## Manuel Ängel GÄ<sup>3</sup>mez-Marcos

List of Publications by Year in descending order

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Manuel Ã<del>n</del>gel

#	Article	IF	CITATIONS
1	Effects of cocoa-rich chocolate on cognitive performance in postmenopausal women. A randomised clinical trial. Nutritional Neuroscience, 2022, 25, 1147-1158.	1.5	6
2	Retinal blood vessel calibre and vascular ageing in a general Spanish population: A EVA study. European Journal of Clinical Investigation, 2022, 52, e13684.	1.7	1
3	The Association of Dietary Intake with Arterial Stiffness and Vascular Ageing in a Population with Intermediate Cardiovascular Risk—A MARK Study. Nutrients, 2022, 14, 244.	1.7	8
4	Long-term Effectiveness of a Smartphone App Combined With a Smart Band on Weight Loss, Physical Activity, and Caloric Intake in a Population With Overweight and Obesity (Evident 3 Study): Randomized Controlled Trial. Journal of Medical Internet Research, 2022, 24, e30416.	2.1	29
5	Predictive Ability of Machine-Learning Methods for Vitamin D Deficiency Prediction by Anthropometric Parameters. Mathematics, 2022, 10, 616.	1.1	4
6	Sedentary Behaviour and Its Relationship with Early Vascular Ageing in the General Spanish Population: A Cross-Sectional Study. International Journal of Environmental Research and Public Health, 2022, 19, 5450.	1.2	2
7	Relationship of Different Anthropometric Indices with Vascular Ageing in an Adult Population without Cardiovascular Disease—EVA Study. Journal of Clinical Medicine, 2022, 11, 2671.	1.0	4
8	Vascular target organ damage in patients with Philadelphia negative myeloproliferative syndrome: A propensity score analysis. Medicina ClÃnica (English Edition), 2022, 158, 503-508.	0.1	0
9	Early Diagnosis of Kidney Damage Associated with Tobacco Use: Preventive Application. Journal of Personalized Medicine, 2022, 12, 1032.	1.1	3
10	Relationship of healthy vascular aging with lifestyle and metabolic syndrome in the general Spanish population. The EVA study. Revista Espanola De Cardiologia (English Ed ), 2021, 74, 854-861.	0.4	3
11	Cocoa-rich chocolate and body composition in postmenopausal women: a randomised clinical trial. British Journal of Nutrition, 2021, 125, 548-556.	1.2	6
12	Behavioural intervention to reduce disruptive behaviours in adult day care centres users: A randomizsed clinical trial (PROCENDIAS study). Journal of Advanced Nursing, 2021, 77, 987-998.	1.5	2
13	Association between measurements of arterial stiffness and target organ damage in a general Spanish population. Annals of Medicine, 2021, 53, 345-356.	1.5	3
14	Effect of an intensive intervention on the increase of physical activity and the decrease of sedentary lifestyle in inactive postmenopausal. Journal of Advanced Nursing, 2021, 77, 2064-2072.	1.5	1
15	Gut microbiota composition and arterial stiffness measured by pulse wave velocity: case–control study protocol (MIVAS study). BMJ Open, 2021, 11, e038933.	0.8	2
16	Response to: Reporting the results of a clinical trial across multiple papers, does it matter?. European Journal of Cardiovascular Nursing, 2021, 20, 620-621.	0.4	1
17	Vascular target organ damage in patients with Philadelphia negative myeloproliferative syndrome: A propensity score analysis. Medicina ClĀnica, 2021, ,	0.3	1
18	Association of Insulin Resistance with Vascular Ageing in a General Caucasian Population: An EVA Study. Journal of Clinical Medicine, 2021, 10, 5748.	1.0	3

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19	Comparative Effect of Antihypertensive Drugs in Improving Arterial Stiffness in Hypertensive Adults (RIGIPREV Study). A Protocol for Network Meta-Analysis. International Journal of Environmental Research and Public Health, 2021, 18, 13353.	1.2	4
20	Postprandial effects of breakfast glycaemic index on cognitive performance among young, healthy adults: A crossover clinical trial. Nutritional Neuroscience, 2020, 23, 1-7.	1.5	6
21	Reference values of arterial stiffness parameters and their association with cardiovascular risk factors in the Spanish population. The EVA Study. Revista Espanola De Cardiologia (English Ed ), 2020, 73, 43-52.	0.4	12
22	Valores de referencia de parÃ;metros de rigidez arterial y su relación con los factores de riesgo cardiovascular en población española. Estudio EVA. Revista Espanola De Cardiologia, 2020, 73, 43-52.	0.6	20
23	Cocoa-Rich Chocolate and Quality of Life in Postmenopausal Women: A Randomized Clinical Trial. Nutrients, 2020, 12, 2754.	1.7	2
24	Association of Alk1 and Endoglin Polymorphisms with Cardiovascular Damage. Scientific Reports, 2020, 10, 9383.	1.6	4
25	Effects of Cocoa-Rich Chocolate on Blood Pressure, Cardiovascular Risk Factors, and Arterial Stiffness in Postmenopausal Women: A Randomized Clinical Trial. Nutrients, 2020, 12, 1758.	1.7	10
26	Vascular aging and its relationship with lifestyles and other risk factors in the general Spanish population: Early Vascular Ageing Study. Journal of Hypertension, 2020, 38, 1110-1122.	0.3	25
27	Designing new diagnostic systems for the early detection of tobacco-associated chronic renal damage in patients of a primary care centre in Salamanca, Spain: an observational, prospective study protocol. BMJ Open, 2020, 10, e032918.	0.8	1
28	Multivariate Analysis of Influence of Vitamin Intake on Vascular Function Parameters by Sex in the General Spanish Population: EVA Study. Nutrients, 2020, 12, 643.	1.7	1
29	Automatic image analyser to assess retinal vessel calibre (ALTAIR). A new tool to evaluate the thickness, area and length of the vessels of the retina. International Journal of Medical Informatics, 2020, 136, 104090.	1.6	10
30	Adherence to the Mediterranean Diet in Spanish Population and Its Relationship with Early Vascular Aging according to Sex and Age: EVA Study. Nutrients, 2020, 12, 1025.	1.7	12
31	Effectiveness of an mHealth Intervention Combining a Smartphone App and Smart Band on Body Composition in an Overweight and Obese Population: Randomized Controlled Trial (EVIDENT 3 Study). JMIR MHealth and UHealth, 2020, 8, e21771.	1.8	28
32	Capacity adiposity indices to identify metabolic syndrome in subjects with intermediate cardiovascular risk (MARK study). PLoS ONE, 2019, 14, e0209992.	1.1	18
33	Combined use of smartphone and smartband technology in the improvement of lifestyles in the adult population over 65 years: study protocol for a randomized clinical trial (EVIDENT-Age study). BMC Geriatrics, 2019, 19, 19.	1.1	20
34	The Relationship of the Atlantic Diet with Cardiovascular Risk Factors and Markers of Arterial Stiffness in Adults without Cardiovascular Disease. Nutrients, 2019, 11, 742.	1.7	20
35	Using a smartphone app in changing cardiovascular risk factors: A randomized controlled trial (EVIDENT II study). International Journal of Medical Informatics, 2019, 125, 13-21.	1.6	16
36	Hypertension and high ankle brachial index. Journal of Hypertension, 2019, 37, 92-98.	0.3	7

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37	Reclassification by applying the Framingham equation 30 years to subjects with intermediate cardiovascular risk. MARK study. Medicina ClÃnica (English Edition), 2019, 153, 351-356.	0.1	Ο
38	Combined use of a healthy lifestyle smartphone application and usual primary care counseling to improve arterial stiffness, blood pressure and wave reflections: a Randomized Controlled Trial (EVIDENT II Study). Hypertension Research, 2019, 42, 852-862.	1.5	14
39	Effectiveness of A Multifactorial Intervention in Increasing Adherence to the Mediterranean Diet among Patients with Diabetes Mellitus Type 2: A Controlled and Randomized Study (EMID Study). Nutrients, 2019, 11, 162.	1.7	48
40	Relationship between the presence of insomnia and walking physical activity and diet quality: A cross-sectional study in a sample of Spanish adults. Medicina ClÃnica, 2019, 152, 339-345.	0.3	6
41	EVIDENT Smartphone App, a New Method for the Dietary Record: Comparison With a Food Frequency Questionnaire. JMIR MHealth and UHealth, 2019, 7, e11463.	1.8	26
42	Reclassification by applying the Framingham equation 30 years to subjects with intermediate cardiovascular risk. MARK study. Medicina ClÃnica, 2019, 153, 351-356.	0.3	1
43	EVIDENT 3 Study. Medicine (United States), 2018, 97, e9633.	0.4	19
44	Short- and long-term effectiveness of a smartphone application for improving measures of adiposity: A randomised clinical trial – EVIDENT II study. European Journal of Cardiovascular Nursing, 2018, 17, 552-562.	0.4	28
45	Ideal Cardiovascular Health and Arterial Stiffness in Spanish Adults—The EVIDENT Study. Journal of Stroke and Cerebrovascular Diseases, 2018, 27, 1386-1394.	0.7	20
46	Behavioural intervention to reduce resistance in those attending adult day care centres: <scp>PROCENDIAS</scp> study protocol for a randomized clinical trial. Journal of Advanced Nursing, 2018, 74, 1402-1411.	1.5	2
47	Association Between Health-Related Quality of Life, Obesity, Fitness, and Sleep Quality in Young Adults: The Cuenca Adult Study. Behavioral Sleep Medicine, 2018, 16, 347-355.	1.1	14
48	Effectiveness of an intensive intervention to improve lifestyles in people with intermediate cardiovascular risk (DATE study): Study protocol for a randomized controlled trial. Journal of Advanced Nursing, 2018, 74, 957-967.	1.5	2
49	Vascular and cognitive effects of cocoa-rich chocolate in postmenopausal women: a study protocol for a randomised clinical trial. BMJ Open, 2018, 8, e024095.	0.8	8
50	A body shape index and vascular structure and function in Spanish adults (MARK study). Medicine (United States), 2018, 97, e13299.	0.4	10
51	The Effectiveness of a Smartphone Application on Modifying the Intakes of Macro and Micronutrients in Primary Care: A Randomized Controlled Trial. The EVIDENT II Study. Nutrients, 2018, 10, 1473.	1.7	24
52	Noninvasive validation of central and peripheral augmentation index estimated by a novel wrist-worn tonometer. Journal of Hypertension, 2018, 36, 2204-2214.	0.3	14
53	Long-Term Effectiveness of a Smartphone App for Improving Healthy Lifestyles in General Population in Primary Care: Randomized Controlled Trial (Evident II Study). JMIR MHealth and UHealth, 2018, 6, e107.	1.8	36
54	Association of VAV2 and VAV3 polymorphisms with cardiovascular risk factors. Scientific Reports, 2017, 7, 41875.	1.6	14

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55	The EVIDENT diet quality index is associated with cardiovascular risk and arterial stiffness in adults. BMC Public Health, 2017, 17, 305.	1.2	14
56	Adiposity measures and arterial stiffness in primary care: the MARK prospective observational study. BMJ Open, 2017, 7, e016422.	0.8	15
57	Effectiveness of a multifactorial intervention based on an application for smartphones, heart-healthy walks and a nutritional workshop in patients with type 2 diabetes mellitus in primary care (EMID): study protocol for a randomised controlled trial. BMJ Open, 2017, 7, e016191.	0.8	16
58	Physical Activity and Adiposity Among Older Adults of the EVIDENT Study. Journal of Aging and Physical Activity, 2017, 25, 254-260.	0.5	6
59	Postprandial Effects of Breakfast Glycemic Index on Vascular Function among Young Healthy Adults: A Crossover Clinical Trial. Nutrients, 2017, 9, 712.	1.7	9
60	Diet quality and carotid atherosclerosis in intermediate cardiovascular risk individuals. Nutrition Journal, 2017, 16, 40.	1.5	2
61	Glycemic markers and relation with arterial stiffness in Caucasian subjects of the MARK study. PLoS ONE, 2017, 12, e0175982.	1.1	24
62	Serum Superoxide Dismutase Is Associated with Vascular Structure and Function in Hypertensive and Diabetic Patients. Oxidative Medicine and Cellular Longevity, 2016, 2016, 1-8.	1.9	35
63	Association between different risk factors and vascular accelerated ageing (EVA study): study protocol for a cross-sectional, descriptive observational study. BMJ Open, 2016, 6, e011031.	0.8	37
64	Evolution of target organ damage and haemodynamic parameters over 4â€years in patients with increased insulin resistance: the LOD-DIABETES prospective observational study. BMJ Open, 2016, 6, e010400.	0.8	4
65	Association of metabolic syndrome and its components with arterial stiffness in Caucasian subjects of the MARK study: a cross-sectional trial. Cardiovascular Diabetology, 2016, 15, 148.	2.7	61
66	Association between markers of glycemia and carotid intima-media thickness: the MARK study. BMC Cardiovascular Disorders, 2016, 16, 203.	0.7	14
67	Dietary glycemic index and retinal microvasculature in adults: a cross-sectional study. Nutrition Journal, 2016, 15, 88.	1.5	2
68	Postprandial effect of breakfast glycaemic index on vascular function, glycaemic control and cognitive performance (BGI study): study protocol for a randomised crossover trial. Trials, 2016, 17, 516.	0.7	4
69	Cognitive impairment and dependence of patients with diabetes older than 65Âyears old in an urban area (DERIVA study). BMC Geriatrics, 2016, 16, 33.	1.1	13
70	Abdominal obesity as a mediator of the influence of physical activity on insulin resistance in Spanish adults. Preventive Medicine, 2016, 82, 59-64.	1.6	14
71	Short-Term Effectiveness of a Mobile Phone App for Increasing Physical Activity and Adherence to the Mediterranean Diet in Primary Care: A Randomized Controlled Trial (EVIDENT II Study). Journal of Medical Internet Research, 2016, 18, e331.	2.1	72
72	Clustering of lifestyle characteristics and their association with cardio-metabolic health: the Lifestyles and Endothelial Dysfunction (EVIDENT) study. British Journal of Nutrition, 2015, 114, 943-951.	1.2	17

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73	Gender differences in the progression of target organ damage in patients with increased insulin resistance: the LOD-DIABETES study. Cardiovascular Diabetology, 2015, 14, 132.	2.7	18
74	Moderate-to-vigorous physical activity as a mediator between sedentary behavior and cardiometabolic risk in Spanish healthy adults: a mediation analysis. International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 78.	2.0	12
75	Plasma Cardiotrophin-1 as a Marker of Hypertension and Diabetes-Induced Target Organ Damage and Cardiovascular Risk. Medicine (United States), 2015, 94, e1218.	0.4	31
76	The Association Between the Cardio-ankle Vascular Index and Other Parameters of Vascular Structure and Function in Caucasian Adults: MARK Study. Journal of Atherosclerosis and Thrombosis, 2015, 22, 901-911.	0.9	37
77	Effectiveness of brief interventions in primary health care settings to decrease alcohol consumption by adult non-dependent drinkers: a systematic review of systematic reviews. Preventive Medicine, 2015, 76, S33-S38.	1.6	59
78	Sedentary behaviour patterns and carotid intima-media thickness in Spanish healthy adult population. Atherosclerosis, 2015, 239, 571-576.	0.4	14
79	Cardio-ankle vascular index is associated with cardiovascular target organ damage and vascular structure and function in patients with diabetes or metabolic syndrome, LOD-DIABETES study: a case series report. Cardiovascular Diabetology, 2015, 14, 7.	2.7	42
80	Effectiveness of interventions applicable to primary health care settings to promote Mediterranean diet or healthy eating adherence in adults: A systematic review. Preventive Medicine, 2015, 76, S39-S55.	1.6	44
81	Effects of kiwi consumption on plasma lipids, fibrinogen and insulin resistance in the context of a normal diet. Nutrition Journal, 2015, 14, 97.	1.5	16
82	Leukocyte Subtype Counts and Its Association with Vascular Structure and Function in Adults with Intermediate Cardiovascular Risk. MARK Study. PLoS ONE, 2015, 10, e0119963.	1.1	10
83	Arterial stiffness in assessment of impaired left atrial function. Anatolian Journal of Cardiology, 2015, 15, 814-815.	0.5	0
84	Response to "Blood Pressure and Physical Activity: Time to Move (On)― American Journal of Hypertension, 2014, 27, 1126-1126.	1.0	0
85	Relationship between target organ damage and blood pressure, retinal vessel calibre, oxidative stress and polymorphisms in VAV-2 and VAV-3 genes in patients with hypertension: a case–control study protocol (LOD-Hipertensión). BMJ Open, 2014, 4, e005112.	0.8	4
86	Validation of the automatic image analyser to assess retinal vessel calibre ( <i>ALTAIR</i> ): a prospective study protocol. BMJ Open, 2014, 4, e006144.	0.8	2
87	Effectiveness of a smartphone application for improving healthy lifestyles, a randomized clinical trial (EVIDENT II): study protocol. BMC Public Health, 2014, 14, 254.	1.2	53
88	Blood Pressure Circadian Pattern and Physical Exercise Assessment by Accelerometer and 7-Day Physical Activity Recall Scale. American Journal of Hypertension, 2014, 27, 665-673.	1.0	17
89	Electrocardiographic Left Ventricular Hypertrophy Criteria and Ambulatory Blood Pressure Monitoring Parameters in Adults. American Journal of Hypertension, 2014, 27, 355-362.	1.0	6
90	Factors Associated with Adherence to the Mediterranean Diet in the Adult Population. Journal of the Academy of Nutrition and Dietetics, 2014, 114, 583-589.	0.4	65

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91	Physical activity program for patients with dementia and their relative caregivers: randomized clinical trial in Primary Health Care (AFISDEMyF study). BMC Neurology, 2014, 14, 63.	0.8	7
92	Relationship between objectively measured physical activity and vascular structure and function in adults. Atherosclerosis, 2014, 234, 366-372.	0.4	34
93	Relationship between objectively measured physical activity and cardiovascular aging in the general population – The EVIDENT trial. Atherosclerosis, 2014, 233, 434-440.	0.4	36
94	Relationship between Physical Activity and Plasma Fibrinogen Concentrations in Adults without Chronic Diseases. PLoS ONE, 2014, 9, e87954.	1.1	19
95	Confirmatory factor analysis to assess the measure of adiposity that best fits the diagnosis of metabolic syndrome and relationship to physical activity in adults. European Journal of Nutrition, 2013, 52, 1451-1459.	1.8	5
96	Association between smoking status and the parameters of vascular structure and function in adults: results from the EVIDENT study. BMC Cardiovascular Disorders, 2013, 13, 109.	0.7	8
97	Effects of a Psychological Intervention in a Primary Health Care Center for Caregivers of Dependent Relatives: A Randomized Trial. Gerontologist, The, 2013, 53, 397-406.	2.3	22
98	Relationship of 24-h blood pressure variability with vascular structure and function in hypertensive patients. Blood Pressure Monitoring, 2013, 18, 101-106.	0.4	39
99	Relationship Between Uric Acid and Vascular Structure and Function in Hypertensive Patients and Sex-Related Differences. American Journal of Hypertension, 2013, 26, 599-607.	1.0	37
100	Association of Television Viewing Time With Central Hemodynamic Parameters and the Radial Augmentation Index in Adults. American Journal of Hypertension, 2013, 26, 488-494.	1.0	25
101	Aortic flow propagation velocity in the assessment of arterial stiffness. Anatolian Journal of Cardiology, 2012, 12, 574-5.	0.4	1
102	Protocol for Measuring Carotid Intima-Media Thickness That Best Correlates With Cardiovascular Risk and Target Organ Damage. American Journal of Hypertension, 2012, 25, 955-961.	1.0	41
103	Comparison of two measuring instruments, B-pro and SphygmoCor system as reference, to evaluate central systolic blood pressure and radial augmentation index. Hypertension Research, 2012, 35, 617-623.	1.5	42
104	Cardiovascular risk assessment in hypertensive patients with tests recommended by the European Guidelines on Hypertension. European Journal of Preventive Cardiology, 2012, 19, 515-522.	0.8	14
105	A new tool to assess retinal vessel caliber. Reliability and validity of measures and their relationship with cardiovascular risk. Journal of Hypertension, 2012, 30, 770-777.	0.3	26
106	Sodium and potassium intake present a J-shaped relationship with arterial stiffness and carotid intima-media thickness. Atherosclerosis, 2012, 225, 497-503.	0.4	33
107	Parámetros de rigidez arterial en sujetos hipertensos y diabéticos comparados con controles. Revista Espanola De Cardiologia, 2012, 65, 384-387	0.6	0
108	Relationships between high-sensitive C-reactive protein and markers of arterial stiffness in hypertensive patients. Differences by sex. BMC Cardiovascular Disorders, 2012, 12, 37.	0.7	23

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109	Abdominal obesity vs general obesity for identifying arterial stiffness, subclinical atherosclerosis and wave reflection in healthy, diabetics and hypertensive. BMC Cardiovascular Disorders, 2012, 12, 3.	0.7	111
110	Ambulatory arterial stiffness indices and target organ damage in hypertension. BMC Cardiovascular Disorders, 2012, 12, 1.	0.7	54
111	Carotid Intima-Media Thickness in Diabetics and Hypertensive Patients. Revista Espanola De Cardiologia (English Ed ), 2011, 64, 622-625.	0.4	6
112	Relationships of night/day heart rate ratio with carotid intima media thickness and markers of arterial stiffness. Atherosclerosis, 2011, 217, 420-426.	0.4	11
113	Improving interMediAte Risk management. MARK study. BMC Cardiovascular Disorders, 2011, 11, 61.	0.7	25
114	Relationships between quality of life and family function in caregiver. BMC Family Practice, 2011, 12, 19.	2.9	50
115	Prevalence of cognitive impairment in individuals aged over 65 in an urban area: DERIVA study. BMC Neurology, 2011, 11, 147.	0.8	60
116	Peripheral and central arterial pressure and its relationship to vascular target organ damage in carotid artery, retina and arterial stiffness. Development and validation of a tool. The Vaso risk study. BMC Public Health, 2011, 11, 266.	1.2	17
117	Relationship between intima-media thickness of the common carotid artery and arterial stiffness in subjects with and without type 2 diabetes: a case-series report. Cardiovascular Diabetology, 2011, 10, 3.	2.7	39
118	Yearly evolution of organ damage markers in diabetes or metabolic syndrome: data from the LOD-DIABETES study. Cardiovascular Diabetology, 2011, 10, 90.	2.7	13
119	Relationship between ambulatory arterial stiffness index and subclinical target organ damage in hypertensive patients. Hypertension Research, 2011, 34, 180-186.	1.5	36
120	Central blood pressure and pulse wave velocity: relationship to target organ damage and cardiovascular morbidity-mortality in diabetic patients or metabolic syndrome. An observational prospective study. LOD-DIABETES study protocol. BMC Public Health, 2010, 10, 143.	1.2	32
121	Physical exercise, fitness and dietary pattern and their relationship with circadian blood pressure pattern, augmentation index and endothelial dysfunction biological markers: EVIDENT study protocol. BMC Public Health, 2010, 10, 233.	1.2	50
122	Increased plasma soluble endoglin levels as an indicator of cardiovascular alterations in hypertensive and diabetic patients. BMC Medicine, 2010, 8, 86.	2.3	93
123	Leisure and distress in caregivers for elderly patients. Archives of Gerontology and Geriatrics, 2010, 50, 347-350.	1.4	57
124	Agreement between the SCORE and D'Agostino Scales for the Classification of High Cardiovascular Risk in Sedentary Spanish Patients. International Journal of Environmental Research and Public Health, 2009, 6, 2800-2811.	1.2	1
125	Therapeutic implications of selecting the SCORE (European) versus the D'AGOSTINO (American) risk charts for cardiovascular risk assessment in hypertensive patients. BMC Cardiovascular Disorders, 2009, 9, 17.	0.7	7
126	Pulse pressure and nocturnal fall in blood pressure are predictors of vascular, cardiac and renal target organ damage in hypertensive patients (LOD-RISK study). Blood Pressure Monitoring, 2009, 14, 145-151.	0.4	54