Vassilis Paschalis

List of Publications by Year
in descending order

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72 papers	2,594 citations	159585 30 h-index	197818 49 g-index
72 all docs	72 docs citations	72 times ranked	3258 citing authors

#	Article	IF	Citations
1	The Effect of Muscle-Damaging Exercise on Blood and Skeletal Muscle Oxidative Stress. Sports Medicine, 2008, 38, 579-606.	6.5	161
2	Comparison between leg and arm eccentric exercises of the same relative intensity on indices of muscle damage. European Journal of Applied Physiology, 2005, 95, 179-185.	2.5	160
3	Redox biology of exercise: an integrative and comparative consideration of some overlooked issues. Journal of Experimental Biology, 2012, 215, 1615-1625.	1.7	116
4	No effect of antioxidant supplementation on muscle performance and blood redox status adaptations to eccentric training. American Journal of Clinical Nutrition, 2011, 93, 1373-1383.	4.7	114
5	Decreased Blood Oxidative Stress after Repeated Muscle-Damaging Exercise. Medicine and Science in Sports and Exercise, 2007, 39, 1080-1089.	0.4	97
6	Low vitamin C values are linked with decreased physical performance and increased oxidative stress: reversal by vitamin C supplementation. European Journal of Nutrition, 2016, 55, 45-53.	3.9	97
7	A Weekly Bout of Eccentric Exercise Is Sufficient to Induce Health-Promoting Effects. Medicine and Science in Sports and Exercise, 2011, 43, 64-73.	0.4	90
8	Adaptations to endurance training depend on exerciseâ€induced oxidative stress: exploiting redox interindividual variability. Acta Physiologica, 2018, 222, e12898.	3.8	84
9	Blood reflects tissue oxidative stress: a systematic review. Biomarkers, 2015, 20, 97-108.	1.9	83
10	N-acetylcysteine supplementation increases exercise performance and reduces oxidative stress only in individuals with low levels of glutathione. Free Radical Biology and Medicine, 2018, 115, 288-297.	2.9	82
11	Reductive stress after exercise: The issue of redox individuality. Redox Biology, 2014, 2, 520-528.	9.0	69
12	Redox basis of exercise physiology. Redox Biology, 2020, 35, 101499.	9.0	69
13	Going retro: Oxidative stress biomarkers in modern redox biology. Free Radical Biology and Medicine, 2016, 98, 2-12.	2.9	65
14	The effects of muscle damage following eccentric exercise on gait biomechanics. Gait and Posture, 2007, 25, 236-242.	1.4	61
15	Principles for integrating reactive species into in vivo biological processes: Examples from exercise physiology. Cellular Signalling, 2016, 28, 256-271.	3.6	57
16	Spectrophotometric assays for measuring redox biomarkers in blood. Biomarkers, 2016, 21, 208-217.	1.9	54
17	The effects of a single bout of exercise on resting energy expenditure and respiratory exchange ratio. European Journal of Applied Physiology, 2004, 92, 393-8.	2.5	52
18	Antioxidants in Personalized Nutrition and Exercise. Advances in Nutrition, 2018, 9, 813-823.	6.4	52

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19	Comparison between Glucose-6-Phosphate Dehydrogenase-Deficient and Normal Individuals after Eccentric Exercise. Medicine and Science in Sports and Exercise, 2010, 42, 1113-1121.	0.4	49
20	Beneficial changes in energy expenditure and lipid profile after eccentric exercise in overweight and lean women. Scandinavian Journal of Medicine and Science in Sports, 2010, 20, e103-11.	2.9	48
21	The NAD⁺ precursor nicotinamide riboside decreases exercise performance in rats. Journal of the International Society of Sports Nutrition, 2016, 13, 32.	3.9	48
22	Spectrophotometric assays for measuring redox biomarkers in blood and tissues: the NADPH network. Redox Report, 2018, 23, 47-56.	4.5	48
23	Exercise-Induced Oxidative Stress in G6PD-Deficient Individuals. Medicine and Science in Sports and Exercise, 2006, 38, 1443-1450.	0.4	47
24	The rat adequately reflects human responses to exercise in blood biochemical profile: a comparative study. Physiological Reports, 2015, 3, e12293.	1.7	44
25	Aerobic, resistance and combined training and detraining on body composition, muscle strength, lipid profile and inflammation in coronary artery disease patients. Research in Sports Medicine, 2016, 24, 171-184.	1.3	44
26	Position sense and reaction angle after eccentric exercise: the repeated bout effect. European Journal of Applied Physiology, 2008, 103, 9-18.	2.5	38
27	Eccentric exercise affects the upper limbs more than the lower limbs in position sense and reaction angle. Journal of Sports Sciences, 2010, 28, 33-43.	2.0	37
28	Uniform and prolonged changes in blood oxidative stress after muscle-damaging exercise. In Vivo, 2007, 21, 877-83.	1.3	36
29	Short vs. long length of rectus femoris during eccentric exercise in relation to muscle damage in healthy males. Clinical Biomechanics, 2005, 20, 617-622.	1.2	33
30	Favorable and Prolonged Changes in Blood Lipid Profile after Muscle-Damaging Exercise. Medicine and Science in Sports and Exercise, 2008, 40, 1483-1489.	0.4	33
31	The effects of low and high glycemic index foods on exercise performance and beta-endorphin responses. Journal of the International Society of Sports Nutrition, 2011, 8, 15.	3.9	30
32	Exercise as a model to study redox homeostasis in blood: the effect of protocol and sampling point. Biomarkers, 2012, 17, 28-35.	1.9	30
33	Stair descending exercise increases muscle strength in elderly males with chronic heart failure. BMC Research Notes, 2013, 6, 87.	1.4	28
34	Nicotinamide riboside supplementation dysregulates redox and energy metabolism in rats: Implications for exercise performance. Experimental Physiology, 2018, 103, 1357-1366.	2.0	27
35	Antioxidant supplementation, redox deficiencies and exercise performance: A falsification design. Free Radical Biology and Medicine, 2020, 158, 44-52.	2.9	27
36	No adverse effects of statins on muscle function and healthâ€related parameters in the elderly: An exercise study. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, 556-567.	2.9	26

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37	Muscle damage and inflammation after eccentric exercise: can the repeated bout effect be removed?. Physiological Reports, 2015, 3, e12648.	1.7	24
38	A single bout of downhill running transiently increases HOMA-IR without altering adipokine response in healthy adult women. European Journal of Applied Physiology, 2013, 113, 2925-2932.	2.5	23
39	A Comparison of Exercise-Induced Muscle Damage Following Maximal Eccentric Contractions in Men and Boys. Pediatric Exercise Science, 2017, 29, 316-325.	1.0	23
40	Passive smoking reduces and vitamin C increases exercise-induced oxidative stress: Does this make passive smoking an anti-oxidant and vitamin C a pro-oxidant stimulus?. Biochemical and Biophysical Research Communications, 2014, 454, 131-136.	2.1	20
41	The rat closely mimics oxidative stress and inflammation in humans after exercise but not after exercise combined with vitamin C administration. European Journal of Applied Physiology, 2016, 116, 791-804.	2.5	19
42	The Effects of Eccentric Exercise on Muscle Function and Proprioception of Individuals Being Overweight and Underweight. Journal of Strength and Conditioning Research, 2013, 27, 2542-2551.	2.1	18
43	Aging is not a barrier to muscle and redox adaptations: Applying the repeated eccentric exercise model. Experimental Gerontology, 2013, 48, 734-743.	2.8	16
44	Eccentric exercise per se does not affect muscle damage biomarkers: early and late phase adaptations. European Journal of Applied Physiology, 2021, 121, 549-559.	2.5	16
45	Experimental verification of regression to the mean in redox biology: differential responses to exercise. Free Radical Research, 2016, 50, 1237-1244.	3.3	15
46	Adipocytokine Levels in Children: Effects of Fatness and Training. Pediatric Exercise Science, 2012, 24, 461-471.	1.0	14
47	The effects of muscle damage on walking biomechanics are speed-dependent. European Journal of Applied Physiology, 2010, 110, 977-988.	2.5	12
48	Isokinetic Knee Joint Evaluation in Track and Field Events. Journal of Strength and Conditioning Research, 2011, 25, 2528-2536.	2.1	12
49	Effect of body composition on redox homeostasis at rest and in response to exercise: The case of underfat women. Journal of Sports Sciences, 2019, 37, 1630-1637.	2.0	12
50	Rapid decreases of key antioxidant molecules in critically ill patients: A personalized approach. Clinical Nutrition, 2020, 39, 1146-1154.	5.0	12
51	Acute and Chronic Whole-Body Vibration Exercise does not Induce Health-Promoting Effects on The Blood Profile. Journal of Human Kinetics, 2015, 46, 107-118.	1.5	11
52	Reliability of concentric and eccentric strength of hip abductor and adductor muscles in young soccer players. Biology of Sport, 2015, 32, 351-356.	3.2	11
53	Acute L-Citrulline Supplementation Increases Nitric Oxide Bioavailability but Not Inspiratory Muscle Oxygenation and Respiratory Performance. Nutrients, 2021, 13, 3311.	4.1	11
54	Iron Supplementation Effects on Redox Status following Aseptic Skeletal Muscle Trauma in Adults and Children. Oxidative Medicine and Cellular Longevity, 2017, 2017, 1-13.	4.0	10

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55	Stair Descending Exercise Using a Novel Automatic Escalator: Effects on Muscle Performance and Health-Related Parameters. PLoS ONE, 2013, 8, e56218.	2.5	10
56	Dietary Cysteine Intake is Associated with Blood Glutathione Levels and Isometric Strength. International Journal of Sports Medicine, 2021, 42, 441-447.	1.7	9
57	Plasma from exercised rats administered to sedentary rats induces systemic and tissue inflammation. Physiological Reports, 2016, 4, e13087.	1.7	8
58	Administration of exercise-conditioned plasma alters muscle catalase kinetics in rat: An argument for in vivo-like Km instead of in vitro-like Vmax. Redox Biology, 2018, 15, 375-379.	9.0	8
59	The redox signal: A physiological perspective. IUBMB Life, 2022, 74, 29-40.	3.4	7
60	A Novel Swimming Performance Test in Rats. Chinese Journal of Physiology, 2018, 61, 144-151.	1.0	7
61	Exercise and Nutrition Strategies for Combating Sarcopenia and Type 2 Diabetes Mellitus in Older Adults. Journal of Functional Morphology and Kinesiology, 2022, 7, 48.	2.4	6
62	Skeletal muscle and cerebral oxygenation levels during and after submaximal concentric and eccentric isokinetic exercise. Journal of Sports Sciences, 2022, 40, 195-202.	2.0	5
63	Low-Frequency Fatigue as an Indicator of Eccentric Exercise-Induced Muscle Injury: The Role of Vitamin E. Oxidative Medicine and Cellular Longevity, 2012, 2012, 1-9.	4.0	3
64	Chronic administration of plasma from exercised rats to sedentary rats does not induce redox and metabolic adaptations. Journal of Physiological Sciences, 2020, 70, 3.	2.1	3
65	The Effects of High-Intensity Interval Exercise on Skeletal Muscle and Cerebral Oxygenation during Cycling and Isokinetic Concentric and Eccentric Exercise. Journal of Functional Morphology and Kinesiology, 2021, 6, 62.	2.4	3
66	Priming exercise increases Wingate cycling peak power output. European Journal of Sport Science, 2021, 21, 705-713.	2.7	3
67	Knee flexion and extension strength in young Brazilian soccer players: the effect of age and position. Human Movement, 2018, 19, 23-29.	0.9	2
68	Dance as an eccentric form of exercise: practical implications. Medical Problems of Performing Artists, 2012, 27, 102-6.	0.4	2
69	MODERATE RESISTANCE TRAINING PROGRAM CAN REDUCE TRIGLYCERIDES IN ELDERLY WOMEN: A RANDOMIZED CONTROLLED TRIAL. Journal of the American Geriatrics Society, 2010, 58, 2041-2043.	2.6	1
70	Knee extension strength profile of elite Greek soccer players. Isokinetics and Exercise Science, 2016, 24, 79-82.	0.4	1
71	Systemic redox biomarkers suggest non-redox mediated processes in the prevention of bed rest-induced muscle atrophy after exercise training: The Cologne RSL study. Acta Astronautica, 2020, 168, 116-122.	3.2	1
72	Interval exercise induces milder respiratory responses compared to continuous exercise. Journal of Sports Sciences, 2020, 38, 576-581.	2.0	0