

# Mark Hamer

## List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

496  
papers

25,253  
citations

82  
h-index

139  
g-index

542  
ext. papers

29,964  
ext. citations

5.9  
avg, IF

7.61  
L-index

#	Paper	IF	Citations
496	The effects of acute psychological stress on circulating inflammatory factors in humans: a review and meta-analysis. <i>Brain, Behavior, and Immunity</i> , <b>2007</b> , 21, 901-12	16.6	880
495	Do stress-related psychosocial factors contribute to cancer incidence and survival?. <i>Nature Clinical Practice Oncology</i> , <b>2008</b> , 5, 466-75		621
494	Job strain as a risk factor for coronary heart disease: a collaborative meta-analysis of individual participant data. <i>Lancet, The</i> , <b>2012</b> , 380, 1491-7	4.0	606
493	Physical activity and risk of neurodegenerative disease: a systematic review of prospective evidence. <i>Psychological Medicine</i> , <b>2009</b> , 39, 3-11	6.9	599
492	Chronic psychosocial factors and acute physiological responses to laboratory-induced stress in healthy populations: a quantitative review of 30 years of investigations. <i>Psychological Bulletin</i> , <b>2008</b> , 134, 829-85	19.1	438
491	Active commuting and cardiovascular risk: a meta-analytic review. <i>Preventive Medicine</i> , <b>2008</b> , 46, 9-13	4.3	430
490	Metabolically healthy obesity and risk of all-cause and cardiovascular disease mortality. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2012</b> , 97, 2482-8	5.6	387
489	Long working hours and risk of coronary heart disease and stroke: a systematic review and meta-analysis of published and unpublished data for 603,838 individuals. <i>Lancet, The</i> , <b>2015</b> , 386, 1739-46	4.0	368
488	The ABC of Physical Activity for Health: a consensus statement from the British Association of Sport and Exercise Sciences. <i>Journal of Sports Sciences</i> , <b>2010</b> , 28, 573-91	3.6	362
487	Association between psychological distress and mortality: individual participant pooled analysis of 10 prospective cohort studies. <i>BMJ, The</i> , <b>2012</b> , 345, e4933	5.9	346
486	Social isolation and loneliness: relationships with cognitive function during 4 years of follow-up in the English Longitudinal Study of Ageing. <i>Psychosomatic Medicine</i> , <b>2013</b> , 75, 161-70	3.7	323
485	Metabolically healthy obesity and risk of incident type 2 diabetes: a meta-analysis of prospective cohort studies. <i>Obesity Reviews</i> , <b>2014</b> , 15, 504-15	10.6	273
484	Measures of frailty in population-based studies: an overview. <i>BMC Geriatrics</i> , <b>2013</b> , 13, 64	4.1	267
483	Screen-based entertainment time, all-cause mortality, and cardiovascular events: population-based study with ongoing mortality and hospital events follow-up. <i>Journal of the American College of Cardiology</i> , <b>2011</b> , 57, 292-9	15.1	264
482	How to reduce sitting time? A review of behaviour change strategies used in sedentary behaviour reduction interventions among adults. <i>Health Psychology Review</i> , <b>2016</b> , 10, 89-112	7.1	260
481	The sedentary office: an expert statement on the growing case for change towards better health and productivity. <i>British Journal of Sports Medicine</i> , <b>2015</b> , 49, 1357-62	10.3	257
480	Walking and primary prevention: a meta-analysis of prospective cohort studies. <i>British Journal of Sports Medicine</i> , <b>2008</b> , 42, 238-43	10.3	244

479	Lifestyle risk factors, inflammatory mechanisms, and COVID-19 hospitalization: A community-based cohort study of 387,109 adults in UK. <i>Brain, Behavior, and Immunity</i> , <b>2020</b> , 87, 184-187	16.6	244
478	Body mass index, waist circumference and waist-hip ratio: which is the better discriminator of cardiovascular disease mortality risk?: evidence from an individual-participant meta-analysis of 82 864 participants from nine cohort studies. <i>Obesity Reviews</i> , <b>2011</b> , 12, 680-7	10.6	227
477	Overweight, obesity, and risk of cardiometabolic multimorbidity: pooled analysis of individual-level data for 120 813 adults from 16 cohort studies from the USA and Europe. <i>Lancet Public Health, The</i> , <b>2017</b> , 2, e277-e285	22.4	214
476	Association of "Weekend Warrior" and Other Leisure Time Physical Activity Patterns With Risks for All-Cause, Cardiovascular Disease, and Cancer Mortality. <i>JAMA Internal Medicine</i> , <b>2017</b> , 177, 335-342	11.5	211
475	A bidirectional relationship between psychosocial factors and atopic disorders: a systematic review and meta-analysis. <i>Psychosomatic Medicine</i> , <b>2008</b> , 70, 102-16	3.7	205
474	Taking up physical activity in later life and healthy ageing: the English longitudinal study of ageing. <i>British Journal of Sports Medicine</i> , <b>2014</b> , 48, 239-43	10.3	203
473	Psychological distress as a risk factor for cardiovascular events: pathophysiological and behavioral mechanisms. <i>Journal of the American College of Cardiology</i> , <b>2008</b> , 52, 2156-62	15.1	199
472	Job strain as a risk factor for clinical depression: systematic review and meta-analysis with additional individual participant data. <i>Psychological Medicine</i> , <b>2017</b> , 47, 1342-1356	6.9	195
471	Toothbrushing, inflammation, and risk of cardiovascular disease: results from Scottish Health Survey. <i>BMJ, The</i> , <b>2010</b> , 340, c2451	5.9	190
470	Psychological distress and cancer mortality. <i>Journal of Psychosomatic Research</i> , <b>2009</b> , 66, 255-8	4.1	183
469	Sitting Time, Physical Activity, and Risk of Mortality in Adults. <i>Journal of the American College of Cardiology</i> , <b>2019</b> , 73, 2062-2072	15.1	177
468	Dose-response relationship between physical activity and mental health: the Scottish Health Survey. <i>British Journal of Sports Medicine</i> , <b>2009</b> , 43, 1111-4	10.3	176
467	Social isolation and loneliness: Prospective associations with functional status in older adults. <i>Health Psychology</i> , <b>2017</b> , 36, 179-187	5	172
466	Intake of fruit, vegetables, and antioxidants and risk of type 2 diabetes: systematic review and meta-analysis. <i>Journal of Hypertension</i> , <b>2007</b> , 25, 2361-9	1.9	170
465	Physical activity and inflammatory markers over 10 years: follow-up in men and women from the Whitehall II cohort study. <i>Circulation</i> , <b>2012</b> , 126, 928-33	16.7	164
464	Effort-Reward Imbalance at Work and Incident Coronary Heart Disease: A Multicohort Study of 90,164 Individuals. <i>Epidemiology</i> , <b>2017</b> , 28, 619-626	3.1	161
463	Social isolation and stress-related cardiovascular, lipid, and cortisol responses. <i>Annals of Behavioral Medicine</i> , <b>2009</b> , 37, 29-37	4.5	160
462	Loneliness and stress-related inflammatory and neuroendocrine responses in older men and women. <i>Psychoneuroendocrinology</i> , <b>2012</b> , 37, 1801-9	5	156

461	Job strain as a risk factor for leisure-time physical inactivity: an individual-participant meta-analysis of up to 170,000 men and women: the IPD-Work Consortium. <i>American Journal of Epidemiology</i> , <b>2012</b> , 176, 1078-89	3.8	153
460	Neuroendocrine and cardiovascular correlates of positive affect measured by ecological momentary assessment and by questionnaire. <i>Psychoneuroendocrinology</i> , <b>2007</b> , 32, 56-64	5	151
459	How does light-intensity physical activity associate with adult cardiometabolic health and mortality? Systematic review with meta-analysis of experimental and observational studies. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 370-376	10.3	146
458	Prospective study of sedentary behavior, risk of depression, and cognitive impairment. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 718-23	1.2	144
457	Long working hours, socioeconomic status, and the risk of incident type 2 diabetes: a meta-analysis of published and unpublished data from 222 120 individuals. <i>Lancet Diabetes and Endocrinology</i> , <b>2015</b> , 3, 27-34	18.1	141
456	Is the time right for quantitative public health guidelines on sitting? A narrative review of sedentary behaviour research paradigms and findings. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 377-382	10.3	139
455	Associations between multiple indicators of objectively-measured and self-reported sedentary behaviour and cardiometabolic risk in older adults. <i>Preventive Medicine</i> , <b>2012</b> , 54, 82-7	4.3	139
454	Obesity and loss of disease-free years owing to major non-communicable diseases: a multicohort study. <i>Lancet Public Health</i> , <b>2018</b> , 3, e490-e497	22.4	138
453	Antidepressant medication use, weight gain, and risk of type 2 diabetes: a population-based study. <i>Diabetes Care</i> , <b>2010</b> , 33, 2611-6	14.6	136
452	Perceived job insecurity as a risk factor for incident coronary heart disease: systematic review and meta-analysis. <i>BMJ</i> , <b>2013</b> , 347, f4746	5.9	133
451	Associations between social isolation, loneliness, and objective physical activity in older men and women. <i>BMC Public Health</i> , <b>2019</b> , 19, 74	4.1	132
450	Marital status, gender and cardiovascular mortality: behavioural, psychological distress and metabolic explanations. <i>Social Science and Medicine</i> , <b>2009</b> , 69, 223-8	5.1	132
449	Job strain as a risk factor for type 2 diabetes: a pooled analysis of 124,808 men and women. <i>Diabetes Care</i> , <b>2014</b> , 37, 2268-75	14.6	131
448	The effect of acute aerobic exercise on stress related blood pressure responses: a systematic review and meta-analysis. <i>Biological Psychology</i> , <b>2006</b> , 71, 183-90	3.2	131
447	Bioengineered constructs combined with exercise enhance stem cell-mediated treatment of volumetric muscle loss. <i>Nature Communications</i> , <b>2017</b> , 8, 15613	17.4	129
446	Job strain and cardiovascular disease risk factors: meta-analysis of individual-participant data from 47,000 men and women. <i>PLoS ONE</i> , <b>2013</b> , 8, e67323	3.7	125
445	Stress and weight change in university students in the United Kingdom. <i>Physiology and Behavior</i> , <b>2007</b> , 92, 548-53	3.5	122
444	Shorter telomeres with high telomerase activity are associated with raised allostatic load and impoverished psychosocial resources. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , <b>2014</b> , 111, 4519-24	11.5	121

443	The natural course of healthy obesity over 20 years. <i>Journal of the American College of Cardiology</i> , <b>2015</b> , 65, 101-102	15.1	116
442	Job strain in relation to body mass index: pooled analysis of 160 000 adults from 13 cohort studies. <i>Journal of Internal Medicine</i> , <b>2012</b> , 272, 65-73	10.8	115
441	Television- and screen-based activity and mental well-being in adults. <i>American Journal of Preventive Medicine</i> , <b>2010</b> , 38, 375-80	6.1	114
440	Ethnic disparities in hospitalisation for COVID-19 in England: The role of socioeconomic factors, mental health, and inflammatory and pro-inflammatory factors in a community-based cohort study. <i>Brain, Behavior, and Immunity</i> , <b>2020</b> , 88, 44-49	16.6	113
439	Overweight, obesity, and risk of hospitalization for COVID-19: A community-based cohort study of adults in the United Kingdom. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , <b>2020</b> , 117, 21011-21013	11.5	110
438	The relative influences of fitness and fatness on inflammatory factors. <i>Preventive Medicine</i> , <b>2007</b> , 44, 3-11	4.3	108
437	Psychological distress, television viewing, and physical activity in children aged 4 to 12 years. <i>Pediatrics</i> , <b>2009</b> , 123, 1263-8	7.4	107
436	Leisure time physical activity, risk of depressive symptoms, and inflammatory mediators: the English Longitudinal Study of Ageing. <i>Psychoneuroendocrinology</i> , <b>2009</b> , 34, 1050-5	5	104
435	Long working hours and alcohol use: systematic review and meta-analysis of published studies and unpublished individual participant data. <i>BMJ, The</i> , <b>2015</b> , 350, g7772	5.9	102
434	Sedentary time in relation to cardio-metabolic risk factors: differential associations for self-report vs accelerometry in working age adults. <i>International Journal of Epidemiology</i> , <b>2012</b> , 41, 1328-37	7.8	102
433	Low-intensity physical activity is associated with reduced risk of incident type 2 diabetes in older adults: evidence from the English Longitudinal Study of Ageing. <i>Diabetologia</i> , <b>2010</b> , 53, 1877-85	10.3	102
432	Socioeconomic differences in cardiometabolic factors: social causation or health-related selection? Evidence from the Whitehall II Cohort Study, 1991-2004. <i>American Journal of Epidemiology</i> , <b>2011</b> , 174, 779-89	3.8	99
431	Antidepressant medication use and future risk of cardiovascular disease: the Scottish Health Survey. <i>European Heart Journal</i> , <b>2011</b> , 32, 437-42	9.5	99
430	All-cause mortality effects of replacing sedentary time with physical activity and sleeping using an isotemporal substitution model: a prospective study of 201,129 mid-aged and older adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2015</b> , 12, 121	8.4	98
429	Disruption of multisystem responses to stress in type 2 diabetes: investigating the dynamics of allostatic load. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , <b>2014</b> , 111, 15693-8	11.5	96
428	Association between physical fitness, parasympathetic control, and proinflammatory responses to mental stress. <i>Psychosomatic Medicine</i> , <b>2007</b> , 69, 660-6	3.7	96
427	Educational attainment but not measures of current socioeconomic circumstances are associated with leukocyte telomere length in healthy older men and women. <i>Brain, Behavior, and Immunity</i> , <b>2011</b> , 25, 1292-8	16.6	94
426	The effects of chronic tea intake on platelet activation and inflammation: a double-blind placebo controlled trial. <i>Atherosclerosis</i> , <b>2007</b> , 193, 277-82	3.1	94

425	Salivary cortisol responses to mental stress are associated with coronary artery calcification in healthy men and women. <i>European Heart Journal</i> , <b>2010</b> , 31, 424-9	9.5	93
424	Weekday and weekend patterns of objectively measured sitting, standing, and stepping in a sample of office-based workers: the active buildings study. <i>BMC Public Health</i> , <b>2015</b> , 15, 9	4.1	91
423	Cortisol responses to mental stress and incident hypertension in healthy men and women. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2012</b> , 97, E29-34	5.6	91
422	Long terms trends of multimorbidity and association with physical activity in older English population. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2016</b> , 13, 8	8.4	89
421	Acceptability of a theory-based sedentary behaviour reduction intervention for older adults (©n Your Feet to Earn Your Seat©. <i>BMC Public Health</i> , <b>2015</b> , 15, 606	4.1	86
420	Risk of future depression in people who are obese but metabolically healthy: the English longitudinal study of ageing. <i>Molecular Psychiatry</i> , <b>2012</b> , 17, 940-5	15.1	86
419	Effects of substituting sedentary time with physical activity on metabolic risk. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 1946-50	1.2	85
418	An association of adverse psychosocial factors with diabetes mellitus: a meta-analytic review of longitudinal cohort studies. <i>Diabetologia</i> , <b>2008</b> , 51, 2168-78	10.3	85
417	Associations of specific types of sports and exercise with all-cause and cardiovascular-disease mortality: a cohort study of 80 306 British adults. <i>British Journal of Sports Medicine</i> , <b>2017</b> , 51, 812-817	10.3	84
416	Does Strength-Promoting Exercise Confer Unique Health Benefits? A Pooled Analysis of Data on 11 Population Cohorts With All-Cause, Cancer, and Cardiovascular Mortality Endpoints. <i>American Journal of Epidemiology</i> , <b>2018</b> , 187, 1102-1112	3.8	83
415	Cortisol responses to mental stress and the progression of coronary artery calcification in healthy men and women. <i>PLoS ONE</i> , <b>2012</b> , 7, e31356	3.7	83
414	Stability of metabolically healthy obesity over 8 years: the English Longitudinal Study of Ageing. <i>European Journal of Endocrinology</i> , <b>2015</b> , 173, 703-8	6.5	82
413	Work stress and risk of cancer: meta-analysis of 5700 incident cancer events in 116,000 European men and women. <i>BMJ, The</i> , <b>2013</b> , 346, f165	5.9	82
412	Hypertension awareness and psychological distress. <i>Hypertension</i> , <b>2010</b> , 56, 547-50	8.5	82
411	Psychosocial stress and cardiovascular disease risk: the role of physical activity. <i>Psychosomatic Medicine</i> , <b>2012</b> , 74, 896-903	3.7	82
410	Job strain and tobacco smoking: an individual-participant data meta-analysis of 166,130 adults in 15 European studies. <i>PLoS ONE</i> , <b>2012</b> , 7, e35463	3.7	81
409	Associations of job strain and lifestyle risk factors with risk of coronary artery disease: a meta-analysis of individual participant data. <i>Cmaj</i> , <b>2013</b> , 185, 763-9	3.5	81
408	Patterns and correlates of physical activity behaviour over 10 years in older adults: prospective analyses from the English Longitudinal Study of Ageing. <i>BMJ Open</i> , <b>2015</b> , 5, e007423	3	80

407	The anti-hypertensive effects of exercise: integrating acute and chronic mechanisms. <i>Sports Medicine</i> , <b>2006</b> , 36, 109-16	10.6	79
406	Screen-based sedentary behavior, physical activity, and muscle strength in the English longitudinal study of ageing. <i>PLoS ONE</i> , <b>2013</b> , 8, e66222	3.7	78
405	Authors' Response to: Can information on life stress improve CHD risk prediction in clinical practice?. <i>International Journal of Epidemiology</i> , <b>2012</b> , 41, 324-326	7.8	78
404	A non-exercise testing method for estimating cardiorespiratory fitness: associations with all-cause and cardiovascular mortality in a pooled analysis of eight population-based cohorts. <i>European Heart Journal</i> , <b>2013</b> , 34, 750-8	9.5	77
403	Tooth loss and cardiovascular disease mortality risk--results from the Scottish Health Survey. <i>PLoS ONE</i> , <b>2012</b> , 7, e30797	3.7	77
402	The effect of experimentally induced sedentariness on mood and psychobiological responses to mental stress. <i>British Journal of Psychiatry</i> , <b>2016</b> , 208, 245-51	5.4	77
401	Long-term inflammation increases risk of common mental disorder: a cohort study. <i>Molecular Psychiatry</i> , <b>2014</b> , 19, 149-50	15.1	76
400	Physical activity behaviour and coronary heart disease mortality among South Asian people in the UK: an observational longitudinal study. <i>Heart</i> , <b>2011</b> , 97, 655-9	5.1	76
399	Job strain and the risk of stroke: an individual-participant data meta-analysis. <i>Stroke</i> , <b>2015</b> , 46, 557-9	6.7	75
398	Associations between objectively assessed and self-reported sedentary time with mental health in adults: an analysis of data from the Health Survey for England. <i>BMJ Open</i> , <b>2014</b> , 4, e004580	3	74
397	Non-exercise physical activity and survival: English longitudinal study of ageing. <i>American Journal of Preventive Medicine</i> , <b>2014</b> , 47, 452-60	6.1	74
396	Association of C-reactive protein with cardiovascular disease mortality according to diabetes status: pooled analyses of 25,979 participants from four U.K. prospective cohort studies. <i>Diabetes Care</i> , <b>2012</b> , 35, 396-403	14.6	74
395	The effects of tea on psychophysiological stress responsivity and post-stress recovery: a randomised double-blind trial. <i>Psychopharmacology</i> , <b>2007</b> , 190, 81-9	4.7	74
394	Job strain and alcohol intake: a collaborative meta-analysis of individual-participant data from 140,000 men and women. <i>PLoS ONE</i> , <b>2012</b> , 7, e40101	3.7	74
393	Assessment of physical activity levels in South Asians in the UK: findings from the Health Survey for England. <i>Journal of Epidemiology and Community Health</i> , <b>2011</b> , 65, 517-21	5.1	72
392	Redox-modulatory vitamins and minerals that prospectively predict mortality in older British people: the National Diet and Nutrition Survey of people aged 65 years and over. <i>British Journal of Nutrition</i> , <b>2011</b> , 105, 123-32	3.6	70
391	Physical activity education in the undergraduate curricula of all UK medical schools: are tomorrow's doctors equipped to follow clinical guidelines?. <i>British Journal of Sports Medicine</i> , <b>2012</b> , 46, 1024-6	10.3	70
390	Short sleep duration is associated with shorter telomere length in healthy men: findings from the Whitehall II cohort study. <i>PLoS ONE</i> , <b>2012</b> , 7, e47292	3.7	69

389	Socioeconomic status as a risk factor for dementia death: individual participant meta-analysis of 86 508 men and women from the UK. <i>British Journal of Psychiatry</i> , <b>2013</b> , 203, 10-7	5.4	69
388	What have human experimental overfeeding studies taught us about adipose tissue expansion and susceptibility to obesity and metabolic complications?. <i>International Journal of Obesity</i> , <b>2017</b> , 41, 853-865	5.5	68
387	Association of metabolically healthy obesity with depressive symptoms: pooled analysis of eight studies. <i>Molecular Psychiatry</i> , <b>2014</b> , 19, 910-4	15.1	67
386	The effects of depressive symptoms on cardiovascular and catecholamine responses to the induction of depressive mood. <i>Biological Psychology</i> , <b>2007</b> , 74, 20-5	3.2	66
385	Association of body mass index and waist-to-hip ratio with brain structure: UK Biobank study. <i>Neurology</i> , <b>2019</b> , 92, e594-e600	6.5	66
384	On Your Feet to Earn Your Seat: pilot RCT of a theory-based sedentary behaviour reduction intervention for older adults. <i>Pilot and Feasibility Studies</i> , <b>2017</b> , 3, 23	1.9	65
383	The bidirectional association between depressive symptoms and gait speed: evidence from the English Longitudinal Study of Ageing (ELSA). <i>PLoS ONE</i> , <b>2013</b> , 8, e68632	3.7	65
382	Television viewing and other screen-based entertainment in relation to multiple socioeconomic status indicators and area deprivation: the Scottish Health Survey 2003. <i>Journal of Epidemiology and Community Health</i> , <b>2009</b> , 63, 734-40	5.1	65
381	Persistent depressive symptomatology and inflammation: to what extent do health behaviours and weight control mediate this relationship?. <i>Brain, Behavior, and Immunity</i> , <b>2009</b> , 23, 413-8	16.6	64
380	Objectively assessed secondhand smoke exposure and mental health in adults: cross-sectional and prospective evidence from the Scottish Health Survey. <i>Archives of General Psychiatry</i> , <b>2010</b> , 67, 850-5		63
379	On Your Feet to Earn Your Seat: a habit-based intervention to reduce sedentary behaviour in older adults: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2014</b> , 15, 368	2.8	62
378	Physical activity, mortality, and cardiovascular disease: is domestic physical activity beneficial? The Scottish Health Survey -- 1995, 1998, and 2003. <i>American Journal of Epidemiology</i> , <b>2009</b> , 169, 1191-200	3.8	62
377	Cohort Profile: Sympathetic activity and Ambulatory Blood Pressure in Africans (SABPA) prospective cohort study. <i>International Journal of Epidemiology</i> , <b>2015</b> , 44, 1814-22	7.8	61
376	Using additional information on working hours to predict coronary heart disease: a cohort study. <i>Annals of Internal Medicine</i> , <b>2011</b> , 154, 457-63	8	61
375	Examining the association between adult attachment style and cortisol responses to acute stress. <i>Psychoneuroendocrinology</i> , <b>2011</b> , 36, 771-9	5	61
374	Early-life stress and recurrent psychological distress over the lifecourse predict divergent cortisol reactivity patterns in adulthood. <i>Psychoneuroendocrinology</i> , <b>2012</b> , 37, 1755-68	5	60
373	Longitudinal patterns in physical activity and sedentary behaviour from mid-life to early old age: a substudy of the Whitehall II cohort. <i>Journal of Epidemiology and Community Health</i> , <b>2012</b> , 66, 1110-5	5.1	60
372	Healthy obesity and objective physical activity. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 102, 268-75	7	59

371	Association of Healthy Lifestyle With Years Lived Without Major Chronic Diseases. <i>JAMA Internal Medicine</i> , <b>2020</b> , 180, 760-768	11.5	59
370	Are sitting occupations associated with increased all-cause, cancer, and cardiovascular disease mortality risk? A pooled analysis of seven British population cohorts. <i>PLoS ONE</i> , <b>2013</b> , 8, e73753	3.7	58
369	Prospective study of coffee and tea consumption in relation to risk of type 2 diabetes mellitus among men and women: the Whitehall II study. <i>British Journal of Nutrition</i> , <b>2008</b> , 100, 1046-53	3.6	57
368	High-Density Lipoprotein Cholesterol and Mortality: Too Much of a Good Thing?. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , <b>2018</b> , 38, 669-672	9.4	56
367	Persistent cognitive depressive symptoms are associated with coronary artery calcification. <i>Atherosclerosis</i> , <b>2010</b> , 210, 209-13	3.1	56
366	Examining overweight and obesity as risk factors for common mental disorders using fat mass and obesity-associated (FTO) genotype-instrumented analysis: The Whitehall II Study, 1985-2004. <i>American Journal of Epidemiology</i> , <b>2011</b> , 173, 421-9	3.8	56
365	Physical activity and risk of cardiovascular disease events: inflammatory and metabolic mechanisms. <i>Medicine and Science in Sports and Exercise</i> , <b>2009</b> , 41, 1206-11	1.2	56
364	Inflammatory and hemostatic responses to repeated mental stress: individual stability and habituation over time. <i>Brain, Behavior, and Immunity</i> , <b>2006</b> , 20, 456-9	16.6	56
363	The effects of effort-reward imbalance on inflammatory and cardiovascular responses to mental stress. <i>Psychosomatic Medicine</i> , <b>2006</b> , 68, 408-13	3.7	56
362	Psychobiological mechanisms of exercise dependence. <i>Sports Medicine</i> , <b>2007</b> , 37, 477-84	10.6	55
361	The association between cortisol response to mental stress and high-sensitivity cardiac troponin T plasma concentration in healthy adults. <i>Journal of the American College of Cardiology</i> , <b>2013</b> , 62, 1694-1701	15.1	54
360	Walking speed and subclinical atherosclerosis in healthy older adults: the Whitehall II study. <i>Heart</i> , <b>2010</b> , 96, 380-4	5.1	54
359	Psychophysiological risk markers of cardiovascular disease. <i>Neuroscience and Biobehavioral Reviews</i> , <b>2010</b> , 35, 76-83	9	54
358	Depression, physical function, and risk of mortality: National Diet and Nutrition Survey in adults older than 65 years. <i>American Journal of Geriatric Psychiatry</i> , <b>2011</b> , 19, 72-8	6.5	53
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340	Association of C-reactive protein and muscle strength in the English Longitudinal Study of Ageing. <i>Age</i> , <b>2009</b> , 31, 171-7		46
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87	Associations between objectively assessed and questionnaire-based sedentary behaviour with body mass index and systolic blood pressure in Kuwaiti adolescents. <i>BMC Research Notes</i> , <b>2019</b> , 12, 588	2.3	3
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85	Change in device-measured physical activity assessed in childhood and adolescence in relation to depressive symptoms: a general population-based cohort study. <i>Journal of Epidemiology and Community Health</i> , <b>2020</b> , 74, 330-335	5.1	3
84	Association of Changes in Physical Activity and Incidence and Remission of Overall and Abdominal Obesity in 113,950 Adults. <i>Obesity</i> , <b>2020</b> , 28, 660-668	8	3

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64	Association of pre-pandemic high-density lipoprotein cholesterol with risk of COVID-19 hospitalisation and death: the UK Biobank cohort study <b>2021</b> ,		3
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