

Shelley E Keating

List of Publications by Year in descending order

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Version: 2024-02-01

88
papers

3,080
citations

279798

23
h-index

175258

52
g-index

94
all docs

94
docs citations

94
times ranked

4538
citing authors

#	ARTICLE	IF	CITATIONS
1	Exercise and non-alcoholic fatty liver disease: A systematic review and meta-analysis. <i>Journal of Hepatology</i> , 2012, 57, 157-166.	3.7	390
2	Accuracy of Heart Rate Watches: Implications for Weight Management. <i>PLoS ONE</i> , 2016, 11, e0154420.	2.5	277
3	A systematic review and meta-analysis of the effect of aerobic vs. resistance exercise training on visceral fat. <i>Obesity Reviews</i> , 2012, 13, 68-91.	6.5	235
4	Effect of aerobic exercise training dose on liver fat and visceral adiposity. <i>Journal of Hepatology</i> , 2015, 63, 174-182.	3.7	229
5	A systematic review and meta-analysis of interval training versus moderate-intensity continuous training on body adiposity. <i>Obesity Reviews</i> , 2017, 18, 943-964.	6.5	202
6	The Effect of Low-Volume High-Intensity Interval Training on Body Composition and Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2019, 49, 1687-1721.	6.5	143
7	Guidelines for the delivery and monitoring of high intensity interval training in clinical populations. <i>Progress in Cardiovascular Diseases</i> , 2019, 62, 140-146.	3.1	119
8	Continuous Exercise but Not High Intensity Interval Training Improves Fat Distribution in Overweight Adults. <i>Journal of Obesity</i> , 2014, 2014, 1-12.	2.7	107
9	Effect of High-Intensity Interval Training on Fitness, Fat Mass and Cardiometabolic Biomarkers in Children with Obesity: A Randomised Controlled Trial. <i>Sports Medicine</i> , 2018, 48, 733-746.	6.5	89
10	Exercise and ectopic fat in type 2 diabetes: A systematic review and meta-analysis. <i>Diabetes and Metabolism</i> , 2017, 43, 195-210.	2.9	86
11	A Multi-Center Comparison of O2peak Trainability Between Interval Training and Moderate Intensity Continuous Training. <i>Frontiers in Physiology</i> , 2019, 10, 19.	2.8	75
12	Effect of Weight Loss via Severe vs Moderate Energy Restriction on Lean Mass and Body Composition Among Postmenopausal Women With Obesity. <i>JAMA Network Open</i> , 2019, 2, e1913733.	5.9	68
13	Short-term and Long-term Feasibility, Safety, and Efficacy of High-Intensity Interval Training in Cardiac Rehabilitation. <i>JAMA Cardiology</i> , 2020, 5, 1382.	6.1	55
14	Exercise and the Liver: Implications for Therapy in Fatty Liver Disorders. <i>Seminars in Liver Disease</i> , 2012, 32, 065-079.	3.6	53
15	Low-Volume High-Intensity Interval Training Is Sufficient to Ameliorate the Severity of Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2017, 15, 319-328.	1.3	49
16	The benefits of exercise for patients with non-alcoholic fatty liver disease. <i>Expert Review of Gastroenterology and Hepatology</i> , 2015, 9, 1247-1250.	3.0	43
17	The effect of different volumes of high-intensity interval training on proinsulin in participants with the metabolic syndrome: a randomised trial. <i>Diabetologia</i> , 2016, 59, 2308-2320.	6.3	38
18	Non-alcoholic fatty liver disease: Prevalence and all-cause mortality according to sedentary behaviour and cardiorespiratory fitness. <i>The HUNT Study. Progress in Cardiovascular Diseases</i> , 2019, 62, 127-134.	3.1	38

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19	The effect of low-volume high-intensity interval training on cardiovascular health outcomes in type 2 diabetes: A randomised controlled trial. <i>International Journal of Cardiology</i> , 2020, 320, 148-154.	1.7	38
20	The Effect of a Novel Low-Volume Aerobic Exercise Intervention on Liver Fat in Type 2 Diabetes: A Randomized Controlled Trial. <i>Diabetes Care</i> , 2020, 43, 2371-2378.	8.6	35
21	Australian guidelines for physical activity in pregnancy and postpartum. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 511-519.	1.3	31
22	Effect of aerobic exercise on waist circumference in adults with overweight or obesity: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2022, 23, e13446.	6.5	30
23	Adherence to High-Intensity Interval Training in Cardiac Rehabilitation. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2021, 41, 61-77.	2.1	29
24	Effect of resistance training on liver fat and visceral adiposity in adults with obesity: A randomized controlled trial. <i>Hepatology Research</i> , 2017, 47, 622-631.	3.4	25
25	High-intensity interval training and cardiac autonomic control in individuals with metabolic syndrome: A randomised trial. <i>International Journal of Cardiology</i> , 2017, 245, 245-252.	1.7	23
26	Telehealth-delivered, Cardioprotective Diet and Exercise Program for Liver Transplant Recipients: A Randomized Feasibility Study. <i>Transplantation Direct</i> , 2021, 7, e667.	1.6	23
27	The Effect of Exercise on Vascular Function and Stiffness in Type 2 Diabetes: A Systematic Review and Meta-analysis. <i>Current Diabetes Reviews</i> , 2016, 12, 369-383.	1.3	22
28	Exercise and improvement of NAFLD: Practical recommendations. <i>Journal of Hepatology</i> , 2015, 63, 10-12.	3.7	19
29	Effects of exercise intensity and nutrition advice on myocardial function in obese children and adolescents: a multicentre randomised controlled trial study protocol. <i>BMJ Open</i> , 2016, 6, e010929.	1.9	19
30	12 min/week of high-intensity interval training reduces aortic reservoir pressure in individuals with metabolic syndrome. <i>Journal of Hypertension</i> , 2016, 34, 1977-1987.	0.5	19
31	Objectively Quantified Physical Activity and Sedentary Behavior in Predicting Visceral Adiposity and Liver Fat. <i>Journal of Obesity</i> , 2016, 2016, 1-10.	2.7	17
32	Exercise in NAFLD: Just do it. <i>Journal of Hepatology</i> , 2016, 65, 671-673.	3.7	17
33	Less Waste on Waist Measurements: Determination of Optimal Waist Circumference Measurement Site to Predict Visceral Adipose Tissue in Postmenopausal Women with Obesity. <i>Nutrients</i> , 2018, 10, 239.	4.1	17
34	Exercise Training Is Safe and Feasible in Patients Awaiting Liver Transplantation: A Pilot Randomized Controlled Trial. <i>Liver Transplantation</i> , 2019, 25, 1576-1580.	2.4	17
35	Liver transplant recipients' experiences and perspectives of a telehealth-delivered lifestyle programme: A qualitative study. <i>Journal of Telemedicine and Telecare</i> , 2021, 27, 590-598.	2.7	17
36	The Effect of High-intensity Interval Training vs Moderate-intensity Continuous Training on Liver Fat: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2022, 107, 862-881.	3.6	17

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37	<scp>NAFLD</scp> in clinical practice: Can simple blood and anthropometric markers be used to detect change in liver fat measured by ¹Hâ€œMRS</scp>?. Liver International, 2017, 37, 1907-1915.	3.9	16
38	Effectiveness of exercise via telehealth for chronic disease: a systematic review and meta-analysis of exercise interventions delivered via videoconferencing. British Journal of Sports Medicine, 2022, 56, 1042-1052.	6.7	16
39	Study protocol for the FITR Heart Study: Feasibility, safety, adherence, and efficacy of high intensity interval training in a hospital-initiated rehabilitation program for coronary heart disease. Contemporary Clinical Trials Communications, 2017, 8, 181-191.	1.1	15
40	The Chronic Effect of Interval Training on Energy Intake: A Systematic Review and Meta-Analysis. Journal of Obesity, 2018, 2018, 1-13.	2.7	15
41	The Role of Exercise in Patients with Obesity and Hypertension. Current Hypertension Reports, 2020, 22, 77.	3.5	15
42	Genome wide association study of response to interval and continuous exercise training: the Predict-HIIT study. Journal of Biomedical Science, 2021, 28, 37.	7.0	15
43	The effect of heat therapy on blood pressure and peripheral vascular function: A systematic review and meta-analysis. Experimental Physiology, 2021, 106, 1317-1334.	2.0	14
44	Effect of menopause on cerebral artery blood flow velocity and cerebrovascular reactivity: Systematic review and meta-analysis. Maturitas, 2021, 148, 24-32.	2.4	14
45	Efficacy of the Omega-3 Index in predicting non-alcoholic fatty liver disease in overweight and obese adults: a pilot study. British Journal of Nutrition, 2015, 114, 780-787.	2.3	13
46	Preseason Body Composition Adaptations in Elite White and Polynesian Rugby Union Athletes. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 9-17.	2.1	13
47	Accuracy of Longitudinal Assessment of Visceral Adipose Tissue by Dual-Energy X-Ray Absorptiometry in Children with Obesity. Journal of Obesity, 2019, 2019, 1-12.	2.7	13
48	Same-Day Vs Consecutive-Day Precision Error of Dual-Energy X-Ray Absorptiometry for Interpreting Body Composition Change in Resistance-Trained Athletes. Journal of Clinical Densitometry, 2019, 22, 104-114.	1.2	13
49	Evaluating Evidence-Based Content, Features of Exercise Instruction, and Expert Involvement in Physical Activity Apps for Pregnant Women: Systematic Search and Content Analysis. JMIR MHealth and UHealth, 2022, 10, e31607.	3.7	13
50	Effect of Highâ€œIntensity Interval Training on Visceral and Liver Fat in Cardiac Rehabilitation: A Randomized Controlled Trial. Obesity, 2020, 28, 1245-1253.	3.0	12
51	The association between cardiorespiratory fitness, liver fat and insulin resistance in adults with or without type 2 diabetes: a cross-sectional analysis. BMC Sports Science, Medicine and Rehabilitation, 2021, 13, 40.	1.7	12
52	Personal Activity Intelligence e-Health Program in People with Type 2 Diabetes: A Pilot Randomized Controlled Trial. Medicine and Science in Sports and Exercise, 2022, 54, 18-27.	0.4	12
53	Comparison of high intensity interval training with standard cardiac rehabilitation on vascular function. Scandinavian Journal of Medicine and Science in Sports, 2021, , .	2.9	10
54	Trajectories and determinants of weight gain in two cohorts of young adult women born 16 years apart. International Journal of Obesity, 2021, 45, 1553-1564.	3.4	9

#	ARTICLE	IF	CITATIONS
55	Comparing the Efficacy of Supervised and Unsupervised Exercise Training on Glycaemic Control in Type 2 Diabetes: A Systematic Review. <i>Current Diabetes Reviews</i> , 2020, 16, 570-579.	1.3	9
56	High intensity interval training does not result in short- or long-term dietary compensation in cardiac rehabilitation: Results from the FITR heart study. <i>Appetite</i> , 2021, 158, 105021.	3.7	8
57	Accuracy of dual-energy x-ray absorptiometry for assessing longitudinal change in visceral adipose tissue in patients with coronary artery disease. <i>International Journal of Obesity</i> , 2021, 45, 1740-1750.	3.4	8
58	Rationale and Protocol for a Randomized Controlled Trial Comparing Fast versus Slow Weight Loss in Postmenopausal Women with Obesity—The TEMPO Diet Trial. <i>Healthcare (Switzerland)</i> , 2018, 6, 85.	2.0	7
59	Agreement and Reliability of Clinician-in-Clinic Versus Patient-at-Home Clinical and Functional Assessments: Implications for Telehealth Services. <i>Archives of Rehabilitation Research and Clinical Translation</i> , 2020, 2, 100066.	0.9	7
60	Longitudinal Changes in Body Composition Assessed Using DXA and Surface Anthropometry Show Good Agreement in Elite Rugby Union Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 24-31.	2.1	6
61	Abdominal adiposity distribution in elite rugby union athletes using magnetic resonance imaging. <i>Sport Sciences for Health</i> , 2019, 15, 99-107.	1.3	6
62	The Effect of Exercise Intensity and Volume on Metabolic Phenotype in Patients with Metabolic Syndrome: A Randomized Controlled Trial. <i>Metabolic Syndrome and Related Disorders</i> , 2021, 19, 107-114.	1.3	6
63	How body composition techniques measure up for reliability across the age-span. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 281-294.	4.7	6
64	Potential Utility of Self-Report Measures of Affect to Optimise Exercise Adherence in People with Type 2 Diabetes. <i>Current Diabetes Reviews</i> , 2019, 15, 302-308.	1.3	6
65	Effects of one-year once-weekly high-intensity interval training on body adiposity and liver fat in adults with central obesity: Study protocol for a randomized controlled trial. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 161-171.	2.2	6
66	Impact of beta-blockers on cardiopulmonary exercise testing in patients with advanced liver disease. <i>Alimentary Pharmacology and Therapeutics</i> , 2017, 46, 741-747.	3.7	5
67	Computerised tomography skeletal muscle and adipose surface area values in a healthy Caucasian population. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 1276-1281.	2.9	5
68	The effects of exercise on the bone health of people with cancer: a systematic review and meta-analysis. <i>Osteoporosis International</i> , 2021, , 1.	3.1	5
69	Utilizing Technology for Diet and Exercise Change in Complex Chronic Conditions Across Diverse Environments (U-DECIDE): Protocol for a Randomized Controlled Trial. <i>JMIR Research Protocols</i> , 2022, 11, e37556.	1.0	5
70	Similar Morphological and Functional Training Adaptations Occur Between Continuous and Intermittent Blood Flow Restriction. <i>Journal of Strength and Conditioning Research</i> , 2021, Publish Ahead of Print, 1784-1793.	2.1	4
71	Not a Painless Condition: Rheumatological and Musculoskeletal Symptoms in Type 2 Diabetes, and the Implications for Exercise Participation. <i>Current Diabetes Reviews</i> , 2020, 16, 211-219.	1.3	4
72	Exercise Training Intensity and the Fitness-Fatness Index in Adults with Metabolic Syndrome: A Randomized Trial. <i>Sports Medicine - Open</i> , 2021, 7, 100.	3.1	4

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73	<p>Effect of Different Volumes of Interval Training and Continuous Exercise on Interleukin-22 in Adults with Metabolic Syndrome: A Randomized Trial</p>. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2020, Volume 13, 2443-2453.	2.4	3
74	Optimizing the Interaction of Exercise Volume and Metformin to Induce a Clinically Significant Reduction in Metabolic Syndrome Severity: A Randomised Trial. International Journal of Environmental Research and Public Health, 2020, 17, 3695.	2.6	3
75	Electromagnetic Method for Steatotic Liver Detection Using Contrast in Effective Dispersive Permittivity. IEEE Journal of Electromagnetics, RF and Microwaves in Medicine and Biology, 2022, 6, 331-339.	3.4	3
76	Differences in visceral adipose tissue and biochemical cardiometabolic risk markers in elite rugby union athletes of Caucasian and Polynesian descent. European Journal of Sport Science, 2020, 20, 691-702.	2.7	2
77	The inter- and intrarater reliability and feasibility of dietetic assessment of sarcopenia and frailty in potential liver transplant recipients: A mixed- methods study. Clinical Transplantation, 2021, 35, e14185.	1.6	2
78	Accuracy of body composition measurement techniques across the age-span. Applied Physiology, Nutrition and Metabolism, 2022, , .	1.9	2
79	Effect of severe versus moderate energy restriction on physical activity among postmenopausal female adults with obesity: a pre-specified secondary analysis of the TEMPO Diet randomized controlled Trial. American Journal of Clinical Nutrition, 2022, , .	4.7	2
80	Effects of fitness and fatness on age- related arterial stiffening in people with type 2 diabetes. Clinical Obesity, 2022, , e12519.	2.0	2
81	Associations Between Fitness, Physical Activity, and Fatness in Preschool Children With Typical and Atypical Motor Coordination. Frontiers in Pediatrics, 2022, 10, 756862.	1.9	2
82	The Effect Of Exercise On Vascular Function In Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2015, 47, 4-5.	0.4	0
83	Prevention of Chronic Conditions and Cancer. , 2016, , 203-239.		0
84	The Oxygen Uptake Efficiency Slope Is Not Influenced By Beta-blockade In End-stage Liver Disease Patients. Medicine and Science in Sports and Exercise, 2016, 48, 711.	0.4	0
85	Effect of Differential Exercise Intensities on Interleukin-22 in Metabolic Syndrome. Medicine and Science in Sports and Exercise, 2017, 49, 842.	0.4	0
86	Short and Long term Effects of Exercise Intensity on Conduit Artery Function in Cardiac Rehabilitation Patients. Medicine and Science in Sports and Exercise, 2019, 51, 449-449.	0.4	0
87	Effect Of High-intensity Interval Training On Insulin Quality In Participants With Metabolic Syndrome. Medicine and Science in Sports and Exercise, 2016, 48, 642.	0.4	0
88	Short- And Long-term Effects Of High Intensity Interval Training On Dietary Intake In Cardiac Rehabilitation. Medicine and Science in Sports and Exercise, 2020, 52, 1079-1080.	0.4	0