

Sharon M Nickols-Richardson

List of Publications by Year in descending order

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Version: 2024-02-01

80
papers

2,242
citations

218592

26
h-index

243529

44
g-index

80
all docs

80
docs citations

80
times ranked

2965
citing authors

#	ARTICLE	IF	CITATIONS
1	All-Cause Mortality Risk of Metabolically Healthy Obese Individuals in NHANES III. <i>Journal of Obesity</i> , 2012, 2012, 1-12.	1.1	110
2	Facilitators and barriers to weight loss and weight loss maintenance: a qualitative exploration. <i>Journal of Human Nutrition and Dietetics</i> , 2015, 28, 593-603.	1.3	101
3	Small Changes in Nutrition and Physical Activity Promote Weight Loss and Maintenance: 3-Month Evidence from the ASPIRE Randomized Trial. <i>Annals of Behavioral Medicine</i> , 2008, 35, 351-357.	1.7	92
4	Food Insecurity among College Students in the United States: A Scoping Review. <i>Advances in Nutrition</i> , 2020, 11, 327-348.	2.9	92
5	Nutrition Knowledge, Opinions, and Practices of Coaches and Athletic Trainers at a Division I University. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001, 11, 174-185.	1.0	89
6	Web-Based Nutrition Education Intervention Improves Self-Efficacy and Self-Regulation Related to Increased Dairy Intake in College Students. <i>Journal of the American Dietetic Association</i> , 2010, 110, 1723-1727.	1.3	77
7	Perceived Hunger Is Lower and Weight Loss Is Greater in Overweight Premenopausal Women Consuming a Low-Carbohydrate/High-Protein vs High-Carbohydrate/Low-Fat Diet. <i>Journal of the American Dietetic Association</i> , 2005, 105, 1433-1437.	1.3	76
8	A Call for Culinary Skills Education in Childhood Obesity-Prevention Interventions: Current Status and Peer Influences. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2013, 113, 1031-1036.	0.4	76
9	Concentric and eccentric isokinetic resistance training similarly increases muscular strength, fat-free soft tissue mass, and specific bone mineral measurements in young women. <i>Osteoporosis International</i> , 2007, 18, 789-796.	1.3	73
10	Longitudinal Bone Mineral Density Changes in Female Child Artistic Gymnasts. <i>Journal of Bone and Mineral Research</i> , 1999, 14, 994-1002.	3.1	69
11	Effect of Post-Exercise Supplement Consumption on Adaptations to Resistance Training. <i>Journal of the American College of Nutrition</i> , 2004, 23, 322-330.	1.1	68
12	Premenarcheal gymnasts possess higher bone mineral density than controls. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 63.	0.2	62
13	Are estimates of food insecurity among college students accurate? Comparison of assessment protocols. <i>PLoS ONE</i> , 2019, 14, e0215161.	1.1	62
14	Wasted food: A qualitative study of U.S. young adults' perceptions, beliefs and behaviors. <i>Appetite</i> , 2018, 130, 70-78.	1.8	59
15	A Review of Weight Loss Following Roux-en-Y Gastric Bypass vs Restrictive Bariatric Surgery: Impact on Adiponectin and Insulin. <i>Obesity Surgery</i> , 2010, 20, 559-568.	1.1	54
16	A prospective study of bone mass and body composition in female adolescent gymnasts. <i>Journal of Pediatrics</i> , 2002, 141, 211-216.	0.9	51
17	Cognitive eating restraint scores are associated with body fatness but not with other measures of dieting in women. <i>Appetite</i> , 2004, 43, 47-53.	1.8	48
18	Knee Extensor and Flexor Torque Development With Concentric and Eccentric Isokinetic Training. <i>Research Quarterly for Exercise and Sport</i> , 2006, 77, 58-63.	0.8	44

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19	Attenuated Heart Rate Recovery Following Exercise Testing in Overweight Young Men with Untreated Obstructive Sleep Apnea. <i>Sleep</i> , 2008, 31, 104-110.	0.6	44
20	Low-Fat Dairy Intake and Body Weight and Composition Changes in College Students. <i>Journal of the American Dietetic Association</i> , 2009, 109, 1433-1438.	1.3	44
21	Updated US Department of Agriculture Food Patterns Meet Goals of the 2010 Dietary Guidelines. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2012, 112, 1648-1655.	0.4	43
22	Partial Sleep Deprivation and Energy Balance in Adults: An Emerging Issue for Consideration by Dietetics Practitioners. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2012, 112, 1785-1797.	0.4	41
23	Increase in cognitive eating restraint predicts weight loss and change in other anthropometric measurements in overweight/obese premenopausal women. <i>Appetite</i> , 2015, 87, 244-250.	1.8	40
24	College students'™ interpretations of food security questions: results from cognitive interviews. <i>BMC Public Health</i> , 2019, 19, 1282.	1.2	37
25	Insulin resistance and adipose-derived hormones in young men with untreated obstructive sleep apnea. <i>Sleep and Breathing</i> , 2013, 17, 403-409.	0.9	35
26	Viewpoint: Food insecurity among college students: A case for consistent and comparable measurement. <i>Food Policy</i> , 2021, 101, 102031.	2.8	33
27	Dairy Intake and Related Self-Regulation Improved in College Students Using Online Nutrition Education. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2012, 112, 1976-1986.	0.4	31
28	The 100-Mile Diet: A Community Approach to Promote Sustainable Food Systems Impacts Dietary Quality. <i>Journal of Hunger and Environmental Nutrition</i> , 2008, 3, 270-285.	1.1	29
29	Nanotechnology: Implications for Food and Nutrition Professionals. <i>Journal of the American Dietetic Association</i> , 2007, 107, 1494-1497.	1.3	27
30	Relationships Among Bone Mineral Density, Body Composition, and Isokinetic Strength in Young Women. <i>Calcified Tissue International</i> , 2004, 74, 229-235.	1.5	26
31	Changes in body weight, blood pressure and selected metabolic biomarkers with an energy-restricted diet including twice daily sweet snacks and once daily sugar-free beverage. <i>Nutrition Research and Practice</i> , 2014, 8, 695.	0.7	26
32	Influence of seasoning on vegetable selection, liking and intent to purchase. <i>Appetite</i> , 2017, 116, 239-245.	1.8	23
33	A Reduced-Calorie Dietary Pattern Including a Daily Sweet Snack Promotes Body Weight Reduction and Body Composition Improvements in Premenopausal Women Who Are Overweight and Obese: A Pilot Study. <i>Journal of the American Dietetic Association</i> , 2011, 111, 1198-1203.	1.3	22
34	Food insecurity and food preparation equipment in US households: exploratory results from a cross-sectional questionnaire. <i>Journal of Human Nutrition and Dietetics</i> , 2019, 32, 143-151.	1.3	22
35	Fat and Muscle Indices Assessed by pQCT: Relationships With Physical Activity and Type 2 Diabetes Risk. <i>Journal of Clinical Densitometry</i> , 2012, 15, 355-361.	0.5	21
36	Grocery Store (or Supermarket) Tours as an Effective Nutrition Education Medium: A Systematic Review. <i>Journal of Nutrition Education and Behavior</i> , 2016, 48, 544-554.e1.	0.3	21

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37	Urinary ketones reflect serum ketone concentration but do not relate to weight loss in overweight premenopausal women following a low-carbohydrate/high-protein diet. <i>Journal of the American Dietetic Association</i> , 2005, 105, 608-611.	1.3	20
38	Eating Restraint Is Negatively Associated with Biomarkers of Bone Turnover but Not Measurements of Bone Mineral Density in Young Women. <i>Journal of the American Dietetic Association</i> , 2006, 106, 1095-1101.	1.3	20
39	Exploring the association of urban or rural county status and environmental, nutrition- and lifestyle-related resources with the efficacy of SNAP-Ed (Supplemental Nutrition Assistance) Tj ETQq1 1 0.784314 rgBT /Overlock 10 T	1.3	20
40	African-American Students' Perceptions of Their Majors, Future Professions, and the Dietetics Major and Profession: A Qualitative Analysis. <i>Journal of the American Dietetic Association</i> , 2008, 108, 1192-1197.	1.3	18
41	Measures of Bone Mineral Content in Mature Dairy Cows. <i>Journal of Dairy Science</i> , 2004, 87, 3816-3825.	1.4	17
42	Impact of Typical Rather than Nutrient-Dense Food Choices in the US Department of Agriculture Food Patterns. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2012, 112, 1560-1569.	0.4	17
43	Isokinetic training increases ulnar bending stiffness and bone mineral in young women. <i>Bone</i> , 2007, 41, 685-689.	1.4	16
44	Grit is Associated with Food Security among US Parents and Adolescents. <i>American Journal of Health Behavior</i> , 2019, 43, 207-218.	0.6	16
45	Factors of Nutritional Health-Seeking Behaviors. <i>Journal of Aging and Health</i> , 1997, 9, 90-104.	0.9	15
46	Demographic Predictors of Nutritional Risk in Elderly Persons. <i>Journal of Applied Gerontology</i> , 1996, 15, 361-375.	1.0	13
47	Effects of nutrition education on weight gain prevention: a randomized controlled trial. <i>Nutrition Journal</i> , 2015, 15, 31.	1.5	13
48	Isokinetic Resistance Training Increases Tibial Bending Stiffness in Young Women. <i>Calcified Tissue International</i> , 2009, 84, 446-452.	1.5	12
49	Anthropometric and Leptin Changes in Women Following Different Dietary Approaches to Weight Loss. <i>Obesity</i> , 2009, 17, 199-201.	1.5	12
50	Total, Fresh, Lean, and Fresh Lean Beef Consumption in Relation to Nutrient Intakes and Diet Quality among U.S. Adults, 2005-2016. <i>Nutrients</i> , 2019, 11, 563.	1.7	12
51	Food Insecurity among College Students Differs by Questionnaire Modality: An Exploratory Study. <i>American Journal of Health Behavior</i> , 2020, 44, 82-89.	0.6	12
52	Implementation and Evaluation of the Abriendo Caminos Program: A Randomized Control Trial Intervention for Hispanic Children and Families. <i>Journal of Nutrition Education and Behavior</i> , 2019, 51, 1211-1219.	0.3	11
53	Promoting Cooking, Nutrition, and Physical Activity in Afterschool Settings. <i>American Journal of Health Behavior</i> , 2019, 43, 1050-1063.	0.6	11
54	Peer-Led Culinary Skills Intervention for Adolescents: Pilot Study of the Impact on Knowledge, Attitude, and Self-efficacy. <i>Journal of Nutrition Education and Behavior</i> , 2017, 49, 852-857.e1.	0.3	10

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55	Spice and Herb Use with Vegetables: Liking, Frequency, and Self-efficacy among US Adults. <i>American Journal of Health Behavior</i> , 2017, 41, 52-60.	0.6	10
56	Mental Health and Number of Illnesses Are Predictors of Nutritional Risk in Elderly Persons. <i>Experimental Aging Research</i> , 1996, 22, 141-154.	0.6	9
57	Distal Tibia Areal Bone Mineral Density. <i>Journal of Clinical Densitometry</i> , 2005, 8, 74-79.	0.5	8
58	An energy-reduced dietary pattern, including moderate protein and increased nonfat dairy intake combined with walking promotes beneficial body composition and metabolic changes in women with excess adiposity: a randomized comparative trial. <i>Food Science and Nutrition</i> , 2015, 3, 376-393.	1.5	8
59	Rationale, design and clinical performance of the mechanical response tissue analyser: a non-invasive technology for measurement of long bone bending stiffness. <i>Journal of Medical Engineering and Technology</i> , 2013, 37, 144-149.	0.8	7
60	Role of seasoning vegetables on consumer behavior: Purchase, intake, liking, and intention to pay for larger servings. <i>Food Quality and Preference</i> , 2020, 82, 103890.	2.3	7
61	A Systematic Review of Peer Nutrition Education in Childhood and Adolescence. <i>Health Behavior and Policy Review</i> , 2014, 1, 247-264.	0.3	6
62	Determinants of Weight Gain Prevention in Young Adult and Midlife Women: Study Design and Protocol of a Randomized Controlled Trial. <i>JMIR Research Protocols</i> , 2015, 4, e36.	0.5	6
63	Osteoporosis Health Beliefs in Women Differ by Menopausal Status and Across Age Cohorts. <i>Family and Consumer Sciences Research Journal</i> , 2010, 38, 345-355.	0.3	5
64	Early Evidence of Increased Risk for Metabolic Syndrome in Young Men With Latent Obstructive Sleep Apnea. <i>Metabolic Syndrome and Related Disorders</i> , 2010, 8, 33-38.	0.5	5
65	Impact of Beef and Beef Product Intake on Cognition in Children and Young Adults: A Systematic Review. <i>Nutrients</i> , 2019, 11, 1797.	1.7	5
66	Fresh- and lean-pork intake in relation to functional limitations among US older adults, 2005-2016. <i>Nutrition and Health</i> , 2020, 26, 295-301.	0.6	5
67	Cognitive Distraction at Mealtime Decreases Amount Consumed in Healthy Young Adults: A Randomized Crossover Exploratory Study. <i>Journal of Nutrition</i> , 2020, 150, 1324-1329.	1.3	5
68	Larger serving size and seasoning's role in consumer behaviors toward vegetables. <i>Food Quality and Preference</i> , 2021, 88, 104105.	2.3	5
69	Fresh and Lean Pork Consumption in Relation to Nutrient Intakes and Diet Quality among US Adults, NHANES 2005-2016. <i>Health Behavior and Policy Review</i> , 2019, 6, 570-581.	0.3	5
70	Seeking Food Security: Environmental Factors Influencing Home Food Preservation and Wellness, Part II: 1960-2010. <i>Family and Consumer Sciences Research Journal</i> , 2011, 39, 233-245.	0.3	4
71	Family Menu-planning Workshop: A Pilot Study on the Feasibility of Adult- and Peer-led Instruction. <i>American Journal of Health Behavior</i> , 2017, 41, 276-286.	0.6	3
72	Anthropometrics, Bone Mineral Density, and Dietary Intake in a Group of Young Adult Females. <i>Family and Consumer Sciences Research Journal</i> , 2002, 30, 404-423.	0.3	2

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73	Seeking Food Security: Environmental Factors Influencing Home Food Preservation and Wellness, Part I: 1910â€“1959. Family and Consumer Sciences Research Journal, 2010, 39, 122-136.	0.3	2
74	Hypertension Research in Sleep Apnea. Journal of Clinical Hypertension, 2006, 8, 873-878.	1.0	1
75	Feasibility of a Grocery Store Tour for Parents and Their Adolescents: A Randomized Controlled Pilot Study. Journal of Nutrition Education and Behavior, 2017, 49, 827-837.e1.	0.3	1
76	Fresh and Fresh Lean Beef Intake in Relation to Functional Limitations among US Older Adults, 2005-2016. American Journal of Health Behavior, 2019, 43, 729-738.	0.6	1
77	Changes in dietary calcium intake, body weight, and body composition in preâ€•and postâ€•menopausal women over a 5â€•year interval. FASEB Journal, 2006, 20, A1061.	0.2	0
78	Grit is Negatively Associated with Body Weight, Body Mass Index and Disinhibition and Positively Related to Cognitive Eating Restraint. FASEB Journal, 2015, 29, 594.3.	0.2	0
79	One in Every Five Women Misperceived Body Mass in a Sample of Young Adult and Midâ€•Life Women Enrolled in a Weight Gain Prevention Intervention. FASEB Journal, 2015, 29, 594.4.	0.2	0
80	Using Process Evaluation Results to Compare Peer and Adult Leader Delivery of the PAWS (Peer-Education about Weight Steadiness) Club Program. Nutrients, 2021, 13, 3901.	1.7	0