

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 | 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 |
| 2 | 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 |
| 3 | 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 |
| 4 | 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 |
| 5 | A Life History Perspective on Athletes with Low Energy Availability. <i>Sports Medicine</i> , 2022, 52, 1223-1234. | 3.1 | 22 |
| 6 | 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 |
| 7 | 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 |
| 8 | 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 |
| 9 | 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 |
| 10 | 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 |
| 11 | 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 |
| 12 | Physiological Roles of Carnosine in Myocardial Function and Health. <i>Advances in Nutrition</i> , 2022, 13, 1914-1929. | 2.9 | 14 |
| 13 | 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 |
| 14 | 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 |
| 15 | Do Sex Differences in Physiology Confer a Female Advantage in Ultra-Endurance Sport?. <i>Sports Medicine</i> , 2021, 51, 895-915. | 3.1 | 49 |
| 16 | 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 |
| 17 | Bone metabolic marker concentrations across the menstrual cycle and phases of combined oral contraceptive use. <i>Bone</i> , 2021, 145, 115864. | 1.4 | 10 |
| 18 | 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 |

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|----|---|-----|-----------|
| 19 | 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 |
| 20 | 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 |
| 21 | Exercise Endocrinology: "What Comes Next?" <i>Endocrines</i> , 2021, 2, 167-170. | 0.4 | 2 |
| 22 | 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 |
| 23 | 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 |
| 24 | 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 |
| 25 | The Bone Metabolic Response to Exercise and Nutrition. <i>Exercise and Sport Sciences Reviews</i> , 2020, 48, 49-58. | 1.6 | 54 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | #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 |
| 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 | Nutrition and Athlete Bone Health. <i>Sports Medicine</i> , 2019, 49, 139-151. | 3.1 | 63 |
| 32 | 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 |
| 33 | 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 |
| 34 | 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 |
| 35 | Reduced energy availability: implications for bone health in physically active populations. <i>European Journal of Nutrition</i> , 2018, 57, 847-859. | 1.8 | 79 |
| 36 | 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 |

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|----|--|-----|-----------|
| 37 | 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 |
| 38 | Hormonal-based contraception and the exercising female. , 2018, , 30-43. | | 8 |
| 39 | Antenatal weight management: Diet, physical activity, and gestational weight gain in early pregnancy. <i>Midwifery</i> , 2017, 49, 40-46. | 1.0 | 24 |
| 40 | Î²-alanine Supplementation To Improve Exercise Capacity And Performance. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 84. | 0.2 | 1 |
| 41 | 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 |
| 42 | 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 |
| 43 | Exercise and bone health across the lifespan. <i>Biogerontology</i> , 2017, 18, 931-946. | 2.0 | 155 |
| 44 | Effects of reduced energy availability on bone metabolism in women and men. <i>Bone</i> , 2017, 105, 191-199. | 1.4 | 101 |
| 45 | 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 |
| 46 | 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 |
| 47 | 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 |
| 48 | 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 |
| 49 | A perspective on current research investigating the effects of hormonal contraceptives on determinants of female athlete performance. <i>Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE</i> , 2016, 30, 1087-1096. | 0.1 | 4 |
| 50 | 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 |
| 51 | 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 |
| 52 | 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 |
| 53 | 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 |
| 54 | 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 |

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 55 | 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 |
| 56 | The relationship between oestrogen and muscle strength: a current perspective. <i>Revista Brasileira De Educaço Fsica E Esporte: RBEFE</i> , 2014, 28, 339-349. | 0.1 | 2 |
| 57 | 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 |
| 58 | 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 |