

# Alison M Coates

## 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.

123  
papers

3,785  
citations

34  
h-index

57  
g-index

140  
ext. papers

4,375  
ext. citations

4.3  
avg, IF

5.32  
L-index

#	Paper	IF	Citations
123	A Time to Rest, a Time to Dine: Sleep, Time-Restricted Eating, and Cardiometabolic Health.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	2
122	The Impact of Meal Timing on Risk of Weight Gain and Development of Obesity: a Review of the Current Evidence and Opportunities for Dietary Intervention.. <i>Current Diabetes Reports</i> , <b>2022</b> , 22, 147-155	5.6	1
121	Study protocol for the Shifting Weight using Intermittent Fasting in night shift workers (SWIFT) study: a three-arm randomised controlled trial comparing three weight loss strategies in night shift workers with obesity.. <i>BMJ Open</i> , <b>2022</b> , 12, e060520	3	1
120	The impact of a meal, snack, or not eating during the night shift on simulated driving performance post-shift. <i>Scandinavian Journal of Work, Environment and Health</i> , <b>2021</b> , 47, 78-84	4.3	2
119	The impact of a meal, snack, or not eating during the night shift on simulated driving performance post-shift. <i>Scandinavian Journal of Work, Environment and Health</i> , <b>2021</b> , 47, 78-84	4.3	
118	Content Validation of a Chrononutrition Questionnaire for the General and Shift Work Populations: A Delphi Study. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	2
117	Minimal changes in telomere length after a 12-week dietary intervention with almonds in mid-age to older, overweight and obese Australians: results of a randomised clinical trial. <i>British Journal of Nutrition</i> , <b>2021</b> , 1-13	3.6	
116	A scoping review of chronotype and temporal patterns of eating of adults: tools used, findings, and future directions. <i>Nutrition Research Reviews</i> , <b>2021</b> , 1-24	7	2
115	Meal timing, sleep, and cardiometabolic outcomes. <i>Current Opinion in Endocrine and Metabolic Research</i> , <b>2021</b> , 18, 128-132	1.7	1
114	The Effect of Nut Consumption on Diet Quality, Cardiometabolic and Gastrointestinal Health in Children: A Systematic Review of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	4
113	Effect of food sources of nitrate, polyphenols, L-arginine and L-citrulline on endurance exercise performance: a systematic review and meta-analysis of randomised controlled trials.. <i>Journal of the International Society of Sports Nutrition</i> , <b>2021</b> , 18, 76	4.5	0
112	Effect of a 12-Week Almond-Enriched Diet on Biomarkers of Cognitive Performance, Mood, and Cardiometabolic Health in Older Overweight Adults. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	12
111	The impact of dayshifts and sleepover nightshifts on the eating and driving behaviours of residential support workers: An exploratory workplace study. <i>Work</i> , <b>2020</b> , 66, 827-839	1.6	1
110	Study protocol for a 9-month randomised controlled trial assessing the effects of almonds versus carbohydrate-rich snack foods on weight loss and weight maintenance. <i>BMJ Open</i> , <b>2020</b> , 10, e036542	3	1
109	Diet and cognitive function in cancer survivors with cancer-related cognitive impairment: A qualitative study. <i>European Journal of Cancer Care</i> , <b>2020</b> , 29, e13303	2.4	1
108	Temporal pattern of eating in night shift workers. <i>Chronobiology International</i> , <b>2019</b> , 36, 1613-1625	3.6	22
107	Application of an Australian Dietary Guideline Index to Weighed Food Records. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	3

106	How much is left in your "sleep tank"? Proof of concept for a simple model for sleep history feedback. <i>Accident Analysis and Prevention</i> , <b>2019</b> , 126, 177-183	6.1	3
105	The relationship between diet and cognitive function in adult cancer survivors: a systematic review. <i>Journal of Cancer Survivorship</i> , <b>2019</b> , 13, 773-791	5.1	6
104	Subjective Hunger, Gastric Upset, and Sleepiness in Response to Altered Meal Timing during Simulated Shiftwork. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	16
103	The Impact of Time of Day on Energy Expenditure: Implications for Long-Term Energy Balance. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	14
102	Altering meal timing to improve cognitive performance during simulated nightshifts. <i>Chronobiology International</i> , <b>2019</b> , 36, 1691-1713	3.6	10
101	Timing of Australian flight attendant food and beverage while crewing: a preliminary investigation. <i>Industrial Health</i> , <b>2019</b> , 57, 547-553	2.5	11
100	Polyunsaturated fatty acid intake and lung function in a regional Australian population: A cross-sectional study with a nested case-control analysis. <i>Journal of Nutrition &amp; Intermediary Metabolism</i> , <b>2019</b> , 18, 100102	2.8	1
99	The factors influencing the eating behaviour of shiftworkers: what, when, where and why. <i>Industrial Health</i> , <b>2019</b> , 57, 419-453	2.5	39
98	The Effects of Nut Consumption on Vascular Function. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	16
97	Development of nutrition science competencies for undergraduate degrees in Australia. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2019</b> , 28, 166-176	1	3
96	Reply to letter to the editor on: "is there a relationship between excessive sugar consumption and sleep quality in children?". <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 902-903	3.7	
95	The impact of caffeine consumption during 50hr of extended wakefulness on glucose metabolism, self-reported hunger and mood state. <i>Journal of Sleep Research</i> , <b>2018</b> , 27, e12681	5.8	4
94	Eating on nightshift: A big vs small snack impairs glucose response to breakfast. <i>Neurobiology of Sleep and Circadian Rhythms</i> , <b>2018</b> , 4, 44-48	2.9	15
93	Total dietary sugar consumption does not influence sleep or behaviour in Australian children. <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 503-512	3.7	4
92	Lipoprotein Lipase Is a Feature of Alternatively-Activated Microglia and May Facilitate Lipid Uptake in the CNS During Demyelination. <i>Frontiers in Molecular Neuroscience</i> , <b>2018</b> , 11, 57	6.1	34
91	Comparison of two low-fat diets, differing in protein and carbohydrate, on psychological wellbeing in adults with obesity and type 2 diabetes: a randomised clinical trial. <i>Nutrition Journal</i> , <b>2018</b> , 17, 62	4.3	6
90	Nuts and Cardiovascular Disease Prevention. <i>Current Atherosclerosis Reports</i> , <b>2018</b> , 20, 48	6	25
89	Reductions in food cravings are similar with low-fat weight loss diets differing in protein and carbohydrate in overweight and obese adults with type 2 diabetes: A randomized clinical trial. <i>Nutrition Research</i> , <b>2018</b> , 57, 56-66	4	10

88	Lutein Intake and Blood Lutein Concentration Are Positively Associated with Physical Activity in Adults: A Systematic Review. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	2
87	Not all sedentary behaviour is equal: Children's adiposity and sedentary behaviour volumes, patterns and types. <i>Obesity Research and Clinical Practice</i> , <b>2018</b> , 12, 506-512	5.4	10
86	Alcohol use in shiftworkers. <i>Accident Analysis and Prevention</i> , <b>2017</b> , 99, 395-400	6.1	22
85	Validation and reproducibility of an Australian caffeine food frequency questionnaire. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 617-626	3.7	8
84	The addition of peanuts to habitual diets is associated with lower consumption of savory non-core snacks by men and sweet non-core snacks by women. <i>Nutrition Research</i> , <b>2017</b> , 41, 65-72	4	8
83	Timing of food intake during simulated night shift impacts glucose metabolism: A controlled study. <i>Chronobiology International</i> , <b>2017</b> , 34, 1003-1013	3.6	43
82	Fish oil supplementation in chronic obstructive pulmonary disease: feasibility of conducting a randomised controlled trial. <i>Pilot and Feasibility Studies</i> , <b>2017</b> , 3, 66	1.9	3
81	The Relationship Between Caffeine, Sleep, and Behavior in Children. <i>Journal of Clinical Sleep Medicine</i> , <b>2017</b> , 13, 533-543	3.1	20
80	Use-of-time and health-related quality of life in 10- to 13-year-old children: not all screen time or physical activity minutes are the same. <i>Quality of Life Research</i> , <b>2017</b> , 26, 3119-3129	3.7	12
79	It's not just what you eat but when: The impact of eating a meal during simulated shift work on driving performance. <i>Chronobiology International</i> , <b>2017</b> , 34, 66-77	3.6	23
78	There is No Association Between the Omega-3 Index and Depressive Symptoms in Patients With Heart Disease Who Are Low Fish Consumers. <i>Heart Lung and Circulation</i> , <b>2017</b> , 26, 276-284	1.8	2
77	Cerebrovascular and cognitive benefits of high-oleic peanut consumption in healthy overweight middle-aged adults. <i>Nutritional Neuroscience</i> , <b>2017</b> , 20, 555-562	3.6	27
76	No Effect of a Whey Growth Factor Extract during Resistance Training on Strength, Body Composition, or Hypertrophic Gene Expression in Resistance-Trained Young Men. <i>Journal of Sports Science and Medicine</i> , <b>2017</b> , 16, 230-238	2.7	1
75	Sitting and Activity Time in People With Stroke. <i>Physical Therapy</i> , <b>2016</b> , 96, 193-201	3.3	107
74	Impaired Physical Function Associated with Childhood Obesity: How Should We Intervene?. <i>Childhood Obesity</i> , <b>2016</b> , 12, 126-34	2.5	16
73	Sitting time and physical activity after stroke: physical ability is only part of the story. <i>Topics in Stroke Rehabilitation</i> , <b>2016</b> , 23, 36-42	2.6	40
72	Effects of Low-Fat Diets Differing in Protein and Carbohydrate Content on Cardiometabolic Risk Factors during Weight Loss and Weight Maintenance in Obese Adults with Type 2 Diabetes. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	26
71	Caffeine Consumption and Sleep Quality in Australian Adults. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	43

70	Sleep Duration and Chronic Fatigue Are Differently Associated with the Dietary Profile of Shift Workers. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	24
69	Adiposity is related to decrements in cardiorespiratory fitness in obese and normal-weight children. <i>Pediatric Obesity</i> , <b>2016</b> , 11, 144-50	4.6	11
68	Reducing Sitting Time After Stroke: A Phase II Safety and Feasibility Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2016</b> , 97, 273-80	2.8	48
67	Omega-3 Fatty acids as an adjunct for periodontal therapy-a review. <i>Clinical Oral Investigations</i> , <b>2016</b> , 20, 879-94	4.2	19
66	Circadian Misalignment and Metabolic Consequences: Shiftwork and Altered Meal Times <b>2015</b> , 155-164		7
65	Paucity of evidence for a relationship between long-chain omega-3 Fatty acid intake and chronic obstructive pulmonary disease: a systematic review. <i>Nutrition Reviews</i> , <b>2015</b> , 73, 612-23	6.4	16
64	Patterns of Alcohol Consumption and Sleep in Shiftworkers <b>2015</b> , 353-363		
63	A randomised trial comparing low-fat diets differing in carbohydrate and protein ratio, combined with regular moderate intensity exercise, on glycaemic control, cardiometabolic risk factors, food cravings, cognitive function and psychological wellbeing in adults with type 2 diabetes: Study protocol. <i>Contemporary Clinical Trials</i> , <b>2015</b> , 45, 217-225	2.3	9
62	Effect of 12 Weeks High Oleic Peanut Consumption on Cardio-Metabolic Risk Factors and Body Composition. <i>Nutrients</i> , <b>2015</b> , 7, 7381-98	6.7	44
61	Persistent Citation of the Only Published Randomised Controlled Trial of Omega-3 Supplementation in Chronic Obstructive Pulmonary Disease Six Years after Its Retraction. <i>Publications</i> , <b>2015</b> , 3, 17-26	1.7	5
60	Increased Erythrocyte Eicosapentaenoic Acid and Docosahexaenoic Acid Are Associated With Improved Attention and Behavior in Children With ADHD in a Randomized Controlled Three-Way Crossover Trial. <i>Journal of Attention Disorders</i> , <b>2015</b> , 19, 954-64	3.7	28
59	Lower energy intake following consumption of Hi-oleic and regular peanuts compared with iso-energetic consumption of potato crisps. <i>Appetite</i> , <b>2014</b> , 82, 124-30	4.5	14
58	A comparison of regular consumption of fresh lean pork, beef and chicken on body composition: a randomized cross-over trial. <i>Nutrients</i> , <b>2014</b> , 6, 682-96	6.7	15
57	Increases in plasma lutein through supplementation are correlated with increases in physical activity and reductions in sedentary time in older adults. <i>Nutrients</i> , <b>2014</b> , 6, 974-84	6.7	5
56	Relationship between erythrocyte omega-3 content and obesity is gender dependent. <i>Nutrients</i> , <b>2014</b> , 6, 1850-60	6.7	28
55	Nut consumption for vascular health and cognitive function. <i>Nutrition Research Reviews</i> , <b>2014</b> , 27, 131-58		39
54	Musculoskeletal pain in obese compared with healthy-weight children. <i>Clinical Journal of Pain</i> , <b>2014</b> , 30, 583-8	3.5	16
53	Feasibility of E3 fatty acid supplementation as an adjunct therapy for people with chronic obstructive pulmonary disease: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2013</b> , 14, 107	2.8	8

52	Knee extensor strength differences in obese and healthy-weight 10-to 13-year-olds. <i>European Journal of Applied Physiology</i> , <b>2013</b> , 113, 1415-22	3.4	24
51	Day-to-day physical functioning and disability in obese 10- to 13-year-olds. <i>Pediatric Obesity</i> , <b>2013</b> , 8, 31-41	4.6	27
50	Chronic resveratrol consumption improves brachial flow-mediated dilatation in healthy obese adults. <i>Journal of Hypertension</i> , <b>2013</b> , 31, 1819-27	1.9	115
49	Evidence for circulatory benefits of resveratrol in humans. <i>Annals of the New York Academy of Sciences</i> , <b>2013</b> , 1290, 52-8	6.5	26
48	Weighing up the evidence -- a systematic review of measures used for the sensation of breathlessness in obesity. <i>International Journal of Obesity</i> , <b>2013</b> , 37, 341-9	5.5	23
47	Chronic consumption of a wild green oat extract (Neuravena) improves brachial flow-mediated dilatation and cerebrovascular responsiveness in older adults. <i>Journal of Hypertension</i> , <b>2013</b> , 31, 192-200	1.9	16
46	Dairy foods and dairy protein consumption is inversely related to markers of adiposity in obese men and women. <i>Nutrients</i> , <b>2013</b> , 5, 4665-84	6.7	24
45	Effect of peanut consumption on satiety and energy intake. <i>FASEB Journal</i> , <b>2013</b> , 27, 858.7	0.9	
44	Changes in fat mass in stroke survivors: a systematic review. <i>International Journal of Stroke</i> , <b>2012</b> , 7, 491-8	6.3	18
43	Eicosapentaenoic and docosahexaenoic acids, cognition, and behavior in children with attention-deficit/hyperactivity disorder: a randomized controlled trial. <i>Nutrition</i> , <b>2012</b> , 28, 670-7	4.8	95
42	Dairy consumption and cardiometabolic health: outcomes of a 12-month crossover trial. <i>Nutrition and Metabolism</i> , <b>2012</b> , 9, 19	4.6	56
41	Long-term dietary intervention trials: critical issues and challenges. <i>Trials</i> , <b>2012</b> , 13, 111	2.8	47
40	Chronic effects of a wild green oat extract supplementation on cognitive performance in older adults: a randomised, double-blind, placebo-controlled, crossover trial. <i>Nutrients</i> , <b>2012</b> , 4, 331-42	6.7	7
39	Effects of eating fresh lean pork on cardiometabolic health parameters. <i>Nutrients</i> , <b>2012</b> , 4, 711-23	6.7	29
38	Effects of n-3 fatty acids, EPA v. DHA, on depressive symptoms, quality of life, memory and executive function in older adults with mild cognitive impairment: a 6-month randomised controlled trial. <i>British Journal of Nutrition</i> , <b>2012</b> , 107, 1682-93	3.6	210
37	231 SUSTAINED IMPROVEMENT OF VASODILATOR FUNCTION BY RESVERATROL IN OBESE ADULTS. <i>Journal of Hypertension</i> , <b>2012</b> , 30, e70	1.9	5
36	Erythrocyte polyunsaturated fatty acid status, memory, cognition and mood in older adults with mild cognitive impairment and healthy controls. <i>Prostaglandins Leukotrienes and Essential Fatty Acids</i> , <b>2011</b> , 84, 153-61	2.8	37
35	Acute resveratrol supplementation improves flow-mediated dilatation in overweight/obese individuals with mildly elevated blood pressure. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 851-6	4.5	213

34	Obesity: the new childhood disability?. <i>Obesity Reviews</i> , <b>2011</b> , 12, 26-36	10.6	71
33	Polyunsaturated fatty acids, cognition and literacy in children with ADHD with and without learning difficulties. <i>Journal of Child Health Care</i> , <b>2011</b> , 15, 299-311	2	30
32	Loss of skeletal muscle mass after stroke: a systematic review. <i>International Journal of Stroke</i> , <b>2010</b> , 5, 395-402	6.3	113
31	Relationships between Obesity, Cardiorespiratory Fitness, and Cardiovascular Function. <i>Journal of Obesity</i> , <b>2010</b> , 2010, 191253	3.7	27
30	Impact of cocoa flavanol consumption on blood pressure responsiveness to exercise. <i>British Journal of Nutrition</i> , <b>2010</b> , 103, 1480-4	3.6	61
29	Dose-related effects of flavanol-rich cocoa on blood pressure. <i>Journal of Human Hypertension</i> , <b>2010</b> , 24, 568-76	2.6	55
28	Dose-dependent increases in heart rate variability and arterial compliance in overweight and obese adults with DHA-rich fish oil supplementation. <i>British Journal of Nutrition</i> , <b>2010</b> , 103, 243-8	3.6	36
27	Supplementation with a whey protein hydrolysate enhances recovery of muscle force-generating capacity following eccentric exercise. <i>Journal of Science and Medicine in Sport</i> , <b>2010</b> , 13, 178-81	4.4	80
26	Prevalence and interrelationships between cardio-metabolic risk factors in abdominally obese individuals. <i>Metabolic Syndrome and Related Disorders</i> , <b>2009</b> , 7, 31-6	2.6	6
25	Soya isoflavone supplementation enhances spatial working memory in men. <i>British Journal of Nutrition</i> , <b>2009</b> , 102, 1348-54	3.6	52
24	Skeletal muscle-specific deletion of lipoprotein lipase enhances insulin signaling in skeletal muscle but causes insulin resistance in liver and other tissues. <i>Diabetes</i> , <b>2009</b> , 58, 116-24	0.9	80
23	Health-related quality of life in obese children and adolescents. <i>International Journal of Obesity</i> , <b>2009</b> , 33, 387-400	5.5	283
22	Health benefits of a 4-month group-based diet and lifestyle modification program for individuals with metabolic syndrome. <i>Obesity Research and Clinical Practice</i> , <b>2009</b> , 3, 221-35	5.4	20
21	Plasma alpha-melanocyte-stimulating hormone: sex differences and correlations with obesity. <i>Metabolism: Clinical and Experimental</i> , <b>2009</b> , 58, 16-21	12.7	12
20	Regular consumption of n-3 fatty acid-enriched pork modifies cardiovascular risk factors. <i>British Journal of Nutrition</i> , <b>2009</b> , 101, 592-7	3.6	34
19	Effect of cocoa flavanols and exercise on cardiometabolic risk factors in overweight and obese subjects. <i>International Journal of Obesity</i> , <b>2008</b> , 32, 1289-96	5.5	155
18	Self-management for obesity and cardio-metabolic fitness: description and evaluation of the lifestyle modification program of a randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2008</b> , 5, 53	8.4	30
17	Dose-dependent effects of docosahexaenoic acid-rich fish oil on erythrocyte docosahexaenoic acid and blood lipid levels. <i>British Journal of Nutrition</i> , <b>2008</b> , 99, 1083-8	3.6	45

16	Cognitive behavioral therapy improves diet and body composition in overweight and obese adolescents. <i>American Journal of Clinical Nutrition</i> , <b>2008</b> , 87, 1134-40	7	68
15	Soy food consumption does not lower LDL cholesterol in either equol or nonequol producers. <i>American Journal of Clinical Nutrition</i> , <b>2008</b> , 88, 298-304	7	44
14	Treatment of adolescent overweight and obesity. <i>European Journal of Pediatrics</i> , <b>2008</b> , 167, 9-16	4.1	58
13	N-3 enrichment of pork with fishmeal: Effects on production and consumer acceptability. <i>European Journal of Lipid Science and Technology</i> , <b>2008</b> , 110, 701-706	3	11
12	Can EGCG reduce abdominal fat in obese subjects?. <i>Journal of the American College of Nutrition</i> , <b>2007</b> , 26, 396S-402S	3.5	97
11	Estimating abdominal adipose tissue with DXA and anthropometry. <i>Obesity</i> , <b>2007</b> , 15, 504-10	8	71
10	Reduction of plasma triglycerides in apolipoprotein C-II transgenic mice overexpressing lipoprotein lipase in muscle. <i>Journal of Lipid Research</i> , <b>2007</b> , 48, 145-51	6.3	12
9	Edible nuts and metabolic health. <i>Current Opinion in Lipidology</i> , <b>2007</b> , 18, 25-30	4.4	48
8	T cell-mediated hepatic inflammation modulates adiponectin levels in mice: role of tumor necrosis factor alpha. <i>Metabolism: Clinical and Experimental</i> , <b>2006</b> , 55, 555-9	12.7	13
7	Regulation of T cell-mediated hepatic inflammation by adiponectin and leptin. <i>Endocrinology</i> , <b>2005</b> , 146, 2157-64	4.8	73
6	In vitro mononuclear cell production of tumour necrosis factor-alpha and weight loss. <i>Diabetes Research and Clinical Practice</i> , <b>2004</b> , 63, 179-84	7.4	1
5	Lipid metabolism and nutrient partitioning strategies. <i>CNS and Neurological Disorders</i> , <b>2004</b> , 3, 411-30		5
4	-308 Nco I polymorphism of tumour necrosis factor alpha in overweight Caucasians. <i>Diabetes Research and Clinical Practice</i> , <b>2003</b> , 62, 197-201	7.4	10
3	The role of n-6 polyunsaturated fat in stable asthmatics. <i>Journal of Asthma</i> , <b>2001</b> , 38, 311-9	1.9	4
2	Association of -3826 G variant in uncoupling protein-1 with increased BMI in overweight Australian women. <i>Diabetologia</i> , <b>2000</b> , 43, 242-4	10.3	67
1	360His polymorphism of the apolipoproteinA-IV gene and plasma lipid response to energy restricted diets in overweight subjects. <i>Atherosclerosis</i> , <b>2000</b> , 150, 187-92	3.1	18