

Kourosch Djafarian

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108
papers

1,690
citations

23
h-index

36
g-index

112
ext. papers

2,225
ext. citations

3.4
avg, IF

5.35
L-index

#	Paper	IF	Citations
108	Effect of probiotic and prebiotic vs placebo on psychological outcomes in patients with major depressive disorder: A randomized clinical trial. <i>Clinical Nutrition</i> , 2019 , 38, 522-528	5.9	168
107	Increased television viewing is associated with elevated body fatness but not with lower total energy expenditure in children. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 1031-6	7	116
106	The effect of (L-)carnitine on weight loss in adults: a systematic review and meta-analysis of randomized controlled trials. <i>Obesity Reviews</i> , 2016 , 17, 970-6	10.6	69
105	Assortative mating for obesity. <i>American Journal of Clinical Nutrition</i> , 2007 , 86, 316-23	7	65
104	Effect of vitamin E supplementation on serum C-reactive protein level: a meta-analysis of randomized controlled trials. <i>European Journal of Clinical Nutrition</i> , 2015 , 69, 867-73	5.2	61
103	Effects of a Multispecies Probiotic Supplement on Bone Health in Osteopenic Postmenopausal Women: A Randomized, Double-blind, Controlled Trial. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 497-506	3.5	56
102	Probiotics Reduce the Risk of Antibiotic-Associated Diarrhea in Adults (18-64 Years) but Not the Elderly (>65 Years): A Meta-Analysis. <i>Nutrition in Clinical Practice</i> , 2016 , 31, 502-13	3.6	45
101	Fish consumption and risk of all-cause and cardiovascular mortality: a dose-response meta-analysis of prospective observational studies. <i>Public Health Nutrition</i> , 2018 , 21, 1297-1306	3.3	43
100	Nutritional Status of Under Five Children in Ethiopia: A Systematic Review and Meta-Analysis. <i>Ethiopian Journal of Health Sciences</i> , 2017 , 27, 175-188	1.1	42
99	The toxicity of saffron (<i>Crocus sativus</i> L.) and its constituents against normal and cancer cells. <i>Journal of Nutrition & Intermediary Metabolism</i> , 2016 , 3, 23-32	2.8	41
98	<i>Nigella sativa</i> improves glucose homeostasis and serum lipids in type 2 diabetes: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2017 , 35, 6-13	3.5	39
97	Association between sleep duration and osteoporosis risk in middle-aged and elderly women: A systematic review and meta-analysis of observational studies. <i>Metabolism: Clinical and Experimental</i> , 2017 , 69, 199-206	12.7	35
96	Effect of ginger (<i>Zingiber officinale</i>) on blood glucose and lipid concentrations in diabetic and hyperlipidemic subjects: A meta-analysis of randomized controlled trials. <i>Journal of Functional Foods</i> , 2017 , 29, 127-134	5.1	35
95	Effect of vitamin D3 supplementation on blood pressure in adults: An updated meta-analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2016 , 26, 663-73	4.5	33
94	Branched-chain amino acid supplementation and exercise-induced muscle damage in exercise recovery: A meta-analysis of randomized clinical trials. <i>Nutrition</i> , 2017 , 42, 30-36	4.8	32
93	Vitamin D and diabetic nephropathy: A systematic review and meta-analysis. <i>Nutrition</i> , 2015 , 31, 1189-94.8	4.8	31
92	A posteriori healthy dietary patterns may decrease the risk of central obesity: findings from a systematic review and meta-analysis. <i>Nutrition Research</i> , 2017 , 41, 1-13	4	30

91	Effect of anthocyanin supplementation on cardio-metabolic biomarkers: A systematic review and meta-analysis of randomized controlled trials. <i>Clinical Nutrition</i> , 2019 , 38, 1153-1165	5.9	30
90	Vitamin C intake in relation to bone mineral density and risk of hip fracture and osteoporosis: a systematic review and meta-analysis of observational studies. <i>British Journal of Nutrition</i> , 2018 , 119, 847-858	3.6	28
89	Effect of omega-3 fatty acids supplementation on insulin resistance in women with polycystic ovary syndrome: Meta-analysis of randomized controlled trials. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2017 , 11, 157-162	8.9	27
88	Selenium status in soil, water and essential crops of Iran. <i>Iranian Journal of Environmental Health Science & Engineering</i> , 2012 , 9, 11		25
87	The effect of zinc supplementation on plasma C-reactive protein concentrations: A systematic review and meta-analysis of randomized controlled trials. <i>European Journal of Pharmacology</i> , 2018 , 834, 10-16	5.3	23
86	Metabolic Syndrome Patients Have Lower Levels of Adropin When Compared With Healthy Overweight/Obese and Lean Subjects. <i>American Journal of Men's Health</i> , 2017 , 11, 426-434	2.2	23
85	Renal cell carcinoma survival and body mass index: a dose-response meta-analysis reveals another potential paradox within a paradox. <i>International Journal of Obesity</i> , 2016 , 40, 1817-1822	5.5	23
84	Dietary intake of fish, n-3 polyunsaturated fatty acids and risk of hip fracture: A systematic review and meta-analysis on observational studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2019 , 59, 1320-1333	11.5	23
83	Effect of magnesium supplementation on endothelial function: A systematic review and meta-analysis of randomized controlled trials. <i>Atherosclerosis</i> , 2018 , 273, 98-105	3.1	21
82	Quality of life and its relation to sociodemographic factors among elderly people living in Tehran. <i>Geriatrics and Gerontology International</i> , 2009 , 9, 270-5	2.9	21
81	Effect of therapeutic dose of vitamin d on serum adiponectin and glycemia in vitamin d-insufficient or deficient type 2 diabetic patients. <i>Iranian Red Crescent Medical Journal</i> , 2014 , 16, e21458	1.3	21
80	Effect of prebiotic and probiotic supplementation on circulating pro-inflammatory cytokines and urinary cortisol levels in patients with major depressive disorder: A double-blind, placebo-controlled randomized clinical trial. <i>Journal of Functional Foods</i> , 2019 , 52, 596-602	5.1	21
79	C667T and A1298C polymorphisms of methylenetetrahydrofolate reductase gene and susceptibility to myocardial infarction: A systematic review and meta-analysis. <i>International Journal of Cardiology</i> , 2016 , 217, 99-108	3.2	20
78	The relationship of female physical attractiveness to body fatness. <i>PeerJ</i> , 2015 , 3, e1155	3.1	19
77	Changes in Body Composition, Dietary Intake, and Substrate Oxidation in Patients Underwent Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy: a Comparative Prospective Study. <i>Obesity Surgery</i> , 2019 , 29, 406-413	3.7	19
76	Association between the DASH diet and metabolic syndrome components in Iranian adults. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2019 , 13, 1699-1704	8.9	18
75	Association of dietary patterns with diabetes complications among type 2 diabetes patients in Gaza Strip, Palestine: a cross sectional study. <i>Journal of Health, Population and Nutrition</i> , 2017 , 36, 37	2.5	17
74	Effect of alpha-lipoic acid supplementation on lipid profile: A systematic review and meta-analysis of controlled clinical trials. <i>Nutrition</i> , 2019 , 59, 121-130	4.8	17

73	The Prevalence of Metabolic Syndrome and Its Related Factors among Adults in Palestine: A Meta-Analysis. <i>Ethiopian Journal of Health Sciences</i> , 2017 , 27, 77-84	1.1	15
72	A dose-response meta-analysis of the impact of body mass index on stroke and all-cause mortality in stroke patients: a paradox within a paradox. <i>Obesity Reviews</i> , 2015 , 16, 416-23	10.6	15
71	Common Variants of Vitamin D Receptor Gene Polymorphisms and Susceptibility to Coronary Artery Disease: A Systematic Review and Meta-Analysis. <i>Journal of Nutrigenetics and Nutrigenomics</i> , 2017 , 10, 9-18		14
70	Effect of whey protein supplementation on long and short term appetite: A meta-analysis of randomized controlled trials. <i>Clinical Nutrition ESPEN</i> , 2017 , 20, 34-40	1.3	13
69	The long-term prognosis of heart diseases for different metabolic phenotypes: a systematic review and meta-analysis of prospective cohort studies. <i>Endocrine</i> , 2019 , 63, 439-462	4	13
68	Body Mass Index and All-cause Mortality in Chronic Kidney Disease: A Dose-response Meta-analysis of Observational Studies. <i>Journal of Renal Nutrition</i> , 2017 , 27, 225-232	3	12
67	Association between serum osteocalcin and body mass index: a systematic review and meta-analysis. <i>Endocrine</i> , 2017 , 58, 24-32	4	12
66	Effects of a Psychobiotic Supplement on Serum Brain-derived Neurotrophic Factor Levels in Depressive Patients: A Analysis of a Randomized Clinical Trial. <i>Journal of Neurogastroenterology and Motility</i> , 2020 , 26, 486-495	4.4	12
65	Effect of probiotic and prebiotic versus placebo on appetite in patients with major depressive disorder: post hoc analysis of a randomised clinical trial. <i>Journal of Human Nutrition and Dietetics</i> , 2020 , 33, 56-65	3.1	12
64	The Association between Physical Activity and the Metabolic Syndrome among Type 2 Diabetes Patients in Gaza Strip, Palestine. <i>Ethiopian Journal of Health Sciences</i> , 2017 , 27, 273-282	1.1	11
63	Is the Iranian Traditional Medicine warm and cold temperament related to Basal Metabolic Rate and activity of the sympathetic-parasympathetic system? Study protocol. <i>Journal of Diabetes and Metabolic Disorders</i> , 2014 , 13, 1	2.5	11
62	Association between dietary inflammatory index and components of metabolic syndrome. <i>Journal of Cardiovascular and Thoracic Research</i> , 2020 , 12, 27-34	1.3	11
61	Dose-response association of dietary sodium intake with all-cause and cardiovascular mortality: a systematic review and meta-analysis of prospective studies. <i>Public Health Nutrition</i> , 2019 , 22, 295-306	3.3	11
60	Dietary fat, saturated fatty acid, and monounsaturated fatty acid intakes and risk of bone fracture: a systematic review and meta-analysis of observational studies. <i>Osteoporosis International</i> , 2018 , 29, 1949-1961	5.3	11
59	Dietary Fat Intake and Risk of Ovarian Cancer: A Systematic Review and Dose-Response Meta-Analysis of Observational Studies. <i>Nutrition and Cancer</i> , 2019 , 71, 939-953	2.8	9
58	Risk of hypertension among different metabolic phenotypes: a systematic review and meta-analysis of prospective cohort studies. <i>Journal of Human Hypertension</i> , 2019 , 33, 365-377	2.6	9
57	The Beneficial Effects of Alpha Lipoic Acid Supplementation on Lp-PLA2 Mass and Its Distribution between HDL and apoB-Containing Lipoproteins in Type 2 Diabetic Patients: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Oxidative Medicine and Cellular Longevity</i> , 2020 , 2020, 5850865	6.7	8
56	Dietary Patterns and Metabolic Syndrome among Type 2 Diabetes Patients in Gaza Strip, Palestine. <i>Ethiopian Journal of Health Sciences</i> , 2017 , 27, 227-238	1.1	8

55	Oxcarbazepine administration and the serum levels of homocysteine, vitamin B12 and folate in epileptic patients: A systematic review and meta-analysis. <i>Seizure: the Journal of the British Epilepsy Association</i> , 2017 , 45, 87-94	3.2	7
54	Fasting blood glucose and risk of prostate cancer: A systematic review and meta-analysis of dose-response. <i>Diabetes and Metabolism</i> , 2018 , 44, 320-327	5.4	7
53	Effect of Berberine on C-reactive protein: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019 , 46, 81-86	3.5	7
52	The association of plant-based dietary patterns with visceral adiposity, lipid accumulation product, and triglyceride-glucose index in Iranian adults. <i>Complementary Therapies in Medicine</i> , 2020 , 53, 102531	3.5	7
51	Dietary Pattern and Their Association With Level of Asthma Control Among Patients With Asthma at Al-Shifa Medical Complex in Gaza Strip, Palestine. <i>Nutrition and Metabolic Insights</i> , 2019 , 12, 1178638819841394	1.9	6
50	Doubly labelled water: Multi-point and two-point methods in pre-school children. <i>Pediatric Obesity</i> , 2010 , 5, 102-10		6
49	Body composition in Iranian boys with autism spectrum disorders. <i>Paediatrica Croatica</i> , 2015 , 59, 159-165	1.5	6
48	Diet quality in obese/overweight individuals with/without metabolic syndrome compared to normal weight controls. <i>Medical Journal of the Islamic Republic of Iran</i> , 2016 , 30, 376	1.1	6
47	Lipid Profile and Risk of Bone Fracture: A Systematic Review and Meta-Analysis of Observational Studies. <i>Endocrine Research</i> , 2019 , 44, 168-184	1.9	5
46	Serum ghrelin levels and gender-related indices of body composition in prepubertal children: a cross-sectional study. <i>European Journal of Nutrition</i> , 2015 , 54, 283-90	5.2	5
45	The Effect of L-Carnitine Supplementation on Exercise-Induced Muscle Damage: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Journal of the American College of Nutrition</i> , 2020 , 39, 457-468	3.5	5
44	A posteriori dietary patterns and risk of pancreatic and renal cancers. <i>Nutrition and Food Science</i> , 2017 , 47, 839-868	1.5	5
43	Identifying Major Dietary Patterns Among the Elderly in Tehran Health Homes. <i>Jundishapur Journal of Health Sciences</i> , 2015 , 7,	0.5	5
42	The Association of Dietary Phytochemical Index with Metabolic Syndrome in Adults. <i>Clinical Nutrition Research</i> , 2021 , 10, 161-171	1.7	5
41	Vitamin D and The Gut Microbiota: a Narrative Literature Review. <i>Clinical Nutrition Research</i> , 2021 , 10, 181-191	1.7	5
40	Comparative Study of Resting Metabolic Rate and Plasma Amino Acid Profile in Patients Who Underwent Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy: 6-Month Follow-up Study. <i>Obesity Surgery</i> , 2019 , 29, 3125-3132	3.7	4
39	Depressive symptoms among metabolically healthy and unhealthy overweight/obese individuals: a comparative study. <i>Medical Journal of the Islamic Republic of Iran</i> , 2018 , 32, 95	1.1	4
38	Adiponectin: An Indicator for Metabolic Syndrome. <i>Iranian Journal of Public Health</i> , 2019 , 48, 1106-1115	0.7	4

37	The Nordic diet and the risk of non-communicable chronic disease and mortality: a systematic review and dose-response meta-analysis of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2020 , 1-13	11.5	3
36	The effects of supplementation with L-carnitine on apolipoproteins: A systematic review and meta-analysis of randomized trials. <i>European Journal of Pharmacology</i> , 2019 , 858, 172493	5.3	3
35	Association of dietary energy density with cardiometabolic risk factors and metabolic syndrome in Tehranian older adults. <i>Journal of Cardiovascular and Thoracic Research</i> , 2020 , 12, 97-105	1.3	3
34	Effect of Coenzyme Q10 Supplementation on Serum of High Sensitivity c-reactive Protein Level in Patients with Cardiovascular Diseases: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>International Journal of Preventive Medicine</i> , 2018 , 9, 82	1.6	3
33	Association of Dietary Patterns with Visceral Adiposity, Lipid Accumulation Product, and Triglyceride-Glucose Index in Iranian Adults. <i>Clinical Nutrition Research</i> , 2020 , 9, 145-156	1.7	3
32	Association of Oxidative Balance Score with the Metabolic Syndrome in a Sample of Iranian Adults. <i>Oxidative Medicine and Cellular Longevity</i> , 2021 , 2021, 5593919	6.7	3
31	Resveratrol supplementation and flow-mediated dilation: a systematic review. <i>Nutrition and Food Science</i> , 2019 , 49, 580-591	1.5	3
30	The Effects of Supplementation on Liver Enzymes Levels: a Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Clinical Nutrition Research</i> , 2021 , 10, 72-82	1.7	3
29	Melatonin Supplementation and Anthropometric Indices: A Randomized Double-Blind Controlled Clinical Trial. <i>BioMed Research International</i> , 2021 , 2021, 3502325	3	3
28	Beauty and the Body of the Beholder: Raters SBMI Has Only Limited Association with Ratings of Attractiveness of the Opposite Sex. <i>Obesity</i> , 2018 , 26, 522-530	8	2
27	Validation of simple epidemiological or clinical methods for the measurement of body composition in young children. <i>Iranian Journal of Pediatrics</i> , 2014 , 24, 685-91	1	2
26	Effect of Paleolithic-based low-carbohydrate vs. moderate-carbohydrate diets with portion-control and calorie-counting on CTRP6, asprosin and metabolic markers in adults with metabolic syndrome: A randomized clinical trial.. <i>Clinical Nutrition ESPEN</i> , 2022 , 48, 87-98	1.3	2
25	Association of Nutrient Patterns with Metabolic Syndrome and Its Components in Iranian Adults. <i>Clinical Nutrition Research</i> , 2020 , 9, 318-331	1.7	2
24	SAVE: Towards Efficient Resource Management in Heterogeneous System Architectures. <i>Lecture Notes in Computer Science</i> , 2014 , 337-344	0.9	2
23	Short-term effectiveness of a theory-based intervention to promote diabetes management behaviours among adults with type 2 diabetes in Iran: A randomised control trial. <i>International Journal of Clinical Practice</i> , 2021 , 75, e13994	2.9	2
22	Familial resemblance of body composition, physical activity, and resting metabolic rate in pre-school children. <i>Reports of Biochemistry and Molecular Biology</i> , 2013 , 2, 1-15	1.3	1
21	Quality of Life and its Relationship With Healthy Eating Index Among Elderly People. <i>Jundishapur Journal of Health Sciences</i> , 2015 , 7,	0.5	1
20	The Association between Dietary Antioxidant Quality Score and Cardiorespiratory Fitness in Iranian Adults: a Cross-Sectional Study. <i>Clinical Nutrition Research</i> , 2020 , 9, 171-181	1.7	1

19	The Association of Dietary Energy Density and Body Composition Components in a Sample of Iranian Adults. <i>Frontiers in Nutrition</i> , 2021 , 8, 751148	6.2	1
18	The interaction of aging with serum 25(OH)D and 1,25(OH) ₂ D status on muscle strength. <i>International Journal of Clinical Practice</i> , 2021 , 75, e14510	2.9	1
17	Association of the dietary phytochemical index with general and central obesity in a sample of Iranian adults. <i>Journal of Functional Foods</i> , 2021 , 83, 104546	5.1	1
16	Habitual- and Meal-Specific Carbohydrate Quality Index and Their Relation to Metabolic Syndrome in a Sample of Iranian Adults.. <i>Frontiers in Nutrition</i> , 2022 , 9, 763345	6.2	1
15	The Effects of Omega-3 Supplementation on Resting Metabolic Rate: A Systematic Review and Meta-Analysis of Clinical Trials.. <i>Evidence-based Complementary and Alternative Medicine</i> , 2021 , 2021, 6213035	2.3	1
14	Dietary networks identified by Gaussian graphical model and general and abdominal obesity in adults. <i>Nutrition Journal</i> , 2021 , 20, 86	4.3	0
13	Association of Dietary and Lifestyle Inflammation Score With Metabolic Syndrome in a Sample of Iranian Adults. <i>Frontiers in Nutrition</i> , 2021 , 8, 735174	6.2	0
12	Mediterranean diet quality index is associated with better cardiorespiratory fitness and reduced systolic blood pressure in adults: A cross-sectional study. <i>Clinical Nutrition ESPEN</i> , 2021 , 46, 200-205	1.3	0
11	Major dietary patterns and metabolic syndrome associated with severity of coronary artery disease: A structural equation modeling. <i>Nutrition and Health</i> , 2021 , 2601060211020655	2.1	0
10	A systematic review and meta-analysis on the impact of oral vitamin E supplementation on apolipoproteins A1 and B100. <i>Clinical Nutrition ESPEN</i> , 2021 , 46, 106-114	1.3	0
9	Higher health literacy score is associated with better healthy eating index in Iranian adults. <i>Nutrition</i> , 2021 , 90, 111262	4.8	0
8	Serum irisin levels in metabolically healthy versus metabolically unhealthy obesity: A case-control study. <i>Medical Journal of the Islamic Republic of Iran</i> , 2020 , 34, 46	1.1	
7	Major Dietary Patterns Relationship with Severity of Coronary Artery Disease in Gaza-Strip, Palestine: A Cross-Sectional Study. <i>Ethiopian Journal of Health Sciences</i> , 2021 , 31, 599-610	1.1	
6	The association between dietary antioxidant quality score with metabolic syndrome and its components in Iranian adults: A cross-sectional study. <i>Food Science and Nutrition</i> , 2021 , 9, 994-1002	3.2	
5	The lack of association between dietary antioxidant quality score with handgrip strength and handgrip endurance amongst Tehranian adults: A cross-sectional study from a Middle East country. <i>International Journal of Clinical Practice</i> , 2021 , 75, e13876	2.9	
4	Association of Vitamin D status with Visceral Adiposity Index and Lipid Accumulation Product Index among a Group of Iranian People. <i>Clinical Nutrition Research</i> , 2021 , 10, 150-160	1.7	
3	Association of Nutrient Patterns and Their Relation with Obesity in Iranian Adults: a Population Based Study. <i>Clinical Nutrition Research</i> , 2021 , 10, 59-71	1.7	
2	Effects of vitamin D supplementation along with and without endurance physical activity on calcium and parathyroid hormone levels in metabolic syndrome patients: A randomized controlled trial. <i>Clinical Nutrition Open Science</i> , 2021 , 35, 1-11		

- 1 Association of major dietary patterns with resting metabolic rate and body fatness in middle-aged men and women: Results from a cross-sectional study. *Nutrition and Health*, **2021**, 2601060211063070 2.1