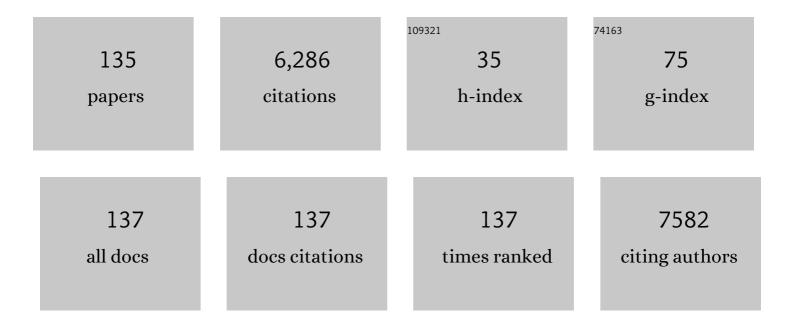
David J Stensel

List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/1973829/publications.pdf Version: 2024-02-01



#	Article	IF	CITATIONS
1	Circulating endotoxin and inflammation: associations with fitness, physical activity and the effect of a 6-month programme of cycling exercise during haemodialysis. Nephrology Dialysis Transplantation, 2022, 37, 366-374.	0.7	4
2	Sleep extension and metabolic health in male overweight/obese short sleepers: A randomised controlled trial. Journal of Sleep Research, 2022, 31, e13469.	3.2	11
3	The effect of exercise training on adipose tissue insulin sensitivity: A systematic review and metaâ€analysis. Obesity Reviews, 2022, 23, e13445.	6.5	11
4	The effects of empagliflozin, dietary energy restriction, or both on appetiteâ€regulatory gut peptides in individuals with type 2 diabetes and overweight or obesity: The <scp>SEESAW</scp> randomized, doubleâ€blind, placeboâ€controlled trial. Diabetes, Obesity and Metabolism, 2022, 24, 1509-1521.	4.4	5
5	Fasted plasma asprosin concentrations are associated with menstrual cycle phase, oral contraceptive use and training status in healthy women. European Journal of Applied Physiology, 2021, 121, 793-801.	2.5	11
6	Improvements in Glycemic Control After Acute Moderate-Intensity Continuous or High-Intensity Interval Exercise Are Greater in South Asians Than White Europeans With Nondiabetic Hyperglycemia: A Randomized Crossover Study. Diabetes Care, 2021, 44, 201-209.	8.6	6
7	Planned morning aerobic exercise in a fasted state increases energy intake in the preceding 24Âh. European Journal of Nutrition, 2021, 60, 3387-3396.	3.9	3
8	A randomized controlled trial to investigate the effects of intra-dialytic cycling on left ventricular mass. Kidney International, 2021, 99, 1478-1486.	5.2	38
9	Postprandial Metabolism and Physical Activity in Asians: A Narrative Review. International Journal of Sports Medicine, 2021, 42, 953-966.	1.7	3
10	The role of hepatic lipid composition in obesityâ€related metabolic disease. Liver International, 2021, 41, 2819-2835.	3.9	23
11	Effects of moderate to vigorous intensity cycling on appetite, ad libitum energy intake and appetite-related hormones in healthy South Asian and white European men. Appetite, 2021, 165, 105282.	3.7	0
12	Associations of obesity, physical activity level, inflammation and cardiometabolic health with COVID-19 mortality: a prospective analysis of the UK Biobank cohort. BMJ Open, 2021, 11, e055003.	1.9	19
13	Acute Running and Coronary Heart Disease Risk Markers in Male Cigarette Smokers and Nonsmokers: A Randomized Crossover Trial. Medicine and Science in Sports and Exercise, 2021, 53, 1021-1032.	0.4	6
14	Higher levels of physical activity are associated with reduced tethering and migration of pro-inflammatory monocytes in males with central obesity. Exercise Immunology Review, 2021, 27, 54-66.	0.4	0
15	Predictors of the Acute Postprandial Response to Breaking Up Prolonged Sitting. Medicine and Science in Sports and Exercise, 2020, 52, 1385-1393.	0.4	13
16	Daily running exercise may induce incomplete energy intake compensation: a 7-day crossover trial. Applied Physiology, Nutrition and Metabolism, 2020, 45, 446-449.	1.9	2
17	Fibroblast Growth Factor 21 Mediates the Associations between Exercise, Aging, and Glucose Regulation. Medicine and Science in Sports and Exercise, 2020, 52, 370-380.	0.4	9
18	Influence of Short-Term Hyperenergetic, High-Fat Feeding on Appetite, Appetite-Related Hormones, and Food Reward in Healthy Men. Nutrients, 2020, 12, 2635.	4.1	3

#	Article	IF	CITATIONS
19	Effects of a single bout of walking on postprandial triglycerides in men of Chinese, European and Japanese descent: a multisite randomised crossover trial. BMJ Open Sport and Exercise Medicine, 2020, 6, e000928.	2.9	1
20	No Influence of the Fat Mass and Obesity-Associated Gene rs9939609 Single Nucleotide Polymorphism on Blood Lipids in Young Males. Nutrients, 2020, 12, 3857.	4.1	4
21	An acute bout of swimming increases post-exercise energy intake in young healthy men and women. Appetite, 2020, 154, 104785.	3.7	9
22	Pulse Wave Velocity Is Associated with Increased Plasma oxLDL in Ageing but Not with FGF21 and Habitual Exercise. Antioxidants, 2020, 9, 221.	5.1	3
23	Acute Hyperenergetic, High-Fat Feeding Increases Circulating FGF21, LECT2, and Fetuin-A in Healthy Men. Journal of Nutrition, 2020, 150, 1076-1085.	2.9	27
24	Energy replacement diminishes the postprandial triglyceride-lowering effect from accumulated walking in older women. European Journal of Nutrition, 2020, 59, 2261-2270.	3.9	5
25	Nutrition and physical activity intervention for families with familial hypercholesterolaemia: protocol for a pilot randomised controlled feasibility study. Pilot and Feasibility Studies, 2020, 6, 42.	1.2	4
26	Reducing cardiovascular disease risk among families with familial hypercholesterolaemia by improving diet and physical activity: a randomised controlled feasibility trial. BMJ Open, 2020, 10, e044200.	1.9	7
27	Exploration of associations between the FTO rs9939609 genotype, fasting and postprandial appetite-related hormones and perceived appetite in healthy men and women. Appetite, 2019, 142, 104368.	3.7	4
28	A randomized crossover trial assessing the effects of acute exercise on appetite, circulating ghrelin concentrations, and butyrylcholinesterase activity in normal-weight males with variants of the obesity-linked FTO rs9939609 polymorphism. American Journal of Clinical Nutrition, 2019, 110, 1055-1066.	4.7	22
29	Effect of exercise intensity on circulating hepatokine concentrations in healthy men. Applied Physiology, Nutrition and Metabolism, 2019, 44, 1065-1072.	1.9	35
30	Effects of Frequency and Duration of Interrupting Sitting on Cardiometabolic Risk Markers. International Journal of Sports Medicine, 2019, 40, 818-824.	1.7	16
31	True Interindividual Variability Exists in Postprandial Appetite Responses in Healthy Men But Is Not Moderated by the FTO Genotype. Journal of Nutrition, 2019, 149, 1159-1169.	2.9	15
32	Increased Meal Frequency With Exercise Mitigates Postprandial Triacylglycerol. Journal of Physical Activity and Health, 2019, 16, 589-594.	2.0	2
33	Plasma Free Fatty Acids Metabolic Profile with LC-MS and Appetite-Related Hormones in South Asian and White European Men in Relation to Adiposity, Physical Activity and Cardiorespiratory Fitness: A Cross-Sectional Study. Metabolites, 2019, 9, 71.	2.9	9
34	Microparticle Responses to Aerobic Exercise and Meal Consumption in Healthy Men. Medicine and Science in Sports and Exercise, 2019, 51, 1935-1943.	0.4	10
35	The Importance of Vigorous-Intensity Leisure-Time Physical Activity in Reducing Cardiovascular Disease Mortality Risk in the Obese. Mayo Clinic Proceedings, 2018, 93, 1096-1103.	3.0	15
36	A Structured Health Intervention for Truckers (SHIFT). Journal of Occupational and Environmental Medicine, 2018, 60, 377-385.	1.7	13

#	Article	IF	CITATIONS
37	Different Patterns of Walking and Postprandial Triglycerides in Older Women. Medicine and Science in Sports and Exercise, 2018, 50, 79-87.	0.4	17
38	The influence of adiposity and acute exercise on circulating hepatokines in normal-weight and overweight/obese men. Applied Physiology, Nutrition and Metabolism, 2018, 43, 482-490.	1.9	49
39	Interindividual Responses of Appetite to Acute Exercise. Medicine and Science in Sports and Exercise, 2018, 50, 758-768.	0.4	28
40	Implementing a theory-based intradialytic exercise programme in practice: a quality improvement project. CKJ: Clinical Kidney Journal, 2018, 11, 832-840.	2.9	16
41	24-h severe energy restriction impairs postprandial glycaemic control in young, lean males. British Journal of Nutrition, 2018, 120, 1107-1116.	2.3	10
42	Defining myocardial fibrosis in haemodialysis patients with non-contrast cardiac magnetic resonance. BMC Cardiovascular Disorders, 2018, 18, 145.	1.7	10
43	The Impact of a Novel Structured Health Intervention for Truckers (SHIFT) on Physical Activity and Cardiometabolic Risk Factors. Journal of Occupational and Environmental Medicine, 2018, 60, 368-376.	1.7	14
44	Effect of Obesity-Linked <i>FTO</i> rs9939609 Variant on Physical Activity and Dietary Patterns in Physically Active Men and Women. Journal of Obesity, 2018, 2018, 1-8.	2.7	13
45	Acute and Chronic Effects of Exercise on Appetite, Energy Intake, and Appetite-Related Hormones: The Modulating Effect of Adiposity, Sex, and Habitual Physical Activity. Nutrients, 2018, 10, 1140.	4.1	123
46	The effect of exercise training on intrahepatic triglyceride and hepatic insulin sensitivity: a systematic review and metaâ€analysis. Obesity Reviews, 2018, 19, 1446-1459.	6.5	67
47	Normal-Weight Central Obesity and Risk for Mortality. Annals of Internal Medicine, 2017, 166, 917.	3.9	50
48	The interaction between physical activity and nutrition is integral to general health and sports performance. Nutrition Bulletin, 2017, 42, e1.	1.8	0
49	Individual Variation in Hunger, Energy Intake, and Ghrelin Responses to Acute Exercise. Medicine and Science in Sports and Exercise, 2017, 49, 1219-1228.	0.4	34
50	Acute effect of exercise intensity and duration on acylated ghrelin and hunger in men. Journal of Endocrinology, 2017, 232, 411-422.	2.6	44
51	Expanding the investigation of meaningful effects in physiology research. Future Science OA, 2017, 3, FSO218.	1.9	5
52	The association between leisure-time physical activity, low HDL-cholesterol and mortality in a pooled analysis of nine population-based cohorts. European Journal of Epidemiology, 2017, 32, 559-566.	5.7	23
53	Acute effects of exercise on appetite, ad libitum energy intake and appetite-regulatory hormones in lean and overweight/obese men and women. International Journal of Obesity, 2017, 41, 1737-1744.	3.4	70
54	Cross-sectional surveillance study to phenotype lorry drivers' sedentary behaviours, physical activity and cardio-metabolic health. BMJ Open, 2017, 7, e013162.	1.9	27

#	Article	IF	CITATIONS
55	Concurrent Validity of Actigraph-Determined Sedentary Time Against the Activpal Under Free-Living Conditions in a Sample of Bus Drivers. Measurement in Physical Education and Exercise Science, 2017, 21, 212-222.	1.8	11
56	Imaging of Myocardial Fibrosis in Patients with End-Stage Renal Disease: Current Limitations and Future Possibilities. BioMed Research International, 2017, 2017, 1-14.	1.9	35
57	Acute Exercise and Appetite-Regulating Hormones in Overweight and Obese Individuals: A Meta-Analysis. Journal of Obesity, 2016, 2016, 1-8.	2.7	16
58	Exercise, Appetite and Weight Control: Are There Differences between Men and Women?. Nutrients, 2016, 8, 583.	4.1	32
59	Acute high-intensity interval rowing increases thrombin generation in healthy men. European Journal of Applied Physiology, 2016, 116, 1139-1148.	2.5	9
60	Role of physical activity in regulating appetite and body fat. Nutrition Bulletin, 2016, 41, 314-322.	1.8	10
61	Novel cardiac nuclear magnetic resonance methodÂfor noninvasive assessment of myocardialÂfibrosis in hemodialysis patients. Kidney International, 2016, 90, 835-844.	5.2	62
62	Effect of 24-h severe energy restriction on appetite regulation and ad libitum energy intake in lean men and women. American Journal of Clinical Nutrition, 2016, 104, 1545-1553.	4.7	19
63	No effect of 24 h severe energy restriction on appetite regulation and ad libitum energy intake in overweight and obese males. International Journal of Obesity, 2016, 40, 1662-1670.	3.4	11
64	Time spent sitting during and outside working hours in bus drivers: A pilot study. Preventive Medicine Reports, 2016, 3, 36-39.	1.8	30
65	Breaking Up Prolonged Sitting With Standing or Walking Attenuates the Postprandial Metabolic Response in Postmenopausal Women: A Randomized Acute Study. Diabetes Care, 2016, 39, 130-138.	8.6	229
66	Appetite and Energy Intake Responses to Acute Energy Deficits in Females versus Males. Medicine and Science in Sports and Exercise, 2016, 48, 412-420.	0.4	58
67	Effect of breakfast omission on subjective appetite, metabolism, acylated ghrelin and GLP-17-36 during rest and exercise. Nutrition, 2016, 32, 179-185.	2.4	26
68	Native T1 mapping: inter-study, inter-observer and inter-center reproducibility in hemodialysis patients. Journal of Cardiovascular Magnetic Resonance, 2016, 19, 21.	3.3	50
69	Effect of Breakfast Omission on Energy Intake and Evening Exercise Performance. Medicine and Science in Sports and Exercise, 2015, 47, 2645-2652.	0.4	47
70	Appetite and gut hormone responses to moderate-intensity continuous exercise versus high-intensity interval exercise, in normoxic and hypoxic conditions. Appetite, 2015, 89, 237-245.	3.7	50
71	Appetite, appetite hormone and energy intake responses to two consecutive days of aerobic exercise in healthy young men. Appetite, 2015, 92, 57-65.	3.7	34
72	High-Intensity Interval Exercise and Postprandial Triacylglycerol. Sports Medicine, 2015, 45, 957-968.	6.5	8

#	Article	IF	CITATIONS
73	The effect of prior walking on coronary heart disease risk markers in South Asian and European men. European Journal of Applied Physiology, 2015, 115, 2641-2651.	2.5	12
74	The Meta-Analysis of Crossover Studies on Exercise and Appetite-Related Hormones. Sports Medicine, 2014, 44, 1165-1165.	6.5	4
75	Creating an acute energy deficit without stimulating compensatory increases in appetite: is there an optimal exercise protocol?. Proceedings of the Nutrition Society, 2014, 73, 352-358.	1.0	42
76	Effect of acute and regular exercise on growth hormone secretagogue receptor-1a expression in human lymphocytes, T cell subpopulation and monocytes. Brain, Behavior, and Immunity, 2014, 39, 172-179.	4.1	14
77	The effect of post-exercise drink macronutrient content on appetite and energy intake. Appetite, 2014, 82, 173-179.	3.7	24
78	Appetite and gut peptide responses to exercise and calorie restriction. The effect of modest energy deficits. Appetite, 2014, 81, 52-59.	3.7	43
79	Acute exercise increases feeding latency in healthy normal weight young males but does not alter energy intake. Appetite, 2013, 61, 45-51.	3.7	31
80	Exercise and ghrelin. A narrative overview of research. Appetite, 2013, 68, 83-91.	3.7	37
81	Appetite, gut hormone and energy intake responses to low volume sprint interval and traditional endurance exercise. European Journal of Applied Physiology, 2013, 113, 1147-1156.	2.5	125
82	Appetite, energy intake, and PYY _{3–36} responses to energy-matched continuous exercise and submaximal high-intensity exercise. Applied Physiology, Nutrition and Metabolism, 2013, 38, 947-952.	1.9	71
83	Influence of netball-based exercise on energy intake, subjective appetite and plasma acylated ghrelin in adolescent girls. Applied Physiology, Nutrition and Metabolism, 2013, 38, 854-861.	1.9	13
84	Reply to Discussion of "Influence of netball-based exercise on energy intake, subjective appetite and plasma acylated ghrelin in adolescent girls― Applied Physiology, Nutrition and Metabolism, 2013, 38, 1171-1172.	1.9	1
85	The influence of vigorous running and cycling exercise on hunger perceptions and plasma acylated ghrelin concentrations in lean young men. Applied Physiology, Nutrition and Metabolism, 2013, 38, 1-6.	1.9	39
86	Associations between health-related physical fitness and obesity in Taiwanese youth. Journal of Sports Sciences, 2013, 31, 1797-1804.	2.0	32
87	Effect of ambient temperature during acute aerobic exercise on short-term appetite, energy intake, and plasma acylated ghrelin in recreationally active males. Applied Physiology, Nutrition and Metabolism, 2013, 38, 905-909.	1.9	28
88	Effect of post-exercise drink composition on appetite and energy intake. Proceedings of the Nutrition Society, 2013, 72, .	1.0	0
89	Exercise and Coronary Heart Disease Risk Markers in South Asian and European Men. Medicine and Science in Sports and Exercise, 2013, 45, 1261-1268.	0.4	17
90	An Update on Accumulating Exercise and Postprandial Lipaemia: Translating Theory Into Practice. Journal of Preventive Medicine and Public Health, 2013, 46, S3-S11.	1.9	13

#	Article	IF	CITATIONS
91	Influence of rest and exercise at a simulated altitude of 4,000 m on appetite, energy intake, and plasma concentrations of acylated ghrelin and peptide YY. Journal of Applied Physiology, 2012, 112, 552-559.	2.5	67
92	Beneficial effects of combined olive oil ingestion and acute exercise on postprandial TAG concentrations in healthy young women. British Journal of Nutrition, 2012, 108, 1773-1779.	2.3	10
93	Appetite, energy intake and resting metabolic responses to 60min treadmill running performed in a fasted versus a postprandial state. Appetite, 2012, 58, 946-954.	3.7	43
94	The Influence of Physical Activity on Obesity and Health. Journal of Obesity, 2012, 2012, 1-2.	2.7	3
95	Effect of Exercise Timing on Postprandial Lipaemia. Journal of Atherosclerosis and Thrombosis, 2012, 19, 205-206.	2.0	1
96	Accumulating exercise and postprandial lipaemia. The Journal of Physical Fitness and Sports Medicine, 2012, 1, 541-545.	0.3	0
97	Accumulating short bouts of running reduces resting blood pressure in young normotensive/pre-hypertensive men. Journal of Sports Sciences, 2011, 29, 1473-1482.	2.0	15
98	Differential Acylated Ghrelin, Peptide YY3–36, Appetite, and Food Intake Responses to Equivalent Energy Deficits Created by Exercise and Food Restriction. Journal of Clinical Endocrinology and Metabolism, 2011, 96, 1114-1121.	3.6	121
99	The effects of 30min of exercise on cardiovascular disease risk factors in healthy and obese individuals. Atherosclerosis, 2011, 216, 496-497.	0.8	2
100	The Acute Effects of Swimming on Appetite, Food Intake, and Plasma Acylated Ghrelin. Journal of Obesity, 2011, 2011, 1-8.	2.7	66
101	Appetite, acylated ghrelin and 24 hour energy intake responses to low volume sprint interval exercise versus prolonged endurance exercise. Proceedings of the Nutrition Society, 2011, 70, .	1.0	0
102	The anti-inflammatory effects of exercise: mechanisms and implications for the prevention and treatment of disease. Nature Reviews Immunology, 2011, 11, 607-615.	22.7	1,558
103	Influence of Brisk Walking on Appetite, Energy Intake, and Plasma Acylated Ghrelin. Medicine and Science in Sports and Exercise, 2010, 42, 485-492.	0.4	83
104	Exercise, Appetite and Appetite-Regulating Hormones: Implications for Food Intake and Weight Control. Annals of Nutrition and Metabolism, 2010, 57, 36-42.	1.9	129
105	Influence of prolonged treadmill running on appetite, energy intake and circulating concentrations of acylated ghrelin. Appetite, 2010, 54, 492-498.	3.7	129
106	Exercise and appetite regulation. Japanese Journal of Physical Fitness and Sports Medicine, 2010, 59, 67-67.	0.0	0
107	Influence of resistance and aerobic exercise on hunger, circulating levels of acylated ghrelin, and peptide YY in healthy males. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2009, 296, R29-R35.	1.8	241
108	Effect of a school-based intervention to promote healthy lifestyles in 7–11 year old children. International Journal of Behavioral Nutrition and Physical Activity, 2009, 6, 5.	4.6	88

#	Article	IF	CITATIONS
109	Brisk walking offsets the increase in postprandial TAG concentrations found when changing to a diet with increased carbohydrate. British Journal of Nutrition, 2009, 101, 1787-1796.	2.3	11
110	Acute Effects of Accumulating Exercise on Postprandial Lipemia and C-Reactive Protein Concentrations in Young Men. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 569-582.	2.1	15
111	AEROBIC EXERCISE AND POSTPRANDIAL LIPEMIA. Medicine and Science in Sports and Exercise, 2009, 41, 965.	0.4	2
112	Effects of low- and high-volume resistance exercise on postprandial lipaemia Comments by Burns and Stensel. British Journal of Nutrition, 2008, 99, 211-211.	2.3	3
113	Obesity and diabetes. , 2008, , 21-49.		1
114	Accumulating short bouts of brisk walking reduces postprandial plasma triacylglycerol concentrations and resting blood pressure in healthy young men. American Journal of Clinical Nutrition, 2008, 88, 1225-31.	4.7	95
115	A single session of treadmill running has no effect on plasma total ghrelin concentrations. Journal of Sports Sciences, 2007, 25, 635-642.	2.0	70
116	Multiple Bouts of Resistance Exercise and Postprandial Triacylglycerol and Serum C-Reactive-Protein Concentrations. International Journal of Sport Nutrition and Exercise Metabolism, 2007, 17, 556-573.	2.1	18
117	Exercise and Postprandial Plasma Triacylglycerol Concentrations in Healthy Adolescent Boys. Medicine and Science in Sports and Exercise, 2007, 39, 116-122.	0.4	31
118	Exercise-induced suppression of acylated ghrelin in humans. Journal of Applied Physiology, 2007, 102, 2165-2171.	2.5	228
119	Accumulating Short Bouts of Running Exercise Throughout the Day Reduces Postprandial Plasma Triacylglycerol Concentrations and Resting Blood Pressure in Healthy Young Men. Journal of Physical Activity and Health, 2006, 3, 112-123.	2.0	14
120	Exercise and postprandial lipemia: effect of continuous compared with intermittent activity patterns. American Journal of Clinical Nutrition, 2006, 83, 24-29.	4.7	75
121	Increased Postprandial Triacylglycerol Concentrations following Resistance Exercise. Medicine and Science in Sports and Exercise, 2006, 38, 527-533.	0.4	18
122	Effects of Intermittent Games Activity on Postprandial Lipemia in Young Adults. Medicine and Science in Sports and Exercise, 2006, 38, 1282-1287.	0.4	22
123	The Influence of Multiple Bouts of Resistance Exercise on Postprandial Triacylglycerol Concentrations. Medicine and Science in Sports and Exercise, 2006, 38, S485.	0.4	2
124	A single session of resistance exercise does not reduce postprandial lipaemia. Journal of Sports Sciences, 2005, 23, 251-260.	2.0	33
125	Should reviewers' names be included at the end of journal papers?. Journal of Sports Sciences, 2005, 23, 447-447.	2.0	0
126	Health-enhancing physical activity and sedentary behaviour in children and adolescents. Journal of Sports Sciences, 2004, 22, 679-701.	2.0	626

#	Article	IF	CITATIONS
127	Resting metabolic rate in obese and nonobese Chinese Singaporean boys aged 13–15 y. American Journal of Clinical Nutrition, 2001, 74, 369-373.	4.7	14
128	Relation between basal metabolic rate and body composition in subjects with anorexia nervosa. American Journal of Clinical Nutrition, 2001, 73, 358-359.	4.7	1
129	Serum lipids, serum insulin, plasma fibrinogen and aerobic capacity in obese and non-obese Singaporean boys. International Journal of Obesity, 2001, 25, 984-989.	3.4	18
130	The Singapore Youth Coronary Risk and Physical Activity Study. Medicine and Science in Sports and Exercise, 1998, 30, 105-113.	0.4	41
131	Blood pressure, lipids, lipoproteins, body fat and physical activity of Singapore children. Journal of Paediatrics and Child Health, 1997, 33, 484-490.	0.8	16
132	The influence of a 1-year programme of brisk walking on endurance fitness and body composition in previously sedentary men aged 42–59 years. European Journal of Applied Physiology and Occupational Physiology, 1994, 68, 531-537.	1.2	23
133	Brisk Walking and Serum Lipoprotein Variables in Formerly Sedentary Men Aged 42–59 Years. Clinical Science, 1993, 85, 701-708.	4.3	26
134	Physical Activity and Health. , 0, , .		71
135	Ian Macdonald retires as Editor-In-Chief. International Journal of Obesity, 0, , .	3.4	0