

# 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	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
2	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
3	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
4	Nutritional guidelines for the management of insulin resistance. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6947-6960.	5.4	23
5	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
6	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
7	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
8	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
9	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
10	How Healthy Are Health-Related Behaviors in University Students: The HOLISTic Study. <i>Nutrients</i> , 2021, 13, 675.	1.7	23
11	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
12	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
13	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
14	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
15	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
16	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
17	Editorial: Nutrition and Health-Related Quality of Life: Is It an Ignored Outcome?. <i>Frontiers in Nutrition</i> , 2021, 8, 778816.	1.6	0
18	Editorial: Nutrition and Health-Related Quality of Life: Is It an Ignored Outcome?. <i>Frontiers in Nutrition</i> , 2021, 8, 778816.	1.6	5

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19	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
20	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
21	Is There a Link Between Nutrition, Genetics, and Cardiovascular Disease?. <i>Journal of Cardiovascular Development and Disease</i> , 2020, 7, 33.	0.8	3
22	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
23	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
24	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
25	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
26	How valuable is cardiopulmonary exercise testing in patients with severe obesity undergoing bariatric surgery?. <i>Internal and Emergency Medicine</i> , 2020, 15, 1157-1159.	1.0	0
27	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
28	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
29	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
30	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
31	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
32	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
33	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
34	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
35	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
36	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

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37	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
38	Treating Obesity with Personalized Cognitive Behavioral Therapy. <i>Mentalhigiene Es Pszichoszomatika</i> , 2020, 21, 235-237.	0.0	0
39	Predictive Equations Based on Body Composition for Resting Energy Expenditure Estimation in Adults with Obesity. <i>Current Diabetes Reviews</i> , 2020, 16, 381-386.	0.6	1
40	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
41	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
42	Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report. <i>Sports</i> , 2019, 7, 44.	0.7	10
43	Validity and reliability of the Eating Problem Checklist. <i>Eating Disorders</i> , 2019, 27, 384-399.	1.9	5
44	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
45	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
46	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
47	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
48	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
49	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
50	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
51	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
52	Bone metabolism in patients with anorexia nervosa and amenorrhoea. <i>Eating and Weight Disorders</i> , 2018, 23, 255-261.	1.2	15
53	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
54	Weight cycling in adults with severe obesity: A longitudinal study. <i>Nutrition and Dietetics</i> , 2018, 75, 256-262.	0.9	21

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55	Long-Term Weight-Loss Lifestyle Modification Programme in a Patient with Severe Lumbar Intervertebral Disc Degeneration and Obesity: A Case Report. Reports, 2018, 1, 21.	0.2	3
56	Reduced Lean Body Mass and Cardiometabolic Diseases in Adult Males with Overweight and Obesity: A Pilot Study. International Journal of Environmental Research and Public Health, 2018, 15, 2754.	1.2	34
57	Association between Sarcopenic Obesity, Type 2 Diabetes, and Hypertension in Overweight and Obese Treatment-Seeking Adult Women. Journal of Cardiovascular Development and Disease, 2018, 5, 51.	0.8	32
58	Weight-Loss Cognitive-Behavioural Treatment and Essential Amino Acid Supplementation in a Patient with Spinal Muscular Atrophy and Obesity. Case Reports in Medicine, 2018, 2018, 1-4.	0.3	6
59	DSM-5 severity specifiers for anorexia nervosa and treatment outcomes in adult females. Eating Behaviors, 2018, 31, 18-23.	1.1	14
60	The Association between Body Mass Index and Health-Related Quality of Life in Treatment-Seeking Arab Adults with Obesity. Medical Sciences (Basel, Switzerland), 2018, 6, 25.	1.3	12
61	Physical performance measures in screening for reduced lean body mass in adult females with obesity. Nutrition, Metabolism and Cardiovascular Diseases, 2018, 28, 917-921.	1.1	20
62	Starvation symptoms in patients with anorexia nervosa: a longitudinal study. Eating Disorders, 2018, 26, 523-537.	1.9	9
63	Treating Obesity with Personalized Cognitive Behavioral Therapy. , 2018, , .		13
64	Long-term Lifestyle-modification Programs for Overweight and Obesity Management in the Arab States: Systematic Review and Meta-analysis. Current Diabetes Reviews, 2018, 14, 550-558.	0.6	18
65	Adipose-derived Mesenchymal Stem Cells in the Treatment of Obesity: A Systematic Review of Longitudinal Studies on Preclinical Evidence. Current Stem Cell Research and Therapy, 2018, 13, 466-475.	0.6	16
66	Sarcopenic Obesity: Definition, Health Consequences and Clinical Management. The Open Nutrition Journal, 2018, 12, 70-73.	0.6	17
67	Module 3: Developing an Active Lifestyle. , 2018, , 75-88.		1
68	Combining CBT-OB with Weight-Loss Drugs and Bariatric Surgery. , 2018, , 211-220.		0
69	Module 4: Addressing Obstacles to Weight Loss. , 2018, , 89-115.		0
70	Adaptating CBT-OB for Binge-Eating Disorder. , 2018, , 195-210.		0
71	Adapting CBT-OB for Intensive Levels of Care. , 2018, , 177-194.		0
72	Involving Significant Others. , 2018, , 163-168.		0

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73	CBT-OB and Digital Technology. , 2018, , 221-227.		0
74	Adapting CBT-OB for Groups. , 2018, , 169-175.		0
75	Preparatory Phase. , 2018, , 27-44.		0
76	Module 5: Addressing Weight-Loss Dissatisfaction. , 2018, , 117-142.		0
77	Module 6: Addressing the Obstacles to Weight Maintenance. , 2018, , 143-161.		0
78	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
79	Changes in lean and skeletal muscle body mass in adult females with anorexia nervosa before and after weight restoration. Clinical Nutrition, 2017, 36, 170-178.	2.3	20
80	The Eating Disorder Examination Questionnaire: reliability and validity of the Italian version. Eating and Weight Disorders, 2017, 22, 509-514.	1.2	124
81	Body checking behaviors in anorexia nervosa. International Journal of Eating Disorders, 2017, 50, 437-441.	2.1	22
82	Body composition in men with anorexia nervosa: Longitudinal study. International Journal of Eating Disorders, 2017, 50, 856-860.	2.1	16
83	25-hydroxyvitamin D levels strongly influence bone mineral density and bone turnover markers during weight gain in female patients with anorexia nervosa. International Journal of Eating Disorders, 2017, 50, 1041-1049.	2.1	21
84	Intensive enhanced cognitive behavioural therapy for severe and enduring anorexia nervosa: A longitudinal outcome study. Behaviour Research and Therapy, 2017, 89, 41-48.	1.6	60
85	The Influence of Weight-Loss Expectations on Weight Loss and of Weight-Loss Satisfaction on Weight Maintenance in Severe Obesity. Journal of the Academy of Nutrition and Dietetics, 2017, 117, 32-38.	0.4	26
86	Personalized multistep cognitive behavioral therapy for obesity. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2017, Volume 10, 195-206.	1.1	12
87	The Starvation Symptom Inventory: Development and Psychometric Properties. Nutrients, 2017, 9, 967.	1.7	9
88	Peripheral Endocannabinoid Responses to Hedonic Eating in Binge-Eating Disorder. Nutrients, 2017, 9, 1377.	1.7	21
89	Management of Severe Rhabdomyolysis and Exercise-Associated Hyponatremia in a Female with Anorexia Nervosa and Excessive Compulsive Exercising. Case Reports in Medicine, 2016, 2016, 1-5.	0.3	8
90	The Effects of Low-Carbohydrate Diets on Psychosocial Outcomes in Obesity/Overweight: A Systematic Review of Randomized, Controlled Studies. Nutrients, 2016, 8, 402.	1.7	24

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91	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
92	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
93	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
94	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
95	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
96	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
97	Physical activity, body weight, and resumption of menses in anorexia nervosa. <i>Psychiatry Research</i> , 2016, 246, 507-511.	1.7	16
98	Ghrelin 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
99	Cognitive Behavioral Therapy for Anorexia Nervosa: An Update. <i>Current Psychiatry Reports</i> , 2016, 18, 2.	2.1	44
100	Weight Loss Expectations and Attrition in Treatment-Seeking Obese Women. <i>Obesity Facts</i> , 2015, 8, 311-318.	1.6	34
101	Increased Risk of Colorectal Cancer After Obesity Surgery. <i>Annals of Surgery</i> , 2015, 262, e15.	2.1	5
102	Physical Activity Associations with Physical Fitness in Anorexia Nervosa at Baseline and After Recovery. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 651.	0.2	0
103	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
104	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
105	Strong relationship between vitamin D status and bone mineral density in anorexia nervosa. <i>Bone</i> , 2015, 78, 212-215.	1.4	49
106	The eating disorder examination: reliability and validity of the Italian version. <i>Eating and Weight Disorders</i> , 2015, 20, 505-511.	1.2	57
107	Increasing Adherence to Diet and Exercise Through Cognitive Behavioural Strategies. , 2015, , 327-335.		2
108	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

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109	Anorexia Nervosa and Body Fat Distribution: A Systematic Review. <i>Nutrients</i> , 2014, 6, 3895-3912.	1.7	41
110	Personality Traits in Obesity Associated with Binge Eating and/or Night Eating. <i>Current Obesity Reports</i> , 2014, 3, 120-126.	3.5	9
111	Depression and treatment outcome in anorexia nervosa. <i>Psychiatry Research</i> , 2014, 218, 195-200.	1.7	28
112	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
113	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
114	Lifestyle modification in the management of obesity: achievements and challenges. <i>Eating and Weight Disorders</i> , 2013, 18, 339-349.	1.2	36
115	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
116	Measured physical activity in anorexia nervosa: Features and treatment outcome. <i>International Journal of Eating Disorders</i> , 2013, 46, 709-712.	2.1	62
117	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
118	Major factors for facilitating change in behavioral strategies to reduce obesity. <i>Psychology Research and Behavior Management</i> , 2013, 6, 101.	1.3	62
119	Eating Disorders, Physical Fitness and Sport Performance: A Systematic Review. <i>Nutrients</i> , 2013, 5, 5140-5160.	1.7	95
120	Resting energy expenditure assessment in anorexia nervosa: comparison of indirect calorimetry, a multisensor monitor and the Mifflin equation. <i>International Journal of Food Sciences and Nutrition</i> , 2012, 63, 796-801.	1.3	11
121	Resting Energy Expenditure in Anorexia Nervosa: Measured versus Estimated. <i>Journal of Nutrition and Metabolism</i> , 2012, 2012, 1-6.	0.7	26
122	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
123	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
124	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