

# Khaled Trabelsi

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

103 papers	2,308 citations	23 h-index	46 g-index
115 ext. papers	3,467 ext. citations	3.4 avg, IF	4.87 L-index

#	Paper	IF	Citations
103	Dietary Intake and Body Composition During Ramadan in Athletes: A Systematic Review and Meta-Analysis With Meta-Regression. <b>2022</b> , 1-22		1
102	The effect of 8 weeks of combined interval (resistance-interval training) and combined endurance (endurance-resistance training) on plasma levels of adropin and nitric oxide in males with high blood pressure.. <i>Irish Journal of Medical Science</i> , <b>2022</b> , 1	1.9	
101	Longer Nap Duration During Ramadan Observance Positively Impacts 5-m Shuttle Run Test Performance Performed in the Afternoon.. <i>Frontiers in Physiology</i> , <b>2022</b> , 13, 811435	4.6	0
100	Researchers Motivation and Its Correlates: An Empirical Study Amid COVID-19 Pandemic in Arab Region. <i>Studies in Computational Intelligence</i> , <b>2022</b> , 423-443	0.8	
99	Training and fitness variability in elite youth soccer. <i>Kinesiology</i> , <b>2022</b> , 54, 25-35	1	
98	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. <i>Sports Medicine</i> , <b>2021</b> , 1	10.6	14
97	Performance, muscle damage, and inflammatory responses to repeated high-intensity exercise following a 40-min nap. <i>Research in Sports Medicine</i> , <b>2021</b> , 1-18	3.8	2
96	Does observance of Ramadan affect sleep in athletes and physically active individuals? A systematic review and meta-analysis. <i>Journal of Sleep Research</i> , <b>2021</b> , e13503	5.8	2
95	Exergaming and Aquatic Exercises Affect Lung Function and Weight Loss in Obese Children. <i>International Journal of Sports Medicine</i> , <b>2021</b> , 42, 566-572	3.6	1
94	Can intermittent, time-restricted circadian fasting modulate cutaneous severity of dermatological disorders? Insights from a multicenter, observational, prospective study. <i>Dermatologic Therapy</i> , <b>2021</b> , 34, e14912	2.2	2
93	Psychosocial Effects and Use of Communication Technologies during Home Confinement in the First Wave of the COVID-19 Pandemic in Italy and The Netherlands. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	7
92	Distance Motor Learning during the COVID-19 Induced Confinement: Video Feedback with a Pedagogical Activity Improves the Snatch Technique in Young Athletes. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	6
91	Melatonin supplementation improves psychomotor and physical performance in collegiate student-athletes following a sleep deprivation night. <i>Chronobiology International</i> , <b>2021</b> , 38, 753-761	3.6	3
90	Sleep Quality and Physical Activity as Predictors of Mental Wellbeing Variance in Older Adults during COVID-19 Lockdown: ECLB COVID-19 International Online Survey. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	33
89	Benefits of Daytime Napping Opportunity on Physical and Cognitive Performances in Physically Active Participants: A Systematic Review. <i>Sports Medicine</i> , <b>2021</b> , 51, 2115-2146	10.6	10
88	A daytime 40-min nap opportunity after a simulated late evening soccer match reduces the perception of fatigue and improves 5-m shuttle run performance. <i>Research in Sports Medicine</i> , <b>2021</b> , 1-14	3.8	1
87	Four Weeks of Detraining Induced by COVID-19 Reverse Cardiac Improvements from Eight Weeks of Fitness-Dance Training in Older Adults with Mild Cognitive Impairment. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	3

86	Monitoring and adapting endurance training on the basis of heart rate variability monitored by wearable technologies: A systematic review with meta-analysis. <i>Journal of Science and Medicine in Sport</i> , <b>2021</b> , 24, 1180-1192	4.4	2
85	The Effect of Spatial Ability in Learning From Static and Dynamic Visualizations: A Moderation Analysis in 6-Year-Old Children. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 583968	3.4	0
84	The effects of Ramadan intermittent fasting on sleep-wake behaviour and daytime sleepiness in team sport referees. <i>Journal of Sports Sciences</i> , <b>2021</b> , 39, 2411-2417	3.6	1
83	Sleep and daytime sleepiness in elite athletes and sedentary individuals. <i>Science and Sports</i> , <b>2021</b> , 37, 31-31	0.8	0
82	Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: insights from the ECLB-COVID19 multicentre study. <i>Biology of Sport</i> , <b>2021</b> , 38, 9-21	4.3	112
81	Globally altered sleep patterns and physical activity levels by confinement in 5056 individuals: ECLB COVID-19 international online survey.. <i>Biology of Sport</i> , <b>2021</b> , 38, 495-506	4.3	54
80	Efficacy of hydrotherapy treatment for the management of chronic low back pain. <i>Irish Journal of Medical Science</i> , <b>2021</b> , 190, 1413-1421	1.9	4
79	The Effects of Exercise Difficulty and Time-of-Day on the Perception of the Task and Soccer Performance in Child Soccer Players. <i>Children</i> , <b>2021</b> , 8,	2.8	1
78	Applying digital technology to promote active and healthy confinement lifestyle during pandemics in the elderly. <i>Biology of Sport</i> , <b>2021</b> , 38, 391-396	4.3	22
77	The effect of a daytime 60-min nap opportunity on postural control in highly active individuals.. <i>Biology of Sport</i> , <b>2021</b> , 38, 683-691	4.3	4
76	COVID-19 Lockdowns: A Worldwide Survey of Circadian Rhythms and Sleep Quality in 3911 Athletes from 49 Countries, with Data-Driven Recommendations. <i>Sports Medicine</i> , <b>2021</b> , 1	10.6	12
75	Regression Analysis of Perceived Stress among Elite Athletes from Changes in Diet, Routine and Well-Being: Effects of the COVID-19 Lockdown and "Bubble" Training Camps.. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 19,	4.6	2
74	Optimizing Motor Learning: Difficulty Manipulation Combined with Feedback- Frequency Enhance Under-Time-Pressure Fine-Motor-Coordination Skill Acquisition and Retention.. <i>Journal of Motor Behavior</i> , <b>2021</b> , 1-13	1.4	
73	Effects of 25-Min Nap Opportunity during Ramadan Observance on the 5-m Shuttle Run Performance and the Perception of Fatigue in Physically Active Men. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	6
72	Effects of Polyphenol-Rich Interventions on Cognition and Brain Health in Healthy Young and Middle-Aged Adults: Systematic Review and Meta-Analysis. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	16
71	Effects of COVID-19 Home Confinement on Eating Behaviour and Physical Activity: Results of the ECLB-COVID19 International Online Survey. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	743
70	Effects of Ramadan Observance on Dietary Intake and Body Composition of Adolescent Athletes: Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	3
69	Effects of natural polyphenol-rich pomegranate juice on the acute and delayed response of Homocysteine and steroidal hormones following weightlifting exercises: a double-blind, placebo-controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , <b>2020</b> , 17, 15	4.5	4

68	The Effect of (Poly)phenol-Rich Interventions on Cognitive Functions and Neuroprotective Measures in Healthy Aging Adults: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	15
67	The Effects of Temporal Contiguity and Expertise on Acquisition of Tactical Movements. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 413	3.4	6
66	Effects of the 5-m Shuttle Run Test on Markers of Muscle Damage, Inflammation, and Fatigue in Healthy Male Athletes. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	3
65	Staying Physically Active During the Quarantine and Self-Isolation Period for Controlling and Mitigating the COVID-19 Pandemic: A Systematic Overview of the Literature. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 1708	3.4	89
64	A 90 min Daytime Nap Opportunity Is Better Than 40 min for Cognitive and Physical Performance. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	15
63	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study. <i>PLoS ONE</i> , <b>2020</b> , 15, e0240204	3.7	113
62	Moderators of the Impact of (Poly)Phenols Interventions on Psychomotor Functions and BDNF: Insights from Subgroup Analysis and Meta-Regression. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	6
61	A Thirty-Five-Minute Nap Improves Performance and Attention in the 5-m Shuttle Run Test during and Outside Ramadan Observance. <i>Sports</i> , <b>2020</b> , 8,	3	7
60	Partial sleep restriction impairs static postural control in elite judo athletes. <i>Biological Rhythm Research</i> , <b>2020</b> , 1-12	0.8	0
59	COVID-19 Home Confinement Negatively Impacts Social Participation and Life Satisfaction: A Worldwide Multicenter Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	149
58	Practical Recommendations for Maintaining Active Lifestyle during the COVID-19 Pandemic: A Systematic Literature Review. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	74
57	Learning a Motor Skill from Video and Static Pictures in Physical Education Students-Effects on Technical Performances, Motivation and Cognitive Load. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	4
56	Observing Ramadan and sleep-wake patterns in athletes: a systematic review, meta-analysis and meta-regression. <i>British Journal of Sports Medicine</i> , <b>2020</b> , 54, 674-680	10.3	20
55	Communicating Dynamic Behaviors in Basketball: The Role of Verbal Instructions and Arrow Symbols. <i>Research Quarterly for Exercise and Sport</i> , <b>2020</b> , 91, 219-227	1.9	3
54	Effects of Aerobic-, Anaerobic- and Combined-Based Exercises on Plasma Oxidative Stress Biomarkers in Healthy Untrained Young Adults. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	11
53	Effects of natural polyphenol-rich pomegranate juice supplementation on plasma ion and lipid profiles following resistance exercise: a placebo-controlled trial. <i>Nutrition and Metabolism</i> , <b>2020</b> , 17, 31	4.6	2
52	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study <b>2020</b> , 15, e0240204		
51	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study <b>2020</b> , 15, e0240204		

50	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study <b>2020</b> , 15, e0240204		
49	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study <b>2020</b> , 15, e0240204		
48	Effect of different nap opportunity durations on short-term maximal performance, attention, feelings, muscle soreness, fatigue, stress and sleep. <i>Physiology and Behavior</i> , <b>2019</b> , 211, 112673	3.5	25
47	Short-term maximal performance, alertness, dietary intake, sleep pattern and mood states of physically active young men before, during and after Ramadan observance. <i>PLoS ONE</i> , <b>2019</b> , 14, e0217851	3.7	11
46	Nap Opportunity During the Daytime Affects Performance and Perceived Exertion in 5-m Shuttle Run Test. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 779	4.6	28
45	Independent and Combined Effects of All-Out Sprint and Low-Intensity Continuous Exercise on Plasma Oxidative Stress Biomarkers in Trained Judokas. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 842	4.6	10
44	Acute Effects of an "Energy Drink" on Short-Term Maximal Performance, Reaction Times, Psychological and Physiological Parameters: Insights from a Randomized Double-Blind, Placebo-Controlled, Counterbalanced Crossover Trial. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	15
43	Sleep Patterns, Alertness, Dietary Intake, Muscle Soreness, Fatigue, and Mental Stress Recorded before, during and after Ramadan Observance. <i>Sports</i> , <b>2019</b> , 7,	3	13
42	Comparison of 2- and 3-Minute Inter-Repetition Rest Periods on Maximal Jerk Technique and Power Maintenance. <i>Research Quarterly for Exercise and Sport</i> , <b>2019</b> , 90, 287-296	1.9	3
41	Effects of Playing Surface on Physical, Physiological, and Perceptual Responses to a Repeated-Sprint Ability Test: Natural Grass Versus Artificial Turf. <i>International Journal of Sports Physiology and Performance</i> , <b>2019</b> , 1219-1226	3.5	2
40	Effect of napping opportunity at different times of day on vigilance and shuttle run performance. <i>Chronobiology International</i> , <b>2019</b> , 36, 1334-1342	3.6	25
39	Dental Trauma First-Aid Knowledge and Attitudes of Physical Education Teachers: A Systematic Review and Meta-Analysis of the Literature with Meta-Regressions. <i>Education Sciences</i> , <b>2019</b> , 9, 251	2.2	2
38	Teaching Physical Education During Ramadan Observance: Practical Recommendations. <i>International Journal of Sport Studies for Health</i> , <b>2019</b> , In Press,	1	5
37	Nap Opportunity As a Strategy to Improve Short-Term Repetitive Maximal Performance During the 5-m Shuttle Run Test: A Brief Review. <i>International Journal of Sport Studies for Health</i> , <b>2019</b> , 2,	1	8
36	Prevalence of Underweight and Overweight and Its Association with Physical Fitness in Egyptian Schoolchildren. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 17,	4.6	6
35	The Effect of Aquatic Exercise on Postural Mobility of Healthy Older Adults with Endomorphic Somatotype. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	6
34	Effect of Ramadan fasting on feelings, dietary intake, rating of perceived exertion and repeated high intensity short-term maximal performance. <i>Chronobiology International</i> , <b>2019</b> , 36, 1-10	3.6	30
33	Practical recommendations to improve sleep during Ramadan observance in healthy practitioners of physical activity. <i>Tunisie Medicale</i> , <b>2019</b> , 97, 1077-1086	2.1	2

32	Effects of Ramadan fasting on athletes' hematological indices: a systematic review. <i>Tunisie Medicale</i> , <b>2019</b> , 97, 1104-1113	2.1	6
31	Effects of Ramadan fasting on physical performances in soccer players: a systematic review. <i>Tunisie Medicale</i> , <b>2019</b> , 97, 1114-1131	2.1	7
30	Effet d'un exercice de type aérobie sur le stress oxydatif : Étude comparative entre judokas et sédentaires. <i>Science and Sports</i> , <b>2018</b> , 33, 90-97	0.8	
29	Possible gastrointestinal disorders for athletes during Ramadan: an overview. <i>Biological Rhythm Research</i> , <b>2018</b> , 49, 51-60	0.8	10
28	Monitoring athletes' hydration status and sleep patterns during Ramadan observance: methodological and practical considerations. <i>Biological Rhythm Research</i> , <b>2018</b> , 49, 337-365	0.8	21
27	Évaluation des effets à court terme de deux techniques d'entraînement actifs réalisés lors de l'échauffement, sur les antioxydants enzymatiques suite à un effort anaérobie : Étude Pilote. <i>Science and Sports</i> , <b>2018</b> , 33, 237-244	0.8	
26	Evolution of Dietary Intake Between Before, During and After Ramadan Observance in Tunisian Physically Active Men: A Systematic Review. <i>International Journal of Sport Studies for Health</i> , <b>2018</b> , 1,	1	10
25	Effects of Practicing Physical Activity During Ramadan Fasting on Health-Related Indices: An Updated Brief Review. <i>International Journal of Sport Studies for Health</i> , <b>2018</b> , In Press,	1	5
24	Diurnal Variation of Short-Term Repetitive Maximal Performance and Psychological Variables in Elite Judo Athletes. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1499	4.6	23
23	Effects of pomegranate supplementation on exercise performance and post-exercise recovery in healthy adults: a systematic review. <i>British Journal of Nutrition</i> , <b>2018</b> , 120, 1201-1216	3.6	28
22	Effects of Pomegranate Juice Supplementation on Oxidative Stress Biomarkers Following Weightlifting Exercise. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	40
21	Pomegranate Supplementation Accelerates Recovery of Muscle Damage and Soreness and Inflammatory Markers after a Weightlifting Training Session. <i>PLoS ONE</i> , <b>2016</b> , 11, e0160305	3.7	40
20	Sedimentary and microfaunal evolution in the Quaternary deposits in El Akarit river mouth (Gulf of Gabes, Tunisia): Paleo-environments and extreme events. <i>Journal of African Earth Sciences</i> , <b>2016</b> , 121, 30-41	2.2	4
19	Effect of resistance training during the month of Ramadan on antioxidants and oxidative stress biomarkers in recreational bodybuilders. <i>Biological Rhythm Research</i> , <b>2015</b> , 46, 459-470	0.8	2
18	Acute and delayed responses of C-reactive protein, malondialdehyde and antioxidant markers after resistance training session in elite weightlifters: Effect of time of day. <i>Chronobiology International</i> , <b>2015</b> , 32, 1211-22	3.6	28
17	Effect of total sleep deprivation on egocentric distance estimation following a fatiguing task. <i>Biological Rhythm Research</i> , <b>2015</b> , 46, 265-274	0.8	2
16	Temporal specificity of training: intra-day effects on biochemical responses and Olympic-Weightlifting performances. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 358-68	3.6	64
15	Effect of fed- versus fasted state resistance training during Ramadan on body composition and selected metabolic parameters in bodybuilders. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 23	4.5	23



14	Effect of resistance training during Ramadan on body composition and markers of renal function, metabolism, inflammation, and immunity in recreational bodybuilders. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2012</b> , 22, 267-75	4.4	24
13	Effects of fed- versus fasted-state aerobic training during Ramadan on body composition and some metabolic parameters in physically active men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2012</b> , 22, 11-8	4.4	25
12	Effect of ramadan fasting on renal function markers and serum electrolytes after a rugby sevens match. <i>IOSR Journal of Pharmacy</i> , <b>2012</b> , 2, 42-50		2
11	Antioxidant status and oxidative stress at rest and in response to acute exercise in judokas and sedentary men. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2400-9	3.2	28
10	Effect of ramadan fasting on body water status markers after a rugby sevens match. <i>Asian Journal of Sports Medicine</i> , <b>2011</b> , 2, 186-94	1.4	18
9	Effects of ramadan fasting on biochemical and anthropometric parameters in physically active men. <i>Asian Journal of Sports Medicine</i> , <b>2011</b> , 2, 134-44	1.4	43
8	Effets d'un exercice de type anaérobique sur le statut antioxydant enzymatique au cours de la rupture chez les judokas. <i>Science and Sports</i> , <b>2009</b> , 24, 36-39	0.8	4
7	Cinétique des antioxydants enzymatiques au cours de la rupture après le test de Wingate : Étude comparative entre judokas et sédentaires. <i>Science and Sports</i> , <b>2009</b> , 24, 302-307	0.8	2
6	Effects of Class-Wide Choice Making on the Behaviour of Students with Mild Intellectual Disability. <i>International Journal of Disability Development and Education</i> , 1-14	0.8	
5	Effects of COVID-19 home confinement on physical activity and eating behaviour Preliminary results of the ECLB-COVID19 international online-survey		18
4	Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: Insight from the ECLB-COVID19 multi countries survey		21
3	Emotional consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study		7
2	Social participation and life satisfaction of peoples during the COVID-19 home confinement: the ECLB-COVID19 multicenter study		12
1	Physiological response and physical performance after 40 min and 90 min daytime nap opportunities. <i>Research in Sports Medicine</i> , 1-14	3.8	0