

# Kelsey Gabel

## List of Publications by Year in Descending Order

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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.

29  
papers

844  
citations

11  
h-index

29  
g-index

29  
ext. papers

1,325  
ext. citations

5.9  
avg, IF

4.57  
L-index

#	Paper	IF	Citations
29	Clinical application of intermittent fasting for weight loss: progress and future directions.. <i>Nature Reviews Endocrinology</i> , <b>2022</b> ,	15.2	3
28	Effect of Intermittent Fasting on Reproductive Hormone Levels in Females and Males: A Review of Human Trials. <i>Nutrients</i> , <b>2022</b> , 14, 2343	6.7	0
27	Current Evidence and Directions for Intermittent Fasting During Cancer Chemotherapy. <i>Advances in Nutrition</i> , <b>2021</b> ,	10	2
26	Intermittent Fasting and Sleep: A Review of Human Trials. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	2
25	Cardiometabolic Benefits of Intermittent Fasting. <i>Annual Review of Nutrition</i> , <b>2021</b> , 41, 333-361	9.9	7
24	Time-Restricted Eating to Improve Cardiovascular Health. <i>Current Atherosclerosis Reports</i> , <b>2021</b> , 23, 22	6	9
23	Intermittent Fasting and Muscle Lipid Metabolism. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2021</b> , 106, e1468-e1470	5.6	0
22	Does the weight loss efficacy of alternate day fasting differ according to sex and menopausal status?. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 641-649	4.5	1
21	Changes in subjective measures of appetite during 6 months of alternate day fasting with a low carbohydrate diet. <i>Clinical Nutrition ESPEN</i> , <b>2021</b> , 41, 417-422	1.3	0
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. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	3
19	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> , <b>2021</b> , 2601060211002347	2.1	5
18	Time restricted eating for the prevention of type 2 diabetes. <i>Journal of Physiology</i> , <b>2021</b> ,	3.9	6
17	Changes in body weight and metabolic risk during time restricted feeding in premenopausal versus postmenopausal women. <i>Experimental Gerontology</i> , <b>2021</b> , 154, 111545	4.5	2
16	Effect of time restricted feeding on the gut microbiome in adults with obesity: A pilot study. <i>Nutrition and Health</i> , <b>2020</b> , 26, 79-85	2.1	21
15	Feasibility of Time-Restricted Eating. <i>Obesity</i> , <b>2020</b> , 28, 860	8	10
14	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> , <b>2020</b> , 45, 340-343	3	6
13	Current research: effect of time restricted eating on weight and cardiometabolic health. <i>Journal of Physiology</i> , <b>2020</b> ,	3.9	5

12	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> , <b>2020</b> , 32, 366-378.e3	24.6	108
11	Beverage intake during alternate-day fasting: Relationship to energy intake and body weight. <i>Nutrition and Health</i> , <b>2019</b> , 25, 167-171	2.1	7
10	Differential Effects of Alternate-Day Fasting Versus Daily Calorie Restriction on Insulin Resistance. <i>Obesity</i> , <b>2019</b> , 27, 1443-1450	8	38
9	Effect of 8-h time-restricted feeding on sleep quality and duration in adults with obesity. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2019</b> , 44, 903-906	3	17
8	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> , <b>2019</b> , 5, 531-539	2.6	11
7	Safety and efficacy of alternate day fasting. <i>Nature Reviews Endocrinology</i> , <b>2019</b> , 15, 686-687	15.2	3
6	Safety of 8-h time restricted feeding in adults with obesity. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2019</b> , 44, 107-109	3	29
5	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> , <b>2018</b> , 24, 5-10	2.1	14
4	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> , <b>2018</b> , 4, 345-353	1.3	239
3	Effect of Alternate-Day Fasting on Weight Loss, Weight Maintenance, and Cardioprotection Among Metabolically Healthy Obese Adults: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , <b>2017</b> , 177, 930-938	11.5	248
2	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> , <b>2017</b> , 4, 255-263	1.3	19
1	Changes in hunger and fullness in relation to gut peptides before and after 8 weeks of alternate day fasting. <i>Clinical Nutrition</i> , <b>2016</b> , 35, 1380-1385	5.9	29