

Rafael Bravo

List of Publications by Year in descending order

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Version: 2024-02-01

17
papers

328
citations

1162367

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h-index

887659

17
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18
all docs

18
docs citations

18
times ranked

508
citing authors

#	ARTICLE	IF	CITATIONS
1	Tryptophan-enriched cereal intake improves nocturnal sleep, melatonin, serotonin, and total antioxidant capacity levels and mood in elderly humans. <i>Age</i> , 2013, 35, 1277-1285.	3.0	129
2	The sedative effects of hops (<i>Humulus lupulus</i>), a component of beer, on the activity/rest rhythm. <i>Acta Physiologica Hungarica</i> , 2012, 99, 133-139.	0.9	41
3	The Sedative Effect of Non-Alcoholic Beer in Healthy Female Nurses. <i>PLoS ONE</i> , 2012, 7, e37290.	1.1	37
4	Body weight gain in rats by a high-fat diet produces chronodisruption in activity/inactivity circadian rhythm. <i>Chronobiology International</i> , 2014, 31, 363-370.	0.9	25
5	Tryptophan-rich diet is negatively associated with depression and positively linked to social cognition. <i>Nutrition Research</i> , 2021, 85, 14-20.	1.3	21
6	Cellular and physiological circadian mechanisms drive diurnal cell proliferation and expansion of white adipose tissue. <i>Nature Communications</i> , 2021, 12, 3482.	5.8	18
7	Effect of non-alcoholic beer on Subjective Sleep Quality in a university stressed population. <i>Acta Physiologica Hungarica</i> , 2014, 101, 353-361.	0.9	9
8	Effect of non-alcohol beer on anxiety: Relationship of 5-HIAA. <i>Neurochemical Journal</i> , 2015, 9, 149-152.	0.2	9
9	â€œInfluence of diet on mood and social cognition: a pilot studyâ€. <i>Food and Function</i> , 2020, 11, 8320-8330.	2.1	7
10	Tryptophan-enriched diet or 5-hydroxytryptophan supplementation given in a randomized controlled trial impacts social cognition on a neural and behavioral level. <i>Scientific Reports</i> , 2021, 11, 21637.	1.6	7
11	Activity/inactivity circadian rhythm shows high similarities between young obesity-induced rats and old rats. <i>Acta Physiologica Hungarica</i> , 2016, 103, 65-74.	0.9	4
12	Collaborative active learning: bioimpedance and anthropometry in higher education. <i>American Journal of Physiology - Advances in Physiology Education</i> , 2018, 42, 605-609.	0.8	4
13	SLC6A4 polymorphisms modulate the efficacy of a tryptophan-enriched diet on age-related depression and social cognition. <i>Clinical Nutrition</i> , 2021, 40, 1487-1494.	2.3	4
14	Genetic and epigenetic serotonergic markers predict the ability to recognize mental states. <i>Physiology and Behavior</i> , 2020, 227, 113143.	1.0	3
15	Assessment of the intake of tryptophan-enriched cereals in the elderly and its influence on the sleep-wake circadian rhythm. <i>Antropologia Portuguesa</i> , 2012, , 113-120.	0.2	2
16	High-fat diet and glucose and albumin circadian rhythmsâ€™ chronodisruption in rats. <i>Turkish Journal of Biology</i> , 2017, 41, 364-369.	2.1	1
17	Nutritional status and dietary behaviours of Northern Algeria university students. <i>Acta Universitatis Sapientiae: Alimentaria</i> , 2021, 14, 1-13.	0.1	0