

# Catherine Itsiopoulos

## List of Publications by Year in descending order

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Version: 2024-02-01

80  
papers

4,146  
citations

168829

31  
h-index

134545

62  
g-index

80  
all docs

80  
docs citations

80  
times ranked

6617  
citing authors

#	ARTICLE	IF	CITATIONS
1	The rationale and design of a Mediterranean diet accompanied by time restricted feeding to optimise the management of type 2 diabetes: The MedDietFast randomised controlled trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2022, 32, 220-230.	1.1	5
2	Extra virgin olive oil high in polyphenols improves antioxidant status in adults: a double-blind, randomized, controlled, cross-over study (OLIVAUS). <i>European Journal of Nutrition</i> , 2022, 61, 1073-1086.	1.8	17
3	Impact of a Mediterranean diet on hepatic and metabolic outcomes in <scp>nonâ€œalcoholic</scp> fatty liver disease: The <scp>MEDINA</scp> randomised controlled trial. <i>Liver International</i> , 2022, 42, 1308-1322.	1.9	20
4	An evaluation of dietary intakes of a selected group of South Asian migrant women with gestational diabetes mellitus. <i>Ethnicity and Health</i> , 2021, 26, 487-503.	1.5	4
5	Eâ€œportfolios and Entrustable Professional Activities to support competencyâ€œbased education in dietetics. <i>Australian Journal of Cancer Nursing</i> , 2021, 23, 148-156.	0.8	13
6	Metabolic profiling of organic and fatty acids in chronic and autoimmune diseases. <i>Advances in Clinical Chemistry</i> , 2021, 101, 169-229.	1.8	7
7	Twelve-Week Mediterranean Diet Intervention Increases Citrus Bioflavonoid Levels and Reduces Inflammation in People with Type 2 Diabetes Mellitus. <i>Nutrients</i> , 2021, 13, 1133.	1.7	31
8	Use of a sensitive multisugar test for measuring segmental intestinal permeability in critically ill, mechanically ventilated adults: A pilot study. <i>Journal of Parenteral and Enteral Nutrition</i> , 2021, , .	1.3	0
9	Poor adherence to the Mediterranean diet is associated with increased likelihood of metabolic syndrome components in children: the Healthy Growth Study. <i>Public Health Nutrition</i> , 2021, 24, 2823-2833.	1.1	15
10	Plasma lipid biomarkers in relation to BMI, lung function, and airway inflammation in pediatric asthma. <i>Metabolomics</i> , 2021, 17, 63.	1.4	5
11	Potential role of folate status on pulmonary function in pediatric asthma. <i>Nutrition</i> , 2021, 90, 111267.	1.1	5
12	Effect of high polyphenol extra virgin olive oil on markers of cardiovascular disease risk in healthy Australian adults (OLIVAUS): A protocol for a doubleâ€œblind randomised, controlled, crossâ€œover study. <i>Nutrition and Dietetics</i> , 2020, 77, 523-528.	0.9	8
13	The Effect of High Polyphenol Extra Virgin Olive Oil on Blood Pressure and Arterial Stiffness in Healthy Australian Adults: A Randomized, Controlled, Cross-Over Study. <i>Nutrients</i> , 2020, 12, 2272.	1.7	20
14	Sufficient vitamin D status positively modified ventilatory function in asthmatic children following a Mediterranean diet enriched with fatty fish intervention study. <i>Nutrition Research</i> , 2020, 82, 99-109.	1.3	9
15	Serum zonulin measured by enzyme-linked immunosorbent assay may not be a reliable marker of small intestinal permeability in healthy adults. <i>Nutrition Research</i> , 2020, 78, 82-92.	1.3	14
16	The Cardio-Med survey tool: development and pilot validation of a FFQ in a multicultural cardiology cohort. <i>Public Health Nutrition</i> , 2020, 23, 2303-2313.	1.1	1
17	Weight Status and Respiratory Health in Asthmatic Children. <i>Lung</i> , 2019, 197, 777-782.	1.4	5
18	Ad libitum Mediterranean diet reduces subcutaneous but not visceral fat in patients with coronary heart disease: A randomised controlled pilot study. <i>Clinical Nutrition ESPEN</i> , 2019, 32, 61-69.	0.5	18

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19	Dietary patterns and management of type 2 diabetes: A systematic review of randomised clinical trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 531-543.	1.1	100
20	Australian patients with coronary heart disease achieve high adherence to 6-month Mediterranean diet intervention: preliminary results of the AUSMED Heart Trial. <i>Nutrition</i> , 2019, 61, 21-31.	1.1	21
21	Urinary organic acids as biomarkers in the assessment of pulmonary function in children with asthma. <i>Nutrition Research</i> , 2019, 61, 31-40.	1.3	19
22	Experiences and perceptions of patients undergoing treatment and quality of life impact of diabetic macular edema: a systematic review. <i>Psychology, Health and Medicine</i> , 2019, 24, 383-401.	1.3	9
23	A Mediterranean-style dietary intervention supplemented with fish oil improves diet quality and mental health in people with depression: A randomized controlled trial (HELPFIMED). <i>Nutritional Neuroscience</i> , 2019, 22, 474-487.	1.5	335
24	The effect of high-polyphenol extra virgin olive oil on cardiovascular risk factors: A systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 2772-2795.	5.4	106
25	Randomization to 6-month Mediterranean diet compared with a low-fat diet leads to improvement in Dietary Inflammatory Index scores in patients with coronary heart disease: the AUSMED Heart Trial. <i>Nutrition Research</i> , 2018, 55, 94-107.	1.3	57
26	Practical Dietary Recommendations for the Prevention and Management of Nonalcoholic Fatty Liver Disease in Adults. <i>Advances in Nutrition</i> , 2018, 9, 30-40.	2.9	68
27	Improvement in dietary inflammatory index score after 6-month dietary intervention is associated with reduction in interleukin-6 in patients with coronary heart disease: The AUSMED heart trial. <i>Nutrition Research</i> , 2018, 55, 108-121.	1.3	35
28	Effect of resveratrol supplementation on cognitive performance and mood in adults: a systematic literature review and meta-analysis of randomized controlled trials. <i>Nutrition Reviews</i> , 2018, 76, 432-443.	2.6	53
29	A modified Mediterranean dietary intervention for adults with major depression: Dietary protocol and feasibility data from the SMILES trial. <i>Nutritional Neuroscience</i> , 2018, 21, 487-501.	1.5	69
30	Experiences of patients undergoing repeated intravitreal anti-vascular endothelial growth factor injections for neovascular age-related macular degeneration. <i>Psychology, Health and Medicine</i> , 2018, 23, 127-140.	1.3	78
31	Observational study of adherence to a traditional Mediterranean diet, sociocultural characteristics and cardiovascular disease risk factors of older Greek Australians from the MEDiterranean ISlands (MEDIS@Australia Study): Protocol and rationale. <i>Nutrition and Dietetics</i> , 2018, 75, 44-51.	0.9	9
32	The Influence of the Australian Dietary Guidelines on Culinary Textbooks Used in Education over the Last 30 Years. <i>Journal of Culinary Science and Technology</i> , 2018, 16, 194-208.	0.6	0
33	Mediterranean-type diets and inflammatory markers in patients with coronary heart disease: a systematic review and meta-analysis. <i>Nutrition Research</i> , 2018, 50, 10-24.	1.3	32
34	The SMILES trial: an important first step. <i>BMC Medicine</i> , 2018, 16, 237.	2.3	4
35	The AUStralian MEDiterranean Diet Heart Trial (AUSMED Heart Trial): A randomized clinical trial in secondary prevention of coronary heart disease in a multiethnic Australian population: Study protocol. <i>American Heart Journal</i> , 2018, 203, 4-11.	1.2	19
36	Non-alcoholic fatty liver disease patients attending two metropolitan hospitals in Melbourne, Australia: high risk status and low prevalence. <i>Internal Medicine Journal</i> , 2018, 48, 1369-1376.	0.5	8

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37	Economic evaluation of a dietary intervention for adults with major depression (the "SMILES" trial). BMC Public Health, 2018, 18, 599.	1.2	50
38	A Mediterranean Diet Model in Australia: Strategies for Translating the Traditional Mediterranean Diet into a Multicultural Setting. Nutrients, 2018, 10, 465.	1.7	45
39	Dietary recommendations for the prevention of depression. Nutritional Neuroscience, 2017, 20, 161-171.	1.5	164
40	Vascular risk factors are associated with retinal arteriolar narrowing and venular widening in children and adolescents with type 1 diabetes. Journal of Pediatric Endocrinology and Metabolism, 2017, 30, 301-309.	0.4	3
41	A randomised controlled trial of dietary improvement for adults with major depression (the "SMILES"™) Tj ETQq1.1 0.784314 rgB...	2.3	595
42	Retinal Vascular Caliber and Kidney Function in Children and Adolescents with Type 1 Diabetes. Ophthalmic Epidemiology, 2017, 24, 204-208.	0.8	4
43	Retaining Traditional Dietary Practices among Greek Immigrants to Australia: The Role of Ethnic Identity. Ecology of Food and Nutrition, 2017, 56, 312-328.	0.8	7
44	Does adherence to the Mediterranean dietary pattern reduce asthma symptoms in children? A systematic review of observational studies. Public Health Nutrition, 2017, 20, 2722-2734.	1.1	42
45	Efficacy and Effectiveness of Carnitine Supplementation for Cancer-Related Fatigue: A Systematic Literature Review and Meta-Analysis. Nutrients, 2017, 9, 1224.	1.7	27
46	The Effect of Polyphenol-Rich Interventions on Cardiovascular Risk Factors in Haemodialysis: A Systematic Review and Meta-Analysis. Nutrients, 2017, 9, 1345.	1.7	35
47	Malnutrition: The Importance of Identification, Documentation, and Coding in the Acute Care Setting. Journal of Nutrition and Metabolism, 2016, 2016, 1-6.	0.7	27
48	Physical Activity, Sedentary Behaviors, and Retinal Vascular Caliber in Children and Adolescents With Type 1 Diabetes. Asia-Pacific Journal of Ophthalmology, 2016, 5, 180-184.	1.3	5
49	Dietary intervention for people with mental illness in South Australia. Health Promotion International, 2016, 33, daw055.	0.9	8
50	Prevalence and risk factors for diabetic retinopathy in a hospital-based population of Australian children and adolescents with type 1 diabetes. Journal of Pediatric Endocrinology and Metabolism, 2016, 29, 1135-1142.	0.4	9
51	Room for Improvement in Nutrition Knowledge and Dietary Intake of Male Football (Soccer) Players in Australia. International Journal of Sport Nutrition and Exercise Metabolism, 2016, 26, 55-64.	1.0	31
52	A 6-month randomised controlled trial investigating effects of Mediterranean-style diet and fish oil supplementation on dietary behaviour change, mental and cardiometabolic health and health-related quality of life in adults with depression (HELFIMED): study protocol. BMC Nutrition, 2016, 2, .	0.6	5
53	Dietary patterns and retinal vascular calibre in children and adolescents with type 1 diabetes. Acta Ophthalmologica, 2016, 94, e345-52.	0.6	9
54	Controversies in omega-3 efficacy and novel concepts for application. Journal of Nutrition & Intermediary Metabolism, 2016, 5, 11-22.	1.7	26

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55	A randomised controlled trial of a Mediterranean Dietary Intervention for Adults with Non Alcoholic Fatty Liver Disease (MEDINA): study protocol. <i>BMC Gastroenterology</i> , 2016, 16, 14.	0.8	66
56	Nutrition screening practices amongst Australian Residential Aged Care Facilities. <i>Journal of Nutrition, Health and Aging</i> , 2016, 20, 1040-1044.	1.5	11
57	Malnutrition Prevalence in Aged Care Residents. <i>Topics in Clinical Nutrition</i> , 2015, 30, 276-280.	0.2	3
58	Omega-3 Fatty Acids in Early Prevention of Inflammatory Neurodegenerative Disease: A Focus on Alzheimer's Disease. <i>BioMed Research International</i> , 2015, 2015, 1-13.	0.9	113
59	The impact of whole-of-diet interventions on depression and anxiety: a systematic review of randomised controlled trials. <i>Public Health Nutrition</i> , 2015, 18, 2074-2093.	1.1	171
60	Experiences of patients undergoing anti-VEGF treatment for neovascular age-related macular degeneration: A systematic review. <i>Psychology, Health and Medicine</i> , 2015, 20, 296-310.	1.3	55
61	Prediction of fruit and vegetable intake from biomarkers using individual participant data of diet-controlled intervention studies. <i>British Journal of Nutrition</i> , 2015, 113, 1396-1409.	1.2	28
62	Preventing mental health problems in offspring by targeting dietary intake of pregnant women. <i>BMC Medicine</i> , 2014, 12, 208.	2.3	39
63	Diabetes, Diabetic Retinopathy, and Retinal Vascular Alterations. <i>Asia-Pacific Journal of Ophthalmology</i> , 2014, 3, 164-171.	1.3	6
64	Association of Dietary, Circulating, and Supplement Fatty Acids With Coronary Risk. <i>Annals of Internal Medicine</i> , 2014, 161, 458.	2.0	4
65	Low all-cause mortality despite high cardiovascular risk in elderly Greek-born Australians: attenuating potential of diet?. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2014, 23, 532-44.	0.3	17
66	A randomised, controlled trial of a dietary intervention for adults with major depression (the Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 302	1.1	52
67	The Mediterranean diet improves hepatic steatosis and insulin sensitivity in individuals with non-alcoholic fatty liver disease. <i>Journal of Hepatology</i> , 2013, 59, 138-143.	1.8	580
68	Plasma retinol: A novel marker for cardiovascular disease mortality in Australian adults. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012, 22, 914-920.	1.1	26
69	The effects of fish or fish oil on the omega-3 index. <i>Nutrition and Dietetics</i> , 2012, 69, 5-12.	0.9	6
70	Can the Mediterranean diet lower HbA1c in type 2 diabetes? Results from a randomized cross-over study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 740-747.	1.1	131
71	Does a Mediterranean diet reduce the mortality risk associated with diabetes: Evidence from the Melbourne Collaborative Cohort Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 733-739.	1.1	72
72	Is risk of diabetic retinopathy lower in Australia's Greek-born migrants?. <i>Diabetic Medicine</i> , 2010, 27, 660-665.	1.2	6

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73	Plasminogen activator inhibitor-1 (PAI-1) activity and retinal vascular calibre in type 2 diabetes. <i>Diabetes Research and Clinical Practice</i> , 2010, 87, 192-199.	1.1	9
74	Can the Mediterranean diet prevent prostate cancer?. <i>Molecular Nutrition and Food Research</i> , 2009, 53, 227-239.	1.5	52
75	Plasma carotenoids and diabetic retinopathy. <i>British Journal of Nutrition</i> , 2009, 101, 270-277.	1.2	82
76	Plasminogen Activator Inhibitor-1 Activity in Type 2 Diabetes. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2008, 28, 786-791.	1.1	42
77	Homocysteine and Diabetic Retinopathy. <i>Diabetes Care</i> , 2008, 31, 50-56.	4.3	80
78	Paraoxonase activity in Greek migrants and Anglo-Celtic persons in the Melbourne Collaborative Cohort Study: relationship to dietary markers. <i>European Journal of Nutrition</i> , 2005, 44, 223-230.	1.8	11
79	Identification and quantitation of major carotenoids in selected components of the Mediterranean diet: green leafy vegetables, figs and olive oil. <i>European Journal of Clinical Nutrition</i> , 2002, 56, 1149-1154.	1.3	82
80	Regional Sympathetic Nervous Activation after a Large Meal in Humans. <i>Clinical Science</i> , 1995, 89, 145-154.	1.8	91