Myra A Nimmo

List of Publications by Year
in descending order

87 papers	5,581 citations	109137 35 h-index	79541 73 g-index
89 all docs	89 docs citations	89 times ranked	8431 citing authors

#	Article	IF	Citations
1	Lower volume throughout the taper and higher intensity in the last interval session prior to a 1,500 m time trial improves performance. Applied Physiology, Nutrition and Metabolism, 2021, 46, 1345-1353.	0.9	1
2	Effects of an increase in intensity during tapering on 1500-m running performance. Applied Physiology, Nutrition and Metabolism, 2019, 44, 783-790.	0.9	2
3	Effects of sprint interval training on ectopic lipids and tissue-specific insulin sensitivity in men with non-alcoholic fatty liver disease. European Journal of Applied Physiology, 2018, 118, 817-828.	1.2	15
4	A Structured Health Intervention for Truckers (SHIFT). Journal of Occupational and Environmental Medicine, 2018, 60, 377-385.	0.9	13
5	Satellite cell response to concurrent resistance exercise and high-intensity interval training in sedentary, overweight/obese, middle-aged individuals. European Journal of Applied Physiology, 2018, 118, 225-238.	1.2	16
6	The influence of adiposity and acute exercise on circulating hepatokines in normal-weight and overweight/obese men. Applied Physiology, Nutrition and Metabolism, 2018, 43, 482-490.	0.9	49
7	The Impact of a Novel Structured Health Intervention for Truckers (SHIFT) on Physical Activity and Cardiometabolic Risk Factors. Journal of Occupational and Environmental Medicine, 2018, 60, 368-376.	0.9	14
8	Understanding the health of lorry drivers in context: A critical discourse analysis. Health (United) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 4	0.9	20
9	Reducing sedentary time in adults at risk of type 2 diabetes: process evaluation of the STAND (Sedentary Time ANd Diabetes) RCT. BMC Public Health, 2017, 17, 80.	1.2	9
10	An evaluation of low volume high-intensity intermittent training (HIIT) for health risk reduction in overweight and obese men. BMC Obesity, 2017, 4, 17.	3.1	10
11	Cross-sectional surveillance study to phenotype lorry driversâ€™ sedentary behaviours, physical activity and cardio-metabolic health. BMJ Open, 2017, 7, e013162.	0.8	27
12	Satellite Cell Reponse to Concurrent Resistance Exercise and High Intensity Interval Training in Overweight/Obese Individuals. Medicine and Science in Sports and Exercise, 2016, 48, 453-454.	0.2	0
13	Associations of Sedentary Time with Fat Distribution in a High-Risk Population. Medicine and Science in Sports and Exercise, 2015, 47, 1727-1734.	0.2	30
14	Appetite-regulatory hormone responses on the day following a prolonged bout of moderate-intensity exercise. Physiology and Behavior, 2015, 141, 23-31.	1.0	25
15	Acute molecular responses to concurrent resistance and high-intensity interval exercise in untrained skeletal muscle. Physiological Reports, 2015, 3, e12364.	0.7	38
16	Highly manufacturable graphene oxide biosensor for sensitive Interleukin-6 detection. RSC Advances, 2015, 5, 39245-39251.	1.7	43
17	Tapering strategies in elite British endurance runners. European Journal of Sport Science, 2015, 15, 367-373.	1.4	25
18	A Randomised Controlled Trial to Reduce Sedentary Time in Young Adults at Risk of Type 2 Diabetes Mellitus: Project STAND (Sedentary Time ANd Diabetes). PLoS ONE, 2015, 10, e0143398.	1.1	56

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19	Complete coverage of reduced graphene oxide on silicon dioxide substrates. Chinese Physics B, 2014, 23, 088104.	0.7	3
20	Subclinical diastolic dysfunction in young adults with Type 2 diabetes mellitus: a multiparametric contrast-enhanced cardiovascular magnetic resonance pilot study assessing potential mechanisms. European Heart Journal Cardiovascular Imaging, 2014, 15, 1263-1269.	0.5	58
21	Growth of Reduced Graphene Oxide. Materials Research Society Symposia Proceedings, 2014, 1702, 1.	0.1	0
22	The detection and measurement of interleukin-6 in venous and capillary blood samples, and in sweat collected at rest and during exercise. European Journal of Applied Physiology, 2014, 114, 1207-1216.	1.2	30
23	TypeÂ2 diabetes mellitus and obesity in young adults: the extreme phenotype with early cardiovascular dysfunction. Diabetic Medicine, 2014, 31, 794-798.	1.2	30
24	The mechanism of graphene oxide as a growth template for complete reduced graphene oxide coverage on an SiO2substrate. Journal of Materials Chemistry C, 2014, 2, 109-114.	2.7	16
25	Interleukinâ€6 in combination with the interleukinâ€6 receptor stimulates glucose uptake in resting human skeletal muscle independently of insulin action. Diabetes, Obesity and Metabolism, 2014, 16, 931-936.	2.2	17
26	Exercise and ghrelin. A narrative overview of research. Appetite, 2013, 68, 83-91.	1.8	37
27	Associations of objectively measured sedentary behaviour and physical activity with markers of cardiometabolic health. Diabetologia, 2013, 56, 1012-1020.	2.9	268
28	The impact of high-intensity intermittent exercise on resting metabolic rate in healthy males. European Journal of Applied Physiology, 2013, 113, 3039-3047.	1.2	31
29	Novel Biosensor for InterLeukin-6 Detection. Procedia Engineering, 2013, 60, 195-200.	1.2	32
30	The extended growth of graphene oxide flakes using ethanol CVD. Nanoscale, 2013, 5, 2945.	2.8	31
31	Circulating hormone and cytokine response to low-load resistance training with blood flow restriction in older men. European Journal of Applied Physiology, 2013, 113, 713-719.	1.2	55
32	Prevalence of diabetes and impaired glucose metabolism in younger â€˜at riskâ€™ <scp>UK</scp> adults: insights from the <scp>STAND</scp> programme of research. Diabetic Medicine, 2013, 30, 671-675.	1.2	26
33	The effect of physical activity on mediators of inflammation. Diabetes, Obesity and Metabolism, 2013, 15, 51-60.	2.2	199
34	Determination of inflammatory and prominent proteomic changes in plasma and adipose tissue after high-intensity intermittent training in overweight and obese males. Journal of Applied Physiology, 2012, 112, 1353-1360.	1.2	88
35	Does physical activity counselling enhance the effects of a pedometer-based intervention over the long-term: 12-month findings from the Walking for Wellbeing in the west study. BMC Public Health, 2012, 12, 206.	1.2	56
36	The anti-inflammatory effects of exercise: mechanisms and implications for the prevention and treatment of disease. Nature Reviews Immunology, 2011, 11, 607-615.	10.6	1,558

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37	Rationale and study design for a randomised controlled trial to reduce sedentary time in adults at risk of type 2 diabetes mellitus: project stand (Sedentary Time ANd diabetes). BMC Public Health, 2011, 11, 908.	1.2	39
38	Plasma IL-6, its soluble receptors and F2-isoprostanes at rest and during exercise in chronic fatigue syndrome. Scandinavian Journal of Medicine and Science in Sports, 2010, 20, 282-290.	1.3	38
39	The response of interleukin-6 and soluble interleukin-6 receptor isoforms following intermittent high intensity and continuous moderate intensity cycling. Cell Stress and Chaperones, 2010, 15, 827-833.	1.2	83
40	The effect of interleukinâ€6 and the interleukinâ€6 receptor on glucose transport in mouse skeletal muscle. Experimental Physiology, 2009, 94, 899-905.	0.9	15
41	The response of circulating levels of the interleukin-6/interleukin-6 receptor complex to exercise in young men. Cytokine, 2009, 47, 98-102.	1.4	26
42	The effect of a 12Âweek walking intervention on markers of insulin resistance and systemic inflammation. Preventive Medicine, 2009, 48, 39-44.	1.6	45
43	Response of plasma IL-6 and its soluble receptors during submaximal exercise to fatigue in sedentary middle-aged men. Cell Stress and Chaperones, 2008, 13, 247-251.	1.2	34
44	The 'Walking for Wellbeing in the West' randomised controlled trial of a pedometer-based walking programme in combination with physical activity consultation with 12 month follow-up: rationale and study design. BMC Public Health, 2008, 8, 259.	1.2	36
45	The effect of a pedometer-based community walking intervention "Walking for Wellbeing in the West" on physical activity levels and health outcomes: a 12-week randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 2008, 5, 44.	2.0	122
46	Effect of Moderate-intensity Exercise Session on Preprandial and Postprandial Responses of Circulating Ghrelin and Appetite. Hormone and Metabolic Research, 2008, 40, 410-415.	0.7	28
47	The response of plasma interleukin-6 and its soluble receptors to exercise in the cold in humans. Journal of Sports Sciences, 2008, 26, 927-933.	1.0	15
48	Fatigue and illness in athletes. Journal of Sports Sciences, 2007, 25, S93-S102.	1.0	29
49	Nutrition for throwers, jumpers, and combined events athletes. Journal of Sports Sciences, 2007, 25, S39-S47.	1.0	10
50	Human physiological and heat shock protein 72 adaptations during the initial phase of humid-heat acclimation. Journal of Thermal Biology, 2007, 32, 341-348.	1.1	28
51	Spontaneous activity responses to exercise in males and females. European Journal of Clinical Nutrition, 2006, 60, 1055-1061.	1.3	37
52	Skeletal muscle ATP turnover and muscle fiber conduction velocity are elevated at higher muscle temperatures during maximal power output development in humans. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2006, 290, R376-R382.	0.9	104
53	Human resting extracellular heat shock protein 72 concentration decreases during the initial adaptation to exercise in a hot, humid environment. Cell Stress and Chaperones, 2006, 11, 129.	1.2	38
54	Temperature dependence of soleus H-reflex and M wave in young and older women. European Journal of Applied Physiology, 2005, 94, 491-499.	1.2	66

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55	Acute effects of dehydration on sweat composition in men during prolonged exercise in the heat. Acta Physiologica Scandinavica, 2004, 182, 37-43.	2.3	160
56	The reproducibility of closed-pouch sweat collection and thermoregulatory responses to exercise?heat stress. European Journal of Applied Physiology, 2004, 91, 748-751.	1.2	38
57	Exercise in the cold. Journal of Sports Sciences, 2004, 22, 898-916.	1.0	39
58	During exercise in the cold increased availability of plasma nonesterified fatty acids does not affect the pattern of substrate oxidation. Metabolism: Clinical and Experimental, 2004, 53, 203-208.	1.5	13
59	Fat oxidation after acipimox-induced reduction in plasma nonesterified fatty acids during exercise at 0Â°C and 20Â°C. Metabolism: Clinical and Experimental, 2004, 53, 1131-1135.	1.5	7
60	The Impact of Prolonged Exercise in a Cold Environment upon Cardiac Function. Medicine and Science in Sports and Exercise, 2004, 36, 1522-1527.	0.2	24
61	Muscle function in elite master weightlifters. Medicine and Science in Sports and Exercise, 2002, 34, 1199-1206.	0.2	149
62	Effects of reduced ambient temperature on fat utilization during submaximal exercise. Medicine and Science in Sports and Exercise, 2002, 34, 774-779.	0.2	33
63	Effect of active warm-up on metabolism prior to and during intense dynamic exercise. Medicine and Science in Sports and Exercise, 2002, 34, 2091-2096.	0.2	33
64	Contractile muscle volume and agonist-antagonist coactivation account for differences in torque between young and older women. Muscle and Nerve, 2002, 25, 858-863.	1.0	262
65	Effects of central sympathetic inhibition on heart rate variability during steady-state exercise in healthy humans. Clinical Physiology and Functional Imaging, 2002, 22, 32-38.	0.5	66
66	Effect of induced metabolic alkalosis on sweat composition in men. Acta Physiologica Scandinavica, 2002, 174, 41-46.	2.3	72
67	Assessment of aerobic endurance: a comparison between CDâ€ROM and laboratoryâ€based instruction. British Journal of Educational Technology, 2002, 33, 159-172.	3.9	4
68	Effects of active, passive or no warm-up on metabolism and performance during high-intensity exercise. Journal of Sports Sciences, 2001, 19, 693-700.	1.0	63
69	Low dosage monophasic oral contraceptive use and intermittent exercise performance and metabolism in humans. European Journal of Applied Physiology, 2001, 84, 296-301.	1.2	21
70	Effects of sympathetic inhibition on exertional dyspnoea, ventilatory and metabolic responses to exercise in normotensive humans. Clinical Science, 2000, 99, 223.	1.8	0
71	Variations in Regional Sweat Composition in Normal Human Males. Experimental Physiology, 2000, 85, 869-875.	0.9	340
72	Electromyogram changes during sustained contraction after resistance training in women in their 3rd and 8th decades. European Journal of Applied Physiology, 2000, 82, 418-424.	1.2	43

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73	Effects of moderate dietary manipulation on intermittent exercise performance and metabolism in women. European Journal of Applied Physiology, 2000, 81, 197-202.	1.2	6
74	Variations in regional sweat composition in normal human males. Experimental Physiology, 2000, 85, 869-875.	0.9	31
75	Intermittent running: muscle metabolism in the heat and effect of hypohydration. Medicine and Science in Sports and Exercise, 1999, 31, 675-683.	0.2	40
76	Effects of menstrual cycle phase and oral contraceptive use on intermittent exercise. European Journal of Applied Physiology, 1998, 78, 565-572.	1.2	51
77	The Effect of Aging on the Lactate Threshold in Untrained Men. Journal of Aging and Physical Activity, 1997, 5, 39-49.	0.5	7
78	Anaerobic Capacity: A Maximal Anaerobic Running Test Versus the Maximal Accumulated Oxygen Deficit. Applied Physiology, Nutrition, and Metabolism, 1996, 21, 35-47.	1.7	22
79	Lactate Threshold in 50- to 55-Year-Old Men. Journal of Aging and Physical Activity, 1996, 4, 286-296.	0.5	0
80	Consideration of Spatial Orientation Mechanisms as Related to Elderly Fallers. Gerontology, 1989, 35, 323-331.	1.4	7
81	Heart rate monitoring and exercise. Physiotherapy Practice, 1987, 3, 103-106.	0.3	3
82	The relationship between muscle myosin ATP-ase activity and isometric endurance in untrained male subjects. European Journal of Applied Physiology and Occupational Physiology, 1985, 54, 291-296.	1.2	11
83	The inheritance of skeletal muscle fibre composition in mice. Comparative Biochemistry and Physiology A, Comparative Physiology, 1985, 81, 109-115.	0.7	24
84	The influence of variations in muscle fibre composition on muscle strength and crossâ€sectional area in untrained males.. Journal of Physiology, 1984, 351, 299-311.	1.3	114
85	Skeletal muscle fibre composition in New Zealand white rabbits, wild rabbits and wild rabbits bred in captivity: Effect of heredity. Comparative Biochemistry and Physiology A, Comparative Physiology, 1983, 74, 955-959.	0.7	8
86	INFLUENCE OF VARIATIONS IN MUSCLE FIBRE COMPOSITION ON THE RATIO OF STRENGTH TO CROSS-SECTIONAL AREA OF m. QUADRICEPS FEMORIS IN MAN. Medicine and Science in Sports and Exercise, 1983, 15, 178.	0.2	1
87	Alterations in blood, sweat, urine and muscle composition during prolonged exercise in the horse. Veterinary Record, 1982, 110, 377-384.	0.2	147