

Saman Khalesi, RNut

List of Publications by Year in descending order

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Version: 2024-02-01

56
papers

2,857
citations

361413

20
h-index

189892

50
g-index

56
all docs

56
docs citations

56
times ranked

5008
citing authors

#	ARTICLE	IF	CITATIONS
1	Depression, Anxiety and Stress during COVID-19: Associations with Changes in Physical Activity, Sleep, Tobacco and Alcohol Use in Australian Adults. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4065.	2.6	939
2	Effect of Probiotics on Blood Pressure. <i>Hypertension</i> , 2014, 64, 897-903.	2.7	399
3	A review of probiotic supplementation in healthy adults: helpful or hype?. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 24-37.	2.9	159
4	Healthy Dietary Patterns and Incidence of CKD. <i>Clinical Journal of the American Society of Nephrology: CJASN</i> , 2019, 14, 1441-1449.	4.5	129
5	Effects of Diet on Sleep: A Narrative Review. <i>Nutrients</i> , 2020, 12, 936.	4.1	117
6	Green tea catechins and blood pressure: a systematic review and meta-analysis of randomised controlled trials. <i>European Journal of Nutrition</i> , 2014, 53, 1299-1311.	3.9	106
7	Flaxseed Consumption May Reduce Blood Pressure: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Journal of Nutrition</i> , 2015, 145, 758-765.	2.9	91
8	Effect of probiotics and synbiotics on blood glucose: a systematic review and meta-analysis of controlled trials. <i>European Journal of Nutrition</i> , 2018, 57, 95-106.	3.9	87
9	As the Pandemic Progresses, How Does Willingness to Vaccinate against COVID-19 Evolve?. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 797.	2.6	81
10	Can sesame consumption improve blood pressure? A systematic review and meta-analysis of controlled trials. <i>Journal of the Science of Food and Agriculture</i> , 2017, 97, 3087-3094.	3.5	50
11	Effects of acute caffeine consumption following sleep loss on cognitive, physical, occupational and driving performance: A systematic review and meta-analysis. <i>Neuroscience and Biobehavioral Reviews</i> , 2020, 108, 877-888.	6.1	41
12	Cheese consumption in relation to cardiovascular risk factors among Iranian adults- IHHP Study. <i>Nutrition Research and Practice</i> , 2014, 8, 336.	1.9	40
13	Effect of probiotics and synbiotics consumption on serum concentrations of liver function test enzymes: a systematic review and meta-analysis. <i>European Journal of Nutrition</i> , 2018, 57, 2037-2053.	3.9	38
14	Sesame fractions and lipid profiles: a systematic review and meta-analysis of controlled trials. <i>British Journal of Nutrition</i> , 2016, 115, 764-773.	2.3	35
15	Effects of probiotics and paraprobiotics on subjective and objective sleep metrics: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 1536-1549.	2.9	33
16	Reduction of aflatoxin level in aflatoxin-induced rats by the activity of probiotic <i>Lactobacillus casei</i> strain Shirota. <i>Journal of Applied Microbiology</i> , 2013, 114, 1507-1515.	3.1	30
17	A review of fasting effects on the response of cancer to chemotherapy. <i>Clinical Nutrition</i> , 2021, 40, 1669-1681.	5.0	30
18	Effect of probiotics and synbiotics on selected anthropometric and biochemical measures in women with polycystic ovary syndrome: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 543-547.	2.9	27

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19	The association of resilience with depression, anxiety, stress and physical activity during the COVID-19 pandemic. <i>BMC Public Health</i> , 2022, 22, 491.	2.9	26
20	Effects of probiotic supplementation on anthropometric and metabolic characteristics in adults with metabolic syndrome: A systematic review and meta-analysis of randomized clinical trials. <i>Clinical Nutrition</i> , 2021, 40, 4662-4673.	5.0	25
21	Barriers to healthy lifestyle behaviors in Australian nursing students: A qualitative study. <i>Australian Journal of Cancer Nursing</i> , 2020, 22, 921-928.	1.6	24
22	Validation of a short food frequency questionnaire in Australian adults. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 349-357.	2.8	21
23	Effects of synbiotic consumption on lipid profile: a systematic review and meta-analysis of randomized controlled clinical trials. <i>European Journal of Nutrition</i> , 2020, 59, 2857-2874.	3.9	21
24	Dietary patterns, nutrition knowledge and lifestyle: associations with blood pressure in a sample of Australian adults (the Food BP study). <i>Journal of Human Hypertension</i> , 2016, 30, 581-590.	2.2	19
25	The effect of probiotic fermented milk products on blood lipid concentrations: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 997-1015.	2.6	19
26	Effect of 8-weeks prebiotics/probiotics supplementation on alcohol metabolism and blood biomarkers of healthy adults: a pilot study. <i>European Journal of Nutrition</i> , 2018, 57, 1523-1534.	3.9	18
27	The effect of lipophilicity and dose on the frequency of statin-associated muscle symptoms: A systematic review and meta-analysis. <i>Pharmacological Research</i> , 2018, 128, 264-273.	7.1	18
28	A Time to Rest, a Time to Dine: Sleep, Time-Restricted Eating, and Cardiometabolic Health. <i>Nutrients</i> , 2022, 14, 420.	4.1	18
29	Dietary Patterns, Nutrition Knowledge, Lifestyle, and Health-Related Quality of Life: Associations with Anti-Hypertension Medication Adherence in a Sample of Australian Adults. <i>High Blood Pressure and Cardiovascular Prevention</i> , 2017, 24, 453-462.	2.2	17
30	Awareness and Attitudes of Gut Health, Probiotics and Prebiotics in Australian Adults. <i>Journal of Dietary Supplements</i> , 2021, 18, 418-432.	2.6	17
31	Effect of synbiotic supplementation on migraine characteristics and inflammatory biomarkers in women with migraine: Results of a randomized controlled trial. <i>Pharmacological Research</i> , 2021, 169, 105668.	7.1	16
32	The Relationship Between Diet and Sleep in Older Adults: a Narrative Review. <i>Current Nutrition Reports</i> , 2021, 10, 166-178.	4.3	15
33	Associations between health behaviors and mental health in Australian nursing students. <i>Nurse Education in Practice</i> , 2021, 53, 103084.	2.6	13
34	Association between dietary patterns and sociodemographics: A cross-sectional study of Australian nursing students. <i>Australian Journal of Cancer Nursing</i> , 2020, 22, 38-48.	1.6	12
35	Associations between sleep and lifestyle behaviours among Australian nursing students: A cross-sectional study. <i>Collegian</i> , 2021, 28, 97-105.	1.3	11
36	Reducing salt intake: a systematic review and meta-analysis of behavior change interventions in adults. <i>Nutrition Reviews</i> , 2022, 80, 723-740.	5.8	11

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37	Willingness to Vaccinate against COVID-19 Declines in Australia, Except in Lockdown Areas. <i>Vaccines</i> , 2021, 9, 479.	4.4	10
38	The effect of dietary sodium modification on blood pressure in adults with systolic blood pressure less than 140mmHg. <i>JB Database of Systematic Reviews and Implementation Reports</i> , 2016, 14, 196-237.	1.7	9
39	Lifestyle and self-management determinants of hypertension control in a sample of Australian adults. <i>Expert Review of Cardiovascular Therapy</i> , 2018, 16, 229-236.	1.5	9
40	Hot, Tired and Hungry: The Snacking Behaviour and Food Cravings of Firefighters during Multi-Day Simulated Wildfire Suppression. <i>Nutrients</i> , 2020, 12, 1160.	4.1	9
41	Smoothies: Exploring the Attitudes, Beliefs and Behaviours of Consumers and Non-Consumers. <i>Current Research in Nutrition and Food Science</i> , 2018, 6, 425-436.	0.8	8
42	The Discrepancy between Knowledge of Sleep Recommendations and the Actual Sleep Behaviour of Australian Adults. <i>Behavioral Sleep Medicine</i> , 2021, 19, 828-839.	2.1	7
43	The effects of synbiotic supplementation on oxidative stress and clinical symptoms in women with migraine: A double-blind, placebo-controlled, randomized trial. <i>Journal of Functional Foods</i> , 2021, 86, 104738.	3.4	7
44	OUP accepted manuscript. <i>Nutrition Reviews</i> , 2022, , .	5.8	7
45	The influence of a fruit smoothie or cereal and milk breakfast on subsequent dietary intake: a pilot study. <i>International Journal of Food Sciences and Nutrition</i> , 2019, 70, 612-622.	2.8	6
46	Associations between health-related quality of life and health behaviors in Australian nursing students. <i>Australian Journal of Cancer Nursing</i> , 2021, 23, 477-489.	1.6	6
47	Challenges following a personalised diet adhering to dietary guidelines in a sample of Australian university students. <i>Nutrition and Health</i> , 2019, 25, 185-194.	1.5	5
48	How are COVID-19 knowledge and concern associated with practising preventive behaviours in Australian adults?. <i>Australian and New Zealand Journal of Public Health</i> , 2021, 45, 523-525.	1.8	5
49	Consumption of a smoothie or cereal-based breakfast: impact on thirst, hunger, appetite and subsequent dietary intake. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 123-133.	2.8	4
50	Caffeine Content and Perceived Sensory Characteristics of Pod Coffee: Effects on Mood and Cognitive Performance. <i>Current Research in Nutrition and Food Science</i> , 2018, 6, 329-345.	0.8	3
51	The associations between lifestyle factors and mental well-being in baccalaureate nursing students: An observational study. <i>Australian Journal of Cancer Nursing</i> , 2022, 24, 255-264.	1.6	3
52	Analysis of dietary intake, diet cost and food group expenditure from a 24-hour food record collected in a sample of Australian university students. <i>Nutrition and Dietetics</i> , 2021, 78, 174-182.	1.8	2
53	The effect of dietary sodium modification on blood pressure in studies of subjects with systolic blood pressure less than 140mmHg: a systematic review protocol. <i>JB Database of Systematic Reviews and Implementation Reports</i> , 2014, 12, 20-26.	1.7	2
54	Flaxseed (<i>Linum usitatissimum</i> L.) consumption and blood thiocyanate concentration in rats. <i>Nutrition and Food Science</i> , 2013, 43, 40-48.	0.9	1

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55	Oral administration of Lactobacillus casei Shirota can ameliorate the adverse effect of an acute aflatoxin exposure in Sprague Dawley rats. International Journal for Vitamin and Nutrition Research, 2018, 88, 199-208.	1.5	1
56	Reply to Pierce et al.. Journal of Nutrition, 2015, 145, 2631-2632.	2.9	0