

ARIHHP SCHOLARLY ACTIVITIES 2021

- ◆ Research Articles: 92
- ◆ Books: 6
- ◆ Awards: 7

A. *Kokoro* Division

Research Articles

Aoki A, Ganchimeg T, Naranbaatar N, Khishigsuren Z, Gundegmaa L, Bat-Erdene S, Munkhbaatar B, Mori R, Kikuchi A, Soya H, Kasai K, Takehara K. Validation of the parent version of the Strengths and Difficulties Questionnaire (SDQ) to screen mental health problems among school-age children in Mongolia. *BMC Psychiatry*, 21(1), 218, 2021.

Amemiya R, Sakairi Y. Examining the relationship between depression and the progression of burnout among Japanese athletes. *Japanese Psychological Research*, 2021.

Amemiya R, Sakairi Y. Relationship between mindfulness and cognitive anxiety-impaired performance: Based on performance evaluation discrepancies. *Asian Journal of Sport and Exercise Psychology*, 1, 67-74, 2021.

Damrongthai C, Kuwamizu R, Suwabe K, Ochi G, Yamazaki Y, Fukuie T, Adachi K, Yassa MA, Churdchomjan W, Soya H. Benefit of human moderate running boosting mood and executive function coinciding with bilateral prefrontal activation. *Sci Rep*, 11(1), 22657, 2021.

Damrongthai C, Kuwamizu R, Suwabe K, Ochi G, Yamazaki Y, Fukuie T, Adachi K, Yassa MA, Churdchomjan W, Soya H. Running boosts mood and executive function coinciding with bilateral prefrontal activation: An fNIRS study. *Scientific Reports*, 11(1), 22657, 2021.

Granger SJ, Leal SL, Larson MS, Janecek JT, McMillan L, Stern H, Yassa MA. Integrity of the uncinate fasciculus is associated with emotional pattern separation-related fMRI signals in the hippocampal dentate and CA3. *Neurobiol Learn Mem*, 177, 107359., 2021.

Ha MS, Yook JS, Lee M, Suwabe K, Jeong WM, Kwak JJ, Soya H. Exercise training and burdock root (*Arctium lappa* L.) extract independently improve abdominal obesity and sex hormones in elderly women with metabolic syndrome. *Sci Rep*, 11(1), 5175 2021.

Hyodo K, Suwabe K, Yamaguchi D, Soya H, Arao T. Comparison Between the Effects of Continuous and Intermittent Light-Intensity Aerobic Dance Exercise on Mood and Executive Functions in Older Adults. *Front Aging Neurosci*, 13, 723243, 2021.

Jesmin S, Shima T, Yamaguchi N, Sohael F, Maqbool A, Rahman A, Moroi M, Shimojo N, Kawano S, Watanabe K, Takeda F, Soya H. Daily walking habit reduces fasting blood sugar level in newly diagnosed diabetic participants in rural Bangladesh. *J Phys Fit. Sport. Med.*, 10 (2), 85–97, 2021.

Kark SM, Birnie MT, Baram TZ, Yassa MA. Functional connectivity of the human paraventricular thalamic nucleus: insights from high field functional MRI. *Frontiers in Integrative Neuroscience*, 15, 662293, 2022-4, eCollection 2021.

Koizumi H, Hiraga T, Oharomari LK, Hata T, Shima T, Yook JS, Okamoto M, Mouri A, Nabeshima T, Soya H. Preventive role of regular low-intensity exercise during adolescence in schizophrenia model mice with abnormal behaviors. *Biochem Biophys Res Commun*, 534, 610-616, 2021.

Kuwamizu R, Suwabe K, Damrongthai C, Fukuie T, Ochi G, Hyodo K, Hiraga T, Nagano-Saito A, Soya H. Spontaneous Eye Blink Rate Connects Missing Link between Aerobic Fitness and Cognition. *Med Sci Sports Exerc*, 53(7), 1425-1433, 2021.

Matsui T. Exhaustive endurance exercise activates brain glycogen breakdown and lactate production more than insulin-induced hypoglycemia. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, 320(4), R500 - R507, 2021.

Matsuura Y, Kokubu M, Sakairi Y. Effects of versatile kinesthetic experiences on balance ability and interpersonal relationships. *Psychological Reports*, Online first, 2021.

Memel M, Saffaroni A, Cobigo Y, Casaletto K, Bettcher B, Yassa MA, Elahi F, Wolf A,

Rosen H, Kramer J. APOE moderates the effect of hippocampal blood flow on memory pattern separation in clinically normal older adults. *Hippocampus*, 31(8), 845–857, 2021.

Oharomari LK, Ikemoto MJ, Hwang DJ, Koizumi H, Soya H. Benefits of Exercise and Astaxanthin Supplementation Are There Additive or Synergistic Effects? *Antioxidants*, 10(6), 870, 2021.

Ojio Y, Matsunaga A, Kawamura S, Horiguchi M, Yoshitani G, Hatakeyama K, Amemiya R, Kanie A, Purcell, R, Rice SM, Fuji C. Validating a Japanese version of the athlete psychological strain questionnaire. *Sports Medicine – Open*, 7, 1-8, 2021.

Okamoto M, Mizuuchi D, Omura K, Lee MC, Oharazawa A, Yook JS, Inoue K, Soya H. High-intensity intermittent training enhances spatial memory and hippocampal neurogenesis associated with BDNF signaling in rats. *Cereb Cortex*, 31(9), 4386-4397, 2021.

Pagen L, Smeets T, Muller-Ehrenberg L, Yassa MA, Verhey F, Jacobs H. Elevated noradrenaline levels are related to diminished practice effects in memory: A pilot study. *Journal of Alzheimer's Disease*, 80(4), 1675-1685, 2021.

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Park ES, Harlow A, AghaKouchak A, Baldi B, Burley N, Buswell N, Crooks R, Denenberg D, Ditto P, Edwards K, Junqueira MG, Geragotelis A, Holton A, Lanning J, Lehman R, Chen A, Pantano A, Rinehart J, Walter M, Williams A, Wong-Ma J, Yassa M, Sato B. Instructor facilitation mediates students' negative perceptions of active learning instruction. *PLOS ONE*, 16(12), e0261706, 2021.

Rakwal R, Takahashi G, Sakairi Y, Amemiya R, Ogura T, Komatsu Y and Katsumata M. Yoga in higher education in Japan: Reflection on the 7-year journey through Lens of Graduate General Education Courses (GGEC) Yoga Course with research and social innovation outcomes. *Journal of Yoga and Physiotherapy*, 9 (3), 1-8, 2021.

Sinha N, Berg CN, Yassa MA, Gluck MA. Increased dynamic flexibility in the medial temporal lobe network following an exercise intervention mediates generalization of prior learning. *Neurobiol Learn Mem*, 77, 107340, 2021.

Suwabe K, Hyodo K, Fukuie T, Ochi G, Inagaki K, Sakairi Y, Soya H. Positive mood while exercising influences beneficial effects of exercise with music on prefrontal executive function: A functional NIRS study. *Neuroscience*, 454, 61-71, 2021, doi, 10.1016/j.neuroscience.2020.06.007.

Takehara K, Togoobaatar G, Kikuchi A, Lkhagvasuren G, Lkhagvasuren A, Aoki A, Fukuie T, Shagdar BE, Suwabe K, Mikami M, Mori R, Soya H. Exercise Intervention for Academic Achievement Among Children: A Randomized Controlled Trial. *Pediatrics*, 148(5), e2021052808, 2021.

Takahashi K, Shima T, Soya M, Oharomari LK, Okamoto M, Soya H. Differences in exercise capacity and physiological responses in Wistar rats among breeders. *Exp Anim*, 70(4), 508-513, 2021.

Takahashi K, Shima T, Soya M, Yook JS, Jesmin S, Saito T, Okamoto M, Soya H. Exercise-induced adrenocorticotrophic hormone response is cooperatively regulated by hypothalamic arginine vasopressin and corticotrophin-releasing hormone. *Neuroendocrinology*, 112(9), 894-903, 2021.

Tustison NJ, Cook PA, Holbrook AJ, Johnson HJ, Muschelli J, Devanyi GA, Duda JT, Das S, Cullen NC, Gillen DL, Yassa MA, Stone JR, Gee JC, Avants BB. The ANTsX: A dynamic ecosystem for quantitative biological and medical imaging. *Scientific Reports*, 11, 9068, 2021.

+15 research articles

Books

DiProspero ND, Kim S, Yassa MA. MRI Biomarkers for Alzheimer's disease in Down syndrome. In Head, E. and Lott, I. (Eds.) The Neurobiology of Aging and Alzheimer disease in Down syndrome. Elsevier Press, 2021.

+2 books

Awards

3 awards

B. *Waza* Division

Research Articles

Moriyama S, Mankyu H, Tsunokawa T, Kurono T, Mizukoshi H, Ogita F. Does a jammer-type racing swimsuit improve sprint performance during maximal front-crawl swimming? *Sports Biomechanics*, Published online, 2021.

Satoshi Kato, Shinichi Yamagiwa. Statistical Extraction Method for Revealing Key Factors from Posture before Initiating Successful Throwing Technique in Judo. *Sensors* 2021, 21(17), 5884, 2021.

Shinichi Yamagiwa, Koichi Marumo, Suzukaze Kuwabara. Exception Handling Method Based on Event from Look-Up Table Applying Stream-Based Lossless Data Compression. *Electronics*, 240, 2021.

Takagi H, Nakashima M, Sengoku Y, Tsunokawa T, Koga D, Narita K, Kudo S, Sanders S, Gonjo T. How do swimmers control their front crawl swimming velocity? *Current knowledge and gaps from hydrodynamic perspectives*. *Sports Biomechanics*, 2021.

Shinichi Yamagiwa, Yuma Ichinomiya. Stream-Based Visually Lossless Data Compression Applying Variable Bit-Length ADPCM Encoding. *Sensors* 2021, 21(13), 4602, 2021.

+9 research articles

Book

Katoh N, Higashikawa Y, Ito H, Nagao A, Shibuya T, Sljoka A, Tanaka K, Uno Y (Eds.): Sublinear Computation Paradigm: Algorithmic Revolution in the Big Data Era. *Springer*, 391-410, 2021.

Award

1 award

C. Karada Division

Research Articles

Amano T, Katayama S, Okamoto Y, Otsuka J, Fujii N, Kenny GP, Nishiyasu T, Enoki Y, Maejima D. Comparisons of isomaltulose, sucrose, and mixture of glucose and fructose ingestions on postexercise hydration state in young men. *Eur J Nutr*, 60(8): 4519-4529, 2021.

Aoki K, Suzuki T, Hui F, Nakano T, Yanazawa K, Yonamine M, Sugasawa T, Yoshida Y, Omi N, Kawakami Y, Takekoshi K. Acute Low-intensity Treadmill Running Increases Intestinal Glucose Transporters via GLP-2 in Mice. *NUTRIENTS*, 13, x FOR PEER REVIEW, 2021.

Aoki K, Yanazawa K, Tokinoya K, Sugasawa T, Suzuki T, Yoshida Y, Nakano T, Omi N, Kawakami Y, Takekoshi K. Renalase is localized to the small intestine crypt and expressed upon the activation of NF-κB p65 in mice model of fasting-induced oxidative stress. *Life Sciences*, 267: 118904, 2021.

Arnold JT, Bailey SJ, Hodder SG, Fujii N, Lloyd AB. Independent and combined impact of hypoxia and acute inorganic nitrate ingestion on thermoregulatory responses to the cold. *Eur J Appl Physiol*, 121(4): 1207-1218, 2021.

Careau V, Halsey LG, Pontzer H, Ainslie PN, Andersen LF, Anderson LJ, Arab L, Baddou I, Bedu-Addo K, Blaak EE, Blanc S, Bonomi AG, Bouten CVC, Buchowski MS, Butte NF, Camps SGJA, Close GL, Cooper JA, Das SK, Cooper R, Dugas LR, Eaton SD, Ekelund U, Entringer S, Forrester T, Fudge BW, Goris AH, Gurven M, Hambly C, El Hamdouchi A, Hoos MB, Hu S, Joonas N, Joosen AM, Katzmarzyk P, Kempen KP, Kimura M, Kraus WE, Kushner RF, Lambert EV, Leonard WR, Lessan N, Martin CK, Medin AC, Meijer EP, Morehen JC, Morton JP, Neuhouser ML, Nicklas TA, Ojiambo RM, Pietiläinen KH, Pitsiladis YP, Plange-Rhule J, Plasqui G, Prentice RL, Rabinovich RA, Racette SB, Raichlen DA, Ravussin E, Reilly JJ, Reynolds RM, Roberts SB, Schuit AJ, Sjödin AM, Stice E, Urlacher SS, Valenti G, Van Etten LM, Van Mil EA, Wells JCK, Wilson G, Wood BM, Yanovski J, Yoshida T, Zhang X, Murphy-Alford AJ, Loechl CU, Luke AH, Rood J, Sagayama H, Schoeller DA, Wong WW, Yamada Y, Speakman JR, IAEA DLW database group. Energy compensation and adiposity in humans. *Current Biology*, 31(20): 4659-4666, 2021.

Choi Y, Nakamura Y, Akazawa N, Park I, Kwak HB, Tokuyama K, Maeda S. Effects of nocturnal light exposure on circadian rhythm and energy metabolism in healthy adults: A randomized crossover trial. *Chronobiol Int*, 39(4): 602-612, 2021.

Fujii N, Fujisawa K, Dobashi K, Cao Y, Matsutake R, Lai YF, Nishiyasu T. Effects of High-Intensity Exercise Repetition Number During Warm-up on Physiological Responses, Perceptions, Readiness, and Performance. *Res Q Exerc Sport*, 26: 1-10, 2021.

Fujii N, Kenny GP, Amano T, Honda Y, Kondo N, Nishiyasu T. Na⁺/K⁺-ATPase plays a major role in mediating cutaneous thermal hyperemia achieved by local skin heating to 39 °C. *J Appl Physiol (1985)*, 131(5): 1408-1416, 2021.

Fujii N, McGarr GW, Amano T, Nishiyasu T, Sigal RJ, Kenny GP. Type 2 diabetes impairs vascular responsiveness to nitric oxide, but not the venoarteriolar reflex or post-occlusive reactive hyperaemia in forearm skin. *Exp Dermatol*, 30(12): 1807-1813, 2021.

Fujii N, McGarr GW, Notley SR, Boulay P, Sigal RJ, Amano T, Nishiyasu T, Poirier MP, Kenny GP. Effects of short-term heat acclimation on whole-body heat exchange and local nitric oxide synthase- and cyclooxygenase-dependent heat loss responses in exercising older men. *Exp Physiol*, 106(2): 450-462, 2021.

Fujimoto T, Fujii N, Dobashi K, Cao Y, Matsutake R, Takayanagi M, Kondo N, Nishiyasu T. Effects of low-intensity exercise on local skin and whole-body thermal sensation in hypothermic young males. *Physiol Behav*, 240: 113531, 2021.

Ishihara A, Park I, Suzuki Y, Yajima K, Cui H, Yanagisawa M, Sano T, Kido J, Tokuyama K. Metabolic responses to polychromatic LED and OLED light at night. *Sci Rep*, 11: 12402, 2021.

McGarr GW, King KE, Saci S, Leduc D, Akerman AP, Fujii N, Kenny GP. Regional variation in nitric oxide-dependent cutaneous vasodilatation during local heating in young adults. *Exp Physiol*, 106(8): 1671-1678, 2021.

McGarr GW, Muia CM, Saci S, Fujii N, Kenny GP. KCa channels are major contributors to ATP-induced cutaneous vasodilation in healthy older adults. *Microvasc Res*, 133: 104096, 2021.

Park I, Díaz J, Matsumoto S, Iwayama K, Nabekura Y, Ogata H, Kayaba M, Aoyagi A, Yajima K, Satoh M, Tokuyama K, Vogt KE. Exercise improves the quality of slow-wave sleep by increasing slow-wave stability. *Scientific Rep*, 11: 4410, 2021.

Park I, Suzuk C, Suzuki Y, Katana F, Yajima K, Fukusumi S, Kokubo T, Tokuyama K, Yanagisawa M, Satoh M. Effects of body pillow use on sleeping posture and sleep architecture in healthy young adults. *Sleep Med Res*, 12(1): 57-63, 2021.

Pontzer H, Yamada Y, Sagayama H, Ainslie PN, Andersen LF, Anderson LJ, Arab L, Baddou I, Bedu-Addo K, Blaak EE, Blanc S, Bonomi AG, Bouten CVC, Bovet P, Buchowski MS, Butte NF, Camps SG, Close GL, Cooper JA, Cooper R, Das SK, Dugas LR, Ekelund U, Entringer S, Forrester T, Fudge BW, Goris AH, Gurven M, Hambly C, El Hamdouchi A, Hoos MB, Hu S, Joonas N, Joosen AM, Katzmarzyk P, Kempen KP, Kimura M, Kraus WE, Kushner RF, Lambert EV, Leonard WR, Lessan N, Martin C, Medin AC, Meijer EP, Morehen JC, Morton JP, Neuhouser ML, Nicklas TA, Ojiambo RM, Pietiläinen KH, Pitsiladis YP, Plange-Rhule J, Plasqui G, Prentice RL, Rabinovich RA, Racette SB, Raichlen DA, Ravussin E, Reynolds RM, Roberts SB, Schuit AJ, Sjödin AM, Stice E, Urlacher SS, Valenti G, Van Etten LM, Van Mil EA, Wells JCK, Wilson G, Wood BM, Yanovski J, Yoshida T, Zhang X, Murphy-Alford AJ, Loechl C, Luke AH, Rood J, Schoeller DA, Westerterp KR, Wong WW, Speakman JR, IAEA DLW Database Consortium. Daily energy expenditure through the human life course. *Science*, 373(6556): 808-812, 2021.

Saci S, McGarr GW, Fujii N, Kenny GP. Regional cutaneous vasodilator responses to rapid and gradual local heating in young adults. *J Therm Biol*, 99: 102978, 2021.

Sagayama H, Racine NM, Shriver TC, Schoeller DAComparison of isotope ratio mass spectrometry and cavity ring-down spectroscopy procedures and precision of the doubly labeled water method in different physiological specimens. *Rapid communications in mass spectrometry*, 35 (21): e9188, 2021.

Seol J, Park I, Kokudo C, Zhang S, Suzuki C, Yajima K, Satoh M, Tokuyama K, Okura T. Distinct effects of low-intensity physical activity in the evening on sleep quality in older women: a comparison of exercise and housework. *Exp Gerontol*, 143: 111165, 2021.

Speakman JR, Yamada Y, Sagayama H, Berman ESF, Ainslie PN, Andersen LF, Anderson LJ, Arab L, Baddou I, Bedu-Addo K, Blaak EE, Blanc S, Bonomi AG, Bouten CVC, Bovet P, Buchowski MS, Butte NF, Camps SGJA, Close GL, Cooper JA, Creasy SA, Das SK, Cooper R, Dugas LR, Ebbeling CB, Ekelund U, Entringer S, Forrester T, Fudge BW, Goris AH, Gurven M, Hambly C, El Hamdouchi A, Hoos MB, Hu S, Joonas N, Joosen AM, Katzmarzyk P, Kempen KP, Kimura M, Kraus WE, Kushner RF, Lambert EV, Leonard WR, Lessan N, Ludwig DS, Martin CK, Medin AC, Meijer EP, Morehen JC, Morton JP, Neuhausen ML, Nicklas TA, Ojiambo RM, Pietiläinen KH, Pitsiladis YP, Plange-Rhule J, Plasqui G, Prentice RL, Rabinovich RA, Racette SB, Raichlen DA, Ravussin E, Reynolds RM, Roberts SB, Schuit AJ, Sjödin AM, Stice E, Urlacher SS, Valenti G, Van Etten LM, Van Mil EA, Wells JCK, Wilson G, Wood BM, Yanovski J, Yoshida T, Zhang X, Murphy-Alford AJ, Loechl CU, Melanson EL, Luke AH, Pontzer H, Rood J, Schoeller DA, Westerterp KR, Wong WW, IAEA DLW database group. A standard calculation methodology for human doubly labeled water studies. *Cell Rep Med*, 16, 2(2): 100203, 2021.

Takeshita Y, Teramura C, Kamoshita K, Takayama H, Nakagawa H, Yasufumi Enyama Y, Ishii K, Tanaka T, Goto H, Nakano Y, Osada S, Tanaka Y, Tokuyama K, Takamura T. Effects of eicosapentaenoic acid on serum levels of selenoprotein P and organ-specific insulin sensitivity in humans with dyslipidemia and type 2 diabetes. *J Diabetes Inv*, 13: 532–542, 2021.

Tanabe Y, Fujii N, Suzuki K. Dietary Supplementation for Attenuating Exercise-Induced Muscle Damage and Delayed-Onset Muscle Soreness in Humans. *Nutrients*, 14(1): 70, 2021.

Tanabe Y, Nakata Y, Zempo-Miyaki A, Hieda MY, Choi Y, Fujii N, Maeda S. Different degree of intervention in 6-month weight-loss support and arterial stiffness: Secondary analysis of a random-ized controlled trial. *Obes Res Clin Pract*, 15(1): 93-95, 2021.

Tanabe Y, Shimizu K, Kondo E, Yasumatsu M, Nakamura D, Sagayama H, Takahashi H. Urinary N-terminal fragment of titin reflects muscle damage after a soccer match in male collegiate soccer players. *Journal of strength and conditioning research*, 35(2): 360-365, 2021.

Tanabe Y, Shimizu K, Sagayama H, Fujii N, Takahashi H. Urinary N-terminal fragment

of titin: A surrogate marker of serum creatine kinase activity after exercise-induced severe muscle damage. *J Sports Sci*, 16: 1-8, 2021.

Uchizawa A, Hibi M, Sagayama H, Zhang S, Osumi H, Tanaka Y, Park I, Tokuyama K, Omi N. Novel Equations to Estimate Resting Energy Expenditure During Sitting and Sleeping. *ANNALS OF NUTRITION AND METABOLISM*, 77(3):159-167, 2021.

Westerterp KR, Yamada Y, Sagayama H, Ainslie PN, Andersen LF, Anderson LJ, Arab L, Baddou I, Bedu-Addo K, Blaak EE, Blanc S, Bonomi AG, Bouten CVC, Bovet P, Buchowski MS, Butte NF, Camps SGJA, Close GL, Cooper JA, Das SK, Cooper R, Dugas LR, Ekelund U, Entringer S, Forrester T, Fudge BW, Goris AH, Gurven M, Hambly C, El Hamdouchi A, Hoos MB, Hu S, Joonas N, Joosen AM, Katzmarzyk P, Kempen KP, Kimura M, Kraus WE, Kushner RF, Lambert EV, Leonard WR, Lessan N, Martin CK, Medin AC, Meijer EP, Morehen JC, Morton JP, Neuhouser ML, Nicklas TA, Ojiambo RM, Pietiläinen KH, Pitsiladis YP, Plange-Rhule J, Plasqui G, Prentice RL, Rabinovich RA, Racette SB, Raichlen DA, Ravussin E, Reynolds RM, Roberts SB, Schuit AJ, Sjödin AM, Stice E, Urlacher SS, Valenti G, Van Etten LM, Van Mil EA, Wells JCK, Wilson G, Wood BM, Yanovski J, Yoshida T, Zhang X, Murphy-Alford AJ, Loechl CU, Luke AH, Pontzer H, Rood J, Schoeller DA, Wong WW, Speakman JR, International Atomic Energy Agency Doubly Labeled Water database group. Physical activity and fat-free mass during growth and in later life. *American Journal of Clinical Nutrition*, 114(5): 1583-1589, 2021.

Zhang S, Tanaka Y, Ishihara A, Uchizawa A, Park I, Iwayama K, Ogata H, Yajima K, Omi N, Satoh M, Yanagisawa M, Sagayama H, Tokuyama K. Metabolic flexibility during sleep. *Scientific Reports*. 11: 17849, 2021.

Zheng H, Badenhorst CE, Lei TH, Che Muhamed AM, Liao YH, Amano T, Fujii N, Nishiyasu T, Kondo N, Mündel T Measurement error of self-paced exercise performance in athletic women is not affected by ovulatory status or ambient environment. *J Appl Physiol (1985)*, 131(5): 1496-1504, 2021.

Zheng H, Badenhorst CE, Lei TH, Liao YH, Che Muhamed AM, Fujii N, Kondo N, Mundel T. Menstrual phase and ambient temperature do not influence iron regulation in the acute exercise period. *Am J Physiol Regul Integr Comp Physiol*, 320(6): R780-R790, 2021.

+4 research articles

Books

2 books

Awards

3 awards