

# JosÃ© Ignacio Recio-Rodr guez

## List of Publications by Year in descending order

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Version: 2024-02-01

73  
papers

1,541  
citations

304743

22  
h-index

377865

34  
g-index

77  
all docs

77  
docs citations

77  
times ranked

2672  
citing authors

#	ARTICLE	IF	CITATIONS
1	Abdominal obesity vs general obesity for identifying arterial stiffness, subclinical atherosclerosis and wave reflection in healthy, diabetics and hypertensive. BMC Cardiovascular Disorders, 2012, 12, 3.	1.7	111
2	Short-Term Effectiveness of a Mobile Phone App for Increasing Physical Activity and Adherence to the Mediterranean Diet in Primary Care: A Randomized Controlled Trial (EVIDENT II Study). Journal of Medical Internet Research, 2016, 18, e331.	4.3	72
3	Factors Associated with Adherence to the Mediterranean Diet in the Adult Population. Journal of the Academy of Nutrition and Dietetics, 2014, 114, 583-589.	0.8	65
4	Pulse pressure and nocturnal fall in blood pressure are predictors of vascular, cardiac and renal target organ damage in hypertensive patients (LOD-RISK study). Blood Pressure Monitoring, 2009, 14, 145-151.	0.8	54
5	Effectiveness of a smartphone application for improving healthy lifestyles, a randomized clinical trial (EVIDENT II): study protocol. BMC Public Health, 2014, 14, 254.	2.9	53
6	Physical exercise, fitness and dietary pattern and their relationship with circadian blood pressure pattern, augmentation index and endothelial dysfunction biological markers: EVIDENT study protocol. BMC Public Health, 2010, 10, 233.	2.9	50
7	Effectiveness of A Multifactorial Intervention in Increasing Adherence to the Mediterranean Diet among Patients with Diabetes Mellitus Type 2: A Controlled and Randomized Study (EMID Study). Nutrients, 2019, 11, 162.	4.1	48
8	Effectiveness of interventions applicable to primary health care settings to promote Mediterranean diet or healthy eating adherence in adults: A systematic review. Preventive Medicine, 2015, 76, S39-S55.	3.4	44
9	Comparison of two measuring instruments, B-pro and SphygmoCor system as reference, to evaluate central systolic blood pressure and radial augmentation index. Hypertension Research, 2012, 35, 617-623.	2.7	42
10	Protocol for Measuring Carotid Intima-Media Thickness That Best Correlates With Cardiovascular Risk and Target Organ Damage. American Journal of Hypertension, 2012, 25, 955-961.	2.0	41
11	The Association Between the Cardio-ankle Vascular Index and Other Parameters of Vascular Structure and Function in Caucasian Adults: MARK Study. Journal of Atherosclerosis and Thrombosis, 2015, 22, 901-911.	2.0	37
12	Association between different risk factors and vascular accelerated ageing (EVA study): study protocol for a cross-sectional, descriptive observational study. BMJ Open, 2016, 6, e011031.	1.9	37
13	Relationship between objectively measured physical activity and cardiovascular aging in the general population â€” The EVIDENT trial. Atherosclerosis, 2014, 233, 434-440.	0.8	36
14	Long-Term Effectiveness of a Smartphone App for Improving Healthy Lifestyles in General Population in Primary Care: Randomized Controlled Trial (Evident II Study). JMIR MHealth and UHealth, 2018, 6, e107.	3.7	36
15	Screening Physical Activity in Family Practice: Validity of the Spanish Version of a Brief Physical Activity Questionnaire. PLoS ONE, 2015, 10, e0136870.	2.5	35
16	Relationship between objectively measured physical activity and vascular structure and function in adults. Atherosclerosis, 2014, 234, 366-372.	0.8	34
17	Central blood pressure and pulse wave velocity: relationship to target organ damage and cardiovascular morbidity-mortality in diabetic patients or metabolic syndrome. An observational prospective study. LOD-DIABETES study protocol. BMC Public Health, 2010, 10, 143.	2.9	32
18	Long-term Effectiveness of a Smartphone App Combined With a Smart Band on Weight Loss, Physical Activity, and Caloric Intake in a Population With Overweight and Obesity (Evident 3 Study): Randomized Controlled Trial. Journal of Medical Internet Research, 2022, 24, e30416.	4.3	29

#	ARTICLE	IF	CITATIONS
19	Short- and long-term effectiveness of a smartphone application for improving measures of adiposity: A randomised clinical trial â€” EVIDENT II study. <i>European Journal of Cardiovascular Nursing</i> , 2018, 17, 552-562.	0.9	28
20	Effectiveness of an mHealth Intervention Combining a Smartphone App and Smart Band on Body Composition in an Overweight and Obese Population: Randomized Controlled Trial (EVIDENT 3 Study). <i>JMIR MHealth and UHealth</i> , 2020, 8, e21771.	3.7	28
21	EVIDENT Smartphone App, a New Method for the Dietary Record: Comparison With a Food Frequency Questionnaire. <i>JMIR MHealth and UHealth</i> , 2019, 7, e11463.	3.7	26
22	Improving interMediAte Risk management. MARK study. <i>BMC Cardiovascular Disorders</i> , 2011, 11, 61.	1.7	25
23	Association of Television Viewing Time With Central Hemodynamic Parameters and the Radial Augmentation Index in Adults. <i>American Journal of Hypertension</i> , 2013, 26, 488-494.	2.0	25
24	Association between fat amount of dairy products with pulse wave velocity and carotid intima-media thickness in adults. <i>Nutrition Journal</i> , 2014, 13, 37.	3.4	24
25	The Effectiveness of a Smartphone Application on Modifying the Intakes of Macro and Micronutrients in Primary Care: A Randomized Controlled Trial. The EVIDENT II Study. <i>Nutrients</i> , 2018, 10, 1473.	4.1	24
26	Relationships between high-sensitive C-reactive protein and markers of arterial stiffness in hypertensive patients. Differences by sex. <i>BMC Cardiovascular Disorders</i> , 2012, 12, 37.	1.7	23
27	Ideal Cardiovascular Health and Arterial Stiffness in Spanish Adultsâ€”The EVIDENT Study. <i>Journal of Stroke and Cerebrovascular Diseases</i> , 2018, 27, 1386-1394.	1.6	20
28	Combined use of smartphone and smartband technology in the improvement of lifestyles in the adult population over 65â€”years: study protocol for a randomized clinical trial (EVIDENT-Age study). <i>BMC Geriatrics</i> , 2019, 19, 19.	2.7	20
29	The Relationship of the Atlantic Diet with Cardiovascular Risk Factors and Markers of Arterial Stiffness in Adults without Cardiovascular Disease. <i>Nutrients</i> , 2019, 11, 742.	4.1	20
30	EVIDENT 3 Study. <i>Medicine (United States)</i> , 2018, 97, e9633.	1.0	19
31	Total Dairy, Cheese and Milk Intake and Arterial Stiffness: A Systematic Review and Meta-Analysis of Cross-sectional Studies.. <i>Nutrients</i> , 2019, 11, 741.	4.1	19
32	Gender differences in the progression of target organ damage in patients with increased insulin resistance: the LOD-DIABETES study. <i>Cardiovascular Diabetology</i> , 2015, 14, 132.	6.8	18
33	Peripheral and central arterial pressure and its relationship to vascular target organ damage in carotid artery, retina and arterial stiffness. Development and validation of a tool. The Vaso risk study. <i>BMC Public Health</i> , 2011, 11, 266.	2.9	17
34	Blood Pressure Circadian Pattern and Physical Exercise Assessment by Accelerometer and 7-Day Physical Activity Recall Scale. <i>American Journal of Hypertension</i> , 2014, 27, 665-673.	2.0	17
35	Clustering of lifestyle characteristics and their association with cardio-metabolic health: the Lifestyles and Endothelial Dysfunction (EVIDENT) study. <i>British Journal of Nutrition</i> , 2015, 114, 943-951.	2.3	17
36	Effects of kiwi consumption on plasma lipids, fibrinogen and insulin resistance in the context of a normal diet. <i>Nutrition Journal</i> , 2015, 14, 97.	3.4	16

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37	Effectiveness of a multifactorial intervention based on an application for smartphones, heart-healthy walks and a nutritional workshop in patients with type 2 diabetes mellitus in primary care (EMID): study protocol for a randomised controlled trial. <i>BMJ Open</i> , 2017, 7, e016191.	1.9	16
38	Using a smartphone app in changing cardiovascular risk factors: A randomized controlled trial (EVIDENT II study). <i>International Journal of Medical Informatics</i> , 2019, 125, 13-21.	3.3	16
39	Adiposity measures and arterial stiffness in primary care: the MARK prospective observational study. <i>BMJ Open</i> , 2017, 7, e016422.	1.9	15
40	The Relationship between Adherence to the Mediterranean Diet, Intake of Specific Foods and Depression in an Adult Population (45-75 Years) in Primary Health Care. A Cross-Sectional Descriptive Study. <i>Nutrients</i> , 2021, 13, 2724.	4.1	15
41	Cardiovascular risk assessment in hypertensive patients with tests recommended by the European Guidelines on Hypertension. <i>European Journal of Preventive Cardiology</i> , 2012, 19, 515-522.	1.8	14
42	Sedentary behaviour patterns and carotid intima-media thickness in Spanish healthy adult population. <i>Atherosclerosis</i> , 2015, 239, 571-576.	0.8	14
43	The EVIDENT diet quality index is associated with cardiovascular risk and arterial stiffness in adults. <i>BMC Public Health</i> , 2017, 17, 305.	2.9	14
44	Noninvasive validation of central and peripheral augmentation index estimated by a novel wrist-worn tonometer. <i>Journal of Hypertension</i> , 2018, 36, 2204-2214.	0.5	14
45	Combined use of a healthy lifestyle smartphone application and usual primary care counseling to improve arterial stiffness, blood pressure and wave reflections: a Randomized Controlled Trial (EVIDENT II Study). <i>Hypertension Research</i> , 2019, 42, 852-862.	2.7	14
46	Cognitive impairment and dependence of patients with diabetes older than 65 years old in an urban area (DERIVA study). <i>BMC Geriatrics</i> , 2016, 16, 33.	2.7	13
47	Moderate-to-vigorous physical activity as a mediator between sedentary behavior and cardiometabolic risk in Spanish healthy adults: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2015, 12, 78.	4.6	12
48	Relationships of night/day heart rate ratio with carotid intima media thickness and markers of arterial stiffness. <i>Atherosclerosis</i> , 2011, 217, 420-426.	0.8	11
49	Cocoa intake and arterial stiffness in subjects with cardiovascular risk factors. <i>Nutrition Journal</i> , 2012, 11, 8.	3.4	10
50	A body shape index and vascular structure and function in Spanish adults (MARK study). <i>Medicine (United States)</i> , 2018, 97, e13299.	1.0	10
51	Effects of Cocoa-Rich Chocolate on Blood Pressure, Cardiovascular Risk Factors, and Arterial Stiffness in Postmenopausal Women: A Randomized Clinical Trial. <i>Nutrients</i> , 2020, 12, 1758.	4.1	10
52	Postprandial Effects of Breakfast Glycemic Index on Vascular Function among Young Healthy Adults: A Crossover Clinical Trial. <i>Nutrients</i> , 2017, 9, 712.	4.1	9
53	Multiple health behaviour change primary care intervention for smoking cessation, physical activity and healthy diet in adults 45 to 75 years old (EIRA study): a hybrid effectiveness-implementation cluster randomised trial. <i>BMC Public Health</i> , 2021, 21, 2208.	2.9	9
54	Association between smoking status and the parameters of vascular structure and function in adults: results from the EVIDENT study. <i>BMC Cardiovascular Disorders</i> , 2013, 13, 109.	1.7	8

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55	Vascular and cognitive effects of cocoa-rich chocolate in postmenopausal women: a study protocol for a randomised clinical trial. <i>BMJ Open</i> , 2018, 8, e024095.	1.9	8
56	Effect of a Multicomponent mHealth Intervention on the Composition of Diet in a Population with Overweight and Obesityâ€”Randomized Clinical Trial EVIDENT 3. <i>Nutrients</i> , 2022, 14, 270.	4.1	8
57	Physical Activity and Adiposity Among Older Adults of the EVIDENT Study. <i>Journal of Aging and Physical Activity</i> , 2017, 25, 254-260.	1.0	6
58	Relationship between the presence of insomnia and walking physical activity and diet quality: A cross-sectional study in a sample of Spanish adults. <i>Medicina Clínica</i> , 2019, 152, 339-345.	0.6	6
59	Postprandial effects of breakfast glycaemic index on cognitive performance among young, healthy adults: A crossover clinical trial. <i>Nutritional Neuroscience</i> , 2020, 23, 1-7.	3.1	6
60	Effects of cocoa-rich chocolate on cognitive performance in postmenopausal women. A randomised clinical trial. <i>Nutritional Neuroscience</i> , 2022, 25, 1147-1158.	3.1	6
61	Cocoa-rich chocolate and body composition in postmenopausal women: a randomised clinical trial. <i>British Journal of Nutrition</i> , 2021, 125, 548-556.	2.3	6
62	Effectiveness of a Multicomponent Intervention in Primary Care That Addresses Patients with Diabetes Mellitus with Two or More Unhealthy Habits, Such as Diet, Physical Activity or Smoking: Multicenter Randomized Cluster Trial (EIRA Study). <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5788.	2.6	6
63	Evolution of target organ damage and haemodynamic parameters over 4â€¦years in patients with increased insulin resistance: the LOD-DIABETES prospective observational study. <i>BMJ Open</i> , 2016, 6, e010400.	1.9	4
64	Postprandial effect of breakfast glycaemic index on vascular function, glycaemic control and cognitive performance (BGI study): study protocol for a randomised crossover trial. <i>Trials</i> , 2016, 17, 516.	1.6	4
65	Dietary glycemic index and retinal microvasculature in adults: a cross-sectional study. <i>Nutrition Journal</i> , 2016, 15, 88.	3.4	2
66	Diet quality and carotid atherosclerosis in intermediate cardiovascular risk individuals. <i>Nutrition Journal</i> , 2017, 16, 40.	3.4	2
67	Effectiveness of an intensive intervention to improve lifestyles in people with intermediate cardiovascular risk (DATE study): Study protocol for a randomized controlled trial. <i>Journal of Advanced Nursing</i> , 2018, 74, 957-967.	3.3	2
68	Cocoa-Rich Chocolate and Quality of Life in Postmenopausal Women: A Randomized Clinical Trial. <i>Nutrients</i> , 2020, 12, 2754.	4.1	2
69	Multimodal physical exercise and functional rehabilitation program in oncological patients with asthenia. study protocol. <i>BMC Nursing</i> , 2021, 20, 207.	2.5	2
70	Design and Validation of a Questionnaire on Risk Perception, Coping Behaviors and Preventive Knowledge against COVID-19 among Nursing Students. <i>Journal of Personalized Medicine</i> , 2022, 12, 515.	2.5	2
71	Effect of the Fat Component of Dairy Products in Cardiovascular Health, Vascular Structure and Function. , 2017, , 325-332.		1
72	Specific autonomy recovery programme in a comprehensive rehabilitation on functionality and respiratory parameters in oncological patients with dyspnoea. Study protocol. <i>BMC Nursing</i> , 2021, 20, 120.	2.5	1

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73	Reclassification by applying the Framingham equation 30 years to subjects with intermediate cardiovascular risk. MARK study. Medicina Clínica, 2019, 153, 351-356.	0.6	1