

Scott C Forbes

List of Publications by Year in descending order

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Version: 2024-02-01

74
papers

1,446
citations

393982

19
h-index

395343

33
g-index

74
all docs

74
docs citations

74
times ranked

1408
citing authors

#	ARTICLE	IF	CITATIONS
1	The addition of exercise to a weight loss diet on inflammatory markers: a systematic review and Meta-analysis of controlled clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 4175-4187.	5.4	1
2	Perspective: Creatine, a Conditionally Essential Nutrient: Building the Case. <i>Advances in Nutrition</i> , 2022, 13, 34-37.	2.9	22
3	Effects of Icelandic yogurt consumption and resistance training in healthy untrained older males. <i>British Journal of Nutrition</i> , 2022, 127, 1334-1342.	1.2	9
4	Response to: resistance exercise in lean older adults: mind the gap in energy intake. <i>British Journal of Nutrition</i> , 2022, 128, 363-364.	1.2	3
5	Auto-regulatory progressive training compared to linear programming on muscular strength, endurance, and body composition in recreationally active males. <i>European Journal of Sport Science</i> , 2022, 22, 1543-1554.	1.4	4
6	Caffeine coingested with carbohydrate on performance recovery in national-level paddlers: a randomized, double-blind, crossover, placebo-controlled trial. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .	0.4	14
7	Role of dairy foods in sport nutrition. , 2022, , 339-364.		0
8	Effects of Creatine Supplementation on Properties of Muscle, Bone, and Brain Function in Older Adults: A Narrative Review. <i>Journal of Dietary Supplements</i> , 2022, 19, 318-335.	1.4	12
9	CYP1A2 Genotype Polymorphism Influences the Effect of Caffeine on Anaerobic Performance in Trained Males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 16-21.	1.0	6
10	Does exercise affect bone mineral density and content when added to a calorie-restricted diet? A systematic review and meta-analysis of controlled clinical trials. <i>Osteoporosis International</i> , 2022, 33, 339-354.	1.3	5
11	Do Pregnant Women Consume Enough Creatine? Evidence from NHANES 2011-2018. <i>Annals of Nutrition and Metabolism</i> , 2022, 78, 114-116.	1.0	3
12	Does exercise beneficially affect sex hormones when added to hypo-caloric diets in adults with overweight or obesity? A systematic review and meta-analysis of controlled clinical trials. <i>European Journal of Endocrinology</i> , 2022, 186, 285-295.	1.9	3
13	Effects of Creatine Supplementation on Brain Function and Health. <i>Nutrients</i> , 2022, 14, 921.	1.7	30
14	Cardioprotective effects of exercise and curcumin supplementation against myocardial ischemia-reperfusion injury. <i>Sport Sciences for Health</i> , 2022, 18, 1011-1019.	0.4	9
15	Nutritional and Non-Nutritional Strategies in Bodybuilding: Impact on Kidney Function. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4288.	1.2	7
16	Effects of Exogenous Ketone Supplementation on Blood Glucose: A Systematic Review and Meta-analysis. <i>Advances in Nutrition</i> , 2022, 13, 1697-1714.	2.9	20
17	Creatine Nitrate and Caffeine Alone and Co-ingested on Cognition, Readiness to Perform, and Sleep Quality. <i>FASEB Journal</i> , 2022, 36, .	0.2	0
18	Effects of Creatine Nitrate and Caffeine Alone and Co-ingested on Anaerobic and Muscular Endurance Performance. <i>FASEB Journal</i> , 2022, 36, .	0.2	0

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19	Effect of exercise as adjuvant to energy-restricted diets on quality of life and depression outcomes: a meta-analysis of randomized controlled trials. <i>Quality of Life Research</i> , 2022, 31, 3123-3137.	1.5	3
20	Effects of Omega-3 Supplementation Alone and Combined with Resistance Exercise on Skeletal Muscle in Older Adults: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2022, 14, 2221.	1.7	29
21	Gene Expression Changes of Murine Cortex Homeostasis in Response to Sleep Deprivation Hint Dysregulated Aging-like Transcriptional Responses. <i>Brain Sciences</i> , 2022, 12, 825.	1.1	2
22	Creatine supplementation for older adults: Focus on sarcopenia, osteoporosis, frailty and Cachexia. <i>Bone</i> , 2022, 162, 116467.	1.4	12
23	Effects of Four Weeks of Beta-Alanine Supplementation Combined with One Week of Creatine Loading on Physical and Cognitive Performance in Military Personnel. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 7992.	1.2	3
24	Effects of branched-chain amino acid supplementation and resistance training in postmenopausal women. <i>Experimental Gerontology</i> , 2021, 144, 111185.	1.2	8
25	Short-term co-ingestion of creatine and sodium bicarbonate improves anaerobic performance in trained taekwondo athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 10.	1.7	13
26	Associations between Maternal Dietary Patterns and Perinatal Outcomes: A Systematic Review and Meta-Analysis of Cohort Studies. <i>Advances in Nutrition</i> , 2021, 12, 1332-1352.	2.9	39
27	Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 13.	1.7	62
28	Low Serum Zinc Levels and Associated Risk Factors in Hospitalized Patients Receiving Oral or Enteral Nutrition: A Case-control Study. <i>Clinical Therapeutics</i> , 2021, 43, e39-e55.	1.1	3
29	Current Evidence and Possible Future Applications of Creatine Supplementation for Older Adults. <i>Nutrients</i> , 2021, 13, 745.	1.7	19
30	Different Doses of Carbohydrate Mouth Rinse Have No Effect on Exercise Performance in Resistance Trained Women. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3463.	1.2	10
31	Strategic Ingestion of High-Protein Dairy Milk during a Resistance Training Program Increases Lean Mass, Strength, and Power in Trained Young Males. <i>Nutrients</i> , 2021, 13, 948.	1.7	23
32	Effects of Creatine and Caffeine Supplementation During Resistance Training on Body Composition, Strength, Endurance, Rating of Perceived Exertion and Fatigue in Trained Young Adults. <i>Journal of Dietary Supplements</i> , 2021, , 1-16.	1.4	14
33	The effects of exercise and low-calorie diets compared with low-calorie diets alone on health: a protocol for systematic reviews and meta-analyses of controlled clinical trials. <i>Systematic Reviews</i> , 2021, 10, 120.	2.5	4
34	The acute caffeine ingestion improved performance during traditional and cluster-based resistance training models in resistance-trained male athletes. <i>FASEB Journal</i> , 2021, 35, .	0.2	0
35	Effects of two different doses of carbohydrate ingestion on taekwondo-related performance during a simulated tournament. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 40.	1.7	3
36	Meta-Analysis Examining the Importance of Creatine Ingestion Strategies on Lean Tissue Mass and Strength in Older Adults. <i>Nutrients</i> , 2021, 13, 1912.	1.7	31

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37	Efficacy of Dietary and Supplementation Interventions for Individuals with Type 2 Diabetes. <i>Nutrients</i> , 2021, 13, 2378.	1.7	12
38	Resistance training rejuvenates the mitochondrial methylome in aged human skeletal muscle. <i>FASEB Journal</i> , 2021, 35, e21864.	0.2	28
39	Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 411-419.	1.0	21
40	Efficacy of Creatine Supplementation Combined with Resistance Training on Muscle Strength and Muscle Mass in Older Females: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021, 13, 3757.	1.7	9
41	Timing of creatine supplementation does not influence gains in unilateral muscle hypertrophy or strength from resistance training in young adults: a within-subject design. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 1219-1225.	0.4	5
42	Combined but Not Isolated Ingestion of Caffeine and Taurine Improves Wingate Sprint Performance in Female Team-Sport Athletes Habituated to Caffeine. <i>Sports</i> , 2021, 9, 162.	0.7	8
43	Canola oil compared with sesame and sesame+canola oil on glycaemic control and liver function in patients with type 2 diabetes: A three-way randomized triple-blind cross-over trial. <i>Diabetes/Metabolism Research and Reviews</i> , 2020, 37, e3399.	1.7	15
44	The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2020, 17, 44.	1.7	14
45	The effects of Canola oil on cardiovascular risk factors: A systematic review and meta-analysis with dose-response analysis of controlled clinical trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 2133-2145.	1.1	22
46	Effects of Dietary Protein on Body Composition in Exercising Individuals. <i>Nutrients</i> , 2020, 12, 1890.	1.7	8
47	Effects of Creatine Supplementation during Resistance Training Sessions in Physically Active Young Adults. <i>Nutrients</i> , 2020, 12, 1880.	1.7	17
48	Supplements and Nutritional Interventions to Augment High-Intensity Interval Training Physiological and Performance Adaptations—A Narrative Review. <i>Nutrients</i> , 2020, 12, 390.	1.7	33
49	Whey protein isolate or concentrate combined with concurrent training does not augment performance, cardiorespiratory fitness, or strength adaptations. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 832-840.	0.4	4
50	Chocolate milk for recovery from exercise: a systematic review and meta-analysis of controlled clinical trials. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 835-849.	1.3	24
51	Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. <i>Frontiers in Nutrition</i> , 2019, 6, 124.	1.6	39
52	Changes in Fat Mass Following Creatine Supplementation and Resistance Training in Adults ≥50 Years of Age: A Meta-Analysis. <i>Journal of Functional Morphology and Kinesiology</i> , 2019, 4, 62.	1.1	17
53	Whey Protein Isolate Supplementation While Endurance Training Does Not Alter Cycling Performance or Immune Responses at Rest or After Exercise. <i>Frontiers in Nutrition</i> , 2019, 6, 19.	1.6	10
54	Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. <i>Journal of Clinical Medicine</i> , 2019, 8, 488.	1.0	74

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55	Effect of pre-exercise and post-exercise creatine supplementation on bone mineral content and density in healthy aging adults. <i>Experimental Gerontology</i> , 2019, 119, 89-92.	1.2	13
56	Creatine Supplementation During Resistance Training Does Not Lead to Greater Bone Mineral Density in Older Humans: A Brief Meta-Analysis. <i>Frontiers in Nutrition</i> , 2018, 5, 27.	1.6	16
57	Creatine Monohydrate Supplementation Does Not Augment Fitness, Performance, or Body Composition Adaptations in Response to Four Weeks of High-Intensity Interval Training in Young Females. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017, 27, 285-292.	1.0	17
58	Strategic creatine supplementation and resistance training in healthy older adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 689-694.	0.9	57
59	Dose Response of Whey Protein Isolate in Addition to a Typical Mixed Meal on Blood Amino Acids and Hormonal Concentrations. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 188-195.	1.0	8
60	Oral L-Arginine Before Resistance Exercise Blunts Growth Hormone in Strength Trained Males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 236-244.	1.0	16
61	Creatine supplementation and aging musculoskeletal health. <i>Endocrine</i> , 2014, 45, 354-361.	1.1	71
62	The Acute Effects of L-arginine on Hormonal and Metabolic Responses During Submaximal Exercise in Trained Cyclists. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 369-377.	1.0	28
63	Time-Motion Analysis, Heart Rate, and Physiological Characteristics of International Canoe Polo Athletes. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2816-2822.	1.0	14
64	Effect of nutritional interventions and resistance exercise on aging muscle mass and strength. <i>Biogerontology</i> , 2012, 13, 345-358.	2.0	74
65	Exercise and nutritional interventions for improving aging muscle health. <i>Endocrine</i> , 2012, 42, 29-38.	1.1	108
66	The acute effects of a low and high dose of oral L-arginine supplementation in young active males at rest. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 405-411.	0.9	28
67	Conjugated Linoleic Acid Combined with Creatine Monohydrate and Whey Protein Supplementation during Strength Training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 79-96.	1.0	53
68	Creatine, Arginine L-Ketoglutarate, Amino Acids, and Medium-Chain Triglycerides and Endurance and Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008, 18, 493-508.	1.0	31
69	Effect of Red Bull Energy Drink on Repeated Wingate Cycle Performance and Bench-Press Muscle Endurance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007, 17, 433-444.	1.0	105
70	Comparison of a Kayaking Ergometer Protocol With an Arm Crank Protocol for Evaluating Peak Oxygen Consumption. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 1282.	1.0	12
71	Exercise interventions for preventing dementia or delaying cognitive decline in people with mild cognitive impairment. <i>The Cochrane Library</i> , 0, , .	1.5	0
72	Individual Responses to Creatine Supplementation on Muscular Power is Modulated by Gene Polymorphisms in Military Recruits. <i>Journal of Science in Sport and Exercise</i> , 0, , 1.	0.4	3

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73	Association between dietary creatine and visuospatial short-term memory in older adults. Nutrition and Health, 0, , 026010602211022.	0.6	2
74	Creatine O'Clock: Does Timing of Ingestion Really Influence Muscle Mass and Performance?. Frontiers in Sports and Active Living, 0, 4, .	0.9	4