

Marwan El Ghoch

List of Publications by Year in descending order

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Version: 2024-02-01

124
papers

2,705
citations

218592

26
h-index

243529

44
g-index

131
all docs

131
docs citations

131
times ranked

3102
citing authors

#	ARTICLE	IF	CITATIONS
1	Long-term weight loss maintenance for obesity: a multidisciplinary approach. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2016, 9, 37.	1.1	177
2	Cognitive-Behavioral Strategies to Increase the Adherence to Exercise in the Management of Obesity. <i>Journal of Obesity</i> , 2011, 2011, 1-11.	1.1	156
3	The Eating Disorder Examination Questionnaire: reliability and validity of the Italian version. <i>Eating and Weight Disorders</i> , 2017, 22, 509-514.	1.2	124
4	European Guidelines for Obesity Management in Adults with a Very Low-Calorie Ketogenic Diet: A Systematic Review and Meta-Analysis. <i>Obesity Facts</i> , 2021, 14, 222-245.	1.6	112
5	Eating Disorders, Physical Fitness and Sport Performance: A Systematic Review. <i>Nutrients</i> , 2013, 5, 5140-5160.	1.7	95
6	Association between sarcopenic obesity and higher risk of type 2 diabetes in adults: A systematic review and meta-analysis. <i>World Journal of Diabetes</i> , 2019, 10, 311-323.	1.3	73
7	Inpatient Cognitive Behavior Therapy for Adolescents with Anorexia Nervosa: Immediate and Longer-Term Effects. <i>Frontiers in Psychiatry</i> , 2014, 5, 14.	1.3	67
8	Measured physical activity in anorexia nervosa: Features and treatment outcome. <i>International Journal of Eating Disorders</i> , 2013, 46, 709-712.	2.1	62
9	Major factors for facilitating change in behavioral strategies to reduce obesity. <i>Psychology Research and Behavior Management</i> , 2013, 6, 101.	1.3	62
10	Lifestyle modification in the management of the metabolic syndrome: achievements and challenges. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2010, 3, 373.	1.1	62
11	Intensive enhanced cognitive behavioural therapy for severe and enduring anorexia nervosa: A longitudinal outcome study. <i>Behaviour Research and Therapy</i> , 2017, 89, 41-48.	1.6	60
12	The eating disorder examination: reliability and validity of the Italian version. <i>Eating and Weight Disorders</i> , 2015, 20, 505-511.	1.2	57
13	Body composition, eating disorder psychopathology, and psychological distress in anorexia nervosa: a longitudinal study. <i>American Journal of Clinical Nutrition</i> , 2014, 99, 771-778.	2.2	49
14	Strong relationship between vitamin D status and bone mineral density in anorexia nervosa. <i>Bone</i> , 2015, 78, 212-215.	1.4	49
15	Cognitive Behavioral Therapy for Anorexia Nervosa: An Update. <i>Current Psychiatry Reports</i> , 2016, 18, 2.	2.1	44
16	Preoccupation with shape or weight, fear of weight gain, feeling fat and treatment outcomes in patients with anorexia nervosa: A longitudinal study. <i>Behaviour Research and Therapy</i> , 2018, 105, 63-68.	1.6	43
17	Anorexia Nervosa and Body Fat Distribution: A Systematic Review. <i>Nutrients</i> , 2014, 6, 3895-3912.	1.7	41
18	Deranged endocannabinoid responses to hedonic eating in underweight and recently weight-restored patients with anorexia nervosa. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 262-269.	2.2	39

#	ARTICLE	IF	CITATIONS
19	Assessment of Physical Activity in Anorexia Nervosa and Treatment Outcome. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 1643-1648.	0.2	37
20	Lifestyle modification in the management of obesity: achievements and challenges. <i>Eating and Weight Disorders</i> , 2013, 18, 339-349.	1.2	36
21	A randomized trial of energy-restricted high-protein versus high-carbohydrate, low-fat diet in morbid obesity. <i>Obesity</i> , 2013, 21, 1774-1781.	1.5	35
22	The Association between Weight Gain/Restoration and Bone Mineral Density in Adolescents with Anorexia Nervosa: A Systematic Review. <i>Nutrients</i> , 2016, 8, 769.	1.7	35
23	Weight Loss Expectations and Attrition in Treatment-Seeking Obese Women. <i>Obesity Facts</i> , 2015, 8, 311-318.	1.6	34
24	Reduced Lean Body Mass and Cardiometabolic Diseases in Adult Males with Overweight and Obesity: A Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2754.	1.2	34
25	Lifestyle Modification in Rheumatoid Arthritis: Dietary and Physical Activity Recommendations Based on Evidence. <i>Current Rheumatology Reviews</i> , 2019, 15, 209-214.	0.4	33
26	Association between Sarcopenic Obesity, Type 2 Diabetes, and Hypertension in Overweight and Obese Treatment-Seeking Adult Women. <i>Journal of Cardiovascular Development and Disease</i> , 2018, 5, 51.	0.8	32
27	Obesity and Higher Risk for Severe Complications of Covid-19: What to do when the two pandemics meet. <i>Journal of Population Therapeutics and Clinical Pharmacology</i> , 2020, 27, e31-e36.	1.9	29
28	Depression and treatment outcome in anorexia nervosa. <i>Psychiatry Research</i> , 2014, 218, 195-200.	1.7	28
29	Resting Energy Expenditure in Anorexia Nervosa: Measured versus Estimated. <i>Journal of Nutrition and Metabolism</i> , 2012, 2012, 1-6.	0.7	26
30	The Influence of Weight-Loss Expectations on Weight Loss and of Weight-Loss Satisfaction on Weight Maintenance in Severe Obesity. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2017, 117, 32-38.	0.4	26
31	Comparison between dual-energy X-ray absorptiometry and skinfolds thickness in assessing body fat in anorexia nervosa before and after weight restoration. <i>Clinical Nutrition</i> , 2012, 31, 911-916.	2.3	25
32	The Effects of Low-Carbohydrate Diets on Psychosocial Outcomes in Obesity/Overweight: A Systematic Review of Randomized, Controlled Studies. <i>Nutrients</i> , 2016, 8, 402.	1.7	24
33	Body fat and menstrual resumption in adult females with anorexia nervosa: a 1-year longitudinal study. <i>Journal of Human Nutrition and Dietetics</i> , 2016, 29, 662-666.	1.3	24
34	Are Personality Characteristics as Measured by the Temperament and Character Inventory (TCI) Associated with Obesity Treatment Outcomes? A Systematic Review. <i>Current Obesity Reports</i> , 2018, 7, 27-36.	3.5	24
35	Coffee consumption, health benefits and side effects: a narrative review and update for dietitians and nutritionists. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 1238-1261.	5.4	24
36	Understanding Sarcopenic Obesity in Terms of Definition and Health Consequences: A Clinical Review. <i>Current Diabetes Reviews</i> , 2020, 16, 957-961.	0.6	24

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37	Regional fat distribution in adolescent and adult females with anorexia nervosa: A longitudinal study. <i>Clinical Nutrition</i> , 2015, 34, 1224-1232.	2.3	23
38	How Healthy Are Health-Related Behaviors in University Students: The HOLISTic Study. <i>Nutrients</i> , 2021, 13, 675.	1.7	23
39	Nutritional guidelines for the management of insulin resistance. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6947-6960.	5.4	23
40	Challenges and New Directions in Obesity Management: Lifestyle Modification Programmes, Pharmacotherapy and Bariatric Surgery. <i>Journal of Population Therapeutics and Clinical Pharmacology</i> , 2019, 26, e1-e4.	1.9	23
41	Body checking behaviors in anorexia nervosa. <i>International Journal of Eating Disorders</i> , 2017, 50, 437-441.	2.1	22
42	Vitamin D levels strongly influence bone mineral density and bone turnover markers during weight gain in female patients with anorexia nervosa. <i>International Journal of Eating Disorders</i> , 2017, 50, 1041-1049.	2.1	21
43	Peripheral Endocannabinoid Responses to Hedonic Eating in Binge-Eating Disorder. <i>Nutrients</i> , 2017, 9, 1377.	1.7	21
44	The clinical impairment assessment questionnaire: validation in Italian patients with eating disorders. <i>Eating and Weight Disorders</i> , 2018, 23, 685-694.	1.2	21
45	Weight cycling in adults with severe obesity: A longitudinal study. <i>Nutrition and Dietetics</i> , 2018, 75, 256-262.	0.9	21
46	Changes in lean and skeletal muscle body mass in adult females with anorexia nervosa before and after weight restoration. <i>Clinical Nutrition</i> , 2017, 36, 170-178.	2.3	20
47	Physical performance measures in screening for reduced lean body mass in adult females with obesity. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018, 28, 917-921.	1.1	20
48	Personalized group cognitive behavioural therapy for obesity: a longitudinal study in a real-world clinical setting. <i>Eating and Weight Disorders</i> , 2020, 25, 337-346.	1.2	18
49	Long-term Lifestyle-modification Programs for Overweight and Obesity Management in the Arab States: Systematic Review and Meta-analysis. <i>Current Diabetes Reviews</i> , 2018, 14, 550-558.	0.6	18
50	Residential cognitive-behavioral weight-loss intervention for obesity with and without binge-eating disorder: A prospective case-control study with five-year follow-up. <i>International Journal of Eating Disorders</i> , 2016, 49, 723-730.	2.1	17
51	Sarcopenic Obesity: Definition, Health Consequences and Clinical Management. <i>The Open Nutrition Journal</i> , 2018, 12, 70-73.	0.6	17
52	Physical activity, body weight, and resumption of menses in anorexia nervosa. <i>Psychiatry Research</i> , 2016, 246, 507-511.	1.7	16
53	Chrelin response to hedonic eating in underweight and short-term weight restored patients with anorexia nervosa. <i>Psychiatry Research</i> , 2016, 235, 55-60.	1.7	16
54	Body composition in men with anorexia nervosa: Longitudinal study. <i>International Journal of Eating Disorders</i> , 2017, 50, 856-860.	2.1	16

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55	The association between weight maintenance and session-by-session diet adherence, weight loss and weight-loss satisfaction. <i>Eating and Weight Disorders</i> , 2020, 25, 127-133.	1.2	16
56	Fertility and Reproduction after Recovery from Anorexia Nervosa: A Systematic Review and Meta-Analysis of Long-Term Follow-Up Studies. <i>Diseases (Basel, Switzerland)</i> , 2020, 8, 46.	1.0	16
57	Adipose-derived Mesenchymal Stem Cells in the Treatment of Obesity: A Systematic Review of Longitudinal Studies on Preclinical Evidence. <i>Current Stem Cell Research and Therapy</i> , 2018, 13, 466-475.	0.6	16
58	Bone metabolism in patients with anorexia nervosa and amenorrhoea. <i>Eating and Weight Disorders</i> , 2018, 23, 255-261.	1.2	15
59	Association Between Reduced Daily Steps and Sarcopenic Obesity in Treatment-Seeking Adults With Obesity. <i>Frontiers in Endocrinology</i> , 2020, 11, 22.	1.5	15
60	DSM-5 severity specifiers for anorexia nervosa and treatment outcomes in adult females. <i>Eating Behaviors</i> , 2018, 31, 18-23.	1.1	14
61	Sleep Patterns Before and After Weight Restoration in Females with Anorexia Nervosa: A Longitudinal Controlled Study. <i>European Eating Disorders Review</i> , 2016, 24, 425-429.	2.3	13
62	Treating Obesity with Personalized Cognitive Behavioral Therapy. , 2018, , .		13
63	Association Between Sarcopenic Obesity and Metabolic Syndrome in Adults: A Systematic Review and Meta-Analysis. <i>Current Cardiology Reviews</i> , 2020, 16, 153-162.	0.6	13
64	Personalized multistep cognitive behavioral therapy for obesity. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2017, Volume 10, 195-206.	1.1	12
65	The Association between Body Mass Index and Health-Related Quality of Life in Treatment-Seeking Arab Adults with Obesity. <i>Medical Sciences (Basel, Switzerland)</i> , 2018, 6, 25.	1.3	12
66	IS BODY FAT PERCENTAGE A GOOD PREDICTOR OF MENSTRUAL RECOVERY IN FEMALES WITH ANOREXIA NERVOSA AFTER WEIGHT RESTORATION? A SYSTEMATIC REVIEW AND EXPLORATORY AND SELECTIVE META-ANALYSIS. <i>Journal of Population Therapeutics and Clinical Pharmacology</i> , 2019, 26, e25-e37.	1.9	12
67	Clinical and nutritional management of very-low-calorie ketogenic diet (VLCKD) in patients with psoriasis and obesity: a practical guide for the nutritionist. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 10775-10791.	5.4	12
68	Resting energy expenditure assessment in anorexia nervosa: comparison of indirect calorimetry, a multisensor monitor and the MÅller equation. <i>International Journal of Food Sciences and Nutrition</i> , 2012, 63, 796-801.	1.3	11
69	Anorexia nervosa and childhood sexual abuse: Treatment outcomes of intensive enhanced cognitive behavioural therapy. <i>Psychiatry Research</i> , 2018, 262, 477-481.	1.7	11
70	Nutritional management of type 2 diabetes in subjects with obesity: an international guideline for clinical practice. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 2873-2885.	5.4	11
71	Reduction of Resting Energy Expenditure and Sarcopenic Obesity in Adults with Overweight and Obesity: A Brief Report. <i>Current Diabetes Reviews</i> , 2020, 16, 376-380.	0.6	11
72	Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report. <i>Sports</i> , 2019, 7, 44.	0.7	10

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73	Let food be the medicine, but not for coronavirus: Nutrition and food science, telling myths from facts. <i>Journal of Population Therapeutics and Clinical Pharmacology</i> , 2020, 27, e1-e4.	1.9	10
74	The Impact of Sarcopenic Obesity on Health-Related Quality of Life of Treatment-Seeking Patients with Obesity. <i>Current Diabetes Reviews</i> , 2020, 16, 635-640.	0.6	10
75	From the Ketogenic Diet to the Mediterranean Diet: The Potential Dietary Therapy in Patients with Obesity after CoVID-19 Infection (Post CoVID Syndrome). <i>Current Obesity Reports</i> , 2022, , .	3.5	10
76	Personality Traits in Obesity Associated with Binge Eating and/or Night Eating. <i>Current Obesity Reports</i> , 2014, 3, 120-126.	3.5	9
77	The Starvation Symptom Inventory: Development and Psychometric Properties. <i>Nutrients</i> , 2017, 9, 967.	1.7	9
78	Starvation symptoms in patients with anorexia nervosa: a longitudinal study. <i>Eating Disorders</i> , 2018, 26, 523-537.	1.9	9
79	Association Between Smoking Hookahs (Shishas) and Higher Risk of Obesity: A Systematic Review of Population-Based Studies. <i>Journal of Cardiovascular Development and Disease</i> , 2019, 6, 23.	0.8	9
80	Revising BMI Cut-Off Points for Obesity in a Weight Management Setting in Lebanon. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3832.	1.2	9
81	Management of ischiopubic stress fracture in patients with anorexia nervosa and excessive compulsive exercising. <i>BMJ Case Reports</i> , 2014, 2014, bcr2014206393-bcr2014206393.	0.2	9
82	Management of Severe Rhabdomyolysis and Exercise-Associated Hyponatremia in a Female with Anorexia Nervosa and Excessive Compulsive Exercising. <i>Case Reports in Medicine</i> , 2016, 2016, 1-5.	0.3	8
83	The Mini Sarcopenia Risk Assessment (MSRA) Questionnaire score as a predictor of skeletal muscle mass loss. <i>Aging Clinical and Experimental Research</i> , 2021, 33, 2593-2597.	1.4	8
84	Validation of an Arabic Version of the Obesity-Related Wellbeing (ORWELL 97) Questionnaire in Adults with Obesity. <i>Current Diabetes Reviews</i> , 2019, 15, 127-132.	0.6	8
85	Body Composition in Adolescents and Young Adults with Anorexia Nervosa: A Clinical Review. <i>Current Rheumatology Reviews</i> , 2020, 16, 92-98.	0.4	7
86	Solitary rectal ulcer syndrome in a patient with anorexia nervosa: A case report. <i>International Journal of Eating Disorders</i> , 2016, 49, 731-735.	2.1	6
87	Weight-Loss Cognitive-Behavioural Treatment and Essential Amino Acid Supplementation in a Patient with Spinal Muscular Atrophy and Obesity. <i>Case Reports in Medicine</i> , 2018, 2018, 1-4.	0.3	6
88	Sarcopenic Obesity Predicts Early Attrition in Treatment-Seeking Patients with Obesity: A Longitudinal Pilot Study. <i>Journal of Cardiovascular Development and Disease</i> , 2020, 7, 5.	0.8	6
89	Association between Levels of Physical Activity, Sarcopenia, Type 2 Diabetes and the Quality of Life of Elderly People in Community Dwellings in Lebanon. <i>Geriatrics (Switzerland)</i> , 2021, 6, 28.	0.6	6
90	The Relationship between Sarcopenic Obesity, Weight-Loss and Maintenance Outcomes during Obesity Management: Are Additional Strategies Required?. <i>Clinics and Practice</i> , 2021, 11, 525-531.	0.6	6

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91	Increased Risk of Colorectal Cancer After Obesity Surgery. <i>Annals of Surgery</i> , 2015, 262, e15.	2.1	5
92	Validity and reliability of the Eating Problem Checklist. <i>Eating Disorders</i> , 2019, 27, 384-399.	1.9	5
93	Editorial: Nutrition and Health-Related Quality of Life: Is It an Ignored Outcome?. <i>Frontiers in Nutrition</i> , 2021, 8, 778816.	1.6	5
94	Can Intentional Weight Loss Ameliorate Sarcopenia in Individuals with Obesity? A Longitudinal Interventional Study. <i>Clinics and Practice</i> , 2022, 12, 106-112.	0.6	5
95	Development of an Easy-to-Use Prediction Equation for Body Fat Percentage Based on BMI in Overweight and Obese Lebanese Adults. <i>Diagnostics</i> , 2020, 10, 728.	1.3	4
96	Lifetime Weight Cycling and Central Fat Distribution in Females With Obesity: A Brief Report. <i>Diseases (Basel, Switzerland)</i> , 2020, 8, 8.	1.0	4
97	Cross-validation of prediction equations for estimating the body fat percentage in adults with obesity. <i>Clinical Nutrition ESPEN</i> , 2021, 41, 346-350.	0.5	4
98	Strength and Performance Tests for Screening Reduced Muscle Mass in Elderly Lebanese Males with Obesity in Community Dwellings. <i>Diseases (Basel, Switzerland)</i> , 2021, 9, 23.	1.0	4
99	Association between dietary practice, body composition, training volume and sport performance in 100-Km elite ultramarathon runners. <i>Clinical Nutrition ESPEN</i> , 2021, 42, 239-243.	0.5	4
100	Clinical Management of Medial Patellar Plica Syndrome: Mini Review from Diagnosis to Treatment. <i>Current Rheumatology Reviews</i> , 2020, 16, 9-11.	0.4	4
101	Effect of a standard schema of self-monitoring blood glucose in patients with poorly controlled, non-insulin-treated type 2 diabetes mellitus: A controlled longitudinal study. <i>Journal of Population Therapeutics and Clinical Pharmacology</i> , 2020, 27, e1-e11.	1.9	4
102	Long-Term Weight-Loss Lifestyle Modification Programme in a Patient with Severe Lumbar Intervertebral Disc Degeneration and Obesity: A Case Report. <i>Reports</i> , 2018, 1, 21.	0.2	3
103	Is There a Link Between Nutrition, Genetics, and Cardiovascular Disease?. <i>Journal of Cardiovascular Development and Disease</i> , 2020, 7, 33.	0.8	3
104	Relationship between multiple weight cycles and early weight loss in patients with obesity: a longitudinal study. <i>Eating and Weight Disorders</i> , 2021, 26, 2083-2087.	1.2	3
105	Exploring the effectiveness of a 1.5-Year weight management intervention for adults with obesity. <i>Clinical Nutrition ESPEN</i> , 2021, 42, 215-220.	0.5	3
106	Validation of predictive equations for resting energy expenditure in treatment-seeking adults with overweight and obesity: Measured versus estimated. <i>Journal of Population Therapeutics and Clinical Pharmacology</i> , 2020, 27, e32-e47.	1.9	3
107	Increasing Adherence to Diet and Exercise Through Cognitive Behavioural Strategies. , 2015, , 327-335.		2
108	Module 3: Developing an Active Lifestyle. , 2018, , 75-88.		1

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109	The Dilemma of Weight Cycling in Obesity: Is It Really a Health Risk Factor?. The Open Nutrition Journal, 2018, 12, 1-2.	0.6	1
110	Predictive Equations Based on Body Composition for Resting Energy Expenditure Estimation in Adults with Obesity. Current Diabetes Reviews, 2020, 16, 381-386.	0.6	1
111	Physical Activity Associations with Physical Fitness in Anorexia Nervosa at Baseline and After Recovery. Medicine and Science in Sports and Exercise, 2015, 47, 651.	0.2	0
112	How valuable is cardiopulmonary exercise testing in patients with severe obesity undergoing bariatric surgery?. Internal and Emergency Medicine, 2020, 15, 1157-1159.	1.0	0
113	Combining CBT-OB with Weight-Loss Drugs and Bariatric Surgery. , 2018, , 211-220.		0
114	Module 4: Addressing Obstacles to Weight Loss. , 2018, , 89-115.		0
115	Adaptating CBT-OB for Binge-Eating Disorder. , 2018, , 195-210.		0
116	Adapting CBT-OB for Intensive Levels of Care. , 2018, , 177-194.		0
117	Involving Significant Others. , 2018, , 163-168.		0
118	CBT-OB and Digital Technology. , 2018, , 221-227.		0
119	Adapting CBT-OB for Groups. , 2018, , 169-175.		0
120	Preparatory Phase. , 2018, , 27-44.		0
121	Module 5: Addressing Weight-Loss Dissatisfaction. , 2018, , 117-142.		0
122	Module 6: Addressing the Obstacles to Weight Maintenance. , 2018, , 143-161.		0
123	Treating Obesity with Personalized Cognitive Behavioral Therapy. Mentalhigiene Es Pszichoszomatika, 2020, 21, 235-237.	0.0	0
124	Editorial: Nutrition and Health-Related Quality of Life: Is It an Ignored Outcome?. Frontiers in Nutrition, 2021, 8, 778816.	1.6	0