

# Vassilis Mougios

## List of Publications by Year in descending order

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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	Low-Volume Sprint Interval Swimming Is Sufficient to Increase Blood Metabolic Biomarkers in Master Swimmers. <i>Research Quarterly for Exercise and Sport</i> , 2022, 93, 318-324.	0.8	5
2	High-Intensity Functional Training Improves Cardiorespiratory Fitness and Neuromuscular Performance Without Inflammation or Muscle Damage. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 615-623.	1.0	10
3	Attenuated Metabolic and Cardiorespiratory Responses to Isoenergetic High-Intensity Interval Exercise of Short Versus Long Bouts. <i>Medicine and Science in Sports and Exercise</i> , 2022, 54, 1199-1209.	0.2	4
4	Effect of Supplementation with Olive Leaf Extract Enriched with Oleuropein on the Metabolome and Redox Status of Athletes' Blood and Urine—A Metabolomic Approach. <i>Metabolites</i> , 2022, 12, 195.	1.3	3
5	Editorial: Predicting Individual Responses to Exercise Interventions, Volume II. <i>Frontiers in Physiology</i> , 2022, 13, 850919.	1.3	0
6	Exercise to lower postprandial lipemia: why, when, what and how. <i>International Journal of Sports Medicine</i> , 2022, 0, .	0.8	0
7	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. <i>Sports</i> , 2022, 10, 40.	0.7	1
8	Physiological, perceptual and affective responses to high-intensity interval training using two work-matched programs with different bout duration in obese males. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 199-205.	0.8	2
9	Bout duration in high-intensity interval exercise modifies hematologic, metabolic and antioxidant responses. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 216-223.	0.8	2
10	Cross-Cultural Invariance of the Mental Toughness Index among American and Greek Athletes. <i>Current Psychology</i> , 2021, 40, 5793-5800.	1.7	4
11	Vitamin D status, vitamin D intake, and sunlight exposure in adults adhering or not to periodic religious fasting for decades. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 1-8.	1.3	4
12	Effects of Two Workload-Matched High-Intensity Interval Training Protocols on Regional Body Composition and Fat Oxidation in Obese Men. <i>Nutrients</i> , 2021, 13, 1096.	1.7	7
13	Therapeutic Benefits Of Short-arm Human Centrifugation With Exercise In Multiple Sclerosis - A Case Study. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 499-499.	0.2	0
14	Effects of Periodic Religious Fasting for Decades on Nutrient Intakes and the Blood Biochemical Profile. <i>Nutrients</i> , 2021, 13, 3963.	1.7	3
15	Relevance of a Sprint Interval Swim Training Set to the 100-Meter Freestyle Event Based on Blood Lactate and Kinematic Variables. <i>Journal of Human Kinetics</i> , 2021, 80, 153-161.	0.7	3
16	Therapeutic Benefits of Short-Arm Human Centrifugation in Multiple Sclerosis—A New Approach. <i>Frontiers in Neurology</i> , 2021, 12, 746832.	1.1	5
17	Loss of CD36 protects against diet-induced obesity but results in impaired muscle stem cell function, delayed muscle regeneration and hepatic steatosis. <i>Acta Physiologica</i> , 2020, 228, e13395.	1.8	20
18	Bone status of young adults with periodic avoidance of dairy products since childhood. <i>European Journal of Pediatrics</i> , 2020, 179, 645-651.	1.3	9

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19	Effects of Aging, Long-Term and Lifelong Exercise on the Urinary Metabolic Footprint of Rats. <i>Metabolites</i> , 2020, 10, 481.	1.3	2
20	Editorial: Predicting Individual Responses to Exercise Interventions. <i>Frontiers in Physiology</i> , 2020, 11, 559878.	1.3	1
21	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. <i>International Journal of Food Sciences and Nutrition</i> , 2020, 72, 1-9.	1.3	2
22	Caffeine supplementation is ergogenic in soccer players independent of cardiorespiratory or neuromuscular fitness levels. <i>Journal of the International Society of Sports Nutrition</i> , 2020, 17, 31.	1.7	9
23	Effect of exercise on key pharmacokinetic parameters related to metformin absorption in healthy humans: A pilot study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 858-864.	1.3	4
24	Effects of lifelong exercise and aging on the blood metabolic fingerprint of rats. <i>Biogerontology</i> , 2020, 21, 577-591.	2.0	8
25	Response of Blood Biomarkers to Sprint Interval Swimming. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1442-1447.	1.1	15
26	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. <i>Archives of Osteoporosis</i> , 2019, 14, 68.	1.0	13
27	Reliability of the Urine Lactate Concentration After Alternating-Intensity Interval Exercise. <i>Proceedings (mdpi)</i> , 2019, 25, .	0.2	1
28	Do Performance Parameters Compare Between an Anaerobic Set and the 100-M Event in Swimming?. <i>Proceedings (mdpi)</i> , 2019, 25, .	0.2	0
29	The Effect of Interval Training Sets of Maximal Intensity on Metabolic Markers in Master Swimmers. <i>Proceedings (mdpi)</i> , 2019, 25, 3.	0.2	0
30	The Effect of Maximal Interval Training Sets on Metabolic Markers in Adolescent Competitive Swimmers. <i>Proceedings (mdpi)</i> , 2019, 25, 8.	0.2	0
31	Biochemical and Hematologic Monitoring and Evaluation of Elite Greek Track-and-Field Athletes. <i>Proceedings (mdpi)</i> , 2019, 25, 29.	0.2	0
32	The Addition of High-Load Resistance Exercises to a High-Intensity Functional Training Program Elicits Further Improvements in Body Composition in Trained Healthy Adults. <i>Proceedings (mdpi)</i> , 2019, 25, 30.	0.2	0
33	Nutritional Knowledge of Water Polo Players. <i>Proceedings (mdpi)</i> , 2019, 25, 39.	0.2	0
34	Comparison of the Serum Metabolic Fingerprint of Different Exercise Modes in Men with and without Metabolic Syndrome. <i>Metabolites</i> , 2019, 9, 116.	1.3	16
35	Caffeine Supplementation: Ergogenic in Both High and Low Caffeine Responders. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 650-657.	1.1	15
36	Exercise in the management of obesity. <i>Metabolism: Clinical and Experimental</i> , 2019, 92, 163-169.	1.5	161

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37	Effects of sprint interval exercise dose and sex on circulating irisin and redox status markers in adolescent swimmers. <i>Journal of Sports Sciences</i> , 2019, 37, 827-832.	1.0	14
38	Metabolomics in Human Acute-Exercise Trials: Study Design and Preparation. <i>Methods in Molecular Biology</i> , 2018, 1738, 279-287.	0.4	2
39	Diurnal variation and reliability of the urine lactate concentration after maximal exercise. <i>Chronobiology International</i> , 2018, 35, 24-34.	0.9	15
40	Physiology of Activins/Follistatins: Associations With Metabolic and Anthropometric Variables and Response to Exercise. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2018, 103, 3890-3899.	1.8	31
41	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. <i>Free Radical Biology and Medicine</i> , 2018, 129, 504-519.	1.3	15
42	Cross-cultural Invariance Of The Mental Toughness Inventory Among American And Greek Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 328.	0.2	1
43	Increased Metabolic and Cardiorespiratory Stress with Isoenergetic Long vs. Short-Bout High-Intensity Interval Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 138-139.	0.2	0
44	Increased Triacylglycerol Lipase Activity in Adipose Tissue of Lean and Obese Men During Endurance Exercise. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2017, 102, 3945-3952.	1.8	14
45	226â€¦The impact of nadph oxidase 2 inhibition on skeletal muscle pathophysiology of atherosclerotic mice. <i>Heart</i> , 2017, 103, A146.1-A146.	1.2	0
46	Effects of Different Exercise Modes on the Urinary Metabolic Fingerprint of Men with and without Metabolic Syndrome. <i>Metabolites</i> , 2017, 7, 5.	1.3	25
47	Response Of The Serum Metabolic Fingerprint To Postprandial Vs. Postabsorptive Exercise In Overweight Sedentary Men. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1016.	0.2	0
48	A novel bioanalytical method based on UHPLCâ€HRMS/MS for the quantification of oleuropein in human serum. Application to a pharmacokinetic study. <i>Biomedical Chromatography</i> , 2016, 30, 2016-2023.	0.8	10
49	Ëcute Exercise Alters the Levels of Human Saliva miRNAs Involved in Lipid Metabolism. <i>International Journal of Sports Medicine</i> , 2016, 37, 584-588.	0.8	9
50	Improved reliability of the urine lactate concentration under controlled hydration after maximal exercise. <i>Biomarkers</i> , 2016, 22, 1-7.	0.9	6
51	Exercise-induced oxidatively damaged DNA in humans: evaluation in plasma or urine?. <i>Biomarkers</i> , 2016, 21, 204-207.	0.9	5
52	Reliability of urine lactate as a novel biomarker of lactate production capacity in maximal swimming. <i>Biomarkers</i> , 2016, 21, 328-334.	0.9	12
53	Irisin in Response to Exercise in Humans With and Without Metabolic Syndrome. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015, 100, E453-E457.	1.8	150
54	Monitoring the Response of the Human Urinary Metabolome to Brief Maximal Exercise by a Combination of RP-UPLC-MS and <sup>1</sup>H NMR Spectroscopy. <i>Journal of Proteome Research</i> , 2015, 14, 4610-4622.	1.8	46

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55	Irisin in response to acute and chronic whole-body vibration exercise in humans. <i>Metabolism: Clinical and Experimental</i> , 2014, 63, 918-921.	1.5	86
56	GC-MS analysis of blood for the metabonomic investigation of the effects of physical exercise and allopurinol administration on rats. <i>Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences</i> , 2014, 966, 127-131.	1.2	21
57	Effects of endurance and high-intensity swimming exercise on the redox status of adolescent male and female swimmers. <i>Journal of Sports Sciences</i> , 2014, 32, 747-756.	1.0	35
58	Exercise-Induced Irisin Secretion Is Independent of Age or Fitness Level and Increased Irisin May Directly Modulate Muscle Metabolism Through AMPK Activation. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014, 99, E2154-E2161.	1.8	263
59	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. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014, 99, 3247-3255.	1.8	133
60	Response to the Letter to the Editor: We're not ready to encourage children to be "Lean" rather than "Fit". <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014, 24, e8-e9.	1.1	0
61	Childhood Obesity Risk Evaluation based on perinatal factors and family sociodemographic characteristics: CORE Index. <i>European Journal of Pediatrics</i> , 2013, 172, 551-555.	1.3	26
62	The double burden of obesity and iron deficiency on children and adolescents in Greece: the Healthy Growth Study. <i>Journal of Human Nutrition and Dietetics</i> , 2013, 26, 470-478.	1.3	60
63	"Leaner and less fit" children have a better cardiometabolic profile than their "heavier and more fit" peers: The Healthy Growth Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 1058-1065.	1.1	17
64	<sup>1</sup> H NMR Study on the Short- and Long-Term Impact of Two Training Programs of Sprint Running on the Metabolic Fingerprint of Human Serum. <i>Journal of Proteome Research</i> , 2013, 12, 470-480.	1.8	82
65	Obesity in adolescence is associated with perinatal risk factors, parental BMI and sociodemographic characteristics. <i>European Journal of Clinical Nutrition</i> , 2013, 67, 115-121.	1.3	82
66	Association of total body and visceral fat mass with iron deficiency in preadolescents: the Healthy Growth Study. <i>British Journal of Nutrition</i> , 2012, 108, 710-719.	1.2	38
67	Gradual decline in performance and changes in biochemical parameters of basketball players while resting after warm-up. <i>European Journal of Applied Physiology</i> , 2012, 112, 3327-3334.	1.2	29
68	Hepatic Mitochondrial Energetics During Catch-Up Fat With High-Fat Diets Rich in Lard or Safflower Oil. <i>Obesity</i> , 2012, 20, 1763-1772.	1.5	16
69	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. <i>Metabolism: Clinical and Experimental</i> , 2012, 61, 1725-1738.	1.5	812
70	Analysis of Lipid Profiles in Skeletal Muscles. <i>Methods in Molecular Biology</i> , 2012, 798, 325-355.	0.4	3
71	Muscle metabolism and performance improvement after two training programmes of sprint running differing in rest interval duration. <i>Journal of Sports Sciences</i> , 2011, 29, 1167-1174.	1.0	17
72	Effect of 5-day vitamin E supplementation on muscle injury after downhill running in rats. <i>European Journal of Applied Physiology</i> , 2011, 111, 2557-2569.	1.2	14

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73	Acute resistance exercise results in catecholaminergic rather than hypothalamic-pituitary-adrenal axis stimulation during exercise in young men. <i>Stress</i> , 2010, 13, 461-468.	0.8	33
74	<sup>1</sup> H NMR-Based Metabonomic Investigation of the Effect of Two Different Exercise Sessions on the Metabolic Fingerprint of Human Urine. <i>Journal of Proteome Research</i> , 2010, 9, 6405-6416.	1.8	106
75	Redox, iron, and nutritional status of children during swimming training. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 691-696.	0.6	17
76	Effect of chronic exercise on DNA fragmentation and on lipid profiles in rat skeletal muscle. <i>Experimental Physiology</i> , 2009, 94, 362-370.	0.9	17
77	Effect of aerobic training on <sup>99m</sup> Tc-methoxy isobutyl isonitrile ( <sup>99m</sup> Tc-sestamibi) uptake by myocardium and skeletal muscle: implication for noninvasive assessment of muscle metabolic profile. <i>Acta Physiologica</i> , 2008, 193, 175-180.	1.8	6
78	Adipose Tissue Lipolysis Is Upregulated in Lean and Obese Men During Acute Resistance Exercise. <i>Diabetes Care</i> , 2008, 31, 1397-1399.	4.3	55
79	Validation of a questionnaire assessing food frequency and nutritional intake in Greek adolescents. <i>International Journal of Food Sciences and Nutrition</i> , 2008, 59, 148-154.	1.3	20
80	Meal Frequency of Pre-Exercise Carbohydrate Feedings. <i>International Journal of Sports Medicine</i> , 2008, 29, 336-342.	0.8	0
81	Reply by Zafeiridis and Mougios. <i>British Journal of Nutrition</i> , 2008, 99, 212-213.	1.2	1
82	An isoenergetic high-protein, moderate-fat diet does not compromise strength and fatigue during resistance exercise in women. <i>British Journal of Nutrition</i> , 2008, 100, 283-286.	1.2	12
83	Reference intervals for serum creatine kinase in athletes. <i>British Journal of Sports Medicine</i> , 2007, 41, 674-678.	3.1	192
84	Imbalanced Nutrition of Top-Level Swimmers. <i>International Journal of Sports Medicine</i> , 2007, 28, 780-786.	0.8	24
85	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. <i>Physical Therapy</i> , 2007, 87, 304-312.	1.1	99
86	Resistance exercise does not affect the serum concentrations of cell adhesion molecules * Commentary. <i>British Journal of Sports Medicine</i> , 2007, 41, 76-79.	3.1	26
87	Effects of low- and high-volume resistance exercise on postprandial lipaemia. <i>British Journal of Nutrition</i> , 2007, 97, 471-477.	1.2	37
88	Long-term exercise increases the DNA binding activity of peroxisome proliferator-activated receptor $\beta$ in rat adipose tissue. <i>Metabolism: Clinical and Experimental</i> , 2007, 56, 1029-1036.	1.5	54
89	IGF-1 Gene Expression in Rat Colonic Mucosa After Different Exercise Volumes. <i>Journal of Sports Science and Medicine</i> , 2007, 6, 434-40.	0.7	3
90	Mitochondrial phospholipids of rat skeletal muscle are less polyunsaturated than whole tissue phospholipids: Implications for protection against oxidative stress <sup>1</sup> . <i>Journal of Animal Science</i> , 2006, 84, 2818-2825.	0.2	43

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91	Does the Intensity of an Exercise Programme Modulate Body Composition Changes?. <i>International Journal of Sports Medicine</i> , 2006, 27, 178-181.	0.8	22
92	Effect of aerobic exercise on lipaemia and its fatty acid profile after a meal of moderate fat content in eumenorrhoeic women. <i>British Journal of Nutrition</i> , 2005, 94, 698-704.	1.2	16
93	Lipidemic Profile of Athletes and Non-Athletes with Similar Body Fat. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005, 15, 425-432.	1.0	21
94	Effect of exercise training on the fatty acid composition of lipid classes in rat liver, skeletal muscle, and adipose tissue. <i>European Journal of Applied Physiology</i> , 2005, 94, 84-92.	1.2	47
95	The Effects of Muscle Damage on Running Economy in Healthy Males. <i>International Journal of Sports Medicine</i> , 2005, 26, 827-831.	0.8	48
96	Short vs. long length of rectus femoris during eccentric exercise in relation to muscle damage in healthy males. <i>Clinical Biomechanics</i> , 2005, 20, 617-622.	0.5	33
97	Equal Volumes of High and Low Intensity of Eccentric Exercise in Relation to Muscle Damage and Performance. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 184.	1.0	74
98	Effects of Iron Intake Through Food or Supplement on Iron Status and Performance of Healthy Adolescent Swimmers During a Training Season. <i>International Journal of Sports Medicine</i> , 2004, 25, 306-313.	0.8	34
99	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. <i>International Journal of Sports Medicine</i> , 2004, 25, 502-508.	0.8	20
100	Effect of chronic wheel running on the fatty acid composition of phospholipids and triacylglycerols in rat serum, skeletal muscle and heart. <i>Acta Physiologica Scandinavica</i> , 2004, 181, 199-208.	2.3	21
101	Effect of prior exercise on lipemia after a meal of moderate fat content. <i>European Journal of Clinical Nutrition</i> , 2004, 58, 1327-1335.	1.3	41
102	Hormonal responses to three training protocols in rowing. <i>European Journal of Applied Physiology</i> , 2004, 92, 128-132.	1.2	21
103	Effects of Exercise on the Fatty-Acid Composition of Blood and Tissue Lipids. <i>Sports Medicine</i> , 2004, 34, 1051-1076.	3.1	89
104	Effect of exercise performed immediately before a meal of moderate fat content on postprandial lipaemia. <i>British Journal of Nutrition</i> , 2004, 91, 683-687.	1.2	33
105	Supplementation with CLA: Isomer incorporation into serum lipids and effect on body fat of women. <i>Lipids</i> , 2003, 38, 805-811.	0.7	97
106	Variation of soluble transferrin receptor and ferritin concentrations in human serum during recovery from exercise. <i>European Journal of Applied Physiology</i> , 2003, 89, 500-502.	1.2	25
107	Exercise-Induced Changes in c-Fos Protein Levels in Skeletal Muscle of Trained and Untrained Rats. <i>International Journal of Sports Medicine</i> , 2003, 24, 96-100.	0.8	9
108	Hematologic and Biochemical Profile of Juvenile and Adult Athletes of Both Sexes: Implications for Clinical Evaluation. <i>International Journal of Sports Medicine</i> , 2003, 24, 506-511.	0.8	31

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109	Duration of coffee- and exercise-induced changes in the fatty acid profile of human serum. <i>Journal of Applied Physiology</i> , 2003, 94, 476-484.	1.2	55
110	Acute changes in triacylglycerol lipase activity of human adipose tissue during exercise. <i>Journal of Lipid Research</i> , 2002, 43, 1331-1334.	2.0	10
111	Acute changes in triacylglycerol lipase activity of human adipose tissue during exercise. <i>Journal of Lipid Research</i> , 2002, 43, 1331-4.	2.0	3
112	Effect of supplementation with conjugated linoleic acid on human serum lipids and body fat. <i>Journal of Nutritional Biochemistry</i> , 2001, 12, 585-594.	1.9	205
113	Sex-hormone binding globulin from sheep serum: purification and effects of pregnancy and treatment with exogenous estradiol. <i>Comparative Biochemistry and Physiology C, Comparative Pharmacology and Toxicology</i> , 1999, 123, 233-239.	0.5	4
114	Effect of exercise on the proportion of unsaturated fatty acids in serum of untrained middle aged individuals. <i>British Journal of Sports Medicine</i> , 1998, 32, 58-62.	3.1	10
115	Exercise-induced changes in the concentration of individual fatty acids and triacylglycerols of human plasma. <i>Metabolism: Clinical and Experimental</i> , 1995, 44, 681-688.	1.5	52
116	Kinetics of the two-step hydrolysis of triacylglycerol by pancreatic lipases. <i>FEBS Journal</i> , 1995, 230, 892-898.	0.2	4
117	Kinetics of the two-step hydrolysis of triacylglycerol by pancreatic lipases. <i>FEBS Journal</i> , 1995, 230, 892-898.	0.2	32
118	Plasma TSH, T3, T4 and cortisol responses to swimming at varying water temperatures.. <i>British Journal of Sports Medicine</i> , 1993, 27, 247-250.	3.1	27
119	Characterization of the phosphorylatable myosin light chain in rat uterus. <i>BBA - Proteins and Proteomics</i> , 1986, 871, 311-315.	2.1	30
120	Isoforms of the phosphorylatable myosin light chain in arterial smooth muscle. <i>BBA - Proteins and Proteomics</i> , 1986, 872, 305-308.	2.1	24