

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	OUP accepted manuscript. Nutrition Reviews, 2022, , .	5.8	7
2	A Time to Rest, a Time to Dine: Sleep, Time-Restricted Eating, and Cardiometabolic Health. Nutrients, 2022, 14, 420.	4.1	18
3	The associations between lifestyle factors and mental well-being in baccalaureate nursing students: An observational study. Australian Journal of Cancer Nursing, 2022, 24, 255-264.	1.6	3
4	The association of resilience with depression, anxiety, stress and physical activity during the COVID-19 pandemic. BMC Public Health, 2022, 22, 491.	2.9	26
5	Reducing salt intake: a systematic review and meta-analysis of behavior change interventions in adults. Nutrition Reviews, 2022, 80, 723-740.	5.8	11
6	Awareness and Attitudes of Gut Health, Probiotics and Prebiotics in Australian Adults. Journal of Dietary Supplements, 2021, 18, 418-432.	2.6	17
7	Consumption of a smoothie or cereal-based breakfast: impact on thirst, hunger, appetite and subsequent dietary intake. International Journal of Food Sciences and Nutrition, 2021, 72, 123-133.	2.8	4
8	Associations between sleep and lifestyle behaviours among Australian nursing students: A cross-sectional study. Collegian, 2021, 28, 97-105.	1.3	11
9	A review of fasting effects on the response of cancer to chemotherapy. Clinical Nutrition, 2021, 40, 1669-1681.	5.0	30
10	The Discrepancy between Knowledge of Sleep Recommendations and the Actual Sleep Behaviour of Australian Adults. Behavioral Sleep Medicine, 2021, 19, 828-839.	2.1	7
11	Analysis of dietary intake, diet cost and food group expenditure from a 24-hour food record collected in a sample of Australian university students. Nutrition and Dietetics, 2021, 78, 174-182.	1.8	2
12	The effect of probiotic fermented milk products on blood lipid concentrations: A systematic review and meta-analysis of randomized controlled trials. Nutrition, Metabolism and Cardiovascular Diseases, 2021, 31, 997-1015.	2.6	19
13	Associations between health-related quality of life and health behaviors in Australian nursing students. Australian Journal of Cancer Nursing, 2021, 23, 477-489.	1.6	6
14	Willingness to Vaccinate against COVID-19 Declines in Australia, Except in Lockdown Areas. Vaccines, 2021, 9, 479.	4.4	10
15	Associations between health behaviors and mental health in Australian nursing students. Nurse Education in Practice, 2021, 53, 103084.	2.6	13
16	The Relationship Between Diet and Sleep in Older Adults: a Narrative Review. Current Nutrition Reports, 2021, 10, 166-178.	4.3	15
17	How are COVID-19 knowledge and concern associated with practising preventive behaviours in Australian adults?. Australian and New Zealand Journal of Public Health, 2021, 45, 523-525.	1.8	5
18	Effect of synbiotic supplementation on migraine characteristics and inflammatory biomarkers in women with migraine: Results of a randomized controlled trial. Pharmacological Research, 2021, 169, 105668.	7.1	16

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19	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
20	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
21	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
22	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
23	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
24	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
25	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
26	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
27	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
28	Effects of Diet on Sleep: A Narrative Review. <i>Nutrients</i> , 2020, 12, 936.	4.1	117
29	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
30	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
31	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
32	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
33	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
34	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
35	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
36	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

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37	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
38	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
39	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
40	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
41	Oral administration of <i>Lactobacillus casei</i> Shirota can ameliorate the adverse effect of an acute aflatoxin exposure in Sprague Dawley rats. <i>International Journal for Vitamin and Nutrition Research</i> , 2018, 88, 199-208.	1.5	1
42	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
43	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
44	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
45	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
46	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
47	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
48	The effect of dietary sodium modification on blood pressure in adults with systolic blood pressure less than 140mmHg. <i>JB I Database of Systematic Reviews and Implementation Reports</i> , 2016, 14, 196-237.	1.7	9
49	Reply to Pierce et al.. <i>Journal of Nutrition</i> , 2015, 145, 2631-2632.	2.9	0
50	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
51	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
52	Effect of Probiotics on Blood Pressure. <i>Hypertension</i> , 2014, 64, 897-903.	2.7	399
53	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
54	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 I Database of Systematic Reviews and Implementation Reports</i> , 2014, 12, 20-26.	1.7	2

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55	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
56	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