

# Elena Philippou

## List of Publications by Year in descending order

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Version: 2024-02-01

51  
papers

1,630  
citations

361045

20  
h-index

301761

39  
g-index

53  
all docs

53  
docs citations

53  
times ranked

2912  
citing authors

#	ARTICLE	IF	CITATIONS
1	Mediterranean Diet, Cognitive Function, and Dementia: A Systematic Review of the Evidence. <i>Advances in Nutrition</i> , 2016, 7, 889-904.	2.9	310
2	Intestinal Microbiota And Diet in IBS: Causes, Consequences, or Epiphenomena?. <i>American Journal of Gastroenterology</i> , 2015, 110, 278-287.	0.2	283
3	Effect of fasting in Ramadan on body composition and nutritional intake: a prospective study. <i>Journal of Human Nutrition and Dietetics</i> , 2013, 26, 97-104.	1.3	100
4	Are we really what we eat? Nutrition and its role in the onset of rheumatoid arthritis. <i>Autoimmunity Reviews</i> , 2018, 17, 1074-1077.	2.5	85
5	Exploring the Validity of the 14-Item Mediterranean Diet Adherence Screener (MEDAS): A Cross-National Study in Seven European Countries around the Mediterranean Region. <i>Nutrients</i> , 2020, 12, 2960.	1.7	85
6	Low-dose pancreatic polypeptide inhibits food intake in man. <i>British Journal of Nutrition</i> , 2007, 97, 426-429.	1.2	65
7	The Mediterranean diet, fish oil supplements and Rheumatoid arthritis outcomes: evidence from clinical trials. <i>Autoimmunity Reviews</i> , 2018, 17, 1105-1114.	2.5	57
8	Rheumatoid arthritis and dietary interventions: systematic review of clinical trials. <i>Nutrition Reviews</i> , 2021, 79, 410-428.	2.6	57
9	The Influence of Glycemic Index on Cognitive Functioning: A Systematic Review of the Evidence. <i>Advances in Nutrition</i> , 2014, 5, 119-130.	2.9	50
10	Lifestyle habits of adults during the COVID-19 pandemic lockdown in Cyprus: evidence from a cross-sectional study. <i>BMC Public Health</i> , 2021, 21, 786.	1.2	47
11	The impact of nutrition education on nutrition knowledge and adherence to the Mediterranean Diet in adolescent competitive swimmers. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 328-332.	0.6	46
12	Prevalence of Gastrointestinal Symptoms in Severe Acute Respiratory Syndrome Coronavirus 2 Infection: Results of the Prospective Controlled Multinational GI-COVID-19 Study. <i>American Journal of Gastroenterology</i> , 2022, 117, 147-157.	0.2	39
13	Preliminary report: the effect of a 6-month dietary glycemic index manipulation in addition to healthy eating advice and weight loss on arterial compliance and 24-hour ambulatory blood pressure in men: a pilot study. <i>Metabolism: Clinical and Experimental</i> , 2009, 58, 1703-1708.	1.5	33
14	The effect of a 12-week low glycaemic index diet on heart disease risk factors and 24-h glycaemic response in healthy middle-aged volunteers at risk of heart disease: a pilot study. <i>European Journal of Clinical Nutrition</i> , 2008, 62, 145-149.	1.3	30
15	A study of the dietary intake of Cypriot children and adolescents aged 6-18 years and the association of mother's educational status and children's weight status on adherence to nutritional recommendations. <i>BMC Public Health</i> , 2014, 14, 13.	1.2	28
16	Effect of Ramadan fasting on glycemic control in patients with Type 2 diabetes. <i>Journal of Endocrinological Investigation</i> , 2012, 35, 766-71.	1.8	28
17	Is it only diastolic dysfunction? Segmental relaxation patterns and longitudinal systolic deformation in systemic hypertension. <i>European Journal of Echocardiography</i> , 2008, 9, 741-747.	2.3	27
18	Persistent Moderate-to-Weak Mediterranean Diet Adherence and Low Scoring for Plant-Based Foods across Several Southern European Countries: Are We Overlooking the Mediterranean Diet Recommendations?. <i>Nutrients</i> , 2021, 13, 1432.	1.7	24

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19	The evolution of diastolic dysfunction in the hypertensive disease. <i>European Journal of Echocardiography</i> , 2008, 9, 772-778.	2.3	23
20	The Effect of Dietary Glycemic Index on Weight Maintenance in Overweight Subjects: A Pilot Study. <i>Obesity</i> , 2009, 17, 396-401.	1.5	22
21	Personality, Chrono-nutrition and Cardiometabolic Health: A Narrative Review of the Evidence. <i>Advances in Nutrition</i> , 2020, 11, 1201-1210.	2.9	19
22	Mediterranean Diet Adherence and Subjective Well-Being in a Sample of Portuguese Adults. <i>Nutrients</i> , 2020, 12, 3837.	1.7	18
23	Association between vegetarian and vegan diets and depression: A systematic review. <i>Nutrition Bulletin</i> , 2022, 47, 27-49.	0.8	17
24	Brain iron concentrations in the pathophysiology of children with attention deficit/hyperactivity disorder: a systematic review. <i>Nutrition Reviews</i> , 2021, 79, 615-626.	2.6	16
25	Prevalence of breast-feeding and exclusive breast-feeding at 48 h after birth and up to the sixth month in Cyprus: the BrEaST start in life project. <i>Public Health Nutrition</i> , 2018, 21, 967-980.	1.1	15
26	The role of metabolic syndrome factors on cognition using latent variable modeling: The neurocognitive study on aging. <i>Journal of Clinical and Experimental Neuropsychology</i> , 2018, 40, 1030-1043.	0.8	12
27	Gut and airway microbiota and their role in COVID-19 infection and pathogenesis: a scoping review. <i>Infection</i> , 2022, 50, 815-847.	2.3	12
28	Nutrition in RMDs: is it really food for thought? Focus on rheumatoid arthritis. <i>BMC Rheumatology</i> , 2020, 4, 10.	0.6	11
29	Exercise interventions for older adults with Alzheimer's disease: a systematic review and meta-analysis protocol. <i>Systematic Reviews</i> , 2021, 10, 6.	2.5	8
30	Natural Products Derived from the Mediterranean Diet with Antidiabetic Activity: from Insulin Mimetic Hypoglycemic to Nutriepigenetic Modulator Compounds. <i>Current Pharmaceutical Design</i> , 2019, 25, 1760-1782.	0.9	8
31	Dietary glycaemic index and cognitive function: prospective associations in adults of the 1946 British birth cohort. <i>Public Health Nutrition</i> , 2019, 22, 1415-1424.	1.1	6
32	Developed and validated food frequency questionnaires in Iran: A systematic literature review. <i>Journal of Research in Medical Sciences</i> , 2021, 26, 50.	0.4	6
33	Rehabilitation Care at the Time of Coronavirus Disease-19 (COVID-19) Pandemic: A Scoping Review of Health System Recommendations. <i>Frontiers in Aging Neuroscience</i> , 2021, 13, 781271.	1.7	6
34	Intermittent Fasting During Ramadan and Its Effects in Individuals With Metabolic Syndrome. <i>Nutrition Today</i> , 2019, 54, 159-164.	0.6	5
35	Rehabilitation at the Time of Pandemic: Patient Journey Recommendations. <i>Frontiers in Aging Neuroscience</i> , 2022, 14, 781226.	1.7	5
36	Association between vegetarian and vegan diets and depression: a systematic review. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	0.4	4

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37	Exploring Hedonic and Eudaimonic Items of Well-Being in Mediterranean and Non-Mediterranean Countries: Influence of Sociodemographic and Lifestyle Factors. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1715.	1.2	4
38	Nutritional influences on gut hormone release. <i>Current Opinion in Endocrinology, Diabetes and Obesity</i> , 2006, 13, 42-48.	0.6	3
39	Hyperglycemia and antibody titres against heat shock protein 27 in traumatic brain injury patients on parenteral nutrition. <i>Iranian Journal of Basic Medical Sciences</i> , 2014, 17, 119-22.	1.0	3
40	Comparison of intensive insulin therapy versus conventional glucose control in traumatic brain injury patients on parenteral nutrition: A pilot randomized clinical trial. <i>Journal of Research in Medical Sciences</i> , 2014, 19, 420-5.	0.4	3
41	Relative validity and reproducibility of the CyFFQ semiquantitative food frequency questionnaire for assessing dietary intake in Cypriot adults. <i>Journal of Human Nutrition and Dietetics</i> , 2023, 36, 139-153.	1.3	2
42	The effects of Mediterranean Diet on cognitive function and dementia: Systematic review of the evidence. <i>Clinical Nutrition ESPEN</i> , 2016, 13, e67.	0.5	1
43	Food for Thought: Basic Nutrition Recommendations for the Mature Brain. <i>Archives of Physical Medicine and Rehabilitation</i> , 2019, 100, 1581-1583.	0.5	1
44	Ten Simple Dietary Steps to Strengthen Your Immune System – A Guide for Older Individuals at Risk of COVID-19. <i>Archives of Physical Medicine and Rehabilitation</i> , 2021, 102, 1865-1868.	0.5	1
45	C-Reactive Protein and Diet Quality in Children. , 2013, , 75-86.		1
46	The Effect of Personality on Chrononutrition during the COVID-19 Lockdown in Qatar. <i>Nutrients</i> , 2022, 14, 2725.	1.7	1
47	The ABCs for Nutrition Poststroke: An Evidence-Based Practice Guide for Rehabilitation Professionals. <i>Archives of Physical Medicine and Rehabilitation</i> , 2018, 99, 2125-2127.	0.5	0
48	Dietary patterns and cognition: food for thought or – still more thought necessary?. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 801-802.	2.2	0
49	SP0063 – NUTRITION AND RHEUMATIC DISEASES. , 2019, , .		0
50	Iron status of children with attention deficit/hyperactivity disorder: A systematic review. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	0.4	0
51	Dietary patterns to slow cognitive decline. , 2022, 2, .		0