

Yangjie Zhang

List of Publications by Year in descending order

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Version: 2024-02-01

27
papers

636
citations

623574

14
h-index

677027

22
g-index

28
all docs

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docs citations

28
times ranked

604
citing authors

#	ARTICLE	IF	CITATIONS
1	The Effects of Mind-Body Exercise on Cognitive Performance in Elderly: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2791.	1.2	88
2	Are Mindful Exercises Safe and Beneficial for Treating Chronic Lower Back Pain? A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Clinical Medicine</i> , 2019, 8, 628.	1.0	53
3	Cognitive benefits of exercise interventions: an fMRI activation likelihood estimation meta-analysis. <i>Brain Structure and Function</i> , 2021, 226, 601-619.	1.2	49
4	The Beneficial Effects of Traditional Chinese Exercises for Adults with Low Back Pain: A Meta-Analysis of Randomized Controlled Trials. <i>Medicina (Lithuania)</i> , 2019, 55, 118.	0.8	40
5	The Effects of Tai Chi Chuan Versus Core Stability Training on Lower-Limb Neuromuscular Function in Aging Individuals with Non-Specific Chronic Lower Back Pain. <i>Medicina (Lithuania)</i> , 2019, 55, 60.	0.8	34
6	Physical Activity Improves Cognition and Activities of Daily Living in Adults with Alzheimer's Disease: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1216.	1.2	31
7	Wuqinxi Qigong as an Alternative Exercise for Improving Risk Factors Associated with Metabolic Syndrome: A Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1396.	1.2	29
8	The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 753.	1.2	27
9	Regular Tai Chi Practice Is Associated With Improved Memory as Well as Structural and Functional Alterations of the Hippocampus in the Elderly. <i>Frontiers in Aging Neuroscience</i> , 2020, 12, 586770.	1.7	25
10	The effect of Qigong-based therapy on patients with Parkinson's disease: a systematic review and meta-analysis. <i>Clinical Rehabilitation</i> , 2020, 34, 1436-1448.	1.0	23
11	Mind-Body Exercise (Wuqinxi) for Patients with Chronic Obstructive Pulmonary Disease: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 72.	1.2	21
12	Qigong-Based Therapy for Treating Adults with Major Depressive Disorder: A Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 826.	1.2	21
13	Effects and Moderators of Exercise on Sarcopenic Components in Sarcopenic Elderly: A Systematic Review and Meta-Analysis. <i>Frontiers in Medicine</i> , 2021, 8, 649748.	1.2	21
14	Differential Effects of Tai Chi Chuan (Motor-Cognitive Training) and Walking on Brain Networks: A Resting-State fMRI Study in Chinese Women Aged 60. <i>Healthcare (Switzerland)</i> , 2020, 8, 67.	1.0	19
15	Long-Term Cognitive Performance of Retired Athletes with Sport-Related Concussion: A Systematic Review and Meta-Analysis. <i>Brain Sciences</i> , 2019, 9, 199.	1.1	18
16	Effects of Basketball and Baduanjin Exercise Interventions on Problematic Smartphone Use and Mental Health among College Students: A Randomized Controlled Trial. <i>Evidence-based Complementary and Alternative Medicine</i> , 2021, 2021, 1-12.	0.5	18
17	Effects of a Therapeutic Horseback Riding Program on Social Interaction and Communication in Children with Autism. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2656.	1.2	17
18	Chinese herbal medicines on cognitive function and activity of daily living in senior adults with Alzheimer's disease: a systematic review and meta-analysis. <i>Integrative Medicine Research</i> , 2019, 8, 92-100.	0.7	15

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19	Does Cardiorespiratory Fitness Influence the Effect of Acute Aerobic Exercise on Executive Function?. <i>Frontiers in Human Neuroscience</i> , 2020, 14, 569010.	1.0	15
20	Physical fitness levels of South Korean national male and female firefighters. <i>Journal of Exercise Science and Fitness</i> , 2020, 18, 109-114.	0.8	11
21	Emotional exhaustion and sleep problems in university students: Does mental toughness matter?. <i>Personality and Individual Differences</i> , 2020, 163, 110046.	1.6	11
22	Traditional Chinese Mind and Body Exercises for Promoting Balance Ability of Old Adults: A Systematic Review and Meta-Analysis. <i>Evidence-based Complementary and Alternative Medicine</i> , 2016, 2016, 1-9.	0.5	10
23	Higher Handgrip Strength Is Linked to Better Cognitive Performance in Chinese Adults with Hypertension. <i>Brain Sciences</i> , 2021, 11, 985.	1.1	10
24	Effect of a Single Bout of Exercise on Autophagy Regulation in Skeletal Muscle of High-Fat High-Sucrose Diet-Fed Mice. <i>Journal of Obesity and Metabolic Syndrome</i> , 2019, 28, 175-185.	1.5	9
25	Is the Health Behavior in School-Aged Survey Questionnaire Reliable and Valid in Assessing Physical Activity and Sedentary Behavior in Young Populations? A Systematic Review. <i>Frontiers in Public Health</i> , 2022, 10, 729641.	1.3	9
26	Cognitive Benefits of Activity Engagement among 12,093 Adults Aged over 65 Years. <i>Brain Sciences</i> , 2020, 10, 967.	1.1	8
27	Does More Sedentary Time Associate With Higher Risks for Sleep Disorder Among Adolescents? A Pooled Analysis. <i>Frontiers in Pediatrics</i> , 2021, 9, 603177.	0.9	4