

Philip D Chilibeck

List of Publications by Year in descending order

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Version: 2024-02-01

75
papers

1,892
citations

304368

22
h-index

301761

39
g-index

75
all docs

75
docs citations

75
times ranked

2045
citing authors

#	ARTICLE	IF	CITATIONS
1	The impact of the coronavirus disease 2019 (COVID-19) pandemic on university students' dietary intake, physical activity, and sedentary behaviour. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021, 46, 265-272.	0.9	143
2	Effect of creatine supplementation during resistance training on lean tissue mass and muscular strength in older adults: a meta-analysis. <i>Open Access Journal of Sports Medicine</i> , 2017, Volume 8, 213-226.	0.6	128
3	Wearing of Cloth or Disposable Surgical Face Masks has no Effect on Vigorous Exercise Performance in Healthy Individuals. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8110.	1.2	120
4	Effect of glutamine supplementation combined with resistance training in young adults. <i>European Journal of Applied Physiology</i> , 2001, 86, 142-149.	1.2	80
5	Creatine supplementation in the aging population: effects on skeletal muscle, bone and brain. <i>Amino Acids</i> , 2016, 48, 1793-1805.	1.2	77
6	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
7	The impact of face masks on performance and physiological outcomes during exercise: a systematic review and meta-analysis. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021, 46, 1-11.	0.9	72
8	Effect of exercise training combined with isoflavone supplementation on bone and lipids in postmenopausal women: A randomized clinical trial. <i>Journal of Bone and Mineral Research</i> , 2013, 28, 780-793.	3.1	67
9	Effect of Creatine Ingestion after Exercise on Muscle Thickness in Males and Females. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1781-1788.	0.2	64
10	A Comparison of a Pulse-Based Diet and the Therapeutic Lifestyle Changes Diet in Combination with Exercise and Health Counselling on the Cardio-Metabolic Risk Profile in Women with Polycystic Ovary Syndrome: A Randomized Controlled Trial. <i>Nutrients</i> , 2018, 10, 1387.	1.7	62
11	The effect of strength training on estimates of mitochondrial density and distribution throughout muscle fibres. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1999, 80, 604-609.	1.2	53
12	Effects of Creatine and Resistance Training on Bone Health in Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 1587-1595.	0.2	49
13	Effect of Low- and High-Glycemic-Index Meals on Metabolism and Performance During High-Intensity, Intermittent Exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010, 20, 447-456.	1.0	45
14	Effects of Dietary Glycemic Index and Glycemic Load on Cardiometabolic and Reproductive Profiles in Women with Polycystic Ovary Syndrome: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2021, 12, 161-178.	2.9	43
15	Benefits of Creatine Supplementation for Vegetarians Compared to Omnivorous Athletes: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3041.	1.2	40
16	Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. <i>Frontiers in Nutrition</i> , 2019, 6, 124.	1.6	39
17	Evidence-based risk assessment and recommendations for physical activity: arthritis, osteoporosis, and low back pain¹ This paper is one of a selection of papers published in the Special Issue entitled Evidence-based risk assessment and recommendations for physical activity clearance, and has undergone the Journal's usual peer-review process.. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, S49-S79.	0.9	35
18	Effect of in-season creatine supplementation on body composition and performance in rugby union football players. <i>Applied Physiology, Nutrition and Metabolism</i> , 2007, 32, 1052-1057.	0.9	33

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19	Comprehensive Evaluation of Type 2 Diabetes and Cardiovascular Disease Risk Profiles in Reproductive-Age Women with Polycystic Ovary Syndrome: A Large Canadian Cohort. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2019, 41, 1453-1460.	0.3	32
20	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
21	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
22	Does the Effect of Soy Phytoestrogens on Bone in Postmenopausal Women Depend on the Equol-Producing Phenotype?. <i>Nutrition Reviews</i> , 0, 65, 294-299.	2.6	27
23	A randomized trial of the effects of an aquatic exercise program on depression, anxiety levels, and functional capacity of people who suffered an ischemic stroke. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 1171-1177.	0.4	25
24	A pulse-based diet and the Therapeutic Lifestyle Changes diet in combination with health counseling and exercise improve health-related quality of life in women with polycystic ovary syndrome: secondary analysis of a randomized controlled trial. <i>Journal of Psychosomatic Obstetrics and Gynaecology</i> , 2020, 41, 144-153.	1.1	24
25	Effect of estrogenic compounds (estrogen or phytoestrogens) combined with exercise on bone and muscle mass in older individuals. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 200-212.	0.9	23
26	Effects of low-dose ibuprofen supplementation and resistance training on bone and muscle in postmenopausal women: A randomized controlled trial. <i>Bone Reports</i> , 2016, 5, 96-103.	0.2	23
27	Effects of Training With Free Weights Versus Machines on Muscle Mass, Strength, Free Testosterone, and Free Cortisol Levels. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1851-1859.	1.0	23
28	The impact of the COVID-19 pandemic on diet, fitness, and sedentary behaviour of elite para-athletes. <i>Disability and Health Journal</i> , 2021, 14, 101091.	1.6	22
29	Benefits of a plant-based diet and considerations for the athlete. <i>European Journal of Applied Physiology</i> , 2022, 122, 1163-1178.	1.2	22
30	Metabolism and performance during extended high-intensity intermittent exercise after consumption of low- and high-glycaemic index pre-exercise meals. <i>British Journal of Nutrition</i> , 2012, 108, S81-S90.	1.2	20
31	A randomized controlled trial of a lifestyle intervention with longitudinal follow-up on ovarian dysmorphology in women with polycystic ovary syndrome. <i>Clinical Endocrinology</i> , 2020, 92, 525-535.	1.2	20
32	Nutritional interventions during bed rest and spaceflight: prevention of muscle mass and strength loss, bone resorption, glucose intolerance, and cardiovascular problems. <i>Nutrition Research</i> , 2020, 82, 11-24.	1.3	19
33	Effect of physical activity on bone mineral density assessed by limb dominance across the lifespan. <i>American Journal of Human Biology</i> , 2000, 12, 633-637.	0.8	16
34	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
35	The Effect of a Low Glycemic Index Pulse-Based Diet on Insulin Sensitivity, Insulin Resistance, Bone Resorption and Cardiovascular Risk Factors during Bed Rest. <i>Nutrients</i> , 2019, 11, 1012.	1.7	15
36	The Effect of Load and Volume Autoregulation on Muscular Strength and Hypertrophy: A Systematic Review and Meta-Analysis. <i>Sports Medicine - Open</i> , 2022, 8, 9.	1.3	15

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37	Polycystic ovary syndrome is a risk factor for sarcopenic obesity: a case control study. <i>BMC Endocrine Disorders</i> , 2019, 19, 70.	0.9	13
38	A theory-based, task-oriented, outdoor walking programme for older adults with difficulty walking outdoors: protocol for the Getting Older Adults Outdoors (GO-OUT) randomised controlled trial. <i>BMJ Open</i> , 2019, 9, e029393.	0.8	13
39	High doses of sodium bicarbonate increase lactate levels and delay exhaustion in a cycling performance test. <i>Nutrition</i> , 2019, 60, 94-99.	1.1	13
40	Effect of a pulse-based diet and aerobic exercise on bone measures and body composition in women with polycystic ovary syndrome: A randomized controlled trial. <i>Bone Reports</i> , 2020, 12, 100248.	0.2	12
41	The Effects of Low- and High-Glycemic Index Sport Nutrition Bars on Metabolism and Performance in Recreational Soccer Players. <i>Nutrients</i> , 2020, 12, 982.	1.7	12
42	Resting Energy Expenditure of Master Athletes: Accuracy of Predictive Equations and Primary Determinants. <i>Frontiers in Physiology</i> , 2021, 12, 641455.	1.3	12
43	Research in nutritional supplements and nutraceuticals for health, physical activity, and performance: moving forward. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 455-460.	0.9	11
44	Effect of Ibuprofen on Muscle, Hematological and Renal Function, Hydric Balance, Pain, and Performance During Intense Long-Distance Running. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2076-2083.	1.0	11
45	Women With Polycystic Ovary Syndrome Have Comparable Hip Bone Geometry to Age-Matched Control Women. <i>Journal of Clinical Densitometry</i> , 2018, 21, 54-60.	0.5	10
46	Potential Importance of Immune System Response to Exercise on Aging Muscle and Bone. <i>Current Osteoporosis Reports</i> , 2020, 18, 350-356.	1.5	10
47	The Glycemic Index of Sport Nutrition Bars Affects Performance and Metabolism During Cycling and Next-Day Recovery. <i>Journal of Human Kinetics</i> , 2019, 66, 69-79.	0.7	10
48	Wearing a Surgical Face Mask Has Minimal Effect on Performance and Physiological Measures during High-Intensity Exercise in Youth Ice-Hockey Players: A Randomized Cross-Over Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 10766.	1.2	10
49	Exercise and Estrogen or Estrogen Alternatives (Phytoestrogens, Bisphosphonates) for Preservation of Bone Mineral in Postmenopausal Women. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2004, 29, 59-75.	1.7	9
50	Obesity, but not hyperandrogenism or insulin resistance, predicts skeletal muscle mass in reproductive-aged women with polycystic ovary syndrome: A systematic review and meta-analysis of 45 observational studies. <i>Obesity Reviews</i> , 2021, 22, e13255.	3.1	9
51	Locomotor Training and Factors Associated with Blood Glucose Regulation After Spinal Cord Injury. <i>Current Pharmaceutical Design</i> , 2017, 23, 1834-1844.	0.9	9
52	The role of a pulse-based diet on infertility measures and metabolic syndrome risk: protocol of a randomized clinical trial in women with polycystic ovary syndrome. <i>BMC Nutrition</i> , 2017, 3, 23.	0.6	8
53	Effect of Tart Cherry Concentrate on Endurance Exercise Performance: A Meta-analysis. <i>Journal of the American College of Nutrition</i> , 2020, 39, 657-664.	1.1	8
54	Adipocytokines, Metabolic Syndrome, and Exercise. <i>International Journal of Endocrinology</i> , 2014, 2014, 1-3.	0.6	7

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55	The effects of supramaximal versus submaximal intensity eccentric training when performed until volitional fatigue. <i>European Journal of Applied Physiology</i> , 2017, 117, 2099-2108.	1.2	7
56	Barriers and facilitators to meeting recommended physical activity levels among new immigrant and refugee children in Saskatchewan, Canada. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021, 46, 1-11.	0.9	7
57	The Effect of Impact Exercise (Alone or Multicomponent Intervention) on Health-Related Outcomes in Individuals at Risk of Fractures: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , 2021, 51, 1273-1292.	3.1	7
58	Efficacy of Creatine Supplementation and Resistance Training on Area and Density of Bone and Muscle in Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2021, Publish Ahead of Print, 2388-2395.	0.2	7
59	Skim milk as a recovery beverage after exercise is superior to a sports drink for reducing next-day postprandial blood glucose and increasing postprandial fat oxidation. <i>Nutrition Research</i> , 2020, 82, 58-66.	1.3	6
60	The effect of omega3 fatty acid supplementation on PPAR α and UCP2 expressions, resting energy expenditure, and appetite in athletes. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 48.	0.7	6
61	Dietary Supplementation for Para-Athletes: A Systematic Review. <i>Nutrients</i> , 2021, 13, 2016.	1.7	6
62	Creatine monohydrate supplementation during eight weeks of progressive resistance training increases strength in as little as two weeks without reducing markers of muscle damage. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 608-612.	0.4	5
63	A Low-Glycemic Index, High-Fiber, Pulse-Based Diet Improves Lipid Profile, but Does Not Affect Performance in Soccer Players. <i>Nutrients</i> , 2020, 12, 1324.	1.7	5
64	Knowledge, Attitudes, and Barriers towards Dietary Pulse Consumption in Women with Polycystic Ovary Syndrome Participating in a Multi-Disciplinary Lifestyle Intervention to Improve Women's Health. <i>Sexes</i> , 2021, 2, 88-103.	0.5	5
65	OUP accepted manuscript. <i>Advances in Nutrition</i> , 2021, , .	2.9	5
66	Life Satisfaction, Positive Affect, and Sleep Impairment in Masters Athletes: Modulation by Age, Sex, and Exercise Type. <i>Frontiers in Physiology</i> , 2021, 12, 634433.	1.3	3
67	Two Weekly Sessions of High-Intensity Interval Training Improve Metabolic Syndrome and Hypertriglyceridemic Waist Phenotype in Older Adults: A Randomized Controlled Trial. <i>Metabolic Syndrome and Related Disorders</i> , 2021, 19, 332-339.	0.5	3
68	The Effects of Pilates on Health-related Outcomes in Individuals with Increased Risk of Fracture: A Systematic Review. <i>Applied Physiology, Nutrition and Metabolism</i> , 2022, , .	0.9	3
69	Lifestyle Interventions for Sarcopenic Obesity in Polycystic Ovary Syndrome. , 2020, , 907-920.		2
70	Left Ventricular Dimensions and Diastolic Function Are Different in Throwers, Endurance Athletes, and Sprinters From the World Masters Athletics Championships. <i>Frontiers in Physiology</i> , 2021, 12, 643764.	1.3	1
71	Consuming a lentil-based sports nutrition bar affects metabolic and performance measures during endurance exercise. <i>FASEB Journal</i> , 2012, 26, 820.19.	0.2	1
72	Repeated Application of a Novel Creatine Cream Improves Muscular Peak and Average Power in Male Subjects. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2482-2491.	1.0	0

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73	Skeletal Muscle Health in Polycystic Ovary Syndrome: Protective Effect of Hyperandrogenism or Detrimental Effect of Insulin Resistance? A Systematic Review and Meta-Analysis. Journal of the Endocrine Society, 2021, 5, A744-A745.	0.1	0
74	Consumption of Pulse-Based Meals Improves Lipoprotein Ratios Among Sedentary Office Workers: A Randomized Clinical Trial. Current Developments in Nutrition, 2021, 5, 394.	0.1	0
75	Journal of Aging and Physical Activity Celebrates Its 30th Year With a Virtual Special Issue: Reflections on the First 30 Years From the Editors. Journal of Aging and Physical Activity, 2021, , 1-2.	0.5	0