients at Risk for or with Neuropsychiatric Disorders: Considerations for Clinical Practice</p>. <i>Neuropsychiatric Disease and Treatment</i> , 2020, Volume 16, 55-70.	1.0	48
11	COVID-19 Lockdowns: A Worldwide Survey of Circadian Rhythms and Sleep Quality in 3911 Athletes from 49 Countries, with Data-Driven Recommendations. <i>Sports Medicine</i> , 2022, 52, 1433-1448.	3.1	45
12	Salivary cortisol concentration after high-intensity interval exercise: Time of day and chronotype effect. <i>Chronobiology International</i> , 2017, 34, 698-707.	0.9	44
13	Heart Rate Variability in Sport Performance: Do Time of Day and Chronotype Play A Role?. <i>Journal of Clinical Medicine</i> , 2019, 8, 723.	1.0	44
14	Is disruption of sleep quality a consequence of severe Covid-19 infection? A case-series examination. <i>Chronobiology International</i> , 2020, 37, 1110-1114.	0.9	41
15	Predicting the actigraphy-based acrophase using the Morningness"Eveningness Questionnaire (MEQ) in college students of North Italy. <i>Chronobiology International</i> , 2017, 34, 551-562.	0.9	40
16	Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. <i>Sports Medicine</i> , 2021, 51, 2029-2050.	3.1	40
17	The Effect of Chronotype on Psychophysiological Responses during Aerobic Self-Paced Exercises. <i>Perceptual and Motor Skills</i> , 2015, 121, 840-855.	0.6	39
18	Home-Based Resistance Training for Older Subjects during the COVID-19 Outbreak in Italy: Preliminary Results of a Six-Months RCT. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 9533.	1.2	38

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19	Acute Modification of Cardiac Autonomic Function of High-Intensity Interval Training in Collegiate Male Soccer Players with Different Chronotype: A Cross-Over Study. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 286-294.	0.7	37
20	Ratings of Perceived Exertion and Self-reported Mood State in Response to High Intensity Interval Training. A Crossover Study on the Effect of Chronotype. <i>Frontiers in Psychology</i> , 2017, 8, 1232.	1.1	35
21	Biological rhythms, chronodisruption and chrono-enhancement: The role of physical activity as synchronizer in correcting steroids circadian rhythm in metabolic dysfunctions and cancer. <i>Chronobiology International</i> , 2018, 35, 1185-1197.	0.9	34
22	Influence of Chronotype on Responses to a Standardized, Self-Paced Walking Task in the Morning vs Afternoon: A Pilot Study. <i>Perceptual and Motor Skills</i> , 2013, 116, 1020-1028E.	0.6	33
23	Single and Combined Effect of Acute Sleep Restriction and Mental Fatigue on Basketball Free-Throw Performance. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 415-420.	1.1	33
24	Effect of a Night Game on Actigraphy-Based Sleep Quality and Perceived Recovery in Top-Level Volleyball Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 265-269.	1.1	31
25	Effect of aerobic exercise intervention on markers of insulin resistance in breast cancer women. <i>European Journal of Cancer Care</i> , 2018, 27, e12617.	0.7	30
26	Effect of a Habitual Late-Evening Physical Task on Sleep Quality in Neither-Type Soccer Players. <i>Frontiers in Physiology</i> , 2018, 9, 1582.	1.3	28
27	The Role of the Molecular Clock in Promoting Skeletal Muscle Growth and Protecting against Sarcopenia. <i>International Journal of Molecular Sciences</i> , 2019, 20, 4318.	1.8	28
28	Athletes' rest-activity circadian rhythm differs in accordance with the sport discipline. <i>Chronobiology International</i> , 2019, 36, 578-586.	0.9	27
29	If the Morning-Evening Questionnaire (MEQ) is able to predict the actigraphy-based acrophase, how does its reduced, five-item version (rMEQ) perform?. <i>Chronobiology International</i> , 2017, 34, 443-444.	0.9	26
30	Anxiety, Motives, and Intention for Physical Activity during the Italian COVID-19 Lockdown: An Observational Longitudinal Study. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4689.	1.2	25
31	Differences in GPS variables according to playing formations and playing positions in U19 male soccer players. <i>Research in Sports Medicine</i> , 2021, 29, 225-239.	0.7	23
32	Effects of an 8-Week Body-Weight Neuromuscular Training on Dynamic Balance and Vertical Jump Performances in Elite Junior Skiing Athletes: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 911-920.	1.0	22
33	Lockdown Duration and Training Intensity Affect Sleep Behavior in an International Sample of 1,454 Elite Athletes. <i>Frontiers in Physiology</i> , 0, 13, .	1.3	22
34	Rates of insufficiency and deficiency of vitamin D levels in elite professional male and female skiers: A chronobiologic approach. <i>Chronobiology International</i> , 2018, 35, 441-449.	0.9	21
35	Quercetin phytosome® in triathlon athletes: a pilot registry study. <i>Minerva Medica</i> , 2018, 109, 285-289.	0.3	19
36	Protective role of 17- β -estradiol towards IL-6 leukocyte expression induced by intense training in young female athletes. <i>Journal of Sports Sciences</i> , 2014, 32, 452-461.	1.0	18

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37	Acute sleep hygiene strategy improves objective sleep latency following a late-evening soccer-specific training session: A randomized controlled trial. <i>Journal of Sports Sciences</i> , 2019, 37, 2711-2719.	1.0	18
38	Circulating Carboxylated Osteocalcin Correlates With Skeletal Muscle Mass and Risk of Fall in Postmenopausal Osteoporotic Women. <i>Frontiers in Endocrinology</i> , 2021, 12, 669704.	1.5	17
39	Physical Attributes and NFL Combine Performance Tests Between Italian National League and American Football Players: A Comparative Study. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2802-2808.	1.0	16
40	Direct superior approach versus posterolateral approach in total hip arthroplasty: a randomized controlled trial on early outcomes on gait, risk of fall, clinical and self-reported measurements. <i>Monthly Notices of the Royal Astronomical Society: Letters</i> , 2021, 92, 274-279.	1.2	14
41	Chronotype and response to training during the polar night: a pilot study. <i>International Journal of Circumpolar Health</i> , 2017, 76, 1320919.	0.5	13
42	The effect of two different speed endurance training protocols on a multiple shuttle run performance in young elite male soccer players. <i>Research in Sports Medicine</i> , 2018, 26, 436-449.	0.7	13
43	If RARâ€™s acrophase is influenced by the sport discipline, how actigraphy-based sleep parameters vary in triathlon, volleyball and soccer athletes?. <i>Chronobiology International</i> , 2019, 36, 735-738.	0.9	13
44	Critical appraisal of papers reporting recommendation on sarcopenia using the AGREE II tool: a EuroAIM initiative. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 1164-1172.	1.3	13
45	Appendicular Muscle Mass, Thigh Intermuscular Fat Infiltration, and Risk of Fall in Postmenopausal Osteoporotic Elder Women. <i>Gerontology</i> , 2021, 67, 415-424.	1.4	13
46	Acute Sleep Restriction Affects Sport-Specific But Not Athletic Performance in Junior Tennis Players. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1154-1159.	1.1	13
47	Effect of High-Intensity Interval Training Versus Small-Sided Games Training on Sleep and Salivary Cortisol Level. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1237-1244.	1.1	13
48	Ramadan Observance Exacerbated the Negative Effects of COVID-19 Lockdown on Sleep and Training Behaviors: A International Survey on 1,681 Muslim Athletes. <i>Frontiers in Nutrition</i> , 0, 9, .	1.6	13
49	Plasma vitamin D and osteo-cartilaginous markers in Italian males affected by intervertebral disc degeneration: Focus on seasonal and pathological trend of type II collagen degradation. <i>Clinica Chimica Acta</i> , 2017, 471, 87-93.	0.5	11
50	Simultaneous bilateral unicompartmental knee replacement improves gait parameters in patients with bilateral knee osteoarthritis. <i>Knee</i> , 2019, 26, 1413-1420.	0.8	11
51	Outcomes of lateral unicompartmental knee arthroplasty in post-traumatic osteoarthritis, a retrospective comparative study. <i>International Orthopaedics</i> , 2020, 44, 2321-2328.	0.9	10
52	Are elite track and field athletes on track? The impact of COVID-19 outbreak on sleep behavior and training characteristics. <i>Biology of Sport</i> , 2021, 38, 741-751.	1.7	10
53	Using an Accelerometer-Based Step Counter in Post-Stroke Patients: Validation of a Low-Cost Tool. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3177.	1.2	9
54	Reliability of activity monitors for physical activity assessment in patients with musculoskeletal disorders: A systematic review. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , 2021, 34, 915-923.	0.4	9

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55	Sleep quality and cytokine expression after an exhaustive exercise: influence of ACE polymorphism I/D. <i>Sleep and Biological Rhythms</i> , 2017, 15, 31-37.	0.5	8
56	Level- and sport-specific Star Excursion Balance Test performance in female volleyball players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 733-742.	0.4	8
57	Injury rates in martial arts athletes and predictive risk factors for lower limb injuries. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 1296-1303.	0.4	7
58	Analysis of the Christiania stop in professional roller hockey players with and without previous groin pain: a prospective case series study. <i>Sport Sciences for Health</i> , 2019, 15, 641-646.	0.4	7
59	Are two different speed endurance training protocols able to affect the concentration of serum cortisol in response to a shuttle run test in soccer players?. <i>Research in Sports Medicine</i> , 2020, 28, 293-301.	0.7	7
60	Early Virtual-Reality-Based Home Rehabilitation after Total Hip Arthroplasty: A Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 1766.	1.0	7
61	Exploring circannual rhythms and chronotype effect in patients with Obsessive-Compulsive Tic Disorder (OCTD): A pilot study. <i>Journal of Affective Disorders</i> , 2020, 262, 286-292.	2.0	6
62	Effect of Acute Sleep Hygiene on Salivary Cortisol Level Following A Late Night Soccer-Specific Training Session. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 235-236.	0.7	5
63	The Impact of a 14-Day Altitude Training Camp on Olympic-Level Open-Water Swimmers's Sleep. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4253.	1.2	5
64	Rest-activity daily rhythm and physical activity levels after hip and knee joint replacement: the role of actigraphy in orthopedic clinical practice. <i>Chronobiology International</i> , 2021, 38, 1692-1701.	0.9	4
65	Actigraphy-based Sleep Parameters and Rest-activity Circadian Rhythm in a Young Scoliotic Patient Treated with Rigid Bracing: A Case Study. <i>Yale Journal of Biology and Medicine</i> , 2019, 92, 205-212.	0.2	4
66	In Vivo Measurements: Motion Analysis. , 2018, , 189-201.		3
67	A 9-month multidisciplinary rehabilitation protocol based on early postoperative mobilization following a chronic-degenerative patellar tendon rupture in a professional soccer player. <i>European Journal of Physical and Rehabilitation Medicine</i> , 2019, 55, 676-681.	1.1	3
68	Do Grade II Ankle Sprains Have Chronic Effects on the Functional Ability of Ballet Dancers Performing Single-Leg Flat-Foot Stance? An Observational Cross-Sectional Study. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 155.	1.3	3
69	Road to Tokyo 2020: has this atypical 5-year Olympic cycle represented an opportunity?. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 1039-1041.	0.4	3
70	Sleep Architecture in Response to a Late Evening Competition in Team-Sport Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2022, , 1-7.	1.1	3
71	Interrelationship among thigh intermuscular adipose tissue, cross-sectional area, muscle strength, and functional mobility in older subjects. <i>Medicine (United States)</i> , 2022, 101, e29744.	0.4	3
72	Effect of mattress on actigraphy-based sleep quality and perceived recovery in top-level athletes: a randomized, double-blind, controlled trial. <i>Biological Rhythm Research</i> , 2019, 50, 689-702.	0.4	1

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73	Editorial: The Reciprocal Relationship Between Sleep and Stress in Elite Athletes. <i>Frontiers in Psychology</i> , 2021, 12, 797847.	1.1	1
74	Efficacy of artichoke and ginger extracts with simethicone to treat gastrointestinal symptoms in endurance athletes: a pilot study. <i>Minerva Gastroenterology</i> , 2022, 68, .	0.3	1
75	INFLUENCE OF CHRONOTYPE ON RESPONSES TO A STANDARDIZED, SELF-PACED WALKING TASK IN THE MORNING VS AFTERNOON: A PILOT STUDY1. <i>Perceptual and Motor Skills</i> , 2013, , 130718095826009.	0.6	0
76	The impact of foot angle on lower limb muscles activity during the back squat and counter movement jump. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, , .	0.4	0
77	Incidence of injuries in semi-professional soccer: a six-month retrospective study in the Italian fourth division. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, , .	0.4	0
78	Non-pharmacological Interventions for Osteosarcopenia. , 2019, , 345-361.		0
79	A pilot study on the efficacy of a rational combination of artichoke and ginger extracts with simethicone in the treatment of gastrointestinal symptoms in endurance athletes. <i>Minerva Gastroenterology</i> , 2020, , .	0.3	0