

Eduardo Caldas Costa

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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.

90
papers

922
citations

17
h-index

26
g-index

109
ext. papers

1,204
ext. citations

2.7
avg, IF

4.31
L-index

#	Paper	IF	Citations
90	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. <i>Sports Medicine</i> , 2018 , 48, 2127-2142	10.6	98
89	Feeling of Pleasure to High-Intensity Interval Exercise Is Dependent of the Number of Work Bouts and Physical Activity Status. <i>PLoS ONE</i> , 2016 , 11, e0152752	3.7	68
88	Salivary cortisol and immunoglobulin A responses to simulated and official Jiu-Jitsu matches. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 2185-91	3.2	44
87	Effects of High-Intensity Interval and Moderate-Intensity Continuous Exercise on Inflammatory, Leptin, IgA, and Lipid Peroxidation Responses in Obese Males. <i>Frontiers in Physiology</i> , 2018 , 9, 567	4.6	38
86	Monitoring internal training load and mucosal immune responses in futsal athletes. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1253-9	3.2	37
85	Anthropometric indices of central obesity how discriminators of metabolic syndrome in Brazilian women with polycystic ovary syndrome. <i>Gynecological Endocrinology</i> , 2012 , 28, 12-5	2.4	36
84	Effect of exposure time to smartphone apps on passing decision-making in male soccer athletes. <i>Psychology of Sport and Exercise</i> , 2019 , 44, 35-41	4.2	35
83	Initial impact of the COVID-19 pandemic on physical activity and sedentary behavior in hypertensive older adults: An accelerometer-based analysis. <i>Experimental Gerontology</i> , 2020 , 142, 111121	4.5	32
82	Effect of low-level laser therapy (808 nm) on markers of muscle damage: a randomized double-blind placebo-controlled trial. <i>Lasers in Medical Science</i> , 2014 , 29, 933-8	3.1	29
81	Analysis of heart rate variability in polycystic ovary syndrome. <i>Gynecological Endocrinology</i> , 2011 , 27, 443-7	2.4	23
80	Aerobic Training Improves Quality of Life in Women with Polycystic Ovary Syndrome. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 1357-1366	1.2	21
79	Inter- and Intra-Individual Analysis of Post-Exercise Hypotension Following a Single Bout of High-Intensity Interval Exercise and Continuous Exercise: A Pilot Study. <i>International Journal of Sports Medicine</i> , 2016 , 37, 1038-1043	3.6	21
78	Physical Exercise for Individuals with Hypertension: It Is Time to Emphasize its Benefits on the Brain and Cognition. <i>Clinical Medicine Insights: Cardiology</i> , 2019 , 13, 1179546819839411	3.2	20
77	Let's Walk Outdoors! Self-Paced Walking Outdoors Improves Future Intention to Exercise in Women With Obesity. <i>Journal of Sport and Exercise Psychology</i> , 2017 , 39, 145-157	1.5	19
76	Monitoramento do treinamento no judô compara-se entre a intensidade da carga planejada pelo técnico e a intensidade percebida pelo atleta. <i>Revista Brasileira De Medicina Do Esporte</i> , 2011 , 17, 266-269	0.5	18
75	The impact of body mass on inflammatory markers and insulin resistance in polycystic ovary syndrome. <i>Gynecological Endocrinology</i> , 2015 , 31, 225-8	2.4	17
74	Effect of unilateral and bilateral resistance exercise on maximal voluntary strength, total volume of load lifted, and perceptual and metabolic responses. <i>Biology of Sport</i> , 2015 , 32, 35-40	4.3	17

73	Combination of risk factors for metabolic syndrome in the military personnel of the Brazilian Navy. <i>Arquivos Brasileiros De Cardiologia</i> , 2011 , 97, 485-92	1.2	17
72	Psychological responses, muscle damage, inflammation, and delayed onset muscle soreness to high-intensity interval and moderate-intensity continuous exercise in overweight men. <i>Physiology and Behavior</i> , 2019 , 199, 200-209	3.5	17
71	The rating of perceived exertion is not different at the ventilatory threshold in sedentary women with different body mass indices. <i>Journal of Exercise Science and Fitness</i> , 2013 , 11, 102-106	3.1	14
70	Diet-Induced Weight Loss Reduces DNA Damage and Cardiometabolic Risk Factors in Overweight/Obese Women with Polycystic Ovary Syndrome. <i>Annals of Nutrition and Metabolism</i> , 2016 , 68, 220-7	4.5	14
69	Aerobic exercise improves cardiac autonomic modulation in women with polycystic ovary syndrome. <i>International Journal of Cardiology</i> , 2016 , 202, 356-61	3.2	12
68	Monitoring external and internal loads of brazilian soccer referees during official matches. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 559-64	2.7	12
67	Acute Effects of High-Intensity Interval and Moderate-Intensity Continuous Exercise on GLP-1, Appetite and Energy Intake in Obese Men: A Crossover Trial. <i>Nutrients</i> , 2018 , 10,	6.7	11
66	Acute effect of vigorous aerobic exercise on the inhibitory control in adolescents. <i>Revista Paulista De Pediatria (English Edition)</i> , 2016 , 34, 154-161		10
65	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. <i>BMJ Open</i> , 2017 , 7, e018249	3	10
64	Housing type is associated with objectively measured changes in movement behavior during the COVID-19 pandemic in older adults with hypertension: An exploratory study. <i>Archives of Gerontology and Geriatrics</i> , 2021 , 94, 104354	4	10
63	A Single Session of Low-Volume High-Intensity Interval Exercise Reduces Ambulatory Blood Pressure in Normotensive Men. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2263-2269	3.2	9
62	Drug abusers have impaired cerebral oxygenation and cognition during exercise. <i>PLoS ONE</i> , 2017 , 12, e0188030	3.7	9
61	Imersão em água fria não acelerou a recuperação após uma partida de futsal. <i>Revista Brasileira De Medicina Do Esporte</i> , 2015 , 21, 40-43	0.5	8
60	Physiological and Psychological Responses during Low-Volume High-Intensity Interval Training Sessions with Different Work-Recovery Durations. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 181-190	2.7	8
59	Effect of Resistance Training on Arterial Stiffness in Healthy Subjects: A Systematic Review and Meta-Analysis. <i>Current Hypertension Reports</i> , 2020 , 22, 51	4.7	8
58	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. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1307-1316	3.2	7
57	Rating of perceived exertion and affective responses during Tai Chi Chuan. <i>Perceptual and Motor Skills</i> , 2014 , 118, 926-39	2.2	7
56	Sedentary Occupation Workers Who Meet the Physical Activity Recommendations Have a Reduced Risk for Metabolic Syndrome: A Cross-Sectional Study. <i>Journal of Occupational and Environmental Medicine</i> , 2017 , 59, 1029-1033	2	7

55	Resistência aeróbia e força de membros inferiores de idosos praticantes e não-praticantes de ginástica recreativa em um centro de convivência. <i>Revista Brasileira De Geriatria E Gerontologia</i> , 2011 , 14, 535-542	0.8	6
54	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. <i>Journal of Physical Activity and Health</i> , 2019 , 16, 727-735	2.5	6
53	Acute Effect of Interval vs. Continuous Exercise on Blood Pressure: Systematic Review and Meta-Analysis. <i>Arquivos Brasileiros De Cardiologia</i> , 2020 , 115, 5-14	1.2	6
52	Effect of Low-Volume High-Intensity Interval Exercise and Continuous Exercise on Delayed-Onset Muscle Soreness in Untrained Healthy Males. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 774-782	3.2	6
51	Affect-regulated exercise: an alternative approach for lifestyle modification in overweight/obese women with polycystic ovary syndrome. <i>Gynecological Endocrinology</i> , 2015 , 31, 971-5	2.4	5
50	Efeito da idade relativa no Futebol: o estudo de caso do São Paulo Futebol Clube. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2014 , 16, 399	0.1	5
49	Effect of Acute Dietary Nitrate Supplementation on the Post-Exercise Ambulatory Blood Pressure in Obese Males: A Randomized, Controlled, Crossover Trial. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 118-127	2.7	5
48	Short-Term Resistance Training Improves Cardiac Autonomic Modulation and Blood Pressure in Hypertensive Older Women: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 37-45	3.2	5
47	Effect of High-velocity Resistance Exercise on 24-h Blood Pressure in Hypertensive Older Women. <i>International Journal of Sports Medicine</i> , 2021 , 42, 41-47	3.6	5
46	Acute effect of high-intensity interval exercise and moderate-intensity continuous exercise on appetite in overweight/obese males: a pilot study. <i>Sport Sciences for Health</i> , 2017 , 13, 403-410	1.3	4
45	Acute antihypertensive effect of self-selected exercise intensity in older women with hypertension: a crossover trial. <i>Clinical Interventions in Aging</i> , 2019 , 14, 1407-1418	4	4
44	Physical activity level and perceived exertion predict in-task affective valence to low-volume high-intensity interval exercise in adult males. <i>Physiology and Behavior</i> , 2020 , 224, 112960	3.5	4
43	Exercise training improves cardiorespiratory fitness and cognitive function in individuals with substance use disorders: a pilot study. <i>Sport Sciences for Health</i> , 2017 , 13, 437-441	1.3	3
42	Effects of a single session of high-intensity interval exercise and moderate-intensity continuous exercise on biochemical cardiovascular risk factors in obese males. <i>Sport Sciences for Health</i> , 2018 , 14, 323-330	1.3	3
41	Validade e reprodutibilidade de receptores para o GPS em relação à distância percorrida. <i>Revista Andaluza De Medicina Del Deporte</i> , 2013 , 6, 146-150	1	3
40	O nível de aptidão física afeta o desempenho do fôlbitro de futebol?. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , 2010 , 24, 445-452	0.8	3
39	Standardization of the Fried frailty phenotype improves cardiovascular disease risk discrimination. <i>Experimental Gerontology</i> , 2019 , 119, 40-44	4.5	2
38	Defining exercise prescription in lifestyle modification programs for overweight/obese polycystic ovary syndrome women. <i>Fertility and Sterility</i> , 2012 , 97, e5; author reply e6	4.8	2

37	Agreement between upper and lower limb measures to identify older adults with low skeletal muscle strength, muscle mass and muscle quality.. <i>PLoS ONE</i> , 2022 , 17, e0262732	3.7	2
36	Effects of High-Intensity Interval and Moderate-Intensity Continuous Exercise on Physical Activity and Sedentary Behavior Levels in Inactive Obese Males: A Crossover Trial. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 390-398	2.7	2
35	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. <i>Archives of Endocrinology and Metabolism</i> , 2021 , 65, 98-104	2.2	2
34	Frailty status and cardiovascular disease risk profile in middle-aged and older females. <i>Experimental Gerontology</i> , 2020 , 140, 111061	4.5	2
33	Physical Activity Counseling for Adults with Hypertension: A Randomized Controlled Pilot Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	2
32	Blood Flow Restriction Training: To Adjust or Not Adjust the Cuff Pressure Over an Intervention Period?. <i>Frontiers in Physiology</i> , 2021 , 12, 678407	4.6	2
31	Short-Term Psychological and Physiological Effects of Varying the Volume of High-Intensity Interval Training in Healthy Men. <i>Perceptual and Motor Skills</i> , 2019 , 126, 119-142	2.2	2
30	Reproducibility of ambulatory blood pressure after high-intensity interval training sessions in healthy individuals. <i>Blood Pressure Monitoring</i> , 2018 , 23, 301-304	1.3	2
29	Effect of resistance training volume on heart rate variability in young adults. <i>Isokinetics and Exercise Science</i> , 2019 , 27, 69-77	0.6	1
28	Immediate post-exercise blood pressure and arterial compliance in middle-aged and older normotensive females: A cross-sectional study. <i>Scientific Reports</i> , 2020 , 10, 9205	4.9	1
27	Intensidades de treinamento resistido e pressão arterial de idosos hipertensas - um estudo piloto. <i>Revista Brasileira De Medicina Do Esporte</i> , 2012 , 18, 373-376	0.5	1
26	Efeito agudo do alongamento estico no desempenho de força de atletas de jiu- jitsu no supino horizontal. <i>Fitness & Performance Journal</i> , 2009 , 8, 212-217		1
25	Percepção subjetiva do esforço, resposta afetiva e hipotensão pós-exercício em sessão de Tai Chi Chuan. <i>Motriz Revista De Educacao Fisica</i> , 2013 , 19, 133-140	0.9	1
24	Short-Term Effect of Self-Selected Training Intensity on Ambulatory Blood Pressure in Hypertensive Older Women: A Randomized Controlled Trial. <i>Clinical Interventions in Aging</i> , 2020 , 15, 1449-1460	4	1
23	Cardiorespiratory Fitness and Performance in Multiple Domains of Executive Functions in School-Aged Adolescents. <i>Frontiers in Physiology</i> , 2021 , 12, 640765	4.6	1
22	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. <i>Aging and Mental Health</i> , 2021 , 1-8	3.5	1
21	Independent and combined associations of cardiorespiratory fitness and muscle strength with metabolic syndrome in older adults: A cross-sectional study. <i>Experimental Gerontology</i> , 2020 , 135, 110923	4.5	1
20	Movement Behavior during Pregnancy and Adverse Maternal-Fetal Outcomes in Women with Gestational Diabetes: A Pilot Case-Control Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1

19	Effect of active versus passive recovery on performance-related outcome during high-intensity interval exercise. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021 , 61, 562-570	1.4	1
18	Sedentary behavior is associated with physical activity, functional capacity, and a history of stroke in patients with heart failure. A cross-sectional study. <i>Motriz Revista De Educacao Fisica</i> , 2018 , 24,	0.9	1
17	AORTIC POST-RESISTANCE EXERCISE HYPOTENSION IN PATIENTS WITH PERIPHERAL ARTERY DISEASE. <i>Revista Brasileira De Medicina Do Esporte</i> , 2018 , 24, 17-19	0.5	1
16	Effects of 12 weeks of high-intensity interval, moderate-intensity continuous and self-selected intensity exercise training protocols on cognitive inhibitory control in overweight/obese adults: A randomized trial. <i>European Journal of Sport Science</i> , 2021 , 1-10	3.9	1
15	Monitoramento da carga interna no basquetebol.. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2010 , 67-72	0.1	0
14	Associations of steps per day and peak cadence with arterial stiffness in older adults. <i>Experimental Gerontology</i> , 2021 , 111628	4.5	0
13	Efeito da prática do Tai Chi Chuan sobre a resistência aeróbia de idosas sedentárias. <i>Revista Brasileira De Geriatria E Gerontologia</i> , 2012 , 15, 627-633	0.8	0
12	Clustering of risk factors for cardiometabolic diseases in low-income, female adolescents. <i>Archives of Endocrinology and Metabolism</i> , 2016 , 60, 205-10	2.2	0
11	A single multi-joint high-intensity resistance exercise involving large muscle groups elicits post-exercise hypotension in normotensive-trained women: a crossover trial. <i>Sport Sciences for Health</i> , 2018 , 14, 127-134	1.3	0
10	Lower Cognition and Prefrontal Cortex Oxygenation during High Intensity Exercise in Individuals with Substance Addiction. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 793	1.2	
9	Monitoramento da carga interna de treinamento, tolerância ao estresse e ocorrência de infecções em jovens atletas de futebol. <i>Revista Da Educação Física</i> , 2014 , 25, 629		
8	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?. <i>Journal of Aging and Physical Activity</i> , 2021 , 29, 968-975	1.6	
7	Can the amount of goals impact internal load in small-sided soccer games?. <i>Isokinetics and Exercise Science</i> , 2019 , 27, 15-20	0.6	
6	Effects of Isometric Biceps Exercise on Blood Pressure in Adults with Hypertension. <i>International Journal of Sports Medicine</i> , 2021 , 42, 985-993	3.6	
5	Effect of Low-Intensity vs High-Intensity Walking Exercise on Walk Distance in Patients With Peripheral Artery Disease. <i>JAMA - Journal of the American Medical Association</i> , 2021 , 326, 767-768	27.4	
4	Real-world bicycle commuting: Characterizing the intensity and cycling routes of adults in the city of Natal, Brazil. <i>Journal of Transport and Health</i> , 2021 , 22, 101144	3	
3	Effects of Self-Selected Passive Recovery Time in Interval Exercise on Perceptual and Heart Rate Responses in Older Women: A Promissory Approach. <i>Journal of Aging and Physical Activity</i> , 2021 , 1-11	1.6	
2	Low-Volume High-Intensity Interval Training Sessions with Different Work-Recovery Durations and Muscle Damage in Trained Men.. <i>Research Quarterly for Exercise and Sport</i> , 2022 , 1-9	1.9	

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