

Faiza Kalam

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

17
papers

380
citations

9
h-index

17
g-index

17
ext. papers

572
ext. citations

4.8
avg, IF

3.69
L-index

#	Paper	IF	Citations
17	Effects of 4- and 6-h Time-Restricted Feeding on Weight and Cardiometabolic Health: A Randomized Controlled Trial in Adults with Obesity. <i>Cell Metabolism</i> , 2020 , 32, 366-378.e3	24.6	108
16	Perceived barriers to healthy eating and physical activity among adolescents in seven Arab countries: a cross-cultural study. <i>Scientific World Journal, The</i> , 2013 , 2013, 232164	2.2	65
15	Risk of disordered eating attitudes among adolescents in seven Arab countries by gender and obesity: a cross-cultural study. <i>Appetite</i> , 2013 , 60, 162-167	4.5	54
14	Differential Effects of Alternate-Day Fasting Versus Daily Calorie Restriction on Insulin Resistance. <i>Obesity</i> , 2019 , 27, 1443-1450	8	38
13	Prevalence of Overweight and Obesity among Adolescents in Seven Arab Countries: A Cross-Cultural Study. <i>Journal of Obesity</i> , 2012 , 2012, 981390	3.7	36
12	Effect of time restricted feeding on the gut microbiome in adults with obesity: A pilot study. <i>Nutrition and Health</i> , 2020 , 26, 79-85	2.1	21
11	Dietary habits and lifestyle among adolescents in Damascus, Syria. <i>Annals of Agricultural and Environmental Medicine</i> , 2014 , 21, 416-9	1.4	14
10	Alternate day fasting combined with a low-carbohydrate diet for weight loss, weight maintenance, and metabolic disease risk reduction. <i>Obesity Science and Practice</i> , 2019 , 5, 531-539	2.6	11
9	Time-Restricted Eating to Improve Cardiovascular Health. <i>Current Atherosclerosis Reports</i> , 2021 , 23, 22	6	9
8	Beverage intake during alternate-day fasting: Relationship to energy intake and body weight. <i>Nutrition and Health</i> , 2019 , 25, 167-171	2.1	7
7	Weight loss efficacy of alternate day fasting versus daily calorie restriction in subjects with subclinical hypothyroidism: a secondary analysis. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020 , 45, 340-343	3	6
6	The effect of 4-h versus 6-h time restricted feeding on sleep quality, duration, insomnia severity and obstructive sleep apnea in adults with obesity. <i>Nutrition and Health</i> , 2021 , 2601060211002347	2.1	5
5	Alternate Day Fasting Combined with a Low Carbohydrate Diet: Effect on Sleep Quality, Duration, Insomnia Severity and Risk of Obstructive Sleep Apnea in Adults with Obesity. <i>Nutrients</i> , 2021 , 13,	6.7	3
4	Changes in body weight and metabolic risk during time restricted feeding in premenopausal versus postmenopausal women. <i>Experimental Gerontology</i> , 2021 , 154, 111545	4.5	2
3	Does the weight loss efficacy of alternate day fasting differ according to sex and menopausal status?. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 641-649	4.5	1
2	Changes in subjective measures of appetite during 6 months of alternate day fasting with a low carbohydrate diet. <i>Clinical Nutrition ESPEN</i> , 2021 , 41, 417-422	1.3	0
1	Effect of Intermittent Fasting on Reproductive Hormone Levels in Females and Males: A Review of Human Trials. <i>Nutrients</i> , 2022 , 14, 2343	6.7	0

