Vassilis Mougios

List of Publications by Year in descending order

120 papers	4,301 citations	147566 31 h-index	114278 63 g-index
123 all docs	123 docs citations	123 times ranked	5659 citing authors

#	Article	IF	Citations
1	FNDC5 and irisin in humans: I. Predictors of circulating concentrations in serum and plasma and II. mRNA expression and circulating concentrations in response to weight loss and exercise. Metabolism: Clinical and Experimental, 2012, 61, 1725-1738.	1.5	812
2	Exercise-Induced Irisin Secretion Is Independent of Age or Fitness Level and Increased Irisin May Directly Modulate Muscle Metabolism Through AMPK Activation. Journal of Clinical Endocrinology and Metabolism, 2014, 99, E2154-E2161.	1.8	263
3	Effect of supplementation with conjugated linoleic acid on human serum lipids and body fat. Journal of Nutritional Biochemistry, 2001, 12, 585-594.	1.9	205
4	Reference intervals for serum creatine kinase in athletes. British Journal of Sports Medicine, 2007, 41, 674-678.	3.1	192
5	Exercise in the management of obesity. Metabolism: Clinical and Experimental, 2019, 92, 163-169.	1.5	161
6	Irisin in Response to Exercise in Humans With and Without Metabolic Syndrome. Journal of Clinical Endocrinology and Metabolism, 2015, 100, E453-E457.	1.8	150
7	Circulating Irisin in Healthy, Young Individuals: Day-Night Rhythm, Effects of Food Intake and Exercise, and Associations With Gender, Physical Activity, Diet, and Body Composition. Journal of Clinical Endocrinology and Metabolism, 2014, 99, 3247-3255.	1.8	133
8	¹H NMR-Based Metabonomic Investigation of the Effect of Two Different Exercise Sessions on the Metabolic Fingerprint of Human Urine. Journal of Proteome Research, 2010, 9, 6405-6416.	1.8	106
9	A Pilot Study of the Effects of High-Intensity Aerobic Exercise Versus Passive Interventions on Pain, Disability, Psychological Strain, and Serum Cortisol Concentrations in People With Chronic Low Back Pain. Physical Therapy, 2007, 87, 304-312.	1.1	99
10	Supplementation with CLA: Isomer incorporation into serum lipids and effect on body fat of women. Lipids, 2003, 38, 805-811.	0.7	97
11	Effects of Exercise on the Fatty-Acid Composition of Blood and Tissue Lipids. Sports Medicine, 2004, 34, 1051-1076.	3.1	89
12	Irisin in response to acute and chronic whole-body vibration exercise in humans. Metabolism: Clinical and Experimental, 2014, 63, 918-921.	1.5	86
13	¹H NMR Study on the Short- and Long-Term Impact of Two Training Programs of Sprint Running on the Metabolic Fingerprint of Human Serum. Journal of Proteome Research, 2013, 12, 470-480.	1.8	82
14	Obesity in adolescence is associated with perinatal risk factors, parental BMI and sociodemographic characteristics. European Journal of Clinical Nutrition, 2013, 67, 115-121.	1.3	82
15	Equal Volumes of High and Low Intensity of Eccentric Exercise in Relation to Muscle Damage and Performance. Journal of Strength and Conditioning Research, 2005, 19, 184.	1.0	74
16	The double burden of obesity and iron deficiency on children and adolescents in <scp>G</scp>reece: the <scp>H</scp>ealthy <scp>G</scp>rowth <scp>S</scp>tudy. Journal of Human Nutrition and Dietetics, 2013, 26, 470-478.	1.3	60
17	Duration of coffee- and exercise-induced changes in the fatty acid profile of human serum. Journal of Applied Physiology, 2003, 94, 476-484.	1.2	55
18	Adipose Tissue Lipolysis Is Upregulated in Lean and Obese Men During Acute Resistance Exercise. Diabetes Care, 2008, 31, 1397-1399.	4.3	55

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19	Long-term exercise increases the DNA binding activity of peroxisome proliferatorâ€“activated receptor Î³ in rat adipose tissue. Metabolism: Clinical and Experimental, 2007, 56, 1029-1036.	1.5	54
20	Exercise-induced changes in the concentration of individual fatty acids and triacylglycerols of human plasma. Metabolism: Clinical and Experimental, 1995, 44, 681-688.	1.5	52
21	The Effects of Muscle Damage on Running Economy in Healthy Males. International Journal of Sports Medicine, 2005, 26, 827-831.	0.8	48
22	Effect of exercise training on the fatty acid composition of lipid classes in rat liver, skeletal muscle, and adipose tissue. European Journal of Applied Physiology, 2005, 94, 84-92.	1.2	47
23	Monitoring the Response of the Human Urinary Metabolome to Brief Maximal Exercise by a Combination of RP-UPLC-MS and ¹H NMR Spectroscopy. Journal of Proteome Research, 2015, 14, 4610-4622.	1.8	46
24	Mitochondrial phospholipids of rat skeletal muscle are less polyunsaturated than whole tissue phospholipids: Implications for protection against oxidative stress1. Journal of Animal Science, 2006, 84, 2818-2825.	0.2	43
25	Effect of prior exercise on lipemia after a meal of moderate fat content. European Journal of Clinical Nutrition, 2004, 58, 1327-1335.	1.3	41
26	Association of total body and visceral fat mass with iron deficiency in preadolescents: the Healthy Growth Study. British Journal of Nutrition, 2012, 108, 710-719.	1.2	38
27	Effects of low- and high-volume resistance exercise on postprandial lipaemia. British Journal of Nutrition, 2007, 97, 471-477.	1.2	37
28	Effects of endurance and high-intensity swimming exercise on the redox status of adolescent male and female swimmers. Journal of Sports Sciences, 2014, 32, 747-756.	1.0	35
29	Effects of Iron Intake Through Food or Supplement on Iron Status and Performance of Healthy Adolescent Swimmers During a Training Season. International Journal of Sports Medicine, 2004, 25, 306-313.	0.8	34
30	Effect of exercise performed immediately before a meal of moderate fat content on postprandial lipaemia. British Journal of Nutrition, 2004, 91, 683-687.	1.2	33
31	Short vs. long length of rectus femoris during eccentric exercise in relation to muscle damage in healthy males. Clinical Biomechanics, 2005, 20, 617-622.	0.5	33
32	Acute resistance exercise results in catecholaminergic rather than hypothalamicâ€“pituitaryâ€“adrenal axis stimulation during exercise in young men. Stress, 2010, 13, 461-468.	0.8	33
33	Kinetics of the two-step hydrolysis of triacylglycerol by pancreatic lipases. FEBS Journal, 1995, 230, 892-898.	0.2	32
34	Hematologic and Biochemical Profile of Juvenile and Adult Athletes of Both Sexes: Implications for Clinical Evaluation. International Journal of Sports Medicine, 2003, 24, 506-511.	0.8	31
35	Physiology of Activins/Follistatins: Associations With Metabolic and Anthropometric Variables and Response to Exercise. Journal of Clinical Endocrinology and Metabolism, 2018, 103, 3890-3899.	1.8	31
36	Characterization of the phosphorylatable myosin light chain in rat uterus. BBA - Proteins and Proteomics, 1986, 871, 311-315.	2.1	30

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37	Gradual decline in performance and changes in biochemical parameters of basketball players while resting after warm-up. European Journal of Applied Physiology, 2012, 112, 3327-3334.	1.2	29
38	Plasma TSH, T3, T4 and cortisol responses to swimming at varying water temperatures.. British Journal of Sports Medicine, 1993, 27, 247-250.	3.1	27
39	Resistance exercise does not affect the serum concentrations of cell adhesion molecules * Commentary. British Journal of Sports Medicine, 2007, 41, 76-79.	3.1	26
40	Childhood Obesity Risk Evaluation based on perinatal factors and family sociodemographic characteristics: CORE Index. European Journal of Pediatrics, 2013, 172, 551-555.	1.3	26
41	Variation of soluble transferrin receptor and ferritin concentrations in human serum during recovery from exercise. European Journal of Applied Physiology, 2003, 89, 500-502.	1.2	25
42	Effects of Different Exercise Modes on the Urinary Metabolic Fingerprint of Men with and without Metabolic Syndrome. Metabolites, 2017, 7, 5.	1.3	25
43	Isoforms of the phosphorylatable myosin light chain in arterial smooth muscle. BBA - Proteins and Proteomics, 1986, 872, 305-308.	2.1	24
44	Imbalanced Nutrition of Top-Level Swimmers. International Journal of Sports Medicine, 2007, 28, 780-786.	0.8	24
45	Does the Intensity of an Exercise Programme Modulate Body Composition Changes?. International Journal of Sports Medicine, 2006, 27, 178-181.	0.8	22
46	Effect of chronic wheel running on the fatty acid composition of phospholipids and triacylglycerols in rat serum, skeletal muscle and heart. Acta Physiologica Scandinavica, 2004, 181, 199-208.	2.3	21
47	Hormonal responses to three training protocols in rowing. European Journal of Applied Physiology, 2004, 92, 128-132.	1.2	21
48	Lipidemic Profile of Athletes and Non-Athletes with Similar Body Fat. International Journal of Sport Nutrition and Exercise Metabolism, 2005, 15, 425-432.	1.0	21
49	GCâ€“MS analysis of blood for the metabonomic investigation of the effects of physical exercise and allopurinol administration on rats. Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences, 2014, 966, 127-131.	1.2	21
50	Effect of Voluntary Exercise on the Expression of IGF-I and Androgen Receptor in Three Rat Skeletal Muscles and on Serum IGF-I and Testosterone Levels. International Journal of Sports Medicine, 2004, 25, 502-508.	0.8	20
51	Validation of a questionnaire assessing food frequency and nutritional intake in Greek adolescents. International Journal of Food Sciences and Nutrition, 2008, 59, 148-154.	1.3	20
52	Loss of CD36 protects against dietâ€induced obesity but results in impaired muscle stem cell function, delayed muscle regeneration and hepatic steatosis. Acta Physiologica, 2020, 228, e13395.	1.8	20
53	Redox, iron, and nutritional status of children during swimming training. Journal of Science and Medicine in Sport, 2009, 12, 691-696.	0.6	17
54	Effect of chronic exercise on DNA fragmentation and on lipid profiles in rat skeletal muscle. Experimental Physiology, 2009, 94, 362-370.	0.9	17

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55	Muscle metabolism and performance improvement after two training programmes of sprint running differing in rest interval duration. Journal of Sports Sciences, 2011, 29, 1167-1174.	1.0	17
56	â€œLeaner and less fitâ€•children have a better cardiometabolic profile than their â€œheavier and more fitâ€• peers: The Healthy Growth Study. Nutrition, Metabolism and Cardiovascular Diseases, 2013, 23, 1058-1065.	1.1	17
57	Effect of aerobic exercise on lipaemia and its fatty acid profile after a meal of moderate fat content in eumenorrhoeic women. British Journal of Nutrition, 2005, 94, 698-704.	1.2	16
58	Hepatic Mitochondrial Energetics During Catchâ€Up Fat With Highâ€Fat Diets Rich in Lard or Safflower Oil. Obesity, 2012, 20, 1763-1772.	1.5	16
59	Comparison of the Serum Metabolic Fingerprint of Different Exercise Modes in Men with and without Metabolic Syndrome. Metabolites, 2019, 9, 116.	1.3	16
60	Diurnal variation and reliability of the urine lactate concentration after maximal exercise. Chronobiology International, 2018, 35, 24-34.	0.9	15
61	Attenuation of oxidative stress-induced lesions in skeletal muscle in a mouse model of obesity-independent hyperlipidaemia and atherosclerosis through the inhibition of Nox2 activity. Free Radical Biology and Medicine, 2018, 129, 504-519.	1.3	15
62	Caffeine Supplementation: Ergogenic in Both High and Low Caffeine Responders. International Journal of Sports Physiology and Performance, 2019, 14, 650-657.	1.1	15
63	Response of Blood Biomarkers to Sprint Interval Swimming. International Journal of Sports Physiology and Performance, 2020, 15, 1442-1447.	1.1	15
64	Effect of 5-day vitamin E supplementation on muscle injury after downhill running in rats. European Journal of Applied Physiology, 2011, 111, 2557-2569.	1.2	14
65	Increased Triacylglycerol Lipase Activity in Adipose Tissue of Lean and Obese Men During Endurance Exercise. Journal of Clinical Endocrinology and Metabolism, 2017, 102, 3945-3952.	1.8	14
66	Effects of sprint interval exercise dose and sex on circulating irisin and redox status markers in adolescent swimmers. Journal of Sports Sciences, 2019, 37, 827-832.	1.0	14
67	Effect of periodic abstinence from dairy products for approximately half of the year on bone health in adults following the Christian Orthodox Church fasting rules for decades. Archives of Osteoporosis, 2019, 14, 68.	1.0	13
68	An isoenergetic high-protein, moderate-fat diet does not compromise strength and fatigue during resistance exercise in women. British Journal of Nutrition, 2008, 100, 283-286.	1.2	12
69	Reliability of urine lactate as a novel biomarker of lactate production capacity in maximal swimming. Biomarkers, 2016, 21, 328-334.	0.9	12
70	Effect of exercise on the proportion of unsaturated fatty acids in serum of untrained middle aged individuals. British Journal of Sports Medicine, 1998, 32, 58-62.	3.1	10
71	Acute changes in triacylglycerol lipase activity of human adipose tissue during exercise. Journal of Lipid Research, 2002, 43, 1331-1334.	2.0	10
72	A novel bioanalytical method based on UHPLCâ€HRMS/MS for the quantification of oleuropein in human serum. Application to a pharmacokinetic study. Biomedical Chromatography, 2016, 30, 2016-2023.	0.8	10

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73	High-Intensity Functional Training Improves Cardiorespiratory Fitness and Neuromuscular Performance Without Inflammation or Muscle Damage. Journal of Strength and Conditioning Research, 2022, 36, 615-623.	1.0	10
74	Exercise-Induced Changes in c-Fos Protein Levels in Skeletal Muscle of Trained and Untrained Rats. International Journal of Sports Medicine, 2003, 24, 96-100.	0.8	9
75	Îcute Exercise Alters the Levels of Human Saliva miRNAs Involved in Lipid Metabolism. International Journal of Sports Medicine, 2016, 37, 584-588.	0.8	9
76	Bone status of young adults with periodic avoidance of dairy products since childhood. European Journal of Pediatrics, 2020, 179, 645-651.	1.3	9
77	Caffeine supplementation is ergogenic in soccer players independent of cardiorespiratory or neuromuscular fitness levels. Journal of the International Society of Sports Nutrition, 2020, 17, 31.	1.7	9
78	Effects of lifelong exercise and aging on the blood metabolic fingerprint of rats. Biogerontology, 2020, 21, 577-591.	2.0	8
79	Effects of Two Workload-Matched High-Intensity Interval Training Protocols on Regional Body Composition and Fat Oxidation in Obese Men. Nutrients, 2021, 13, 1096.	1.7	7
80	Effect of aerobic training on99mTc-methoxy isobutyl isonitrile (99mTc-sestamibi) uptake by myocardium and skeletal muscle: implication for noninvasive assessment of muscle metabolic profile. Acta Physiologica, 2008, 193, 175-180.	1.8	6
81	Improved reliability of the urine lactate concentration under controlled hydration after maximal exercise. Biomarkers, 2016, 22, 1-7.	0.9	6
82	Exercise-induced oxidatively damaged DNA in humans: evaluation in plasma or urine?. Biomarkers, 2016, 21, 204-207.	0.9	5
83	Low-Volume Sprint Interval Swimming Is Sufficient to Increase Blood Metabolic Biomarkers in Master Swimmers. Research Quarterly for Exercise and Sport, 2022, 93, 318-324.	0.8	5
84	Therapeutic Benefits of Short-Arm Human Centrifugation in Multiple Sclerosisâ€“A New Approach. Frontiers in Neurology, 2021, 12, 746832.	1.1	5
85	Sex-hormone binding globulin from sheep serum: purification and effects of pregnancy and treatment with exogenous estradiol. Comparative Biochemistry and Physiology C, Comparative Pharmacology and Toxicology, 1999, 123, 233-239.	0.5	4
86	Kinetics of the twoâ€step hydrolysis of triacylglycerol by pancreatic lipases. FEBS Journal, 1995, 230, 892-898.	0.2	4
87	Cross-Cultural Invariance of the Mental Toughness Index among American and Greek Athletes. Current Psychology, 2021, 40, 5793-5800.	1.7	4
88	Effect of exercise on key pharmacokinetic parameters related to metformin absorption in healthy humans: A pilot study. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 858-864.	1.3	4
89	Vitamin D status, vitamin D intake, and sunlight exposure in adults adhering or not to periodic religious fasting for decades. International Journal of Food Sciences and Nutrition, 2021, 72, 1-8.	1.3	4
90	Attenuated Metabolic and Cardiorespiratory Responses to Isoenergetic High-Intensity Interval Exercise of Short Versus Long Bouts. Medicine and Science in Sports and Exercise, 2022, 54, 1199-1209.	0.2	4

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91	Analysis of Lipid Profiles in Skeletal Muscles. Methods in Molecular Biology, 2012, 798, 325-355.	0.4	3
92	Effects of Periodic Religious Fasting for Decades on Nutrient Intakes and the Blood Biochemical Profile. Nutrients, 2021, 13, 3963.	1.7	3
93	IGF-1 Gene Expression in Rat Colonic Mucosa After Different Exercise Volumes. Journal of Sports Science and Medicine, 2007, 6, 434-40.	0.7	3
94	Relevance of a Sprint Interval Swim Training Set to the 100â€•Meter Freestyle Event Based on Blood Lactate and Kinematic Variables. Journal of Human Kinetics, 2021, 80, 153-161.	0.7	3
95	Acute changes in triacylglycerol lipase activity of human adipose tissue during exercise. Journal of Lipid Research, 2002, 43, 1331-4.	2.0	3
96	Effect of Supplementation with Olive Leaf Extract Enriched with Oleuropein on the Metabolome and Redox Status of Athletesâ€™ Blood and Urineâ€”A Metabolomic Approach. Metabolites, 2022, 12, 195.	1.3	3
97	Metabolomics in Human Acute-Exercise Trials: Study Design and Preparation. Methods in Molecular Biology, 2018, 1738, 279-287.	0.4	2
98	Effects of Aging, Long-Term and Lifelong Exercise on the Urinary Metabolic Footprint of Rats. Metabolites, 2020, 10, 481.	1.3	2
99	Dietary protein intake from different animal and plant sources plays a minor role in the bone health of adults with or without intermittent fasting for decades. International Journal of Food Sciences and Nutrition, 2020, 72, 1-9.	1.3	2
100	Physiological, perceptual and affective responses to high-intensity interval training using two work-matched programs with different bout duration in obese males. Journal of Exercise Science and Fitness, 2022, 20, 199-205.	0.8	2
101	Bout duration in high-intensity interval exercise modifies hematologic, metabolic and antioxidant responses. Journal of Exercise Science and Fitness, 2022, 20, 216-223.	0.8	2
102	Reply by Zafeiridis and Mougios. British Journal of Nutrition, 2008, 99, 212-213.	1.2	1
103	Cross-cultural Invariance Of The Mental Toughness Inventory Among American And Greek Athletes. Medicine and Science in Sports and Exercise, 2018, 50, 328.	0.2	1
104	Reliability of the Urine Lactate Concentration After Alternating-Intensity Interval Exercise. Proceedings (mdpi), 2019, 25, .	0.2	1
105	Editorial: Predicting Individual Responses to Exercise Interventions. Frontiers in Physiology, 2020, 11, 559878.	1.3	1
106	Effect of the Reduction in Training Volume during the COVID-19 Era on Performance in 100-m and 400-m Freestyle Events in Greek Swimming Championships. Sports, 2022, 10, 40.	0.7	1
107	Meal Frequency of Pre-Exercise Carbohydrate Feedings. International Journal of Sports Medicine, 2008, 29, 336-342.	0.8	0
108	Response to the Letter to the Editor: We're not ready to encourage children to be â€œLeanâ€•rather than â€œFitâ€• Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, e8-e9.	1.1	0

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109	226â€...The impact of nadph oxidase 2 inhibition on skeletal muscle pathophysiology of atherosclerotic mice. Heart, 2017, 103, A146.1-A146.	1.2	0
110	Do Performance Parameters Compare Between an Anaerobic Set and the 100-M Event in Swimming?. Proceedings (mdpi), 2019, 25, .	0.2	0
111	The Effect of Interval Training Sets of Maximal Intensity on Metabolic Markers in Master Swimmers. Proceedings (mdpi), 2019, 25, 3.	0.2	0
112	The Effect of Maximal Interval Training Sets on Metabolic Markers in Adolescent Competitive Swimmers. Proceedings (mdpi), 2019, 25, 8.	0.2	0
113	Biochemical and Hematologic Monitoring and Evaluation of Elite Greek Track-and-Field Athletes. Proceedings (mdpi), 2019, 25, 29.	0.2	0
114	The Addition of High-Load Resistance Exercises to a High-Intensity Functional Training Program Elicits Further Improvements in Body Composition in Trained Healthy Adults. Proceedings (mdpi), 2019, 25, 30.	0.2	0
115	Nutritional Knowledge of Water Polo Players. Proceedings (mdpi), 2019, 25, 39.	0.2	0
116	Therapeutic Benefits Of Short-arm Human Centrifugation With Exercise In Multiple Sclerosis - A Case Study. Medicine and Science in Sports and Exercise, 2021, 53, 499-499.	0.2	0
117	Response Of The Serum Metabolic Fingerprint To Postprandial Vs. Postabsorptive Exercise In Overweight Sedentary Men. Medicine and Science in Sports and Exercise, 2017, 49, 1016.	0.2	0
118	Increased Metabolic and Cardiorespiratory Stress with Isoenergetic Long vs. Short-Bout High-Intensity Interval Exercise. Medicine and Science in Sports and Exercise, 2018, 50, 138-139.	0.2	0
119	Editorial: Predicting Individual Responses to Exercise Interventions, Volume II. Frontiers in Physiology, 2022, 13, 850919.	1.3	0
120	Exercise to lower postprandial lipemia: why, when, what and how. International Journal of Sports Medicine, 2022, 0, .	0.8	0