Parco M Siu

List of Publications by Year
in descending order

103 papers	11,414 citations	117571 34 h-index	36008 97 g-index
103 all docs	103 docs citations	103 times ranked	23677 citing authors

#	Article	IF	Citations
1	Comparison of moderate and vigorous walking exercise on reducing depression in middleâ€aged and older adults: A pilot randomized controlled trial. European Journal of Sport Science, 2023, 23, 1018-1027.	1.4	5
2	Acute effects of mindfulness-based intervention on athlete cognitive function: An fNIRS investigation. Journal of Exercise Science and Fitness, 2022, 20, 90-99.	0.8	8
3	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. Journal of Exercise Science and Fitness, 2022, 20, 161-171.	0.8	6
4	Effects of Exercise Frequency and Intensity on Reducing Depressive Symptoms in Older Adults With Insomnia: A Pilot Randomized Controlled Trial. Frontiers in Physiology, 2022, 13, 863457.	1.3	1
5	Tai Chi versus conventional exercise for improving cognitive function in older adults: a pilot randomized controlled trial. Scientific Reports, 2022, 12, .	1.6	9
6	The Effects of Mindfulness-Based Interventions on Child and Adolescent Aggression: a Systematic Review and Meta-Analysis. Mindfulness, 2021, 12, 1301-1315.	1.6	21
7	Effects of Tai Chi or Exercise on Sleep in Older Adults With Insomnia. JAMA Network Open, 2021, 4, e2037199.	2.8	49
8	Aerobic Exercise Decreases Negative Affect by Modulating Orbitofrontal-Amygdala Connectivity in Adolescents. Life, 2021, 11, 577.	1.1	6
9	Effects of Tai Chi or Conventional Exercise on Central Obesity in Middle-Aged and Older Adults. Annals of Internal Medicine, 2021, 174, 1050-1057.	2.0	41
10	Effects and doseâ€“response relationship of high-intensity interval training on cardiorespiratory fitness in overweight and obese adults: a systematic review and meta-analysis. Journal of Sports Sciences, 2021, 39, 2829-2846.	1.0	5
11	Effects of high-intensity interval exercise and moderate-intensity continuous exercise on executive function of healthy young males. Physiology and Behavior, 2021, 239, 113505.	1.0	26
12	The APPL1-Rab5 axis restricts NLRP3 inflammasome activation through early endosomal-dependent mitophagy in macrophages. Nature Communications, 2021, 12, 6637.	5.8	35
13	Low-Frequency HIIT Improves Body Composition and Aerobic Capacity in Overweight Men. Medicine and Science in Sports and Exercise, 2020, 52, 56-66.	0.2	29
14	Acute Effects of Brief Mindfulness Intervention Coupled with Carbohydrate Ingestion to Re-Energize Soccer Players: A Randomized Crossover Trial. International Journal of Environmental Research and Public Health, 2020, 17, 9037.	1.2	6
15	Obestatin and growth hormone reveal the interaction of central obesity and other cardiometabolic risk factors of metabolic syndrome. Scientific Reports, 2020, 10, 5495.	1.6	7
16	Promoting healthy ageing through light volleyball intervention in Hong Kong: study protocol for a randomised controlled trial. BMC Sports Science, Medicine and Rehabilitation, 2020, 12, 6.	0.7	5
17	Acute Effect of Brief Mindfulness-Based Intervention Coupled with Fluid Intake on Athletes' Cognitive Function. Journal of Sports Science and Medicine, 2020, 19, 753-760.	0.7	2
18	The Effect of Tai Chi Chuan on Negative Emotions in Non-Clinical Populations: A Meta-Analysis and Systematic Review. International Journal of Environmental Research and Public Health, 2019, 16, 3033.	1.2	36

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19	Brain Vitality Enhancement (BRAVE) program to promote brain health among persons with mild cognitive impairment: A study protocol. Journal of Advanced Nursing, 2019, 75, 3758-3767.	1.5	2
20	Effects of an Individualized Exercise Program Plus Behavioral Change Enhancement Strategies for Managing Fatigue in Older People Who Are Frail: Protocol for a Cluster Randomized Controlled Trial. Physical Therapy, 2019, 99, 1616-1627.	1.1	3
21	Effects of Maternal Voluntary Wheel Running During Pregnancy on Adult Hippocampal Neurogenesis, Temporal Order Memory, and Depression-Like Behavior in Adult Female and Male Offspring. Frontiers in Neuroscience, 2019, 13, 470.	1.4	17
22	Mindfulness and Athlete Burnout: A Systematic Review and Meta-Analysis. International Journal of Environmental Research and Public Health, 2019, 16, 449.	1.2	37
23	Ablation of Bax and Bak protects skeletal muscle against pressure-induced injury. Scientific Reports, 2018, 8, 3689.	1.6	8
24	Revealing the Neural Mechanisms Underlying the Beneficial Effects of Tai Chi: A Neuroimaging Perspective. The American Journal of Chinese Medicine, 2018, 46, 231-259.	1.5	37
25	One Year of Yoga Training Alters Ghrelin Axis in Centrally Obese Adults With Metabolic Syndrome. Frontiers in Physiology, 2018, 9, 1321.	1.3	14
26	Association of Markers of Proinflammatory Phenotype and Beige Adipogenesis with Metabolic Syndrome in Chinese Centrally Obese Adults. Journal of Diabetes Research, 2018, 2018, 1-7.	1.0	10
27	Adipokine Profiling in Adult Women With Central Obesity and Hypertension. Frontiers in Physiology, 2018, 9, 294.	1.3	7
28	Adipokines demonstrate the interacting influence of central obesity with other cardiometabolic risk factors of metabolic syndrome in Hong Kong Chinese adults. PLoS ONE, 2018, 13, e0201585.	1.1	26
29	Ghrelin Axis Reveals the Interacting Influence of Central Obesity and Hypertension. Frontiers in Endocrinology, 2018, 9, 534.	1.5	5
30	Yoga training modulates adipokines in adults with highâ€normal blood pressure and metabolic syndrome. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 1130-1138.	1.3	18
31	An individualized exercise programme with and without behavioural change enhancement strategies for managing fatigue among frail older people: a quasi-experimental pilot study. Clinical Rehabilitation, 2017, 31, 521-531.	1.0	17
32	Vitamin D deficiency, oxidative stress and antioxidant status: only weak association seen in the absence of advanced age, obesity or pre-existing disease. British Journal of Nutrition, 2017, 118, 11-16.	1.2	31
33	Protective Effect of Unacylated Ghrelin on Compression-Induced Skeletal Muscle Injury Mediated by SIRT1-Signaling. Frontiers in Physiology, 2017, 8, 962.	1.3	13
34	Cardiovascular Protective Effects of Salvianic Acid A on db/db Mice with Elevated Homocysteine Level. Oxidative Medicine and Cellular Longevity, 2017, 2017, 1-10.	1.9	7
35	Role of free fatty acids in endothelial dysfunction. Journal of Biomedical Science, 2017, 24, 50.	2.6	258
36	Implications of MicroRNAs in the Treatment of Gefitinib-Resistant Non-Small Cell Lung Cancer. International Journal of Molecular Sciences, 2016, 17, 237.	1.8	42

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37	Doxorubicin Induces Inflammatory Modulation and Metabolic Dysregulation in Diabetic Skeletal Muscle. Frontiers in Physiology, 2016, 7, 323.	1.3	22
38	S100A8 and S100A9 Are Associated with Doxorubicin-Induced Cardiotoxicity in the Heart of Diabetic Mice. Frontiers in Physiology, 2016, 7, 334.	1.3	15
39	Diabetic nephropathy and endothelial dysfunction: Current and future therapies, and emerging of vascular imaging for preclinical renal-kinetic study. Life Sciences, 2016, 166, 121-130.	2.0	52
40	Guidelines for the use and interpretation of assays for monitoring autophagy (3rd edition). Autophagy, 2016, 12, 1-222.	4.3	4,701
41	Acute Treatment of Resveratrol Alleviates Doxorubicin-Induced Myotoxicity in Aged Skeletal Muscle Through SIRT1-Dependent Mechanisms. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2016, 71, 730-739.	1.7	20
42	Muscle mass, structural and functional investigations of senescence-accelerated mouse P8 (SAMP8). Experimental Animals, 2015, 64, 425-433.	0.7	48
43	SIRT1-dependent myoprotective effects of resveratrol on muscle injury induced by compression. Frontiers in Physiology, 2015, 6, 293.	1.3	21
44	Gene Network Exploration of Crosstalk between Apoptosis and Autophagy in Chronic Myelogenous Leukemia. BioMed Research International, 2015, 2015, 1-9.	0.9	6
45	Coexpression Pattern Analysis of NPM1-Associated Genes in Chronic Myelogenous Leukemia. BioMed Research International, 2015, 2015, 1-9.	0.9	7
46	Novel structural co-expression analysis linking the NPM1-associated ribosomal biogenesis network to chronic myelogenous leukemia. Scientific Reports, 2015, 5, 10973.	1.6	14
47	Resveratrol protects against doxorubicinâ€induced cardiotoxicity in aged hearts through the SIRT1â€USP7 axis. Journal of Physiology, 2015, 593, 1887-1899.	1.3	78
48	Modulation of SIRT1-Foxo1 Signaling axis by Resveratrol: Implications in Skeletal Muscle Aging and Insulin Resistance. Cellular Physiology and Biochemistry, 2015, 35, 541-552.	1.1	105
49	[D-Lys3]-GHRP-6 exhibits pro-autophagic effects on skeletal muscle. Molecular and Cellular Endocrinology, 2015, 401, 155-164.	1.6	5
50	Current and future molecular diagnostics in non-small-cell lung cancer. Expert Review of Molecular Diagnostics, 2015, 15, 1061-1074.	1.5	14
51	Effects of long-term resveratrol-induced SIRT1 activation on insulin and apoptotic signalling in aged skeletal muscle. Acta Diabetologica, 2015, 52, 1063-1075.	1.2	25
52	Unacylated ghrelin restores insulin and autophagic signaling in skeletal muscle of diabetic mice. Pflugers Archiv European Journal of Physiology, 2015, 467, 2555-2569.	1.3	17
53	Effects of 1-year yoga on cardiovascular risk factors in middle-aged and older adults with metabolic syndrome: a randomized trial. Diabetology and Metabolic Syndrome, 2015, 7, 40.	1.2	52
54	Protective effects of desacyl ghrelin on diabetic cardiomyopathy. Acta Diabetologica, 2015, 52, 293-306.	1.2	43

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55	Novel Approach for Coexpression Analysis of E2F1â€“3 and MYC Target Genes in Chronic Myelogenous Leukemia. BioMed Research International, 2014, 2014, 1-7.	0.9	5
56	Supplementary use of HbA1c as hyperglycemic criterion to detect metabolic syndrome. Diabetology and Metabolic Syndrome, 2014, 6, 119.	1.2	22
57	Autophagic Cellular Responses to Physical Exercise in Skeletal Muscle. Sports Medicine, 2014, 44, 625-640.	3.1	42
58	Modulating effect of SIRT1 activation induced by resveratrol on Foxo1â€associated apoptotic signalling in senescent heart. Journal of Physiology, 2014, 592, 2535-2548.	1.3	72
59	Desacyl ghrelin prevents doxorubicin-induced myocardial fibrosis and apoptosis via the GHSR-independent pathway. American Journal of Physiology - Endocrinology and Metabolism, 2014, 306, E311-E323.	1.8	47
60	MicroRNAs as regulators of cutaneous wound healing. Journal of Biosciences, 2014, 39, 519-524.	0.5	19
61	Effects of single dose and regular intake of green tea (Camellia sinensis) on DNA damage, DNA repair, and heme oxygenase-1 expression in a randomized controlled human supplementation study. Molecular Nutrition and Food Research, 2014, 58, 1379-1383.	1.5	20
62	Oxidative stress and DNA damage signalling in skeletal muscle in pressure-induced deep tissue injury. Pflugers Archiv European Journal of Physiology, 2013, 465, 295-317.	1.3	20
63	Genoprotection and genotoxicity of green tea (Camellia sinensis): Are they two sides of the same redox coin?. Redox Report, 2013, 18, 150-154.	1.4	15
64	Guidelines for the use and interpretation of assays for monitoring autophagy. Autophagy, 2012, 8, 445-544.	4.3	3,122
65	Aging and Apoptosis in Muscle. , 2011, , 63-118.		9
66	Protective effect of caspase inhibition on compressionâ€induced muscle damage. Journal of Physiology, 2011, 589, 3349-3369.	1.3	19
67	Habitual exercise increases resistance of lymphocytes to oxidant-induced DNA damage by upregulating expression of antioxidant and DNA repairing enzymes. Experimental Physiology, 2011, 96, 889-906.	0.9	29
68	Proteasome inhibition alleviates prolonged moderate compression-induced muscle pathology. BMC Musculoskeletal Disorders, 2011, 12, 58.	0.8	9
69	Cryopreservation and Storage Effects on Cell Numbers and DNA Damage in Human Lymphocytes. Biopreservation and Biobanking, 2011, 9, 343-347.	0.5	10
70	Nuclear Apoptosis and Sarcopenia. , 2011, , 173-206.		1
71	Avoidance of Damage Accumulation to Minimize the Risk of Deep Tissue Injury: An Investigative Protocol of Double Loading Episodes. IFMBE Proceedings, 2011, , 857-859.	0.2	0
72	Delayed activation of caspase-independent apoptosis during heart failure in transgenic mice overexpressing caspase inhibitor CrmA. American Journal of Physiology - Heart and Circulatory Physiology, 2010, 299, H1374-H1381.	1.5	27

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73	Immediate Effects of 2 Different Whole-Body Vibration Frequencies on Muscle Peak Torque and Stiffness. Archives of Physical Medicine and Rehabilitation, 2010, 91, 1608-1615.	0.5	26
74	Muscle apoptosis is induced in pressure-induced deep tissue injury. Journal of Applied Physiology, 2009, 107, 1266-1275.	1.2	44
75	Apoptotic signaling induced by H2O2-mediated oxidative stress in differentiated C2C12 myotubes. Life Sciences, 2009, 84, 468-481.	2.0	103
76	Muscle Apoptotic Response to Denervation, Disuse, and Aging. Medicine and Science in Sports and Exercise, 2009, 41, 1876-1886.	0.2	46
77	Response and adaptation of skeletal muscle to denervation stress: the role of apoptosis in muscle loss. Frontiers in Bioscience - Landmark, 2009, Volume, 432.	3.0	51
78	Age-dependent increase in oxidative stress in gastrocnemius muscle with unloading. Journal of Applied Physiology, 2008, 105, 1695-1705.	1.2	86
79	Effect of the glycaemic index of preâ€exercise carbohydrate meals on running performance. European Journal of Sport Science, 2008, 8, 23-33.	1.4	41
80	Effect of Preexercise Meals with Different Glycemic Indices and Loads on Metabolic Responses and Endurance Running. International Journal of Sport Nutrition and Exercise Metabolism, 2008, 18, 281-300.	1.0	32
81	Nuclear Apoptosis Contributes to Sarcopenia. Exercise and Sport Sciences Reviews, 2008, 36, 51-57.	1.6	114
82	Apoptosis and Id2 expression in diaphragm and soleus muscle from the emphysematous hamster. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2007, 293, R135-R144.	0.9	31
83	Interleukin-15 responses to aging and unloading-induced skeletal muscle atrophy. American Journal of Physiology - Cell Physiology, 2007, 292, C1298-C1304.	2.1	67
84	Response of caspase-independent apoptotic factors to high salt diet-induced heart failure. Journal of Molecular and Cellular Cardiology, 2007, 42, 678-686.	0.9	34
85	Hindlimb unloading increases muscle content of cytosolic but not nuclear Id2 and p53 proteins in young adult and aged rats. Journal of Applied Physiology, 2006, 100, 907-916.	1.2	44
86	Molecular Regulation of Apoptosis in Fast Plantaris Muscles of Aged Rats. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2006, 61, 245-255.	1.7	58
87	Aging alters the reduction of pro-apoptotic signaling in response to loading-induced hypertrophy. Experimental Gerontology, 2006, 41, 175-188.	1.2	22
88	Agingâ€Associated Differences in Skeletal Muscle Expression of the Trimeric ILâ€15R.. FASEB Journal, 2006, 20, A803.	0.2	0
89	Deficiency of the Bax gene attenuates denervationâ€induced muscle wasting. FASEB Journal, 2006, 20, A390.	0.2	0
90	Mitochondria-associated apoptotic signalling in denervated rat skeletal muscle. Journal of Physiology, 2005, 565, 309-323.	1.3	184

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91	Response of XIAP, ARC, and FLIP apoptotic suppressors to 8 wk of treadmill running in rat heart and skeletal muscle. Journal of Applied Physiology, 2005, 99, 204-209.	1.2	48
92	Subcellular responses of p53 and Id2 in fast and slow skeletal muscle in response to stretch-induced overload. Journal of Applied Physiology, 2005, 99, 1897-1904.	1.2	16
93	Apoptotic responses to hindlimb suspension in gastrocnemius muscles from young adult and aged rats. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2005, 289, R1015-R1026.	0.9	141
94	Age-related apoptotic responses to stretch-induced hypertrophy in quail slow-tonic skeletal muscle. American Journal of Physiology - Cell Physiology, 2005, 289, C1105-C1113.	2.1	18
95	Aging influences cellular and molecular responses of apoptosis to skeletal muscle unloading. American Journal of Physiology - Cell Physiology, 2005, 288, C338-C349.	2.1	121
96	Id2 and p53 participate in apoptosis during unloading-induced muscle atrophy. American Journal of Physiology - Cell Physiology, 2005, 288, C1058-C1073.	2.1	59
97	Aging Sustains the Hypertrophy-Associated Elevation of Apoptotic Suppressor X-Linked Inhibitor of Apoptosis Protein (XIAP) in Skeletal Muscle During Unloading. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2005, 60, 976-983.	1.7	17
98	Muscle Hypertrophy Models: Applications for Research on Aging. Applied Physiology, Nutrition, and Metabolism, 2005, 30, 591-624.	1.7	20
99	Myogenin and oxidative enzyme gene expression levels are elevated in rat soleus muscles after endurance training. Journal of Applied Physiology, 2004, 97, 277-285.	1.2	49
100	Apoptotic adaptations from exercise training in skeletal and cardiac muscles. FASEB Journal, 2004, 18, 1150-1152.	0.2	207
101	Effect of Frequency of Carbohydrate Feedings on Recovery and Subsequent Endurance Run. Medicine and Science in Sports and Exercise, 2004, 36, 315-323.	0.2	17
102	Use of the Glycemic Index: Effects on Feeding Patterns and Exercise Performance. Journal of Physiological Anthropology and Applied Human Science, 2004, 23, 1-6.	0.4	23
103	Citrate synthase expression and enzyme activity after endurance training in cardiac and skeletal muscles. Journal of Applied Physiology, 2003, 94, 555-560.	1.2	113