

Reza Bagheri

List of Publications by Year in descending order

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Version: 2024-02-01

69
papers

1,221
citations

394286

19
h-index

526166

27
g-index

69
all docs

69
docs citations

69
times ranked

753
citing authors

#	ARTICLE	IF	CITATIONS
1	Ultra-Processed Food Consumption and Adult Mortality Risk: A Systematic Review and Dose-Response Meta-Analysis of 207,291 Participants. <i>Nutrients</i> , 2022, 14, 174.	1.7	66
2	Does green tea extract enhance the anti-inflammatory effects of exercise on fat loss?. <i>British Journal of Clinical Pharmacology</i> , 2020, 86, 753-762.	1.1	58
3	The effects of concurrent training order on body composition and serum concentrations of follistatin, myostatin and GDF11 in sarcopenic elderly men. <i>Experimental Gerontology</i> , 2020, 133, 110869.	1.2	54
4	Effects of Folic Acid Supplementation on Oxidative Stress Markers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Antioxidants</i> , 2021, 10, 871.	2.2	46
5	Ultra-Processed Food Consumption and Adult Diabetes Risk: A Systematic Review and Dose-Response Meta-Analysis. <i>Nutrients</i> , 2021, 13, 4410.	1.7	46
6	Effects of upper-body, lower-body, or combined resistance training on the ratio of follistatin and myostatin in middle-aged men. <i>European Journal of Applied Physiology</i> , 2019, 119, 1921-1931.	1.2	44
7	Effects of green tea extract supplementation and endurance training on irisin, pro-inflammatory cytokines, and adiponectin concentrations in overweight middle-aged men. <i>European Journal of Applied Physiology</i> , 2020, 120, 915-923.	1.2	42
8	The Effects of Nano-Curcumin Supplementation on Risk Factors for Cardiovascular Disease: A GRADE-Assessed Systematic Review and Meta-Analysis of Clinical Trials. <i>Antioxidants</i> , 2021, 10, 1015.	2.2	41
9	Effects of Ramadan Intermittent Fasting on Gut Hormones and Body Composition in Males with Obesity. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5600.	1.2	33
10	Effects of Ramadan intermittent fasting on inflammatory and biochemical biomarkers in males with obesity. <i>Physiology and Behavior</i> , 2020, 225, 113090.	1.0	33
11	Effect of Home Exercise Training in Patients with Nonspecific Low-Back Pain: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8430.	1.2	33
12	Effects of gradual weight loss vs. rapid weight loss on body composition and RMR: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , 2020, 124, 1121-1132.	1.2	29
13	Effect of exercise training on heart rate variability in type 2 diabetes mellitus patients: A systematic review and meta-analysis. <i>PLoS ONE</i> , 2021, 16, e0251863.	1.1	29
14	Folic Acid Supplementation Improves Glycemic Control for Diabetes Prevention and Management: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2021, 13, 2355.	1.7	29
15	An Assessment of the Novel COVISTRESS Questionnaire: COVID-19 Impact on Physical Activity, Sedentary Action and Psychological Emotion. <i>Journal of Clinical Medicine</i> , 2020, 9, 3352.	1.0	25
16	The Effects of High-Intensity Interval Training vs. Moderate-Intensity Continuous Training on Inflammatory Markers, Body Composition, and Physical Fitness in Overweight/Obese Survivors of Breast Cancer: A Randomized Controlled Clinical Trial. <i>Cancers</i> , 2021, 13, 4386.	1.7	25
17	Dietary Fibres and the Management of Obesity and Metabolic Syndrome: The RESOLVE Study. <i>Nutrients</i> , 2020, 12, 2911.	1.7	24
18	Effects of Folic Acid Supplementation on Inflammatory Markers: A Grade-Assessed Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2021, 13, 2327.	1.7	24

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19	Effects of a Short Daytime Nap on the Cognitive Performance: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 10212.	1.2	24
20	Strategic Ingestion of High-Protein Dairy Milk during a Resistance Training Program Increases Lean Mass, Strength, and Power in Trained Young Males. <i>Nutrients</i> , 2021, 13, 948.	1.7	23
21	Effects of Interval Jump Rope Exercise Combined with Dark Chocolate Supplementation on Inflammatory Adipokine, Cytokine Concentrations, and Body Composition in Obese Adolescent Boys. <i>Nutrients</i> , 2020, 12, 3011.	1.7	22
22	Comparison of whole egg <i>v</i>. egg white ingestion during 12 weeks of resistance training on skeletal muscle regulatory markers in resistance-trained men. <i>British Journal of Nutrition</i> , 2020, 124, 1035-1043.	1.2	22
23	Effects of resistance training combined with a ketogenic diet on body composition: a systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 5717-5732.	5.4	22
24	COVID-19 lockdown consequences on body mass index and perceived fragility related to physical activity: A worldwide cohort study. <i>Health Expectations</i> , 2022, 25, 522-531.	1.1	22
25	Impact of saffron (<i>Crocus Sativus</i> Linn) supplementation and resistance training on markers implicated in depression and happiness levels in untrained young males. <i>Physiology and Behavior</i> , 2021, 233, 113352.	1.0	21
26	Ketogenic diets, physical activity and body composition: a review. <i>British Journal of Nutrition</i> , 2022, 127, 1898-1920.	1.2	21
27	Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 411-419.	1.0	21
28	The Effects of Mat Pilates Training on Vascular Function and Body Fatness in Obese Young Women With Elevated Blood Pressure. <i>American Journal of Hypertension</i> , 2020, 33, 563-569.	1.0	19
29	Effect of L-Arginine Supplementation on Blood Pressure in Adults: A Systematic Review and Dose-Response Meta-analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2022, 13, 1226-1242.	2.9	17
30	Effects of green tea supplementation on serum concentrations of adiponectin in patients with type 2 diabetes mellitus: a systematic review and meta-analysis. <i>Archives of Physiology and Biochemistry</i> , 2023, 129, 536-543.	1.0	15
31	Effects of concurrent training on irisin and fibronectin type-III domain containing 5 (FNDC5) expression in visceral adipose tissue in type-2 diabetic rats. <i>Archives of Physiology and Biochemistry</i> , 2022, 128, 651-656.	1.0	15
32	Effects of intermittent fasting combined with resistance training on body composition: a systematic review and meta-analysis. <i>Physiology and Behavior</i> , 2021, 237, 113453.	1.0	15
33	The Association between Vitamin D and Zinc Status and the Progression of Clinical Symptoms among Outpatients Infected with SARS-CoV-2 and Potentially Non-Infected Participants: A Cross-Sectional Study. <i>Nutrients</i> , 2021, 13, 3368.	1.7	15
34	The effect of 12 weeks of euenergetic high-protein diet in regulating appetite and body composition of women with normal-weight obesity: a randomised controlled trial. <i>British Journal of Nutrition</i> , 2020, 124, 1044-1051.	1.2	14
35	Effects of betaine supplementation on cardiovascular markers: A systematic review and Meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6516-6533.	5.4	14
36	Beneficial effects of folic acid supplementation on lipid markers in adults: A GRADE-assessed systematic review and dose-response meta-analysis of data from 21,787 participants in 34 randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 8435-8453.	5.4	14

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37	Metabolic syndrome and pesticides: A systematic review and meta-analysis. <i>Environmental Pollution</i> , 2022, 305, 119288.	3.7	14
38	The Effect of Saffron Supplementation on Blood Pressure in Adults: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2021, 13, 2736.	1.7	13
39	Effect of Green Tea Supplementation on Antioxidant Status in Adults: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Antioxidants</i> , 2021, 10, 1731.	2.2	13
40	Effects of hydrotherapy with massage on serum nerve growth factor concentrations and balance in middle aged diabetic neuropathy patients. <i>Complementary Therapies in Clinical Practice</i> , 2020, 39, 101141.	0.7	11
41	Folic acid supplementation and blood pressure: a GRADE-assessed systematic review and dose-response meta-analysis of 41,633 participants. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 1846-1861.	5.4	10
42	The Effects of TRX Suspension Training Combined with Taurine Supplementation on Body Composition, Glycemic and Lipid Markers in Women with Type 2 Diabetes. <i>Nutrients</i> , 2021, 13, 3958.	1.7	10
43	Oxidative Stress and Inflammatory Status in COVID-19 Outpatients: A Health Center-Based Analytical Cross-Sectional Study. <i>Antioxidants</i> , 2022, 11, 606.	2.2	10
44	Effects of 6 Months of Soy-Enriched High Protein Compared to Eucaloric Low Protein Snack Replacement on Appetite, Dietary Intake, and Body Composition in Normal-Weight Obese Women: A Randomized Controlled Trial. <i>Nutrients</i> , 2021, 13, 2266.	1.7	9
45	Effects of Icelandic yogurt consumption and resistance training in healthy untrained older males. <i>British Journal of Nutrition</i> , 2022, 127, 1334-1342.	1.2	9
46	A single injection of vitamin D ₃ improves insulin sensitivity and β -cell function but not muscle damage or the inflammatory and cardiovascular responses to an acute bout of resistance exercise in vitamin D-deficient resistance-trained males. <i>British Journal of Nutrition</i> , 2020, 123, 394-401.	1.2	8
47	Effects of branched-chain amino acid supplementation and resistance training in postmenopausal women. <i>Experimental Gerontology</i> , 2021, 144, 111185.	1.2	8
48	The Negative Impact of Night Shifts on Diet in Emergency Healthcare Workers. <i>Nutrients</i> , 2022, 14, 829.	1.7	8
49	Preservation of fat-free mass in the first year after bariatric surgery: a systematic review and meta-analysis of 122 studies and 10,758 participants. <i>Surgery for Obesity and Related Diseases</i> , 2022, 18, 964-982.	1.0	8
50	Muscle Protein Synthesis Responses Following Aerobic-Based Exercise or High-Intensity Interval Training with or Without Protein Ingestion: A Systematic Review. <i>Sports Medicine</i> , 2022, 52, 2713-2732.	3.1	8
51	Cardiac autonomic and blood pressure responses to an acute session of battling ropes exercise. <i>Physiology and Behavior</i> , 2020, 227, 113167.	1.0	6
52	The effects of gradual vs. rapid weight loss on serum concentrations of myokines and body composition in overweight and obese females. <i>Archives of Physiology and Biochemistry</i> , 2021, , 1-8.	1.0	5
53	The effects of exercise training on serum concentrations of chemerin in individuals with overweight and obesity: a systematic review, meta-analysis, and meta-regression of 43 clinical trials. <i>Archives of Physiology and Biochemistry</i> , 2021, , 1-16.	1.0	5
54	The Combined Effects of 6 Weeks of Jump Rope Interval Exercise and Dark Chocolate Consumption on Antioxidant Markers in Obese Adolescent Boys. <i>Antioxidants</i> , 2021, 10, 1675.	2.2	5

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55	Heart Rate Variability in Hyperthyroidism: A Systematic Review and Meta-Analysis. International Journal of Environmental Research and Public Health, 2022, 19, 3606.	1.2	5
56	Creatine supplementation and VO ₂ max: a systematic review and meta-analysis. Critical Reviews in Food Science and Nutrition, 2023, 63, 4855-4866.	5.4	5
57	Heart rate variability in hypothyroid patients: A systematic review and meta-analysis. PLoS ONE, 2022, 17, e0269277.	1.1	5
58	The effect of exercise training on serum concentrations of chemerin in patients with metabolic diseases: a systematic review and meta-analysis. Archives of Physiology and Biochemistry, 2021, , 1-10.	1.0	4
59	Spirulina supplementation during gradual weight loss in competitive wrestlers. British Journal of Nutrition, 2022, 127, 248-256.	1.2	4
60	Elevated Plasma Concentrations of Vitamin D-Binding Protein Are Associated with Lower High-Density Lipoprotein and Higher Fat Mass Index in Overweight and Obese Women. Nutrients, 2021, 13, 3223.	1.7	4
61	Short-Term Effects of Low-Fat Chocolate Milk on Delayed Onset Muscle Soreness and Performance in Players on a Women's University Badminton Team. International Journal of Environmental Research and Public Health, 2022, 19, 3677.	1.2	4
62	Response to: resistance exercise in lean older adults: mind the gap in energy intake. British Journal of Nutrition, 2022, 128, 363-364.	1.2	3
63	Effects of beta-alanine supplementation on body composition: a GRADE-assessed systematic review and meta-analysis. Journal of the International Society of Sports Nutrition, 2022, 19, 196-218.	1.7	3
64	The effect of interval training on adipokine plasmatic levels in rats with induced myocardial infarction. Archives of Physiology and Biochemistry, 2020, , 1-5.	1.0	2
65	Betaine supplementation fails to improve body composition: a systematic review and meta-analysis. British Journal of Nutrition, 2022, 128, 975-988.	1.2	2
66	The effects of guar gum supplementation on lipid profile in adults: A GRADE-assessed systematic review, meta-regression, and dose-response meta-analysis of randomized placebo-controlled trials. British Journal of Nutrition, 0, , 1-29.	1.2	2
67	Effects of Collagen Peptide Supplementation on Cardiovascular Markers: A Systematic Review and Meta-analysis of Randomized, Placebo-Controlled Trials. British Journal of Nutrition, 0, , 1-43.	1.2	1
68	Noninvasive biomarkers of non-alcoholic fatty liver disease in patients with metabolic syndrome: insights from the RESOLVE Study. Minerva Gastroenterology, 2024, 69, .	0.3	0
69	Serum Concentrations of Thyroid-Stimulating Hormone, Triiodothyronine, and Thyroxine in Outpatients Infected with SARS-CoV2 in Khuzestan Province, Iran: A Disease Clinical Course Approach. Medicina (Lithuania), 2022, 58, 891.	0.8	0