

# Michael Tieland

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/10415445/publications.pdf>

Version: 2024-02-01

39  
papers

2,968  
citations

304743

22  
h-index

315739

38  
g-index

40  
all docs

40  
docs citations

40  
times ranked

4215  
citing authors

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 1  | Skeletal muscle performance and ageing. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2018, 9, 3-19.   | 7.3 | 491       |
| 2  | Protein Supplementation Increases Muscle Mass Gain During Prolonged Resistance-Type Exercise Training in Frail Elderly People: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Journal of the American Medical Directors Association</i> , 2012, 13, 713-719.   | 2.5 | 449       |
| 3  | Protein Supplementation Improves Physical Performance in Frail Elderly People: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Journal of the American Medical Directors Association</i> , 2012, 13, 720-726.   | 2.5 | 353       |
| 4  | Dietary protein intake in community-dwelling, frail, and institutionalized elderly people: scope for improvement. <i>European Journal of Nutrition</i> , 2012, 51, 173-179.  | 3.9 | 237       |
| 5  | There Are No Nonresponders to Resistance-Type Exercise Training in Older Men and Women. <i>Journal of the American Medical Directors Association</i> , 2015, 16, 400-411.  | 2.5 | 215       |
| 6  | Minerals and Sarcopenia; The Role of Calcium, Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium, and Zinc on Muscle Mass, Muscle Strength, and Physical Performance in Older Adults: A Systematic Review. <i>Journal of the American Medical Directors Association</i> , 2018, 19, 6-11.e3.   | 2.5 | 161       |
| 7  | Exercise and Nutrition Strategies to Counteract Sarcopenic Obesity. <i>Nutrients</i> , 2018, 10, 605.  | 4.1 | 103       |
| 8  | Handgrip Strength Does Not Represent an Appropriate Measure to Evaluate Changes in Muscle Strength During an Exercise Intervention Program in Frail Older People. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 27-36.   | 2.1 | 96        |
| 9  | Dietary Protein Intake in Dutch Elderly People: A Focus on Protein Sources. <i>Nutrients</i> , 2015, 7, 9697-9706.   | 4.1 | 86        |
| 10 | The Muscle Metabolome Differs between Healthy and Frail Older Adults. <i>Journal of Proteome Research</i> , 2016, 15, 499-509.   | 3.7 | 76        |
| 11 | Effect of resistance-type exercise training with or without protein supplementation on cognitive functioning in frail and pre-frail elderly: Secondary analysis of a randomized, double-blind, placebo-controlled trial. <i>Mechanisms of Ageing and Development</i> , 2014, 136-137, 85-93.   | 4.6 | 73        |
| 12 | Resistance Exercise Increases Postprandial Muscle Protein Synthesis in Humans. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 144-154.   | 0.4 | 61        |
| 13 | Expression of protocadherin gamma in skeletal muscle tissue is associated with age and muscle weakness. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2016, 7, 604-614.  | 7.3 | 55        |
| 14 | Dose-response effects of supplementation with calcifediol on serum 25-hydroxyvitamin D status and its metabolites: A randomized controlled trial in older adults. <i>Clinical Nutrition</i> , 2018, 37, 808-814.   | 5.0 | 51        |
| 15 | Effectiveness of nutritional interventions in older adults at risk of malnutrition across different health care settings: Pooled analyses of individual participant data from nine randomized controlled trials. <i>Clinical Nutrition</i> , 2019, 38, 1797-1806.  | 5.0 | 44        |
| 16 | Protein Supplementation Augments Muscle Fiber Hypertrophy but Does Not Modulate Satellite Cell Content During Prolonged Resistance-Type Exercise Training in Frail Elderly. <i>Journal of the American Medical Directors Association</i> , 2017, 18, 608-615.  | 2.5 | 37        |
| 17 | Serum 25-Hydroxyvitamin D Is Associated With Cognitive Executive Function in Dutch Prefrail and Frail Elderly: A Cross-Sectional Study Exploring the Associations of 25-Hydroxyvitamin D With Glucose Metabolism, Cognitive Performance and Depression. <i>Journal of the American Medical Directors Association</i> . 2013, 14, 852.e9-852.e17. | 2.5 | 35        |
| 18 | The association between 25-hydroxyvitamin D concentration, physical performance and frailty status in older adults. <i>European Journal of Nutrition</i> , 2019, 58, 1173-1181.  | 3.9 | 33        |

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|----|--|-----|-----------|
| 19 | The Relevance of Diet, Physical Activity, Exercise, and Persuasive Technology in the Prevention and Treatment of Sarcopenic Obesity in Older Adults. <i>Frontiers in Nutrition</i> , 2021, 8, 661449.                                | 3.7 | 28        |
| 20 | The impact of protein supplementation on cognitive performance in frail elderly. <i>European Journal of Nutrition</i> , 2014, 53, 803-812.   | 3.9 | 27        |
| 21 | Translation of a tailored nutrition and resistance exercise intervention for elderly people to a real-life setting: adaptation process and pilot study. <i>BMC Geriatrics</i> , 2017, 17, 25.  | 2.7 | 26        |
| 22 | Cholecalciferol or 25-Hydroxycholecalciferol Supplementation Does Not Affect Muscle Strength and Physical Performance in Prefrail and Frail Older Adults. <i>Journal of Nutrition</i> , 2018, 148, 712-720.                          | 2.9 | 26        |
| 23 | The Diuretic Action of Weak and Strong Alcoholic Beverages in Elderly Men: A Randomized Diet-Controlled Crossover Trial. <i>Nutrients</i> , 2017, 9, 660.  | 4.1 | 21        |
| 24 | An Even Distribution of Protein Intake Daily Promotes Protein Adequacy but Does Not Influence Nutritional Status in Institutionalized Elderly. <i>Journal of the American Medical Directors Association</i> , 2018, 19, 33-39.       | 2.5 | 21        |
| 25 | Blended home-based exercise and dietary protein in community-dwelling older adults: a cluster randomized controlled trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020, 11, 1590-1602.                                  | 7.3 | 19        |
| 26 | Attenuated strength gains during prolonged resistance exercise training in older adults with high inflammatory status. <i>Experimental Gerontology</i> , 2018, 106, 154-158.   | 2.8 | 18        |
| 27 | Dietary Protein, Exercise, and Frailty Domains. <i>Nutrients</i> , 2019, 11, 2399.   | 4.1 | 17        |
| 28 | Sarcopenic obesity in the ICU. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2019, 22, 162-166.  | 2.5 | 17        |
| 29 | A digitally supported home-based exercise training program and dietary protein intervention for community dwelling older adults: protocol of the cluster randomised controlled VITAMIN trial. <i>BMC Geriatrics</i> , 2018, 18, 183. | 2.7 | 16        |
| 30 | Determinants of dietary behaviour in wheelchair users with spinal cord injury or lower limb amputation: Perspectives of rehabilitation professionals and wheelchair users. <i>PLoS ONE</i> , 2020, 15, e0228465.                     | 2.5 | 16        |
| 31 | Decreased Appetite is Associated with Sarcopenia-Related Outcomes in Acute Hospitalized Older Adults. <i>Nutrients</i> , 2019, 11, 932.  | 4.1 | 15        |
| 32 | Sarcopenia and its relation to protein intake across older ethnic populations in the Netherlands: the HELIUS study. <i>Ethnicity and Health</i> , 2022, 27, 705-720.   | 2.5 | 10        |
| 33 | Reduction in energy expenditure during weight loss is higher than predicted based on fat free mass and fat mass in older adults. <i>Clinical Nutrition</i> , 2018, 37, 250-253.  | 5.0 | 9         |
| 34 | The effect of exercise training on the course of cardiac troponin T and I levels: three independent training studies. <i>Scientific Reports</i> , 2016, 5, 18320.  | 3.3 | 8         |
| 35 | Digitally Supported Dietary Protein Counseling Changes Dietary Protein Intake, Sources, and Distribution in Community-Dwelling Older Adults. <i>Nutrients</i> , 2021, 13, 502.   | 4.1 | 7         |
| 36 | Bio-Electrical Impedance Analysis: A Valid Assessment Tool for Diagnosis of Low Appendicular Lean Mass in Older Adults?. <i>Frontiers in Nutrition</i> , 2022, 9, .  | 3.7 | 5         |

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|----|--|-----|-----------|
| 37 | Relative Validity and Reliability of Isometric Lower Extremity Strength Assessment in Older Adults by Using a Handheld Dynamometer. <i>Sports Health</i> , 2022, 14, 899-905.                                    | 2.7 | 4         |
| 38 | Dietary Protein Intake in Older Adults from Ethnic Minorities in the Netherlands, a Mixed Methods Approach. <i>Nutrients</i> , 2021, 13, 184.  | 4.1 | 2         |
| 39 | Calcifediol supplementation to reduce pulse pressure in a limited sample of vitamin D deficient older adults with elevated parathyroid hormone levels. <i>Clinical Nutrition Experimental</i> , 2019, 24, 77-82. | 2.0 | 0         |