Tarak Driss

List of Publications by Year in descending order

92 papers	4,507 citations	218677 26 h-index	118850 62 g-index
96 all docs	96 docs citations	96 times ranked	5985 citing authors

#	Article	IF	Citations
1	Effects of COVID-19 Home Confinement on Eating Behaviour and Physical Activity: Results of the ECLB-COVID19 International Online Survey. Nutrients, 2020, 12, 1583.	4.1	1,414
2	COVID-19 Home Confinement Negatively Impacts Social Participation and Life Satisfaction: A Worldwide Multicenter Study. International Journal of Environmental Research and Public Health, 2020, 17, 6237.	2.6	301
3	Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: Insight from the ECLB-COVID19 multicenter study. Biology of Sport, 2021, 38, 9-21.	3.2	255
4	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study. PLoS ONE, 2020, 15, e0240204.	2.5	214
5	The Measurement of Maximal (Anaerobic) Power Output on a Cycle Ergometer: A Critical Review. BioMed Research International, 2013, 2013, 1-40.	1.9	167
6	Maximal voluntary force and rate of force development in humans - importance of instruction. European Journal of Applied Physiology, 2001, 85, 345-350.	2.5	151
7	Globally altered sleep patterns and physical activity levels by confinement in 5056 individuals: ECLB COVID-19 international online survey. Biology of Sport, 2021, 38, 495-506.	3.2	124
8	Sleep Quality and Physical Activity as Predictors of Mental Wellbeing Variance in Older Adults during COVID-19 Lockdown: ECLB COVID-19 International Online Survey. International Journal of Environmental Research and Public Health, 2021, 18, 4329.	2.6	100
9	The Effect of Strength Training at the Same Time of the Day on the Diurnal Fluctuations of Muscular Anaerobic Performances. Journal of Strength and Conditioning Research, 2012, 26, 217-225.	2.1	92
10	DIURNAL VARIATION IN WINGATE TEST PERFORMANCES: INFLUENCE OF ACTIVE WARM-UP. Chronobiology International, 2010, 27, 640-652.	2.0	90
11	The Effect of Training at the Same Time of Day and Tapering Period on the Diurnal Variation of Short Exercise Performances. Journal of Strength and Conditioning Research, 2012, 26, 697-708.	2.1	89
12	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. Sports Medicine, 2022, 52, 933-948.	6.5	78
13	KmL3D: A non-parametric algorithm for clustering joint trajectories. Computer Methods and Programs in Biomedicine, 2013, 109, 104-111.	4.7	71
14	kmlShape: An Efficient Method to Cluster Longitudinal Data (Time-Series) According to Their Shapes. PLoS ONE, 2016, 11, e0150738.	2.5	69
15	Effects of external loading on power output in a squat jump on a force platform: A comparison between strength and power athletes and sedentary individuals. Journal of Sports Sciences, 2001, 19, 99-105.	2.0	64
16	Force-Velocity Relationship on a Cycle Ergometer and Knee-Extensor Strength Indices. Applied Physiology, Nutrition, and Metabolism, 2002, 27, 250-262.	1.7	56
17	Effects of Pomegranate Juice Supplementation on Oxidative Stress Biomarkers Following Weightlifting Exercise. Nutrients, 2017, 9, 819.	4.1	56
18	Pomegranate Supplementation Accelerates Recovery of Muscle Damage and Soreness and Inflammatory Markers after a Weightlifting Training Session. PLoS ONE, 2016, 11, e0160305.	2.5	55

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19	COVID-19 Lockdowns: A Worldwide Survey of Circadian Rhythms and Sleep Quality in 3911 Athletes from 49 Countries, with Data-Driven Recommendations. Sports Medicine, 2022, 52, 1433-1448.	6.5	45
20	Applying digital technology to promote active and healthy confinement lifestyle during pandemics in the elderly. Biology of Sport, 2021, 38, 391-396.	3.2	41
21	Does one night of partial sleep deprivation affect the evening performance during intermittent exercise in Taekwondo players?. Journal of Exercise Rehabilitation, 2016, 12, 47-53.	1.0	36
22	Effects of Polyphenol-Rich Interventions on Cognition and Brain Health in Healthy Young and Middle-Aged Adults: Systematic Review and Meta-Analysis. Journal of Clinical Medicine, 2020, 9, 1598.	2.4	35
23	A 90 min Daytime Nap Opportunity Is Better Than 40 min for Cognitive and Physical Performance. International Journal of Environmental Research and Public Health, 2020, 17, 4650.	2.6	35
24	Melatonin ingestion after exhaustive late-evening exercise improves sleep quality and quantity, and short-term performances in teenage athletes. Chronobiology International, 2018, 35, 1281-1293.	2.0	34
25	Sleep deprivation affects post-lunch dip performances, biomarkers of muscle damage and antioxidant status. Biology of Sport, 2019, 36, 55-65.	3.2	34
26	Benefits of Daytime Napping Opportunity on Physical and Cognitive Performances in Physically Active Participants: A Systematic Review. Sports Medicine, 2021, 51, 2115-2146.	6.5	33
27	Effects of Aerobic-, Anaerobic- and Combined-Based Exercises on Plasma Oxidative Stress Biomarkers in Healthy Untrained Young Adults. International Journal of Environmental Research and Public Health, 2020, 17, 2601.	2.6	32
28	Improved Physical Performance and Decreased Muscular and Oxidative Damage With Postlunch Napping After Partial Sleep Deprivation in Athletes. International Journal of Sports Physiology and Performance, 2020, 15, 874-883.	2.3	30
29	Effects of Load on Wingate Test Performances and Reliability. Journal of Strength and Conditioning Research, 2014, 28, 3462-3468.	2.1	29
30	Surface electromyograms of agonist and antagonist muscles during force development of maximal isometric exercisesâ€"effects of instruction. European Journal of Applied Physiology, 2003, 89, 79-84.	2.5	25
31	The effect of post-lunch napping on mood, reaction time, and antioxidant defense during repeated sprint exercice.. Biology of Sport, 2021, 38, 629-638.	3.2	24
32	Effects of verbal encouragement on force and electromyographic activations during exercise. Journal of Sports Medicine and Physical Fitness, 2018, 58, 750-757.	0.7	23
33	The Effect of (Poly)phenol-Rich Interventions on Cognitive Functions and Neuroprotective Measures in Healthy Aging Adults: A Systematic Review and Meta-Analysis. Journal of Clinical Medicine, 2020, 9, 835.	2.4	23
34	One night of partial sleep deprivation increased biomarkers of muscle and cardiac injuries during acute intermittent exercise. Journal of Sports Medicine and Physical Fitness, 2017, 57, 643-651.	0.7	20
35	Acute and delayed responses of steroidal hormones, blood lactate and biomarkers of muscle damage after a resistance training session: time-of-day effects. Journal of Sports Medicine and Physical Fitness, 2018, 58, 980-989.	0.7	20
36	Four Weeks of Detraining Induced by COVID-19 Reverse Cardiac Improvements from Eight Weeks of Fitness-Dance Training in Older Adults with Mild Cognitive Impairment. International Journal of Environmental Research and Public Health, 2021, 18, 5930.	2.6	20

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37	Relationships between rating of perceived exertion, heart rate and blood lactate during continuous and alternated-intensity cycling exercises. Biology of Sport, 2018, 35, 29-37.	3.2	19
38	Muscle Activation of the Elbow Flexor and Extensor Muscles During Self-Resistance Exercises. Journal of Strength and Conditioning Research, 2012, 26, 2468-2477.	2.1	18
39	Vertical Jumping Tests versus Wingate Anaerobic Test in Female Volleyball Players: The Role of Age. Sports, 2016, 4, 9.	1.7	18
40	A Comparative Study Between the Wingate and Forceâ€"Velocity Anaerobic Cycling Tests: Effect of Physical Fitness. International Journal of Sports Physiology and Performance, 2016, 11, 48-54.	2.3	18
41	Relation entre musique et performance sportiveÂ: vers une perspective complexe et dynamique. Science and Sports, 2015, 30, 119-125.	0.5	17
42	Diurnal Rhythm of Muscular Strength Depends on Temporal Specificity of Self-Resistance Training. Journal of Strength and Conditioning Research, 2016, 30, 717-724.	2.1	17
43	Total Sleep Deprivation and Recovery Sleep Affect the Diurnal Variation of Agility Performance: The Gender Differences. Journal of Strength and Conditioning Research, 2021, 35, 132-140.	2.1	17
44	Partial sleep deprivation affects endurance performance and psychophysiological responses during 12-minute self-paced running exercise. Physiology and Behavior, 2020, 227, 113165.	2.1	16
45	Effect of Ramadan intermittent fasting on cognitive, physical and biochemical responses to strenuous short-term exercises in elite young female handball players. Physiology and Behavior, 2021, 229, 113241.	2.1	16
46	Morning melatonin ingestion and diurnal variation of short-term maximal performances in soccer players. Acta Physiologica Hungarica, 2016, 103, 94-104.	0.9	15
47	Exploration and Identification of Cortico-Cerebellar-Brainstem Closed Loop During a Motivational-Motor Task: an fMRI Study. Cerebellum, 2017, 16, 326-339.	2.5	15
48	Modeling of Running Performances in Humans: Comparison of Power Laws and Critical Speed. Journal of Strength and Conditioning Research, 2017, 31, 1859-1867.	2.1	15
49	Repeated-sprint training in the fasted state during Ramadan: morning or evening training?. Journal of Sports Medicine and Physical Fitness, 2018, 58, 990-997.	0.7	15
50	Collaboration of Cerebello-Rubral and Cerebello-Striatal Loops in a Motor Preparation Task. Cerebellum, 2019, 18, 203-211.	2.5	15
51	Listening to Music during Warming-Up Counteracts the Negative Effects of Ramadan Observance on Short-Term Maximal Performance. PLoS ONE, 2015, 10, e0136400.	2.5	14
52	Reliability of Force-Velocity Tests in Cycling and Cranking Exercises in Men and Women. BioMed Research International, 2015, 2015, 1-12.	1.9	14
53	Relationship between vertical jump and maximal power output of legs and arms: Effects of ethnicity and sport. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, e197-207.	2.9	14
54	Diurnal napping after partial sleep deprivation affected hematological and biochemical responses during repeated sprint. Biological Rhythm Research, 0, , 1-13.	0.9	12

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55	Caffeine Use or Napping to Enhance Repeated Sprint Performance After Partial Sleep Deprivation: Why Not Both?. International Journal of Sports Physiology and Performance, 2021, 16, 711-718.	2.3	12
56	Effects of natural polyphenol-rich pomegranate juice on the acute and delayed response of Homocysteine and steroidal hormones following weightlifting exercises: a double-blind, placebo-controlled trial. Journal of the International Society of Sports Nutrition, 2020, 17, 15.	3.9	11
57	A daytime 40-min nap opportunity after a simulated late evening soccer match reduces the perception of fatigue and improves 5-m shuttle run performance. Research in Sports Medicine, 2022, 30, 502-515.	1.3	11
58	The effect of diurnal variation on the performance of exhaustive continuous and alternated-intensity cycling exercises. PLoS ONE, 2020, 15, e0244191.	2.5	11
59	One night of partial sleep deprivation affects biomarkers of cardiac damage, but not cardiovascular and lipid profiles, in young athletes. Biological Rhythm Research, 2015, 46, 715-724.	0.9	10
60	Distance Motor Learning during the COVID-19 Induced Confinement: Video Feedback with a Pedagogical Activity Improves the Snatch Technique in Young Athletes. International Journal of Environmental Research and Public Health, 2021, 18, 3069.	2.6	10
61	Isometric training with maximal co-contraction instruction does not increase co-activation during exercises against external resistances. Journal of Sports Sciences, 2014, 32, 60-69.	2.0	9
62	Moderators of the Impact of (Poly)Phenols Interventions on Psychomotor Functions and BDNF: Insights from Subgroup Analysis and Meta-Regression. Nutrients, 2020, 12, 2872.	4.1	9
63	Dietary Intake and Body Composition During Ramadan in Athletes: A Systematic Review and Meta-Analysis With Meta-Regression. , 2023, 42, 101-122.		9
64	Effect of melatonin ingestion on physical performance, metabolic responses, and recovery after an intermittent training session. Physiology International, 2018, 105, 358-370.	1.6	8
65	Effect of 2- vs. 3-Minute Interrepetition Rest Period on Maximal Clean Technique and Performance. Journal of Strength and Conditioning Research, 2020, 34, 2548-2556.	2.1	8
66	The effect of aÂdaytime 60-min nap opportunity on postural control in highly active individuals. Biology of Sport, 2021, 38, 683-691.	3.2	8
67	Physiological response and physical performance after 40 min and 90 min daytime nap opportunities. Research in Sports Medicine, 2023, 31, 881-894.	1.3	8
68	Influence of musculo-tendinous stiffness of the plantar ankle flexor muscles upon maximal power output on a cycle ergometre. European Journal of Applied Physiology, 2012, 112, 3721-3728.	2.5	7
69	Emotional pictures impact repetitive sprint ability test on cycle ergometre. Journal of Sports Sciences, 2014, 32, 892-900.	2.0	7
70	Influence of Affective Stimuli on Leg Power Output and Associated Neuromuscular Parameters during Repeated High Intensity Cycling Exercises. PLoS ONE, 2015, 10, e0136330.	2.5	7
71	Moderate walnut consumption improved lipid profile, steroid hormones and inflammation in trained elderly men: a pilot study with a randomized controlled trial. Biology of Sport, 2021, 38, 245-252.	3.2	7
72	The Effect of Experimental Recuperative and Appetitive Post-lunch Nap Opportunities, With or Without Caffeine, on Mood and Reaction Time in Highly Trained Athletes. Frontiers in Psychology, 2021, 12, 720493.	2.1	7

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73	Friction-loaded cycle ergometers: Past, present and future. Cogent Engineering, 2015, 2, 1029237.	2.2	6
74	Comparison of 2- and 3-Minute Inter-Repetition Rest Periods on Maximal Jerk Technique and Power Maintenance. Research Quarterly for Exercise and Sport, 2019, 90, 287-296.	1.4	6
75	Effects of Melatonin Ingestion Before Nocturnal Sleep on Postural Balance and Subjective Sleep Quality in Older Adults. Journal of Aging and Physical Activity, 2019, 27, 316-324.	1.0	6
76	Effects of melatonin ingestion on physical performance and biochemical responses following exhaustive running exercise in soccer players. Biology of Sport, 2022, 39, 473-479.	3.2	6
77	Effects of natural polyphenol-rich pomegranate juice supplementation on plasma ion and lipid profiles following resistance exercise: a placebo-controlled trial. Nutrition and Metabolism, 2020, 17, 31.	3.0	5
78	Melatonin ingestion before intradialytic exercise improves immune responses in hemodialysis patients. International Urology and Nephrology, 2021, 53, 553-562.	1.4	5
79	Higher evening metabolic responses contribute to diurnal variation of self-paced cycling performance. Biology of Sport, 2022, 39, 3-9.	3.2	5
80	Melatonin reduces muscle damage, inflammation and oxidative stress induced by exhaustive exercise in people with overweight/obesity. Physiology International, 2022, 109, 78-89.	1.6	5
81	Effects of ethnicity on the relationship between vertical jump and maximal power on a cycle ergometer. Journal of Human Kinetics, 2016, 51, 209-216.	1.5	4
82	Effects of Playing Surface on Physical, Physiological, and Perceptual Responses to a Repeated-Sprint Ability Test: Natural Grass Versus Artificial Turf. International Journal of Sports Physiology and Performance, 2019, 14, 1219-1226.	2.3	4
83	Development of EMG Indicators for Measuring and Analyzing Pre-motor Activity on Muscles. , 2015, , .		4
84	40-min nap opportunity attenuates heart rate and perceived exertion and improves physical specific abilities in elite basketball players. Research in Sports Medicine, 2023, 31, 859-872.	1.3	4
85	Melatonin Ingestion Prevents Liver Damage and Improves Biomarkers of Renal Function Following a Maximal Exercise. Research Quarterly for Exercise and Sport, 2023, 94, 869-879.	1.4	4
86	Musculotendinous Stiffness of Triceps Surae, Maximal Rate of Force Development, and Vertical Jump Performance. BioMed Research International, 2015, 2015, 1-11.	1.9	3
87	The effect of caffeine, nap opportunity and their combination on biomarkers of muscle damage and antioxidant defence during repeated sprint exercise. Biology of Sport, 0, , .	3.2	3
88	Co-contraction training, muscle explosive force and associated electromyography activity. Journal of Sports Medicine and Physical Fitness, 2017, 57, 725-733.	0.7	2
89	Estimation of running endurance by means of empirical models: A preliminary study. Science and Sports, 2019, 34, 24-29.	0.5	2
90	Effects of Mental Effort on Premotor Muscle Activity and Maximal Grip Force. Journal of Motor Behavior, 2021, 53, 234-242.	0.9	1

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91	Influence of ethnicity on vertical jump performances in male physical education students: a pilot study. Journal of Sports Medicine and Physical Fitness, 2018, 58, 1759-1767.	0.7	0
92	Differences between Mental and Physical Preparation of Muscular Contraction: A Pilot Study. , 2019, , .		0