

Kirsty J Elliott-Sale

List of Publications by Year in descending order

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Version: 2024-02-01

58
papers

2,152
citations

331259

21
h-index

253896

43
g-index

59
all docs

59
docs citations

59
times ranked

2121
citing authors

#	ARTICLE	IF	CITATIONS
1	The Effects of Menstrual Cycle Phase on Exercise Performance in Eumenorrhic Women: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2020, 50, 1813-1827.	3.1	259
2	Methodological Considerations for Studies in Sport and Exercise Science with Women as Participants: A Working Guide for Standards of Practice for Research on Women. <i>Sports Medicine</i> , 2021, 51, 843-861.	3.1	208
3	Î²-alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2017, 51, 658-669.	3.1	193
4	Exercise and bone health across the lifespan. <i>Biogerontology</i> , 2017, 18, 931-946.	2.0	155
5	Endocrine Effects of Relative Energy Deficiency in Sport. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 335-349.	1.0	152
6	Period Prevalence and Perceived Side Effects of Hormonal Contraceptive Use and the Menstrual Cycle in Elite Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 926-932.	1.1	135
7	The Effects of Oral Contraceptives on Exercise Performance in Women: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 1785-1812.	3.1	118
8	Effects of reduced energy availability on bone metabolism in women and men. <i>Bone</i> , 2017, 105, 191-199.	1.4	101
9	Reduced energy availability: implications for bone health in physically active populations. <i>European Journal of Nutrition</i> , 2018, 57, 847-859.	1.8	79
10	Nutrition and Athlete Bone Health. <i>Sports Medicine</i> , 2019, 49, 139-151.	3.1	63
11	The Bone Metabolic Response to Exercise and Nutrition. <i>Exercise and Sport Sciences Reviews</i> , 2020, 48, 49-58.	1.6	54
12	#REDS (Relative Energy Deficiency in Sport): time for a revolution in sports culture and systems to improve athlete health and performance. <i>British Journal of Sports Medicine</i> , 2020, 54, 369-370.	3.1	53
13	Examining the role of oral contraceptive users as an experimental and/or control group in athletic performance studies. <i>Contraception</i> , 2013, 88, 408-412.	0.8	50
14	Do Sex Differences in Physiology Confer a Female Advantage in Ultra-Endurance Sport?. <i>Sports Medicine</i> , 2021, 51, 895-915.	3.1	49
15	Nutrition for Special Populations: Young, Female, and Masters Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 220-227.	1.0	47
16	Bone metabolic responses to low energy availability achieved by diet or exercise in active eumenorrhic women. <i>Bone</i> , 2018, 114, 181-188.	1.4	43
17	The Effect of Postexercise Carbohydrate and Protein Ingestion on Bone Metabolism. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1209-1218.	0.2	35
18	Parathyroid Hormone Secretion Is Controlled by Both Ionized Calcium and Phosphate During Exercise and Recovery in Men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2016, 101, 3231-3239.	1.8	34

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19	Exercise interventions for weight management during pregnancy and up to 1-year postpartum among normal weight, overweight and obese women: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2015, 49, 1336-1342.	3.1	33
20	Methodology Review: A Protocol to Audit the Representation of Female Athletes in Sports Science and Sports Medicine Research. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 114-127.	1.0	26
21	Antenatal weight management: Diet, physical activity, and gestational weight gain in early pregnancy. <i>Midwifery</i> , 2017, 49, 40-46.	1.0	24
22	Auditing the Representation of Female Versus Male Athletes in Sports Science and Sports Medicine Research: Evidence-Based Performance Supplements. <i>Nutrients</i> , 2022, 14, 953.	1.7	23
23	Effect of Sodium Bicarbonate Supplementation on 2000-m Rowing Performance. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 139-144.	1.1	22
24	A Life History Perspective on Athletes with Low Energy Availability. <i>Sports Medicine</i> , 2022, 52, 1223-1234.	3.1	22
25	A Narrative Review on Female Physique Athletes: The Physiological and Psychological Implications of Weight Management Practices. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 682-689.	1.0	15
26	Physiological Roles of Carnosine in Myocardial Function and Health. <i>Advances in Nutrition</i> , 2022, 13, 1914-1929.	2.9	14
27	Carbohydrate fear, skinfold targets and body image issues: a qualitative analysis of player and stakeholder perceptions of the nutrition culture within elite female soccer. <i>Science and Medicine in Football</i> , 2022, 6, 675-685.	1.0	14
28	Effect of Carnosine or β -Alanine Supplementation on Markers of Glycemic Control and Insulin Resistance in Humans and Animals: A Systematic Review and Meta-analysis. <i>Advances in Nutrition</i> , 2021, 12, 2216-2231.	2.9	13
29	The Legacy of Pregnancy: Elite Athletes and Women in Arduous Occupations. <i>Exercise and Sport Sciences Reviews</i> , 2022, 50, 14-24.	1.6	13
30	Modern dietary guidelines for healthy pregnancy; maximising maternal and foetal outcomes and limiting excessive gestational weight gain. <i>European Journal of Sport Science</i> , 2019, 19, 62-70.	1.4	12
31	An audit of hormonal contraceptive use in Women's Super League soccer players; implications on symptomology. <i>Science and Medicine in Football</i> , 2022, 6, 153-158.	1.0	12
32	Prevalence of hormonal contraceptive use and reported side effects of the menstrual cycle and hormonal contraceptive use in powerlifting and rugby. <i>Physician and Sportsmedicine</i> , 2023, 51, 217-222.	1.0	12
33	Bone metabolic marker concentrations across the menstrual cycle and phases of combined oral contraceptive use. <i>Bone</i> , 2021, 145, 115864.	1.4	10
34	Hormonal-based contraception and the exercising female. , 2018, , 30-43.		8
35	Effect of menstrual cycle phase, menstrual irregularities and hormonal contraceptive use on anterior knee laxity and non-contact anterior cruciate ligament injury occurrence in women: a protocol for a systematic review and meta-analysis. <i>BMJ Open Sport and Exercise Medicine</i> , 2021, 7, e001170.	1.4	6
36	Weight loss practices and eating behaviours among female physique athletes: Acquiring the optimal body composition for competition. <i>PLoS ONE</i> , 2022, 17, e0262514.	1.1	6

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37	Nutrition for female athletes: What we know, what we don't know, and why. <i>European Journal of Sport Science</i> , 2022, 22, 669-671.	1.4	6
38	A perspective on current research investigating the effects of hormonal contraceptives on determinants of female athlete performance. <i>Revista Brasileira De Educaçã Fsica E Esporte: RBEFE</i> , 2016, 30, 1087-1096.	0.1	4
39	Reply to: Comment on: "The Effects of Menstrual Cycle Phase on Exercise Performance in Eumenorrhic Women: A Systematic Review and Meta-Analysis" and "The Effects of Oral Contraceptives on Exercise Performance in Women: A Systematic Review and Meta-analysis" <i>Sports Medicine</i> , 2021, 51, 1111-1113.	3.1	4
40	EVALUATING THE EFFECTS OF ORAL CONTRACEPTIVE USE ON BIOMARKERS AND BODY COMPOSITION DURING A COMPETITIVE SEASON IN COLLEGIATE FEMALE SOCCER PLAYERS. <i>Journal of Applied Physiology</i> , 2021, 130, 1971-1982.	1.2	4
41	The effect of carnosine or β -alanine supplementation on markers of glycaemic control and insulin resistance in human and animal studies: a protocol for a systematic review and meta-analysis. <i>Systematic Reviews</i> , 2020, 9, 282.	2.5	3
42	Menstrual Cycle Related Fluctuations in Circulating Markers of Bone Metabolism at Rest and in Response to Running in Eumenorrhic Females. <i>Calcified Tissue International</i> , 2022, 111, 124-136.	1.5	3
43	The relationship between oestrogen and muscle strength: a current perspective. <i>Revista Brasileira De Educaçã Fsica E Esporte: RBEFE</i> , 2014, 28, 339-349.	0.1	2
44	Endocrine Responses to Sport-Related Brain Injury in Female Athletes: A Narrative Review and a Call for Action. <i>Endocrines</i> , 2021, 2, 99-108.	0.4	2
45	A collagen extraction and deuterium oxide stable isotope tracer method for the quantification of bone collagen synthesis rates <i>in vivo</i> . <i>Physiological Reports</i> , 2021, 9, e14799.	0.7	2
46	Exercise Endocrinology: "What Comes Next?". <i>Endocrines</i> , 2021, 2, 167-170.	0.4	2
47	Exercise interventions for weight management during pregnancy and up to 1 year postpartum among normal weight women and women with overweight and obesity: An updated systematic review. <i>Obesity Science and Practice</i> , 2022, 8, 531-544.	1.0	2
48	Reliability of force per unit cross-sectional area measurements of the first dorsal interosseus muscle. <i>Journal of Sports Sciences</i> , 2015, 33, 1159-1165.	1.0	1
49	β -alanine Supplementation To Improve Exercise Capacity And Performance. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 84.	0.2	1
50	Infographic. A systematic review and meta-analysis of the effect of β -alanine supplementation on exercise capacity and performance. <i>British Journal of Sports Medicine</i> , 2020, 54, 925-926.	3.1	1
51	Does Pregnancy Affect the Metabolic Equivalent at Rest and During Low Intensity Exercise?. <i>Current Women's Health Reviews</i> , 2017, 13, 38-43.	0.1	1
52	The Effects of Exercise on Postpartum Weight Retention in Overweight and Obese Women. <i>Current Women's Health Reviews</i> , 2017, 13, 11-16.	0.1	1
53	Effect Of Reduced Energy Availability By Either Diet Or Exercise On Muscle Force.. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 545-546.	0.2	0
54	Impaired Bone Turnover In Women, But Not In Men, In Response To Low Energy Availability. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 219.	0.2	0

#	ARTICLE	IF	CITATIONS
55	EDITROIAL: Exercise-Based Strategies to Promote Better Health and Weight Management; From Pregnancy to the Menopause. <i>Current Women's Health Reviews</i> , 2017, 13, 2-2.	0.1	0
56	Parathyroid Hormone (PTH) Secretion is Controlled by both Ionised Calcium and Phosphate During Exercise and Recovery.. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 184.	0.2	0
57	Bone Turnover is Influenced by Short-Term Higher Protein Intake but not Dietary Energy Restriction. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1028.	0.2	0
58	Investigating the Efficacy of an 18-Week Postpartum Rehabilitation and Physical Development Intervention on Occupational Physical Performance and Musculoskeletal Health in UK Servicewomen: Protocol for an Independent Group Study Design. <i>JMIR Research Protocols</i> , 2022, 11, e32315.	0.5	0