

Michael Kellmann

List of Publications by Year in descending order

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Version: 2024-02-01

136
papers

4,530
citations

168829

31
h-index

145109

60
g-index

169
all docs

169
docs citations

169
times ranked

3914
citing authors

#	ARTICLE	IF	CITATIONS
1	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
2	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
3	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
4	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
5	Effects of in-play cooling during simulated tennis match play in the heat on performance, physiological and perceptual measures. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 372-379.	0.4	5
6	The First-Night Effect in Elite Sports: An Initial Glance on Polysomnography in Home-Based Settings. <i>Frontiers in Psychology</i> , 2021, 12, 641451.	1.1	4
7	Recovery-Stress Response of Blood-Based Biomarkers. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5776.	1.2	13
8	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
9	“I never thought it would be that bad” Increasing teachers’ awareness of psychological well-being through recovery-stress monitoring and individualised feedback. <i>Work</i> , 2021, 69, 1217-1227.	0.6	3
10	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
11	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
12	Assessment of sleep quality and daytime sleepiness in German national ice hockey players preparing for the world championship. <i>German Journal of Exercise and Sport Research</i> , 2021, 51, 94-101.	1.0	4
13	Mentale Ermüdung und Erholung. , 2021, , 467-479.		0
14	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
15	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
16	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
17	Acute Effects of Mental Recovery Strategies After a Mentally Fatiguing Task. <i>Frontiers in Psychology</i> , 2020, 11, 558856.	1.1	20
18	Changes in the perception of stress and recovery in German secondary school teachers. <i>Teacher Development</i> , 2020, 24, 242-257.	0.4	2

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19	Perceptions and use of recovery strategies: Do swimmers and coaches believe they are effective?. Journal of Sports Sciences, 2020, 38, 2092-2099.	1.0	10
20	Effects of Postexercise Sauna Bathing on Recovery of Swim Performance. International Journal of Sports Physiology and Performance, 2020, 15, 934-940.	1.1	8
21	Monitoring training and recovery responses with heart rate measures during standardized warm-up in elite badminton players. PLoS ONE, 2020, 15, e0244412.	1.1	12
22	Current considerations and future directions of psychometric training monitoring of recovery-stress states. Deutsche Zeitschrift Fur Sportmedizin, 2020, 71, 29-34.	0.2	3
23	Stress States, Mental Fatigue, and the Concept of Mental Recovery in Sports. , 2020, , 235-245.		1
24	Title is missing!. , 2020, 15, e0244412.		0
25	Title is missing!. , 2020, 15, e0244412.		0
26	Title is missing!. , 2020, 15, e0244412.		0
27	Title is missing!. , 2020, 15, e0244412.		0
28	Title is missing!. , 2020, 15, e0244412.		0
29	Title is missing!. , 2020, 15, e0244412.		0
30	Individualized Monitoring of Muscle Recovery in Elite Badminton. Frontiers in Physiology, 2019, 10, 778.	1.3	15
31	Resting the mind – A novel topic with scarce insights. Considering potential mental recovery strategies for short rest periods in sports. Performance Enhancement and Health, 2019, 6, 148-155.	0.8	22
32	Psychological pain responses in athletes and non-athletes with low back pain: Avoidance and endurance matter. European Journal of Pain, 2019, 23, 1649-1662.	1.4	17
33	Heart Rate Variability Monitoring During Strength and High-Intensity Interval Training Overload Microcycles. Frontiers in Physiology, 2019, 10, 582.	1.3	37
34	A Meta-Analysis of the Effects of Foam Rolling on Performance and Recovery. Frontiers in Physiology, 2019, 10, 376.	1.3	142
35	Early Risk Detection of Burnout: Development of the Burnout Prevention Questionnaire for Coaches. Frontiers in Psychology, 2019, 10, 714.	1.1	15
36	Verbal Encouragement and Between-Day Reliability During High-Intensity Functional Strength and Endurance Performance Testing. Frontiers in Physiology, 2019, 10, 460.	1.3	15

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37	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
38	Modification and Applicability of Questionnaires to Assess the Recovery-Stress State Among Adolescent and Child Athletes. <i>Frontiers in Physiology</i> , 2019, 10, 1414.	1.3	4
39	A practitioner's perspective on psychological issues in football. <i>Science and Medicine in Football</i> , 2019, 3, 169-175.	1.0	5
40	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
41	Examining the Presence of Back Pain in Competitive Athletes: A Focus on Stress and Recovery. <i>Journal of Sport Rehabilitation</i> , 2019, 28, 188-195.	0.4	3
42	Multidimensional Monitoring of Recovery Status and Implications for Performance. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 2-8.	1.1	54
43	Mentale Ermüdung und Erholung. , 2019, , 1-13.		2
44	The Short Recovery and Stress Scale. , 2019, , 39-55.		1
45	Recovery in football. , 2019, , 163-176.		0
46	Evaluation of the short-term effects of recovery tools in the rehabilitation of chronic back pain: a feasibility study. <i>European Journal of Physiotherapy</i> , 2018, 20, 225-234.	0.7	2
47	Minimising the Risk of Coach Burnout: From Research to Practice. <i>International Sport Coaching Journal</i> , 2018, 5, 71-78.	0.5	13
48	Recovery and Performance in Sport: Consensus Statement. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 240-245.	1.1	350
49	Recovery-stress patterns and low back pain: Differences in pain intensity and disability. <i>Musculoskeletal Care</i> , 2018, 16, 18-25.	0.6	16
50	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
51	Effects of different recovery strategies following a half-marathon on fatigue markers in recreational runners. <i>PLoS ONE</i> , 2018, 13, e0207313.	1.1	36
52	Relation Between Training Load and Recovery-Stress State in High-Performance Swimming. <i>Frontiers in Physiology</i> , 2018, 9, 845.	1.3	25
53	Usefulness of the Athlete Burnout Questionnaire (ABQ) as a screening tool for the detection of clinically relevant burnout symptoms among young elite athletes. <i>Psychology of Sport and Exercise</i> , 2018, 39, 104-113.	1.1	41
54	Active Recovery After High-Intensity Interval-Training Does Not Attenuate Training Adaptation. <i>Frontiers in Physiology</i> , 2018, 9, 415.	1.3	14

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55	Heart Rate Monitoring in Team Sportsâ€”A Conceptual Framework for Contextualizing Heart Rate Measures for Training and Recovery Prescription. <i>Frontiers in Physiology</i> , 2018, 9, 639.	1.3	109
56	Standardized Assessment of Resistance Training-Induced Subjective Symptoms and Objective Signs of Immunological Stress Responses in Young Athletes. <i>Frontiers in Physiology</i> , 2018, 9, 698.	1.3	6
57	Stress and risk for depression in competitive athletes suffering from back pain â€” Do age and gender matter?â€” ^{<sup>} . <i>European Journal of Sport Science</i> , 2018, 18, 1029-1037.	1.4	9
58	Evaluation of the effect of psychological recovery tools on back pain in an out-patient prevention program. <i>Work</i> , 2018, 60, 555-566.	0.6	4
59	Medicine in Spine Exercise [MiSpEx] â€” a national research network to evaluate back pain. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2018, 2018, 229-235.	0.2	9
60	Erholung und Belastung im Leistungssport. , 2018, , 435-449.		2
61	Erholung ist mehr als Nichtstun!. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2018, 2018, 26-30.	0.2	0
62	Acute effects of psychological relaxation techniques between two physical tasks. <i>Journal of Sports Sciences</i> , 2017, 35, 216-223.	1.0	42
63	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
64	Monitoring Athlete Training Loads: Consensus Statement. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, S2-161-S2-170.	1.1	577
65	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
66	Psychological tools used for monitoring training responses of athletes. <i>Performance Enhancement and Health</i> , 2017, 5, 125-133.	0.8	27
67	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
68	How Does a Short, Interrupted Recovery Break Affect Performance and How Is It Assessed? A Study on Acute Effects. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, S2-114-S2-121.	1.1	6
69	The effect of westward travel across five time zones on sleep and subjective jet-lag ratings in athletes before and during the 2015â€™s World Rowing Junior Championships. <i>Journal of Sports Sciences</i> , 2017, 35, 2240-2248.	1.0	22
70	A New Method to Individualize Monitoring of Muscle Recovery in Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1137-1142.	1.1	48
71	Differences in low back pain occurrence over a 6-month period between four recovery-stress groups. <i>Work</i> , 2017, 58, 193-202.	0.6	6
72	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

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73	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
74	Stress-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
75	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
76	Exercise motivation and nonspecific back pain: A comparison of patients and nonpatients.. <i>Rehabilitation Psychology</i> , 2017, 62, 363-373.	0.7	9
77	Understanding Underrecovery, Overtraining, and Burnout in the Developing Athlete. , 2017, , 348-360.		4
78	Psychological detachment as moderator between psychosocial work conditions and low back pain development. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2017, 30, 313-327.	0.6	5
79	Psychological relaxation techniques to enhance recovery in sports. , 2017, , 247-259.		7
80	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
81	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
82	miRNAs and sports: tracking training status and potentially confounding diagnoses. <i>Journal of Translational Medicine</i> , 2016, 14, 219.	1.8	31
83	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
84	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
85	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
86	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
87	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
88	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
89	Massage and Performance Recovery: A Meta-Analytical Review. <i>Sports Medicine</i> , 2016, 46, 183-204.	3.1	104
90	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

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91	Comparing Subjective With Objective Sleep Parameters Via Multisensory Actigraphy in German Physical Education Students. Behavioral Sleep Medicine, 2016, 14, 389-405.	1.1	25
92	Recoveryâ€“stress imbalance in Australian Football League coaches: A pilot longitudinal study. International Journal of Sport and Exercise Psychology, 2016, 14, 240-249.	1.1	20
93	Sleep monitoring of a sixâ€“day microcycle in strength and highâ€“intensity training. European Journal of Sport Science, 2016, 16, 507-515.	1.4	43
94	Blood-Borne Markers of Fatigue in Competitive Athletes â€“ Results from Simulated Training Camps. PLoS ONE, 2016, 11, e0148810.	1.1	57
95	Schlaf im Sport: Eine kurze Zusammenfassung Ã¼ber VerÃ¤nderungen im Schlafverhalten und den Einfluss von Schlafmangel und Jet-Lag. Deutsche Zeitschrift Fur Sportmedizin, 2016, 2016, 35-38.	0.2	9
96	Burnout bei Trainern: Ein Review zu Einflussfaktoren, Diagnostik und Interventionen. Deutsche Zeitschrift Fur Sportmedizin, 2016, 2016, 12-125.	0.2	9
97	Erholung und Belastung im Leistungssport. , 2016, , 1-20.		2
98	Acute responses and muscle damage in different high-intensity interval running protocols. Journal of Sports Medicine and Physical Fitness, 2016, 56, 606-15.	0.4	17
99	Coachesâ€™ Burnout, Stress, and Recovery Over a Season: A Longitudinal Study. International Sport Coaching Journal, 2015, 2, 137-151.	0.5	29
100	Assessment of Neuromuscular Function After Different Strength Training Protocols Using Tensiomyography. Journal of Strength and Conditioning Research, 2015, 29, 1339-1348.	1.0	81
101	Markers for Routine Assessment of Fatigue and Recovery in Male and Female Team Sport Athletes during High-Intensity Interval Training. PLoS ONE, 2015, 10, e0139801.	1.1	84
102	Effects of Training-Induced Fatigue on Pacing Patterns in 40-km Cycling Time Trials. Medicine and Science in Sports and Exercise, 2015, 47, 593-600.	0.2	21
103	Are German Coaches Highly Exhausted? A Study of Differences in Personal and Environmental Factors. International Journal of Sports Science and Coaching, 2015, 10, 637-654.	0.7	30
104	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
105	Tensiomyography reliability and prediction of changes in muscle force following heavy eccentric strength exercise using muscle mechanical properties. Sports Technology, 2015, 8, 58-66.	0.4	24
106	The influences of recovery on low back pain development: A theoretical model. International Journal of Occupational Medicine and Environmental Health, 2015, 28, 253-62.	0.6	7
107	Exercise, Not to Exercise, or How to Exercise in Patients With Chronic Pain? Applying Science to Practice. Clinical Journal of Pain, 2015, 31, 108-114.	0.8	131
108	Reliability and External Validity of Tensiomyography Measurements Following Strength Exercise. , 2015, , .		0

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109	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. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 936-944.	1.1	53
110	Erfassung von Burnout bei Trainern: Reliabilität und Validität von drei Burnoutfragebögen. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2014, 2014, .	0.2	1
111	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
112	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
113	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
114	Perceived Fitness Protects against Stress-Related Mental Health Impairments among Police Officers Who Report Good Sleep. <i>Journal of Occupational Health</i> , 2013, 55, 376-384.	1.0	31
115	Die Messung von Erholtheit und Regenerationsbedarf im Fußball. <i>Deutsche Zeitschrift Fur Sportmedizin</i> , 2013, 2013, 28-34.	0.2	14
116	Testing an interactionist perspective on the relationship between personality traits and performance under public pressure. <i>Psychology of Sport and Exercise</i> , 2012, 13, 243-250.	1.1	50
117	Chapter 31 - Overtraining and recovery. <i>Routledge Online Studies on the Olympic and Paralympic Games</i> , 2012, 1, 292-302.	0.0	0
118	Seasonal Changes in Stress Indicators in High Level Football. <i>International Journal of Sports Medicine</i> , 2011, 32, 259-265.	0.8	42
119	Changes in Stress and Recovery as a Result of Participating in a Premier Rugby League Representative Competition. <i>International Journal of Sports Science and Coaching</i> , 2010, 5, 223-237.	0.7	5
120	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
121	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
122	Is recovery important?. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, S21.	0.6	5
123	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
124	Overtraining and Burnout in Sports. , 2004, , 779-784.		0
125	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
126	Attitudes toward sport psychology consulting of adult athletes from the United States, United Kingdom, and Germany. <i>International Journal of Sport and Exercise Psychology</i> , 2004, 2, 146-160.	1.1	33

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127	Research and intervention in sport psychology: New perspectives on an inherent conflict. International Journal of Sport and Exercise Psychology, 2003, 1, 13-26.	1.1	26
128	Procedures and Principles of Sport Psychological Assessment. Sport Psychologist, 2003, 17, 338-350.	0.4	35
129	Development and Psychometric Evaluation of the Sport Psychology Attitudesâ€”Revised Form: A Multiple Group Investigation. Sport Psychologist, 2002, 16, 272-290.	0.4	33
130	Assessing Stress and Recovery during Preparation for the World Championships in Rowing. Sport Psychologist, 2001, 15, 151-167.	0.4	68
131	Changes in stress and recovery in elite rowers during preparation for the Olympic Games. Medicine and Science in Sports and Exercise, 2000, 32, 676-683.	0.2	96
132	Mood, Recovery-Stress State, and Regeneration. , 1999, , 101-117.		14
133	Interrelation between Stress and Coaches' Behavior during Rest Periods. Perceptual and Motor Skills, 1994, 79, 207-210.	0.6	15
134	Psychological Aspects of Rowing. , 0, , 479-501.		1
135	Overtraining and recovery. , 0, , .		1
136	Recovery and Stress in Sport. , 0, , .		33