

## Publications for Yorgi Mavrou

### 2019

Hackett, D., Roberts-Clarke, D., Jain, N., Mavros, Y., Wilson, G., Halaki, M., Burns, J., Nicholson, G., Fiatarone Singh, M., Fornusek, C. (2019). Body composition and its association with physical performance, quality of life, and clinical indicators in Charcot-Marie-Tooth disease: a pilot study. *Disability and Rehabilitation*, 41(4), 405-412. <a href="http://dx.doi.org/10.1080/09638288.2017.1395083">[More Information]</a>

English, T., Mavros, Y., Jay, O. (2019). Listening to motivational music mitigates heat-related reductions in exercise performance. *Physiology and Behavior*, 208(Published online: 4 June 2019). <a href="http://dx.doi.org/10.1016/j.physbeh.2019.112567">[More Information]</a>

Heffernan, M., Andrews, G., Fiatarone Singh, M., Valenzuela, M., Anstey, K., Maeder, A., McNeil, J., Jorm, L., Lautenschlager, N., Sachdev, P., Daniel, K., Flood, V., Guerrero Ayala, Y., Saigal (Jain), N., Lampit, A., Mavros, Y., Meiklejohn, J., O'Leary, F., Radd-Vagenas, S., Walton, C., et al (2019). Maintain Your Brain: Protocol of a 3-Year Randomized Controlled Trial of a Personalized Multi-Modal Digital Health Intervention to Prevent Cognitive Decline Among Community Dwelling 55 to 77 Year Olds. *Journal of Alzheimer's Disease*, 70, S221-S237. <a href="http://dx.doi.org/10.3233/JAD-180572">[More Information]</a>

Parmenter, B., Mavros, Y., Ritti Dias, R., King, S., Fiatarone Singh, M. (2019). Resistance training as a treatment for older persons with peripheral artery disease: a systematic review and meta-analysis. *British Journal of Sports Medicine*, Published online: 12 April 2019(Epub ahead of print). <a href="http://dx.doi.org/10.1136/bjsports-2018-100205">[More Information]</a>

### 2018

Stamatakis, E., Lee, I., Bennie, J., Freeston, J., Hamer, M., O'Donovan, G., Ding, D., Bauman, A., Mavros, Y. (2018). Does strength promoting exercise confer unique health benefits? A pooled analysis of 11 population cohorts with all-cause, cancer, and cardiovascular mortality endpoints. *American Journal of Epidemiology*, 187(5), 1102-1112. <a href="http://dx.doi.org/10.1093/aje/kwx345">[More Information]</a>

Hackett, D., Amirthalingam, T., Mitchell, L., Mavros, Y., Wilson, G., Halaki, M. (2018). Effects of a 12-week modified German Volume Training Program on muscle strength and hypertrophy-a pilot study. *Sports*, 6(1), 1-12. <a href="http://dx.doi.org/10.3390/sports6010007">[More Information]</a>

English, T., Mavros, Y., Jay, O. (2018). Music Mitigates Heat-Related Reductions In Exercise Performance, But At What Cost? *American College of Sports Medicine Annual Meeting 2018*, United States of America: Medicine & Science in Sports & Exercise.

Radd-Vagenas, S., Fiatarone Singh, M., Inskip, M., Mavros, Y., Gates, N., Wilson, G., Jain, N., Meiklejohn, J., Brodaty, H., Wen, W., Singh, N., Baker, M., Foroughi, N., Valenzuela, M., Flood, V., et al (2018). Reliability and validity of a Mediterranean diet and culinary index (MediCul) tool in an older population with mild cognitive impairment. *British*

*Journal of Nutrition*, 120(10), 1189-1200. <a href="http://dx.doi.org/10.1017/S0007114518002428">[More Information]</a>

Kovacevic, A., Mavros, Y., Heisz, J., Fiatarone Singh, M. (2018). The effect of resistance exercise on sleep: A systematic review of randomized controlled trials. *Sleep Medicine Reviews*, 39, 52-68. <a href="http://dx.doi.org/10.1016/j.smrv.2017.07.002">[More Information]</a>

Mosalman Haghghi, M., Mavros, Y., Fiatarone Singh, M. (2018). The effects of structured exercise or lifestyle behavior interventions on long-Term physical activity level and health outcomes in individuals with type 2 diabetes: A systematic review, meta-Analysis, and meta-regression. *Journal of Physical Activity and Health*, 15(9), 697-707. <a href="http://dx.doi.org/10.1123/jpah.2017-0589">[More Information]</a>

Radd-Vagenas, S., Fiatarone Singh, M., Daniel, K., Noble, Y., Jain, N., O'Leary, F., Mavros, Y., Heffernan, M., Meiklejohn, J., Guerrero Ayala, Y., Flood, V., et al (2018). Validity of the Mediterranean Diet and Culinary Index (MediCul) for Online Assessment of Adherence to the 'Traditional' Diet and Aspects of Cuisine in Older Adults. *Nutrients*, 10(12), 1-17. <a href="http://dx.doi.org/10.3390/nu10121913">[More Information]</a>

### 2017

Freeston, J., Gale, J., Mavros, Y., Bennie, J., Pedisic, Z., Bauman, A., Stamatakis, E. (2017). Associations between multiple indicators of socio-economic status and muscle-strengthening activity participation in a nationally representative population sample of Australian adults. *Preventive Medicine*, 102, 44-48. <a href="http://dx.doi.org/10.1016/j.ypmed.2017.06.020">[More Information]</a>

Freeston, J., Mavros, Y., Richards, J., Fiatarone Singh, M. (2017). Crisis accommodation is associated with increased physical activity and reduced sleep among those experiencing homelessness in an urban setting. *Journal of Science and Medicine in Sport*, 20S, e32-e66. <a href="http://dx.doi.org/10.1016/j.jsams.2017.01.127">[More Information]</a>

Amirthalingam, T., Mavros, Y., Wilson, G., Clarke, J., Mitchell, L., Hackett, D. (2017). Effects of a modified German volume training program on muscular hypertrophy and strength. *Journal of Strength and Conditioning Research*, 31(11), 3109-3119. <a href="http://dx.doi.org/10.1519/JSC.0000000000001747">[More Information]</a>

Mosalman Haghghi, M., Mavros, Y., Fiatarone Singh, M. (2017). Interventions to change physical activity behavior in Type 2 diabetes: a systematic review and meta-analysis. *64th American College of Sports Medicine Annual Meeting ACSM 2017*, United States: Lippincott Williams & Wilkins. <a href="http://dx.doi.org/10.1249/01.mss.00000517266.41733.72">[More Information]</a>

Mavros, Y., Gates, N., Wilson, G., Saigal (Jain), N., Meiklejohn, J., Brodaty, H., Wen, W., Singh, N., Baune, B., Suo, C., Baker, M., Foroughi, N., Wang, Y., Valenzuela, M.,

Fiatarone Singh, M., et al (2017). Mediation of Cognitive Function Improvements by Strength Gains After Resistance Training in Older Adults with Mild Cognitive Impairment: Outcomes of the Study of Mental and Resistance Training. *Journal of the American Geriatrics Society*, 65(3), 550-559. <a href="http://dx.doi.org/10.1111/jgs.14542">[More Information]</a>

Wilson, G., Mavros, Y., Kay, S., Simar, D., Anderberg (nee Simpson), K., Baker, M., Wang, Y., Zhao, R., Meiklejohn, J., De Vos, N., Climstein, M., Singh, N., Fiatarone Singh, M., et al (2017). Power training in older adults with type 2 diabetes; Outcomes from the Great2do Study.: 587 Board #7 May 31 1. *Medicine and Science in Sports and Exercise*, 49(5S), 161-161. <a href="http://dx.doi.org/10.1249/01.mss.0000517267.41733.3b">[More Information]</a>

Hollings, M., Mavros, Y., Freeston, J., Fiatarone Singh, M. (2017). The effect of progressive resistance training on aerobic fitness and strength in adults with coronary heart disease: A systematic review and meta-analysis of randomised controlled trials. *European Journal of Preventive Cardiology*, 24(12), 1242-1259. <a href="http://dx.doi.org/10.1177/2047487317713329">[More Information]</a>

## 2016

Jayewardene, A., Mavros, Y., Gwinn, T., Hancock, D., Rooney, K. (2016). Associations between CD36 gene polymorphisms and metabolic response to a short-term endurance-training program in a young-adult population. *Applied Physiology, Nutrition and Metabolism*, 41, 1-11. <a href="http://dx.doi.org/10.1139/apnm-2015-0430">[More Information]</a>

Jayewardene, A., Mavros, Y., Hancock, D., Gwinn, T., Rooney, K. (2016). Associations between CD36 gene polymorphisms, fat tolerance and oral fat preference in a young-adult population. *European Journal of Clinical Nutrition*, 70(11), 1325-1331. <a href="http://dx.doi.org/10.1038/ejcn.2016.132">[More Information]</a>

Burton, N., Ademi, Z., Best, S., Fiatarone Singh, M., Jenkins, J., Lawson, K., Leicht, A., Mavros, Y., Dam, Y., Norman, P., et al (2016). Efficacy of brief behavioral counselling by allied health professionals to promote physical activity in people with peripheral arterial disease (BIPP): study protocol for a multi-center randomized controlled trial. *BMC Public Health*, 16(1), 1-14. <a href="http://dx.doi.org/10.1186/s12889-016-3801-7">[More Information]</a>

Inskip, M., Mavros, Y., Sachdev, P., Fiatarone Singh, M. (2016). Exercise for Individuals with Lewy Body Dementia: A Systematic Review. *PloS One*, 11(6), 1-18. <a href="http://dx.doi.org/10.1371/journal.pone.0156520">[More Information]</a>

Jayewardene, A., Mavros, Y., Reeves, A., Hancock, D., Gwinn, T., Rooney, K. (2016). Interactions Between Fatty Acid Transport Proteins, Genes That Encode for Them, and Exercise: A Systematic Review. *Journal of Cellular Physiology*, 231(8), 1671-1687. <a href="http://dx.doi.org/10.1002/jcp.25281">[More Information]</a>

Suo, C., Fiatarone Singh, M., Gates, N., Wen, W., Sachdev, P., Brodaty, H., Saigal (Jain), N., Wilson, G., Meiklejohn, J., Singh, N., Baker, M., Foughi, N., Wang, Y., Mavros, Y., Lampit, A., Leung, I., Valenzuela, M., et al (2016). Therapeutically Relevant Structural and Functional

Mechanisms Triggered by Physical and Cognitive Exercise. *Molecular Psychiatry*, 21(11), 1633-1642. <a href="http://dx.doi.org/10.1038/mp.2016.19">[More Information]</a>

## 2015

Anderberg (nee Simpson), K., Mavros, Y., Kay, S., Meiklejohn, J., De Vos, N., Wang, Y., Guo, Q., Zhao, R., Climstein, M., Baune, B., Singh, N., Fiatarone Singh, M., et al (2015). Graded Resistance Exercise And Type 2 Diabetes in Older Adults (The GREAT2DO Study): Methods and Baseline Cohort Characteristics of a Randomized Controlled Trial. *Trials*, 16(1), 1-14. <a href="http://dx.doi.org/10.1186/s13063-015-1037-y">[More Information]</a>

Mavros, Y., O'Neill, E., Connerty, M., Bean, J., Broe, K., Kiel, D., MacLean, D., Taylor, A., Fielding, R., Fiatarone Singh, M. (2015). Oxandrolone Augmentation of Resistance Training in Older Women: A Randomized Trial. *Medicine and Science in Sports and Exercise*, 47(11), 2257-2267. <a href="http://dx.doi.org/10.1249/MSS.0000000000000690">[More Information]</a>

Guerrero Ayala, Y., Soomro, N., Wilson, G., Dam, Y., Meiklejohn, J., Anderberg (nee Simpson), K., Smith, R., Brand-Miller, J., Simic, M., O'Connor, H., Mavros, Y., Bradshaw, K., March, L., Vanwanseele, B., Fransen, M., Anandacoomarasamy, A., Fiatarone Singh, M., et al (2015). Train High Eat Low for Osteoarthritis study (THE LO study): protocol for a randomized controlled trial. *Journal of Physiotherapy*, 61(4), 217-217. <a href="http://dx.doi.org/10.1016/j.jphys.2015.05.020">[More Information]</a>

## 2014

Mavros, Y., Kay, S., Simpson, K., Baker, M., Wang, Y., Zhao, R., Meiklejohn, J., Climstein, M., O'Sullivan, A., De Vos, N., Rooney, K., Singh, N., Fiatarone Singh, M., et al (2014). Reductions in C-reactive protein in older adults with type 2 diabetes are related to improvements in body composition following a randomized controlled trial of resistance training. *Journal of Cachexia, Sarcopenia and Muscle*, 5(2), 111-120. <a href="http://dx.doi.org/10.1007/s13539-014-0134-1">[More Information]</a>

Jayewardene, A., Gwinn, T., Hancock, D., Mavros, Y., Rooney, K. (2014). The associations between polymorphisms in the CD36 gene, fat oxidation and cardiovascular disease risk factors in a young adult Australian population: A pilot study. *Obesity Research & Clinical Practice*, 8(6), e618-e621. <a href="http://dx.doi.org/10.1016/j.orcp.2014.09.001">[More Information]</a>

## 2013

Mavros, Y., Kay, S., Anderberg (nee Simpson), K., Baker, M., Wang, Y., Zhao, R., Meiklejohn, J., Climstein, M., O'Sullivan, A., De Vos, N., Rooney, K., Singh, N., Fiatarone Singh, M., et al (2013). Changes in insulin resistance and HbA1c are related to exercise-mediated changes in body composition in older adults with type 2 diabetes: Interim outcomes from the GREAT2DO trial. *Diabetes Care*, 36(8), 2372-2379. <a href="http://dx.doi.org/10.2337/dc12-2196">[More Information]</a>

## 2012

Mavros, Y., Rooney, K., Kay, S., Simar, D., Anderberg (nee Simpson), K., Baker, M., Wang, Y., Zhao, R., Meiklejohn, J., De Vos, N., Singh, N., Fiatarone Singh, M., et al (2012). Relative Muscle Mass is Inversely Associated with Insulin Resistance in Older Adults with Type 2 Diabetes. *European*

## 2011

Fiatarone Singh, M., Mavros, Y., Simar, D., Anderberg (nee Simpson), K., Kay, S., Wang, Y., Singh, N., O'Sullivan, A. (2011). Glucose Transporter-4 Expression in Monocytes is Correlated to Indices of Insulin Resistance in Older Adults with Type 2 Diabetes. *The Gerontological Society of America 64th Annual Scientific Meeting*, United States of America: Oxford University Press.

Wang, Y., Simar, D., Anderberg (nee Simpson), K., Mavros, Y., Kay, S., Zhao, R., Baune, B., O'Sullivan, A., Singh, N., Fiatarone Singh, M. (2011). Muscle and adipose tissue biopsy in older adults with type 2 diabetes. *Journal of Diabetes Mellitus*, 1(3), 27-35.

Guo, Q., Wang, Y., Anderberg (nee Simpson), K., Mavros, Y., Kay, S., Simar, D., Singh, N., Fiatarone Singh, M. (2011). Relationships between skeletal muscle c-Jun N-terminal kinase (JNK) and health status indicators in older adults with type 2 diabetes. *The Gerontological Society of America 64th Annual Scientific Meeting*, United States of America: Oxford University Press.

Wang, Y., Anderberg (nee Simpson), K., Mavros, Y., Kay, S., Baune, B., Singh, N., Fiatarone Singh, M. (2011). Skeletal Muscle and Subcutaneous Adipose Tissue Adaptations to Power Training in Older Adults with Type 2 Diabetes: A Double Blind, Randomized Sham-Exercise Controlled Trial. *The Gerontological Society of America 64th Annual Scientific Meeting*, United States of America: Oxford University Press.

Guo, Q., Wang, Y., Mavros, Y., Simar, D., Anderberg (nee Simpson), K., Kay, S., Singh, N., Fiatarone Singh, M. (2011). Skeletal Muscle C-Jun N-Terminal Kinase (JNK) Is Related To Selected Cytokines In Older Adults with Type 2 Diabetes (T2D): Baseline Correlations of the Great2Do Study. *The Gerontological Society of America 64th Annual Scientific Meeting*, United States of America: Oxford University Press.

## 2009

Mavros, Y., Simar, D., Fiatarone Singh, M. (2009). Glucose Transporter-4 expression in monocytes: A systematic review. *Diabetes Research and Clinical Practice*, 84, 123-131. <a href="http://dx.doi.org/10.1016/j.diabres.2009.02.014">[More Information]</a>