

# Michael Kellmann

## List of Publications by Year in descending order

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Version: 2024-02-01

136  
papers

4,530  
citations

147726

31  
h-index

128225

60  
g-index

169  
all docs

169  
docs citations

169  
times ranked

3645  
citing authors

#	ARTICLE	IF	CITATIONS
1	Monitoring Athlete Training Loads: Consensus Statement. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, S2-161-S2-170.	1.1	577
2	Recovery and Performance in Sport: Consensus Statement. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 240-245.	1.1	350
3	Preventing overtraining in athletes in high-intensity sports and stress/recovery monitoring. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 95-102.	1.3	347
4	A Meta-Analysis of the Effects of Foam Rolling on Performance and Recovery. <i>Frontiers in Physiology</i> , 2019, 10, 376.	1.3	142
5	Exercise, Not to Exercise, or How to Exercise in Patients With Chronic Pain? Applying Science to Practice. <i>Clinical Journal of Pain</i> , 2015, 31, 108-114.	0.8	131
6	Heart Rate Monitoring in Team Sports—A Conceptual Framework for Contextualizing Heart Rate Measures for Training and Recovery Prescription. <i>Frontiers in Physiology</i> , 2018, 9, 639.	1.3	109
7	Massage and Performance Recovery: A Meta-Analytical Review. <i>Sports Medicine</i> , 2016, 46, 183-204.	3.1	104
8	Changes in stress and recovery in elite rowers during preparation for the Olympic Games. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 676-683.	0.2	96
9	Markers for Routine Assessment of Fatigue and Recovery in Male and Female Team Sport Athletes during High-Intensity Interval Training. <i>PLoS ONE</i> , 2015, 10, e0139801.	1.1	84
10	Assessment of Neuromuscular Function After Different Strength Training Protocols Using Tensiomyography. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1339-1348.	1.0	81
11	Assessing Stress and Recovery during Preparation for the World Championships in Rowing. <i>Sport Psychologist</i> , 2001, 15, 151-167.	0.4	68
12	Muscle mechanical properties of strength and endurance athletes and changes after one week of intensive training. <i>Journal of Electromyography and Kinesiology</i> , 2016, 30, 73-80.	0.7	68
13	The longer the better: Sleep-wake patterns during preparation of the World Rowing Junior Championships. <i>Chronobiology International</i> , 2016, 33, 73-84.	0.9	68
14	Self-Regulation and Recovery: Approaching an Understanding of the Process of Recovery from Stress. <i>Psychological Reports</i> , 2004, 95, 1135-1153.	0.9	67
15	Do exercise and fitness buffer against stress among Swiss police and emergency response service officers?. <i>Psychology of Sport and Exercise</i> , 2010, 11, 286-294.	1.1	65
16	Athlete Self-Report Measures in Research and Practice: Considerations for the Discerning Reader and Fastidious Practitioner. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, S2-127-S2-135.	1.1	65
17	Assessment of Fatigue and Recovery in Male and Female Athletes After 6 Days of Intensified Strength Training. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3412-3427.	1.0	64
18	Development of two short measures for recovery and stress in sport. <i>European Journal of Sport Science</i> , 2017, 17, 894-903.	1.4	58

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19	Blood-Borne Markers of Fatigue in Competitive Athletes – Results from Simulated Training Camps. PLoS ONE, 2016, 11, e0148810.	1.1	57
20	Multidimensional Monitoring of Recovery Status and Implications for Performance. International Journal of Sports Physiology and Performance, 2019, 14, 2-8.	1.1	54
21	The Effect of Short-Term Interval Training during the Competitive Season on Physical Fitness and Signs of Fatigue: A Crossover Trial in High-Level Youth Football Players. International Journal of Sports Physiology and Performance, 2014, 9, 936-944.	1.1	53
22	Validity of the Acute Recovery and Stress Scale: Training Monitoring of the German Junior National Field Hockey Team. International Journal of Sports Science and Coaching, 2015, 10, 529-542.	0.7	51
23	Testing an interactionist perspective on the relationship between personality traits and performance under public pressure. Psychology of Sport and Exercise, 2012, 13, 243-250.	1.1	50
24	A New Method to Individualize Monitoring of Muscle Recovery in Athletes. International Journal of Sports Physiology and Performance, 2017, 12, 1137-1142.	1.1	48
25	Sleep monitoring of a six-day microcycle in strength and high-intensity training. European Journal of Sport Science, 2016, 16, 507-515.	1.4	43
26	Seasonal Changes in Stress Indicators in High Level Football. International Journal of Sports Medicine, 2011, 32, 259-265.	0.8	42
27	Acute effects of psychological relaxation techniques between two physical tasks. Journal of Sports Sciences, 2017, 35, 216-223.	1.0	42
28	Usefulness of the Athlete Burnout Questionnaire (ABQ) as a screening tool for the detection of clinically relevant burnout symptoms among young elite athletes. Psychology of Sport and Exercise, 2018, 39, 104-113.	1.1	41
29	Heart Rate Variability Monitoring During Strength and High-Intensity Interval Training Overload Microcycles. Frontiers in Physiology, 2019, 10, 582.	1.3	37
30	Effects of different recovery strategies following a half-marathon on fatigue markers in recreational runners. PLoS ONE, 2018, 13, e0207313.	1.1	36
31	Procedures and Principles of Sport Psychological Assessment. Sport Psychologist, 2003, 17, 338-350.	0.4	35
32	Development and Psychometric Evaluation of the Sport Psychology Attitudes – Revised Form: A Multiple Group Investigation. Sport Psychologist, 2002, 16, 272-290.	0.4	33
33	Attitudes toward sport psychology consulting of adult athletes from the United States, United Kingdom, and Germany. International Journal of Sport and Exercise Psychology, 2004, 2, 146-160.	1.1	33
34	Recovery and Stress in Sport. , 0, , .		33
35	Perceived Fitness Protects against Stress-based Mental Health Impairments among Police Officers Who Report Good Sleep. Journal of Occupational Health, 2013, 55, 376-384.	1.0	31
36	miRNAs and sports: tracking training status and potentially confounding diagnoses. Journal of Translational Medicine, 2016, 14, 219.	1.8	31

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37	Neuromuscular Fatigue and Physiological Responses After Five Dynamic Squat Exercise Protocols. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 953-965.	1.0	31
38	Are German Coaches Highly Exhausted? A Study of Differences in Personal and Environmental Factors. <i>International Journal of Sports Science and Coaching</i> , 2015, 10, 637-654.	0.7	30
39	Coaches'™ Burnout, Stress, and Recovery Over a Season: A Longitudinal Study. <i>International Sport Coaching Journal</i> , 2015, 2, 137-151.	0.5	29
40	Can the Lamberts and Lambert Submaximal Cycle Test Indicate Fatigue and Recovery in Trained Cyclists?. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 328-336.	1.1	29
41	Evaluation of psychological measures for the assessment of recovery and stress during a shock-microcycle in strength and high-intensity interval training. <i>Performance Enhancement and Health</i> , 2017, 5, 147-157.	0.8	29
42	Psychological tools used for monitoring training responses of athletes. <i>Performance Enhancement and Health</i> , 2017, 5, 125-133.	0.8	27
43	Research and intervention in sport psychology: New perspectives on an inherent conflict. <i>International Journal of Sport and Exercise Psychology</i> , 2003, 1, 13-26.	1.1	26
44	Activation of Self-Focus and Self-Presentation Traits Under Private, Mixed, and Public Pressure. <i>Journal of Sport and Exercise Psychology</i> , 2013, 35, 50-59.	0.7	25
45	Relaxation techniques in sports: A systematic review on acute effects on performance. <i>Performance Enhancement and Health</i> , 2016, 5, 47-59.	0.8	25
46	Comparing Subjective With Objective Sleep Parameters Via Multisensory Actigraphy in German Physical Education Students. <i>Behavioral Sleep Medicine</i> , 2016, 14, 389-405.	1.1	25
47	Relation Between Training Load and Recovery-Stress State in High-Performance Swimming. <i>Frontiers in Physiology</i> , 2018, 9, 845.	1.3	25
48	Tensiomyography reliability and prediction of changes in muscle force following heavy eccentric strength exercise using muscle mechanical properties. <i>Sports Technology</i> , 2015, 8, 58-66.	0.4	24
49	Effect of Repeated Active Recovery During a High-Intensity Interval-Training Shock Microcycle on Markers of Fatigue. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 1060-1066.	1.1	24
50	Validation of the Acute Recovery and Stress Scale (ARSS) and the Short Recovery and Stress Scale (SRSS) in three English-speaking regions. <i>Journal of Sports Sciences</i> , 2020, 38, 130-139.	1.0	23
51	The effect of westward travel across five time zones on sleep and subjective jet-lag ratings in athletes before and during the 2015'™s World Rowing Junior Championships. <i>Journal of Sports Sciences</i> , 2017, 35, 2240-2248.	1.0	22
52	Resting the mind '™ A novel topic with scarce insights. Considering potential mental recovery strategies for short rest periods in sports. <i>Performance Enhancement and Health</i> , 2019, 6, 148-155.	0.8	22
53	Effects of Training-Induced Fatigue on Pacing Patterns in 40-km Cycling Time Trials. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 593-600.	0.2	21
54	Parameters of low back pain chronicity among athletes: Associations with physical and mental stress. <i>Physical Therapy in Sport</i> , 2016, 21, 31-37.	0.8	21

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55	Recoveryâ€“stress imbalance in Australian Football League coaches: A pilot longitudinal study. <i>International Journal of Sport and Exercise Psychology</i> , 2016, 14, 240-249.	1.1	20
56	Individual Patterns in Blood-Borne Indicators of Fatigueâ€”Trait or Chance. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 608-619.	1.0	20
57	Acute Effects of Mental Recovery Strategies After a Mentally Fatiguing Task. <i>Frontiers in Psychology</i> , 2020, 11, 558856.	1.1	20
58	Performing under pressure in private: Activation of self-focus traits. <i>International Journal of Sport and Exercise Psychology</i> , 2013, 11, 11-23.	1.1	17
59	Psychological pain responses in athletes and nonâ€“athletes with low back pain: Avoidance and endurance matter. <i>European Journal of Pain</i> , 2019, 23, 1649-1662.	1.4	17
60	Acute responses and muscle damage in different high-intensity interval running protocols. <i>Journal of Sports Medicine and Physical Fitness</i> , 2016, 56, 606-15.	0.4	17
61	Recoveryâ€“stress patterns and low back pain: Differences in pain intensity and disability. <i>Musculoskeletal Care</i> , 2018, 16, 18-25.	0.6	16
62	Interrelation between Stress and Coaches' Behavior during Rest Periods. <i>Perceptual and Motor Skills</i> , 1994, 79, 207-210.	0.6	15
63	SPANISH ADAPTATION AND ANALYSIS BY STRUCTURAL EQUATION MODELING OF AN INSTRUMENT FOR MONITORING OVERTRAINING: THE RECOVERY-STRESS QUESTIONNAIRE (RESTQ-SPORT). <i>Social Behavior and Personality</i> , 2008, 36, 635-650.	0.3	15
64	Individualized Monitoring of Muscle Recovery in Elite Badminton. <i>Frontiers in Physiology</i> , 2019, 10, 778.	1.3	15
65	Early Risk Detection of Burnout: Development of the Burnout Prevention Questionnaire for Coaches. <i>Frontiers in Psychology</i> , 2019, 10, 714.	1.1	15
66	Verbal Encouragement and Between-Day Reliability During High-Intensity Functional Strength and Endurance Performance Testing. <i>Frontiers in Physiology</i> , 2019, 10, 460.	1.3	15
67	Mood, Recovery-Stress State, and Regeneration. , 1999, , 101-117.		14
68	Stressâ€“related psychological factors for back pain among athletes: Important topic with scarce evidence. <i>European Journal of Sport Science</i> , 2017, 17, 351-359.	1.4	14
69	Active Recovery After High-Intensity Interval-Training Does Not Attenuate Training Adaptation. <i>Frontiers in Physiology</i> , 2018, 9, 415.	1.3	14
70	Die Messung von Erholtheit und Regenerationsbedarf im FuÃŸball. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2013, 2013, 28-34.	0.2	14
71	Can Cold Water Immersion Enhance Recovery in Elite Olympic Weightlifters? An Individualized Perspective. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1569-1576.	1.0	13
72	Minimising the Risk of Coach Burnout: From Research to Practice. <i>International Sport Coaching Journal</i> , 2018, 5, 71-78.	0.5	13

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73	Recovery-Stress Response of Blood-Based Biomarkers. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5776.	1.2	13
74	Monitoring training and recovery responses with heart rate measures during standardized warm-up in elite badminton players. <i>PLoS ONE</i> , 2020, 15, e0244412.	1.1	12
75	Body image is more negative in patients with chronic low back pain than in patients with subacute low back pain and healthy controls. <i>Scandinavian Journal of Pain</i> , 2019, 19, 147-156.	0.5	11
76	Does Cold-Water Immersion After Strength Training Attenuate Training Adaptation?. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 304-310.	1.1	11
77	Low back pain in athletes and non-athletes: a group comparison of basic pain parameters and impact on sports activity. <i>Sport Sciences for Health</i> , 2016, 12, 297-306.	0.4	10
78	Development of pre- and post-match morning recovery-stress states during in-season weeks in elite youth football. <i>Science and Medicine in Football</i> , 2018, 2, 127-132.	1.0	10
79	Portable PSG for sleep stage monitoring in sports: Assessment of SOMNOWatch plus EEG. <i>European Journal of Sport Science</i> , 2020, 20, 713-721.	1.4	10
80	Perceptions and use of recovery strategies: Do swimmers and coaches believe they are effective?. <i>Journal of Sports Sciences</i> , 2020, 38, 2092-2099.	1.0	10
81	Stress and risk for depression in competitive athletes suffering from back pain – Do age and gender matter?. <i>European Journal of Sport Science</i> , 2018, 18, 1029-1037.	1.4	9
82	Depression and suicidal ideation in high-performance athletes suffering from low back pain: The role of stress and pain-related thought suppression. <i>European Journal of Pain</i> , 2019, 23, 1196-1208.	1.4	9
83	Exercise motivation and nonspecific back pain: A comparison of patients and nonpatients.. <i>Rehabilitation Psychology</i> , 2017, 62, 363-373.	0.7	9
84	Schlaf im Sport: Eine kurze Zusammenfassung über Veränderungen im Schlafverhalten und den Einfluss von Schlafmangel und Jet-Lag. <i>Deutsche Zeitschrift Für Sportmedizin</i> , 2016, 2016, 35-38.	0.2	9
85	Burnout bei Trainern: Ein Review zu Einflussfaktoren, Diagnostik und Interventionen. <i>Deutsche Zeitschrift Für Sportmedizin</i> , 2016, 2016, 12-125.	0.2	9
86	Medicine in Spine Exercise [MiSpEx] – a national research network to evaluate back pain. <i>Deutsche Zeitschrift Für Sportmedizin</i> , 2018, 2018, 229-235.	0.2	9
87	Effects of Postexercise Sauna Bathing on Recovery of Swim Performance. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 934-940.	1.1	8
88	The influences of recovery on low back pain development: A theoretical model. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2015, 28, 253-62.	0.6	7
89	Measuring the effectiveness of psychologically oriented basketball drills in team practice to improve self-regulation. <i>International Journal of Sports Science and Coaching</i> , 2017, 12, 725-736.	0.7	7
90	Portable polysomnography for sleep monitoring in elite youth rowing: An athlete's gain or the sleep's thief?. <i>Translational Sports Medicine</i> , 2021, 4, 289-296.	0.5	7

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91	Psychological relaxation techniques to enhance recovery in sports. , 2017, , 247-259.		7
92	How Does a Short, Interrupted Recovery Break Affect Performance and How Is It Assessed? A Study on Acute Effects. International Journal of Sports Physiology and Performance, 2017, 12, S2-114-S2-121.	1.1	6
93	Differences in low back pain occurrence over a 6-month period between four recovery-stress groups. Work, 2017, 58, 193-202.	0.6	6
94	Standardized Assessment of Resistance Training-Induced Subjective Symptoms and Objective Signs of Immunological Stress Responses in Young Athletes. Frontiers in Physiology, 2018, 9, 698.	1.3	6
95	Is recovery important?. Journal of Science and Medicine in Sport, 2009, 12, S21.	0.6	5
96	Changes in Stress and Recovery as a Result of Participating in a Premier Rugby League Representative Competition. International Journal of Sports Science and Coaching, 2010, 5, 223-237.	0.7	5
97	A practitioner's perspective on psychological issues in football. Science and Medicine in Football, 2019, 3, 169-175.	1.0	5
98	Effects of in-play cooling during simulated tennis match play in the heat on performance, physiological and perceptual measures. Journal of Sports Medicine and Physical Fitness, 2021, 61, 372-379.	0.4	5
99	Psychological detachment as moderator between psychosocial work conditions and low back pain development. International Journal of Occupational Medicine and Environmental Health, 2017, 30, 313-327.	0.6	5
100	Evaluation of the effect of psychological recovery tools on back pain in an out-patient prevention program. Work, 2018, 60, 555-566.	0.6	4
101	Modification and Applicability of Questionnaires to Assess the Recovery-Stress State Among Adolescent and Child Athletes. Frontiers in Physiology, 2019, 10, 1414.	1.3	4
102	The First-Night Effect in Elite Sports: An Initial Glance on Polysomnography in Home-Based Settings. Frontiers in Psychology, 2021, 12, 641451.	1.1	4
103	Assessment of sleep quality and daytime sleepiness in German national ice hockey players preparing for the world championship. German Journal of Exercise and Sport Research, 2021, 51, 94-101.	1.0	4
104	Understanding Underrecovery, Overtraining, and Burnout in the Developing Athlete. , 2017, , 348-360.		4
105	Examining the Presence of Back Pain in Competitive Athletes: A Focus on Stress and Recovery. Journal of Sport Rehabilitation, 2019, 28, 188-195.	0.4	3
106	“I never thought it would be that bad” Increasing teachers' awareness of psychological well-being through recovery-stress monitoring and individualised feedback. Work, 2021, 69, 1217-1227.	0.6	3
107	Current considerations and future directions of psychometric training monitoring of recovery-stress states. Deutsche Zeitschrift Fur Sportmedizin, 2020, 71, 29-34.	0.2	3
108	Evaluation of the short-term effects of recovery tools in the rehabilitation of chronic back pain: a feasibility study. European Journal of Physiotherapy, 2018, 20, 225-234.	0.7	2

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109	Changes in the perception of stress and recovery in German secondary school teachers. <i>Teacher Development</i> , 2020, 24, 242-257.	0.4	2
110	Repeatability of the Individual Response to the Use of Active Recovery the Day After High-Intensity Interval Training: A Double-Crossover Trial. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1160-1168.	1.1	2
111	Overnight Immune Regulation and Subjective Measures of Sleep: A Three Night Observational Study in Adolescent Track and Field Athletes. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 689805.	0.9	2
112	Mentale Ermüdung und Erholung. , 2019, , 1-13.		2
113	Attitudes Towards Physical Activity and Exercise Participation – a Comparison of Healthy-Weight and Obese Adolescents. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2014, 2014, .	0.2	2
114	Erholung und Belastung im Leistungssport. , 2016, , 1-20.		2
115	Erholung und Belastung im Leistungssport. , 2018, , 435-449.		2
116	Psychological Aspects of Rowing. , 0, , 479-501.		1
117	Response: Commentary: Early Risk Detection of Burnout: Development of the Burnout Prevention Questionnaire for Coaches. <i>Frontiers in Psychology</i> , 2020, 11, 545159.	1.1	1
118	Body Image in Athletes and Nonathletes With Low Back Pain: Avoidance – Endurance-Related Subgroups and Sports Status Play a Role. <i>Journal of Sport Rehabilitation</i> , 2021, 30, 182-189.	0.4	1
119	Recovery during and after a simulated multi-day tennis tournament: Combining active recovery, stretching, cold-water immersion, and massage interventions. <i>European Journal of Sport Science</i> , 2022, 22, 973-984.	1.4	1
120	Recovery From Eccentric Squat Exercise in Resistance-Trained Young and Master Athletes With Similar Maximum Strength: Combining Cold Water Immersion and Compression. <i>Frontiers in Physiology</i> , 2021, 12, 665204.	1.3	1
121	Overtraining and recovery. , 0, , .		1
122	Erfassung von Burnout bei Trainern: Reliabilität und Validität von drei Burnoutfragebögen. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2014, 2014, .	0.2	1
123	The Short Recovery and Stress Scale. , 2019, , 39-55.		1
124	Stress States, Mental Fatigue, and the Concept of Mental Recovery in Sports. , 2020, , 235-245.		1
125	Overtraining and Burnout in Sports. , 2004, , 779-784.		0
126	Mentale Ermüdung und Erholung. , 2021, , 467-479.		0



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127	Chapter 31 - Overtraining and recovery. Routledge Online Studies on the Olympic and Paralympic Games, 2012, 1, 292-302.	0.0	0
128	Reliability and External Validity of Tensiomyography Measurements Following Strength Exercise. , 2015, , .		0
129	Erholung ist mehr als Nichtstun!. Deutsche Zeitschrift Fur Sportmedizin, 2018, 2018, 26-30.	0.2	0
130	Recovery in football. , 2019, , 163-176.		0
131	Title is missing!. , 2020, 15, e0244412.		0
132	Title is missing!. , 2020, 15, e0244412.		0
133	Title is missing!. , 2020, 15, e0244412.		0
134	Title is missing!. , 2020, 15, e0244412.		0
135	Title is missing!. , 2020, 15, e0244412.		0
136	Title is missing!. , 2020, 15, e0244412.		0