

Achraf Ammar

List of Publications by Year in Descending Order

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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.

104 papers	2,318 citations	21 h-index	46 g-index
119 ext. papers	3,540 ext. citations	3.6 avg, IF	5.06 L-index

#	Paper	IF	Citations
104	Dietary Intake and Body Composition During Ramadan in Athletes: A Systematic Review and Meta-Analysis With Meta-Regression. 2022 , 1-22		1
103	The effect of 8 weeks of combined interval (resistance-interval training) and combined endurance (endurance-resistance training) on plasma levels of adropin and nitric oxide in males with high blood pressure.. <i>Irish Journal of Medical Science</i> , 2022 , 1	1.9	
102	Longer Nap Duration During Ramadan Observance Positively Impacts 5-m Shuttle Run Test Performance Performed in the Afternoon.. <i>Frontiers in Physiology</i> , 2022 , 13, 811435	4.6	0
101	Higher evening metabolic responses contribute to diurnal variation of self-paced cycling performance.. <i>Biology of Sport</i> , 2022 , 39, 3-9	4.3	1
100	Performance indicators and functional adaptive windows in competitive cyclists: effect of one-year strength and conditioning training programme.. <i>Biology of Sport</i> , 2022 , 39, 329-340	4.3	
99	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. <i>Sports Medicine</i> , 2021 , 1	10.6	14
98	Performance, muscle damage, and inflammatory responses to repeated high-intensity exercise following a 40-min nap. <i>Research in Sports Medicine</i> , 2021 , 1-18	3.8	2
97	Does observance of Ramadan affect sleep in athletes and physically active individuals? A systematic review and meta-analysis. <i>Journal of Sleep Research</i> , 2021 , e13503	5.8	2
96	Exergaming and Aquatic Exercises Affect Lung Function and Weight Loss in Obese Children. <i>International Journal of Sports Medicine</i> , 2021 , 42, 566-572	3.6	1
95	Can intermittent, time-restricted circadian fasting modulate cutaneous severity of dermatological disorders? Insights from a multicenter, observational, prospective study. <i>Dermatologic Therapy</i> , 2021 , 34, e14912	2.2	2
94	Psychosocial Effects and Use of Communication Technologies during Home Confinement in the First Wave of the COVID-19 Pandemic in Italy and The Netherlands. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	7
93	Convolutional Neural Network for Drowsiness Detection Using EEG Signals. <i>Sensors</i> , 2021 , 21,	3.8	13
92	Distance Motor Learning during the COVID-19 Induced Confinement: Video Feedback with a Pedagogical Activity Improves the Snatch Technique in Young Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	6
91	Effect of COVID-19-Related Home Confinement on Sleep Quality, Screen Time and Physical Activity in Tunisian Boys and Girls: A Survey. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	19
90	Melatonin supplementation improves psychomotor and physical performance in collegiate student-athletes following a sleep deprivation night. <i>Chronobiology International</i> , 2021 , 38, 753-761	3.6	3
89	Covid-19 and diabetes in primary care - How do hematological parameters present in this cohort?. <i>Expert Review of Endocrinology and Metabolism</i> , 2021 , 16, 147-153	4.1	7
88	Information Processing and Technical Knowledge Contribute to Self-Controlled Video Feedback for Children Learning the Snatch Movement in Weightlifting. <i>Perceptual and Motor Skills</i> , 2021 , 128, 1785-1805	2.2	2

87	Sleep Quality and Physical Activity as Predictors of Mental Wellbeing Variance in Older Adults during COVID-19 Lockdown: ECLB COVID-19 International Online Survey. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	33
86	Benefits of Daytime Napping Opportunity on Physical and Cognitive Performances in Physically Active Participants: A Systematic Review. <i>Sports Medicine</i> , 2021 , 51, 2115-2146	10.6	10
85	A daytime 40-min nap opportunity after a simulated late evening soccer match reduces the perception of fatigue and improves 5-m shuttle run performance. <i>Research in Sports Medicine</i> , 2021 , 1-14	2.8	1
84	Four Weeks of Detraining Induced by COVID-19 Reverse Cardiac Improvements from Eight Weeks of Fitness-Dance Training in Older Adults with Mild Cognitive Impairment. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	3
83	The effects of Ramadan intermittent fasting on sleep-wake behaviour and daytime sleepiness in team sport referees. <i>Journal of Sports Sciences</i> , 2021 , 39, 2411-2417	3.6	1
82	Biological Responses to Short-Term Maximal Exercise in Male Police Officers. <i>American Journal of Men's Health</i> , 2021 , 15, 15579883211040920	2.2	2
81	Sleep and daytime sleepiness in elite athletes and sedentary individuals. <i>Science and Sports</i> , 2021 , 37, 31-31	0.8	0
80	Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: insights from the ECLB-COVID19 multicentre study. <i>Biology of Sport</i> , 2021 , 38, 9-21	4.3	112
79	Globally altered sleep patterns and physical activity levels by confinement in 5056 individuals: ECLB COVID-19 international online survey.. <i>Biology of Sport</i> , 2021 , 38, 495-506	4.3	54
78	Efficacy of hydrotherapy treatment for the management of chronic low back pain. <i>Irish Journal of Medical Science</i> , 2021 , 190, 1413-1421	1.9	4
77	BNT162b2 COVID-19 Vaccine Hesitancy among Parents of 4023 Young Adolescents (12-15 Years) in Qatar. <i>Vaccines</i> , 2021 , 9,	5.3	18
76	Applying digital technology to promote active and healthy confinement lifestyle during pandemics in the elderly. <i>Biology of Sport</i> , 2021 , 38, 391-396	4.3	22
75	The effect of a daytime 60-min nap opportunity on postural control in highly active individuals.. <i>Biology of Sport</i> , 2021 , 38, 683-691	4.3	4
74	COVID-19 Lockdowns: A Worldwide Survey of Circadian Rhythms and Sleep Quality in 3911 Athletes from 49 Countries, with Data-Driven Recommendations. <i>Sports Medicine</i> , 2021 , 1	10.6	12
73	Regression Analysis of Perceived Stress among Elite Athletes from Changes in Diet, Routine and Well-Being: Effects of the COVID-19 Lockdown and "Bubble" Training Camps.. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 19,	4.6	2
72	Effects of 25-Min Nap Opportunity during Ramadan Observance on the 5-m Shuttle Run Performance and the Perception of Fatigue in Physically Active Men. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	6
71	Effects of Polyphenol-Rich Interventions on Cognition and Brain Health in Healthy Young and Middle-Aged Adults: Systematic Review and Meta-Analysis. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	16
70	Effects of COVID-19 Home Confinement on Eating Behaviour and Physical Activity: Results of the ECLB-COVID19 International Online Survey. <i>Nutrients</i> , 2020 , 12,	6.7	743

69	Effects of Ramadan Observance on Dietary Intake and Body Composition of Adolescent Athletes: Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2020 , 12,	6.7	3
68	Effects of natural polyphenol-rich pomegranate juice on the acute and delayed response of Homocysteine and steroidal hormones following weightlifting exercises: a double-blind, placebo-controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 15	4.5	4
67	The Effect of (Poly)phenol-Rich Interventions on Cognitive Functions and Neuroprotective Measures in Healthy Aging Adults: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	15
66	Effects of the 5-m Shuttle Run Test on Markers of Muscle Damage, Inflammation, and Fatigue in Healthy Male Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	3
65	Staying Physically Active During the Quarantine and Self-Isolation Period for Controlling and Mitigating the COVID-19 Pandemic: A Systematic Overview of the Literature. <i>Frontiers in Psychology</i> , 2020 , 11, 1708	3.4	89
64	A 90 min Daytime Nap Opportunity Is Better Than 40 min for Cognitive and Physical Performance. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	15
63	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study. <i>PLoS ONE</i> , 2020 , 15, e0240204	3.7	113
62	The Effects of Three Correction Strategies of Errors on the Snatch Technique in 10-12-Year-Old Children: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	4
61	EEG-Based Hypo-vigilance Detection Using Convolutional Neural Network. <i>Lecture Notes in Computer Science</i> , 2020 , 69-78	0.9	4
60	Moderators of the Impact of (Poly)Phenols Interventions on Psychomotor Functions and BDNF: Insights from Subgroup Analysis and Meta-Regression. <i>Nutrients</i> , 2020 , 12,	6.7	6
59	COVID-19, physical (in-)activity, and dementia prevention. <i>Alzheimer's and Dementia: Translational Research and Clinical Interventions</i> , 2020 , 6, e12091	6	9
58	A Thirty-Five-Minute Nap Improves Performance and Attention in the 5-m Shuttle Run Test during and Outside Ramadan Observance. <i>Sports</i> , 2020 , 8,	3	7
57	COVID-19 Home Confinement Negatively Impacts Social Participation and Life Satisfaction: A Worldwide Multicenter Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	149
56	Partial sleep deprivation affects endurance performance and psychophysiological responses during 12-minute self-paced running exercise. <i>Physiology and Behavior</i> , 2020 , 227, 113165	3.5	5
55	Practical Recommendations for Maintaining Active Lifestyle during the COVID-19 Pandemic: A Systematic Literature Review. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	74
54	Observing Ramadan and sleep-wake patterns in athletes: a systematic review, meta-analysis and meta-regression. <i>British Journal of Sports Medicine</i> , 2020 , 54, 674-680	10.3	20
53	Effect of 2- vs. 3-Minute Interrepetition Rest Period on Maximal Clean Technique and Performance. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2548-2556	3.2	6
52	Effects of Aerobic-, Anaerobic- and Combined-Based Exercises on Plasma Oxidative Stress Biomarkers in Healthy Untrained Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	11

51	Effects of natural polyphenol-rich pomegranate juice supplementation on plasma ion and lipid profiles following resistance exercise: a placebo-controlled trial. <i>Nutrition and Metabolism</i> , 2020 , 17, 31	4.6	2
50	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study 2020 , 15, e0240204		
49	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study 2020 , 15, e0240204		
48	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study 2020 , 15, e0240204		
47	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study 2020 , 15, e0240204		
46	Effect of different nap opportunity durations on short-term maximal performance, attention, feelings, muscle soreness, fatigue, stress and sleep. <i>Physiology and Behavior</i> , 2019 , 211, 112673	3.5	25
45	Nap Opportunity During the Daytime Affects Performance and Perceived Exertion in 5-m Shuttle Run Test. <i>Frontiers in Physiology</i> , 2019 , 10, 779	4.6	28
44	Independent and Combined Effects of All-Out Sprint and Low-Intensity Continuous Exercise on Plasma Oxidative Stress Biomarkers in Trained Judokas. <i>Frontiers in Physiology</i> , 2019 , 10, 842	4.6	10
43	Acute Effects of an "Energy Drink" on Short-Term Maximal Performance, Reaction Times, Psychological and Physiological Parameters: Insights from a Randomized Double-Blind, Placebo-Controlled, Counterbalanced Crossover Trial. <i>Nutrients</i> , 2019 , 11,	6.7	15
42	Sleep Patterns, Alertness, Dietary Intake, Muscle Soreness, Fatigue, and Mental Stress Recorded before, during and after Ramadan Observance. <i>Sports</i> , 2019 , 7,	3	13
41	Comparison of 2- and 3-Minute Inter-Repetition Rest Periods on Maximal Jerk Technique and Power Maintenance. <i>Research Quarterly for Exercise and Sport</i> , 2019 , 90, 287-296	1.9	3
40	Effects of Playing Surface on Physical, Physiological, and Perceptual Responses to a Repeated-Sprint Ability Test: Natural Grass Versus Artificial Turf. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 1219-1226	3.5	2
39	Effect of napping opportunity at different times of day on vigilance and shuttle run performance. <i>Chronobiology International</i> , 2019 , 36, 1334-1342	3.6	25
38	Dental Trauma First-Aid Knowledge and Attitudes of Physical Education Teachers: A Systematic Review and Meta-Analysis of the Literature with Meta-Regressions. <i>Education Sciences</i> , 2019 , 9, 251	2.2	2
37	Prevalence, Risk Factors and Outcomes of Neck, Shoulders and Low-Back Pain in Secondary-School Children. <i>Journal of Research in Health Sciences</i> , 2019 , 19, e00440	1.2	7
36	Nap Opportunity As a Strategy to Improve Short-Term Repetitive Maximal Performance During the 5-m Shuttle Run Test: A Brief Review. <i>International Journal of Sport Studies for Health</i> , 2019 , 2,	1	8
35	Prevalence of Underweight and Overweight and Its Association with Physical Fitness in Egyptian Schoolchildren. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 17,	4.6	6
34	The Effect of Aquatic Exercise on Postural Mobility of Healthy Older Adults with Endomorphic Somatotype. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	6

33	Performance optimization of a flexible manufacturing system using simulation: the Taguchi method versus OptQuest. <i>Simulation</i> , 2019 , 95, 1085-1096	1.2	4
32	Practical recommendations to improve sleep during Ramadan observance in healthy practitioners of physical activity. <i>Tunisie Medicale</i> , 2019 , 97, 1077-1086	2.1	2
31	Effects of Ramadan fasting on athletes' hematological indices: a systematic review. <i>Tunisie Medicale</i> , 2019 , 97, 1104-1113	2.1	6
30	Effects of Ramadan fasting on physical performances in soccer players: a systematic review. <i>Tunisie Medicale</i> , 2019 , 97, 1114-1131	2.1	7
29	Natural pomegranate juice reduces inflammation, muscle damage and increase platelets blood levels in active healthy Tunisian aged menPeer review under responsibility of Alexandria University Faculty of Medicine.View all notesAvailable online 7 April 2017View all notes. <i>Alexandria Journal of Medicine</i> , 2018 , 54, 45-48	0.7	13
28	Kinetic and kinematic patterns during high intensity clean movement: searching for optimal load. <i>Journal of Sports Sciences</i> , 2018 , 36, 1319-1330	3.6	11
27	Acute and delayed responses of steroidal hormones, blood lactate and biomarkers of muscle damage after a resistance training session: time-of-day effects. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018 , 58, 980-989	1.4	16
26	Effects of Practicing Physical Activity During Ramadan Fasting on Health-Related Indices: An Updated Brief Review. <i>International Journal of Sport Studies for Health</i> , 2018 , In Press,	1	5
25	Diurnal Variation of Short-Term Repetitive Maximal Performance and Psychological Variables in Elite Judo Athletes. <i>Frontiers in Physiology</i> , 2018 , 9, 1499	4.6	23
24	Effects of pomegranate supplementation on exercise performance and post-exercise recovery in healthy adults: a systematic review. <i>British Journal of Nutrition</i> , 2018 , 120, 1201-1216	3.6	28
23	Addressing over-correction in adaptive card-based pull control systems. <i>International Journal of Computer Integrated Manufacturing</i> , 2018 , 31, 1189-1204	4.3	2
22	Effect of Time-of-Day on Biochemical Markers in Response to Physical Exercise. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 272-282	3.2	30
21	Relationship between motor and cognitive learning abilities among primary school-aged childrenPeer review under responsibility of Alexandria University Faculty of Medicine.View all notesAvailable online 11 January 2017View all notes. <i>Alexandria Journal of Medicine</i> , 2017 , 53, 325-331	0.7	14
20	A simulation-optimization based heuristic for the online assignment of multi-skilled workers subjected to fatigue in manufacturing systems. <i>Computers and Industrial Engineering</i> , 2017 , 112, 663-674	6.4	37
19	Prevalence of overweight and obesity associated with the levels of physical fitness among primary school age children in Assiut city. <i>The Gazette of the Egyptian Paediatric Association</i> , 2017 , 65, 43-48	1.4	3
18	Short versus long small-sided game training during Ramadan in soccer players. <i>Physical Therapy in Sport</i> , 2017 , 24, 20-25	3	12
17	Effects of Pomegranate Juice Supplementation on Oxidative Stress Biomarkers Following Weightlifting Exercise. <i>Nutrients</i> , 2017 , 9,	6.7	40
16	Relationship between biomarkers of muscle damage and redox status in response to a weightlifting training session: effect of time-of-day. <i>Acta Physiologica Hungarica</i> , 2016 , 103, 243-261		18

15	Free throw shot in basketball: kinematic analysis of scored and missed shots during the learning process. <i>Sport Sciences for Health</i> , 2016 , 12, 27-33	1.3	9
14	Pomegranate Supplementation Accelerates Recovery of Muscle Damage and Soreness and Inflammatory Markers after a Weightlifting Training Session. <i>PLoS ONE</i> , 2016 , 11, e0160305	3.7	40
13	Post-resistance training detraining: time-of-day effects on training and testing outcomes. <i>Biological Rhythm Research</i> , 2015 , 46, 897-907	0.8	9
12	Acute and delayed responses of C-reactive protein, malondialdehyde and antioxidant markers after resistance training session in elite weightlifters: Effect of time of day. <i>Chronobiology International</i> , 2015 , 32, 1211-22	3.6	28
11	Temporal specificity of training: intra-day effects on biochemical responses and Olympic-Weightlifting performances. <i>Journal of Sports Sciences</i> , 2015 , 33, 358-68	3.6	64
10	Prevalence of overweight and obesity and possible effect of intervention program: Tunisian children as model. <i>Sport Sciences for Health</i> , 2015 , 11, 129-136	1.3	5
9	A multiobjective simulation optimization approach to define teams of workers in stochastic production systems 2015 ,		6
8	A Comparative Study of Physical Fitness among Egyptian and German Children Aged Between 6 and 10 Years. <i>Advances in Physical Education</i> , 2015 , 05, 7-17	0.5	4
7	Resolution of multi-skilled workers assignment problem using simulation optimization: A case study 2012 ,		1
6	Effects of COVID-19 home confinement on physical activity and eating behaviour Preliminary results of the ECLB-COVID19 international online-survey		18
5	Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: Insight from the ECLB-COVID19 multi countries survey		21
4	Emotional consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study		7
3	Social participation and life satisfaction of peoples during the COVID-19 home confinement: the ECLB-COVID19 multicenter study		12
2	The video feedback viewing in novice weightlifters: Total control strategy improves snatch technique during learning. <i>International Journal of Sports Science and Coaching</i> , 174795412110625	1.8	0
1	Physiological response and physical performance after 40 min and 90 min daytime nap opportunities. <i>Research in Sports Medicine</i> , 1-14	3.8	0