Eduardo Caldas Costa

List of Publications by Year
in descending order

100 papers	1,485 citations	361388 20 h-index	395678 33 g-index
109 all docs	109 docs citations	109 times ranked	2282 citing authors

#	Article	IF	Citations
1	Effects of High-Intensity Interval Training Versus Moderate-Intensity Continuous Training On Blood Pressure in Adults with Pre- to Established Hypertension: A Systematic Review and Meta-Analysis of Randomized Trials. Sports Medicine, 2018, 48, 2127-2142.	6.5	182
2	Feeling of Pleasure to High-Intensity Interval Exercise Is Dependent of the Number of Work Bouts and Physical Activity Status. PLoS ONE, 2016, 11, e0152752.	2.5	84
3	Initial impact of the COVID-19 pandemic on physical activity and sedentary behavior in hypertensive older adults: An accelerometer-based analysis. Experimental Gerontology, 2020, 142, 111121.	2.8	67
4	Effect of exposure time to smartphone apps on passing decision-making in male soccer athletes. Psychology of Sport and Exercise, 2019, 44, 35-41.	2.1	62
5	Salivary Cortisol and Immunoglobulin A Responses to Simulated and Official Jiu-Jitsu Matches. Journal of Strength and Conditioning Research, 2012, 26, 2185-2191.	2.1	54
6	Effects of High-Intensity Interval and Moderate-Intensity Continuous Exercise on Inflammatory, Leptin, IgA, and Lipid Peroxidation Responses in Obese Males. Frontiers in Physiology, 2018, 9, 567.	2.8	53
7	Monitoring Internal Training Load and Mucosal Immune Responses in Futsal Athletes. Journal of Strength and Conditioning Research, 2013, 27, 1253-1259.	2.1	48
8	Physical Exercise for Individuals with Hypertension: It Is Time to Emphasize its Benefits on the Brain and Cognition. Clinical Medicine Insights: Cardiology, 2019, 13, 117954681983941.	1.8	45
9	Effect of low-level laser therapy (808Ânm) on markers of muscle damage: a randomized double-blind placebo-controlled trial. Lasers in Medical Science, 2013, 29, 933-8.	2.1	43
10	Anthropometric indices of central obesity how discriminators of metabolic syndrome in Brazilian women with polycystic ovary syndrome. Gynecological Endocrinology, 2012, 28, 12-15.	1.7	42
11	Aerobic Training Improves Quality of Life in Women with Polycystic Ovary Syndrome. Medicine and Science in Sports and Exercise, 2018, 50, 1357-1366.	0.4	38
12	Letâ€™s Walk Outdoors! Self-Paced Walking Outdoors Improves Future Intention to Exercise in Women With Obesity. Journal of Sport and Exercise Psychology, 2017, 39, 145-157.	1.2	36
13	Inter- and Intra-Individual Analysis of Post-Exercise Hypotension Following a Single Bout of High-Intensity Interval Exercise and Continuous Exercise: A Pilot Study. International Journal of Sports Medicine, 2016, 37, 1038-1043.	1.7	32
14	Analysis of heart rate variability in polycystic ovary syndrome. Gynecological Endocrinology, 2011, 27, 443-447.	1.7	29
15	Effect of unilateral and bilateral resistance exercise on maximal voluntary strength, total volume of load lifted, and perceptual and metabolic responses. Biology of Sport, 2014, 32, 35-40.	3.2	27
16	CombinaÃ§Ã£o de fatores de risco relacionados Ã sÃndrome metabÃ³lica em militares da Marinha do Brasil. Arquivos Brasileiros De Cardiologia, 2011, 97, 485-492.	0.8	26
17	Effect of Resistance Training on Arterial Stiffness in Healthy Subjects: A Systematic Review and Meta-Analysis. Current Hypertension Reports, 2020, 22, 51.	3.5	26
18	The impact of body mass on inflammatory markers and insulin resistance in polycystic ovary syndrome. Gynecological Endocrinology, 2015, 31, 225-228.	1.7	25

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19	Psychological responses, muscle damage, inflammation, and delayed onset muscle soreness to high-intensity interval and moderate-intensity continuous exercise in overweight men. Physiology and Behavior, 2019, 199, 200-209.	2.1	23
20	Monitoramento do treinamento no judÃ´: comparaÃ§Ã£o entre a intensidade da carga planejada pelo tÃ©cnico e a intensidade percebida pelo atleta. Revista Brasileira De Medicina Do Esporte, 2011, 17, 266-269.	0.2	22
21	Diet-Induced Weight Loss Reduces DNA Damage and Cardiometabolic Risk Factors in Overweight/Obese Women with Polycystic Ovary Syndrome. Annals of Nutrition and Metabolism, 2016, 68, 220-227.	1.9	21
22	Acute Effects of High-Intensity Interval and Moderate-Intensity Continuous Exercise on GLP-1, Appetite and Energy Intake in Obese Men: A Crossover Trial. Nutrients, 2018, 10, 889.	4.1	21
23	The rating of perceived exertion is not different at the ventilatory threshold in sedentary women with different body mass indices. Journal of Exercise Science and Fitness, 2013, 11, 102-106.	2.2	20
24	Aerobic exercise improves cardiac autonomic modulation in women with polycystic ovary syndrome. International Journal of Cardiology, 2016, 202, 356-361.	1.7	19
25	Monitoring external and internal loads of brazilian soccer referees during official matches. Journal of Sports Science and Medicine, 2013, 12, 559-64.	1.6	17
26	Acute effect of vigorous aerobic exercise on the inhibitory control in adolescents. Revista Paulista De Pediatria (English Edition), 2016, 34, 154-161.	0.3	15
27	Housing type is associated with objectively measured changes in movement behavior during the COVID-19 pandemic in older adults with hypertension: An exploratory study. Archives of Gerontology and Geriatrics, 2021, 94, 104354.	3.0	15
28	A Single Session of Low-Volume High-Intensity Interval Exercise Reduces Ambulatory Blood Pressure in Normotensive Men. Journal of Strength and Conditioning Research, 2017, 31, 2263-2269.	2.1	14
29	Acute Effect of High-Intensity Interval Versus Moderate-Intensity Continuous Exercise on Blood Pressure and Arterial Compliance in Middle-Aged and Older Hypertensive Women With Increased Arterial Stiffness. Journal of Strength and Conditioning Research, 2020, 34, 1307-1316.	2.1	14
30	Frailty status and cardiovascular disease risk profile in middle-aged and older females. Experimental Gerontology, 2020, 140, 111061.	2.8	12
31	Effect of Breaks in Prolonged Sitting or Low-Volume High-Intensity Interval Exercise on Markers of Metabolic Syndrome in Adults With Excess Body Fat: A Crossover Trial. Journal of Physical Activity and Health, 2019, 16, 727-735.	2.0	12
32	Efeito Agudo do ExercÃcio Intervalado versus ContÃnuo sobre a PressÃ£o Arterial: RevisÃ£o SistemÃ¡tica e MetanÃ¡lise. Arquivos Brasileiros De Cardiologia, 2020, 115, 5-14.	0.8	12
33	Protocol for the HAPPY Hearts study: cardiovascular screening for the early detection of future adverse cardiovascular outcomes in middle-aged and older women: a prospective, observational cohort study. BMJ Open, 2017, 7, e018249.	1.9	11
34	Short-Term Resistance Training Improves Cardiac Autonomic Modulation and Blood Pressure in Hypertensive Older Women: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2020, 34, 37-45.	2.1	11
35	Sedentary Occupation Workers Who Meet the Physical Activity Recommendations Have a Reduced Risk for Metabolic Syndrome. Journal of Occupational and Environmental Medicine, 2017, 59, 1029-1033.	1.7	10
36	Drug abusers have impaired cerebral oxygenation and cognition during exercise. PLoS ONE, 2017, 12, e0188030.	2.5	10

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37	ResistÃªncia aerÃ³bia e forÃ§a de membros inferiores de idosos praticantes e nÃ£o-praticantes de ginÃ¡stica recreativa em um centro de convivÃªncia. Revista Brasileira De Geriatria E Gerontologia, 2011, 14, 535-542.	0.3	9
38	ImersÃ£o em Ã¡gua fria nÃ£o acelerou a recuperaÃ§Ã£o apÃ³s uma partida de futsal. Revista Brasileira De Medicina Do Esporte, 2015, 21, 40-43.	0.2	9
39	Affect-regulated exercise: an alternative approach for lifestyle modification in overweight/obese women with polycystic ovary syndrome. Gynecological Endocrinology, 2015, 31, 971-975.	1.7	9
40	Acute antihypertensive effect of self-selected exercise intensity in older women with hypertension: a crossover trial . Clinical Interventions in Aging, 2019, Volume 14, 1407-1418.	2.9	9
41	Blood Flow Restriction Training: To Adjust or Not Adjust the Cuff Pressure Over an Intervention Period?. Frontiers in Physiology, 2021, 12, 678407.	2.8	9
42	Efeito da idade relativa no Futebol: o estudo de caso do SÃ£o Paulo Futebol Clube. Revista Brasileira De Cineantropometria E Desempenho Humano, 2014, 16, 399.	0.5	8
43	Rating of Perceived Exertion and Affective Responses during Tai Chi Chuan. Perceptual and Motor Skills, 2014, 118, 926-939.	1.3	8
44	Effect of High-velocity Resistance Exercise on 24-h Blood Pressure in Hypertensive Older Women. International Journal of Sports Medicine, 2021, 42, 41-47.	1.7	8
45	Physiological and Psychological Responses during Low-Volume High-Intensity Interval Training Sessions with Different Work-Recovery Durations. Journal of Sports Science and Medicine, 2019, 18, 181-190.	1.6	8
46	Effect of Low-Volume High-Intensity Interval Exercise and Continuous Exercise on Delayed-Onset Muscle Soreness in Untrained Healthy Males. Journal of Strength and Conditioning Research, 2019, 33, 774-782.	2.1	7
47	Physical Activity Counseling for Adults with Hypertension: A Randomized Controlled Pilot Trial. International Journal of Environmental Research and Public Health, 2020, 17, 6076.	2.6	7
48	Cardiorespiratory Fitness and Performance in Multiple Domains of Executive Functions in Schoolâ€“Aged Adolescents. Frontiers in Physiology, 2021, 12, 640765.	2.8	7
49	Efeito da Idade Relativa no TÃªnis. Revista Brasileira De CiÃªncia E Movimento, 2014, 22, 111-117.	0.0	7
50	Agreement between upper and lower limb measures to identify older adults with low skeletal muscle strength, muscle mass and muscle quality. PLoS ONE, 2022, 17, e0262732.	2.5	7
51	Standardization of the Fried frailty phenotype improves cardiovascular disease risk discrimination. Experimental Gerontology, 2019, 119, 40-44.	2.8	6
52	Physical activity level and perceived exertion predict in-task affective valence to low-volume high-intensity interval exercise in adult males. Physiology and Behavior, 2020, 224, 112960.	2.1	6
53	O nÃvel de aptidÃ£o fÃsica afeta o desempenho do Ã¡rbitro de futebol?. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2010, 24, 445-452.	0.1	5
54	Effects of a single session of high-intensity interval exercise and moderate-intensity continuous exercise on biochemical cardiovascular risk factors in obese males. Sport Sciences for Health, 2018, 14, 323-330.	1.3	5

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55	Effect of Acute Dietary Nitrate Supplementation on the Post-Exercise Ambulatory Blood Pressure in Obese Males: A Randomized, Controlled, Crossover Trial. Journal of Sports Science and Medicine, 2019, 18, 118-127.	1.6	5
56	Associations of steps per day and peak cadence with arterial stiffness in older adults. Experimental Gerontology, 2022, 157, 111628.	2.8	5
57	Immediate postâ€exercise blood pressure and arterial stiffness in hypertensive and normotensive older females. Journal of Clinical Hypertension, 2022, , .	2.0	5
58	Intensidades de treinamento resistido e pressÃ£o arterial de idosas hipertensas - um estudo piloto. Revista Brasileira De Medicina Do Esporte, 2012, 18, 373-376.	0.2	4
59	Acute effect of high-intensity interval exercise and moderate-intensity continuous exercise on appetite in overweight/obese males: a pilot study. Sport Sciences for Health, 2017, 13, 403-410.	1.3	4
60	Independent and combined associations of cardiorespiratory fitness and muscle strength with metabolic syndrome in older adults: A cross-sectional study. Experimental Gerontology, 2020, 135, 110923.	2.8	4
61	Effect of active versus passive recovery on performance-related outcome during high-intensity interval exercise. Journal of Sports Medicine and Physical Fitness, 2021, 61, 562-570.	0.7	4
62	A single session of low-volume high-intensity interval and moderate-intensity continuous exercise elicits a transient reduction in ghrelin levels, but not in post-exercise energy intake in obese men. Archives of Endocrinology and Metabolism, 2020, 65, 98-104.	0.6	4
63	Efeito agudo do alongamento estÃ¡tico no desempenho de forÃ§a de atletas de jiu- jÃtsu no supino horizontal. Fitness & Performance Journal, 2009, 8, 212-217.	0.0	4
64	Effects of High-Intensity Interval and Moderate-Intensity Continuous Exercise on Physical Activity and Sedentary Behavior Levels in Inactive Obese Males: A Crossover Trial. Journal of Sports Science and Medicine, 2019, 18, 390-398.	1.6	4
65	Clustering of risk factors for cardiometabolic diseases in low-income, female adolescents. Archives of Endocrinology and Metabolism, 2016, 60, 205-210.	0.6	3
66	Exercise training improves cardiorespiratory fitness and cognitive function in individuals with substance use disorders: a pilot study. Sport Sciences for Health, 2017, 13, 437-441.	1.3	3
67	Short-Term Psychological and Physiological Effects of Varying the Volume of High-Intensity Interval Training in Healthy Men. Perceptual and Motor Skills, 2019, 126, 119-142.	1.3	3
68	Monitoramento da carga interna no basquetebol.. Revista Brasileira De Cineantropometria E Desempenho Humano, 2010, , 67-72.	0.5	2
69	Defining exercise prescription in lifestyle modification programs for overweight/obese polycystic ovary syndrome women. Fertility and Sterility, 2012, 97, e5.	1.0	2
70	AORTIC POST-RESISTANCE EXERCISE HYPOTENSION IN PATIENTS WITH PERIPHERAL ARTERY DISEASE. Revista Brasileira De Medicina Do Esporte, 2018, 24, 17-19.	0.2	2
71	Reproducibility of ambulatory blood pressure after high-intensity interval training sessions in healthy individuals. Blood Pressure Monitoring, 2018, 23, 301-304.	0.8	2
72	Effect of resistance training volume on heart rate variability in young adults. Isokinetics and Exercise Science, 2019, 27, 69-77.	0.4	2

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73	Immediate post-exercise blood pressure and arterial compliance in middle-aged and older normotensive females: A cross-sectional study. Scientific Reports, 2020, 10, 9205.	3.3	2
74	Movement Behavior during Pregnancy and Adverse Maternalâ€“Fetal Outcomes in Women with Gestational Diabetes: A Pilot Case-Control Study. International Journal of Environmental Research and Public Health, 2021, 18, 1114.	2.6	2
75	Effects of 12 weeks of highâ€intensity interval, moderateâ€intensity continuous and selfâ€selected intensity exercise training protocols on cognitive inhibitory control in overweight/obese adults: A randomized trial. European Journal of Sport Science, 2022, 22, 1724-1733.	2.7	2
76	Post-dynamic Resistance Exercise Hypotension: Exploring Individual Responses and Predictors. Frontiers in Physiology, 2021, 12, .	2.8	2
77	A single multi-joint high-intensity resistance exercise involving large muscle groups elicits post-exercise hypotension in normotensive-trained women: a crossover trial. Sport Sciences for Health, 2018, 14, 127-134.	1.3	1
78	Sedentary behavior is associated with physical activity, functional capacity, and a history of stroke in patients with heart failure. A cross-sectional study. Motriz Revista De Educacao Fisica, 2018, 24, .	0.2	1
79	Hardcastle Takes a HIT! Commentary: Why Sprint Interval Training is Inappropriate for a Largely Sedentary population. Annals of Behavioural Science, 2018, 04, .	0.1	1
80	Short-Term Effect of Self-Selected Training Intensity on Ambulatory Blood Pressure in Hypertensive Older Women: A Randomized Controlled Trial . Clinical Interventions in Aging, 2020, Volume 15, 1449-1460.	2.9	1
81	Associations of objectively measured movement behavior and cardiorespiratory fitness with mental health and quality of life in older adults with hypertension: an exploratory analysis during the COVID-19 pandemic. Aging and Mental Health, 2021, , 1-8.	2.8	1
82	Effect of Low-Intensity vs High-Intensity Walking Exercise on Walk Distance in Patients With Peripheral Artery Disease. JAMA - Journal of the American Medical Association, 2021, 326, 767.	7.4	1
83	â€˜Real-worldâ€™ bicycle commuting: Characterizing the intensity and cycling routes of adults in the city of Natal, Brazil. Journal of Transport and Health, 2021, 22, 101144.	2.2	1
84	Self-selected exercise intensity for inactive hypertensive older women: a pilot study. Revista Brasileira De Atividade FÃsica E SaÃºde, 0, 24, 1-9.	0.1	1
85	Validade da medida do consumo mÃ¡ximo de oxigÃªnio predito pelo teste de Cooper de 12 minutos em adultos jovens sedentÃ¡rios. Motricidade, 2008, 4, .	0.2	1
86	Efeito da prÃ¡tica do Tai Chi Chuan sobre a resistÃªncia aerÃ³bia de idosas sedentÃ¡rias. Revista Brasileira De Geriatria E Gerontologia, 2012, 15, 627-633.	0.3	1
87	PercepÃ§Ã£o subjetiva do esforÃ§o, resposta afetiva e hipotensÃ£o pÃ³s-exercÃcio em sessÃ£o de Tai Chi Chuan. Motriz Revista De Educacao Fisica, 2013, 19, 133-140.	0.2	1
88	AssociaÃ§Ã£o entre forÃ§a e aptidÃ£o cardiorrespiratÃ³ria Ã© mais forte em septuagenÃ¡rios. Revista Brasileira De Atividade FÃsica E SaÃºde, 2016, 21, .	0.1	1
89	Efeito do tempo sentado prolongado sobre marcadores cardiometabÃ³licos em adultos fisicamente ativos e inativos: um estudo piloto. Revista Brasileira De Atividade FÃsica E SaÃºde, 0, 23, 1-11.	0.1	1
90	Low-Volume High-Intensity Interval Training Sessions with Different Workâ€“Recovery Durations and Muscle Damage in Trained Men. Research Quarterly for Exercise and Sport, 2022, , 1-9.	1.4	1

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91	Monitoramento da carga interna de treinamento, tolerÃ¢ncia ao estresse e ocorrÃªncia de infecÃ§Ãµes em jovens atletas de futebol. Revista Da EducaÃ§Ã£o FÃsica, 2014, 25, 629.	0.0	0
92	Lower Cognition and Prefrontal Cortex Oxygenation during High Intensity Exercise in Individuals with Substance Addiction. Medicine and Science in Sports and Exercise, 2017, 49, 793.	0.4	0
93	Relationship Between Fitness and Active-Sedentary Behavior with Cognitive and Emotional Recognition in Elderly: Core Study. Medicine and Science in Sports and Exercise, 2019, 51, 550-550.	0.4	0
94	Can the amount of goals impact internal load in small-sided soccer games?. Isokinetics and Exercise Science, 2019, 27, 15-20.	0.4	0
95	Effects of Isometric Biceps Exercise on Blood Pressure in Adults with Hypertension. International Journal of Sports Medicine, 2021, 42, 985-993.	1.7	0
96	Effects of Self-Selected Passive Recovery Time in Interval Exercise on Perceptual and Heart Rate Responses in Older Women: A Promissory Approach. Journal of Aging and Physical Activity, 2021, , 1-11.	1.0	0
97	Efeito de um modelo de periodizaÃ§Ã£o do treinamento em futebolistas numa prÃ©-temporada. Revista Portuguesa De CiÃªncias Do Desporto, 2014, 2014, 608-616.	0.0	0
98	Carga Interna de Treinamento em Diferentes Aulas PrÃ©-Formatadas do Sistema Les MillsÂ®. Revista Brasileira De CiÃªncia E Movimento, 2014, 22, 82-88.	0.0	0
99	Does Interrupting Prolonged Sitting With 10- or 20-Min Standing Attenuate Postprandial Glycemia and Blood Pressure in Middle-Aged and Older Adults With Type 2 Diabetes?. Journal of Aging and Physical Activity, 2020, 29, 1-8.	1.0	0
100	COVID-19 pandemic and explicit processes towards physical activity in Brazilian older adults with hypertension. Psychology, Health and Medicine, 2022, , 1-11.	2.4	0