

# Kelsey Gabel

## List of Publications by Year in descending order

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Version: 2024-02-01

29  
papers

1,843  
citations

471061

17  
h-index

476904

29  
g-index

29  
all docs

29  
docs citations

29  
times ranked

1460  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effect of Alternate-Day Fasting on Weight Loss, Weight Maintenance, and Cardioprotection Among Metabolically Healthy Obese Adults. <i>JAMA Internal Medicine</i> , 2017, 177, 930.	2.6	426
2	Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. <i>Nutrition and Healthy Aging</i> , 2018, 4, 345-353.	0.5	411
3	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.	7.2	278
4	Clinical application of intermittent fasting for weight loss: progress and future directions. <i>Nature Reviews Endocrinology</i> , 2022, 18, 309-321.	4.3	101
5	Differential Effects of Alternate-Day Fasting Versus Daily Calorie Restriction on Insulin Resistance. <i>Obesity</i> , 2019, 27, 1443-1450.	1.5	81
6	Cardiometabolic Benefits of Intermittent Fasting. <i>Annual Review of Nutrition</i> , 2021, 41, 333-361.	4.3	60
7	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.	0.6	54
8	Safety of 8-h time restricted feeding in adults with obesity. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 107-109.	0.9	50
9	Changes in hunger and fullness in relation to gut peptides before and after 8 weeks of alternate day fasting. <i>Clinical Nutrition</i> , 2016, 35, 1380-1385.	2.3	45
10	Time-Restricted Eating to Improve Cardiovascular Health. <i>Current Atherosclerosis Reports</i> , 2021, 23, 22.	2.0	44
11	Current research: effect of time restricted eating on weight and cardiometabolic health. <i>Journal of Physiology</i> , 2022, 600, 1313-1326.	1.3	31
12	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.	1.0	28
13	Effect of alternate day fasting on markers of bone metabolism: An exploratory analysis of a 6-month randomized controlled trial. <i>Nutrition and Healthy Aging</i> , 2017, 4, 255-263.	0.5	27
14	Time restricted eating for the prevention of type 2 diabetes. <i>Journal of Physiology</i> , 2022, 600, 1253-1264.	1.3	27
15	Effect of 8-h time-restricted feeding on sleep quality and duration in adults with obesity. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 903-906.	0.9	25
16	Eating behavior traits of successful weight losers during 12 months of alternate-day fasting: An exploratory analysis of a randomized controlled trial. <i>Nutrition and Health</i> , 2018, 24, 5-10.	0.6	24
17	Effect of Intermittent Fasting on Reproductive Hormone Levels in Females and Males: A Review of Human Trials. <i>Nutrients</i> , 2022, 14, 2343.	1.7	23
18	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> , 2022, 28, 5-11.	0.6	18

#	ARTICLE	IF	CITATIONS
19	Does the weight loss efficacy of alternate day fasting differ according to sex and menopausal status?. Nutrition, Metabolism and Cardiovascular Diseases, 2021, 31, 641-649.	1.1	12
20	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. Nutrients, 2021, 13, 211.	1.7	12
21	Feasibility of Time-Restricted Eating. Obesity, 2020, 28, 860-860.	1.5	11
22	Current Evidence and Directions for Intermittent Fasting During Cancer Chemotherapy. Advances in Nutrition, 2022, 13, 667-680.	2.9	11
23	Beverage intake during alternate-day fasting: Relationship to energy intake and body weight. Nutrition and Health, 2019, 25, 167-171.	0.6	8
24	Changes in body weight and metabolic risk during time restricted feeding in premenopausal versus postmenopausal women. Experimental Gerontology, 2021, 154, 111545.	1.2	8
25	Intermittent Fasting and Sleep: A Review of Human Trials. Nutrients, 2021, 13, 3489.	1.7	8
26	Safety and efficacy of alternate day fasting. Nature Reviews Endocrinology, 2019, 15, 686-687.	4.3	7
27	Weight loss efficacy of alternate day fasting versus daily calorie restriction in subjects with subclinical hypothyroidism: a secondary analysis. Applied Physiology, Nutrition and Metabolism, 2020, 45, 340-343.	0.9	7
28	Changes in subjective measures of appetite during 6 months of alternate day fasting with a low carbohydrate diet. Clinical Nutrition ESPEN, 2021, 41, 417-422.	0.5	5
29	Intermittent Fasting and Muscle Lipid Metabolism. Journal of Clinical Endocrinology and Metabolism, 2021, 106, e1468-e1470.	1.8	1