

Publications from 2018-2022 in Q1/Q2 Journals:

1. Zdzieblik, D., Friesenborg, H., Gollhofer, A. & **König, D.** A high carbohydrate diet with a low glycaemic index improves training effects in male endurance athletes. Nov. 2022, in: International Journal of Food Sciences and Nutrition. 73, 7, S. 965-972 8 S.
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3. Kohl, J., Hohberg, V., Hauff, P., Lang, C., Faude, O., Gollhofer, A. & **König, D.**, Development of a metric Healthy Eating Index-2015 and comparison with the Healthy Eating Index-2015 for the evaluation of dietary quality. Aug. 2022, in: Frontiers in Nutrition. 9, S. 952223-952223.
4. Krause, A., Lee, K., **König, D.**, Faist, M., Freyler, K., Gollhofer, A. & Ritzmann, R., Six weeks of whole-body vibration improves fine motor accuracy, functional mobility and quality of life in people with multiple sclerosis. Juli 2022, in: PLoS ONE. 17, 7, S. e0270698 e0270698.
5. Kohl, J.; Brame, J.; Hauff, P.; Wurst, R.; Sehlbrede, M.; Fichtner, U.A.; Armbruster, C.; Tinsel, I.; Maiwald, P.; Farin-Glattacker, E., **König D.** Effects of a Web-Based Weight Loss Program on the Healthy Eating Index-NVS in Adults with Overweight or Obesity and the Association with Dietary, Anthropometric and Cardiometabolic Variables: A Randomized Controlled Clinical Trial. Nutrients 2023, 15, 7.
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7. Brame, J., Centner, C., Berg, N., Bartlam, M., Gollhofer, A. **König, D.**, Effects of a 12-Week Web-Based Weight Loss Program for Adults With Overweight and Obesity on COVIDAge and Lifestyle-Related Cardiometabolic Risk Factors: A Randomized Controlled Trial. Mai 2022, in: Frontiers in Public Health. 10, S. 868255 868255.
8. Centner C, Jerger S, Mallard A, Hermann A, Varvolomeeefa A, Gollhofer S, Oesser S, Sticht C, Gretz N, Aagaard P, Nielsen JL, Frandsen U, Suetta C, Gollhofer A, **König D.** Supplementation with specific collagen peptides following a high-load resistance exercise bout upregulates gene expression in pathways involved in skeletal muscle signal transduction. 5 Apr. 2022, in: Frontiers in Physiology. 13, S. 838004 838004.
9. Zdzieblik, D., Friesenborg, H., Gollhofer, A. **König, D.**, Effect of a High Fat Diet vs. High Carbohydrate Diets With Different Glycemic Indices on Metabolic Parameters in Male Endurance Athletes: A Pilot Trial Apr. 2022, Frontiers in Nutrition. 9, S. 802374 802374.

10. Jerger S, Centner C, Lauber B, Seynnes O, Sohnius T, Jendricke P, Gollhofer A, **König D**. Effects of high-load resistance training and collagen peptide supplementation on tendon and muscle mechanical and morphological properties: a randomized-controlled trial, Juli 2022, in: Scandinavian Journal of Medicine & Science in Sports. 32, 7, S. 1131-1141 11
11. Brame J, Kohl J, Wurst R, Fuchs R, Tinsel I, Maiwald P, Fichtner U, Armbruster C, Bischoff M, Farin-Glattacker E, Lindinger P, Bredenkamp R, Gollhofer A, **König D**. Health Effects of a 12-Week Web-Based Lifestyle Intervention for Physically Inactive and Overweight or Obese Adults: Study Protocol of Two Randomized Controlled Clinical Trials. Int J Environ Res Public Health. 2022 Jan 26;19(3):1393.
12. Wurst R, Brame J, Ramsenthaler C, **König D**, Fuchs R. A questionnaire to assess eating behavior: Structure, validity and responsiveness of a new German eating behavior scale (SEV). Appetite. 2022 Jan 1; 168:105668.
13. Zdzieblik D, Jendricke P, Oesser S, Gollhofer A, **König D**. The Influence of Specific Bioactive Collagen Peptides on Body Composition and Muscle Strength in Middle-Aged, Untrained Men: A Randomized Controlled Trial. Int J Environ Res Public Health. 2021 Apr 30;18(9):4837.
14. **König D**, Kohl J, Jerger S, Centner C. Potential Relevance of Bioactive Peptides in Sports Nutrition. Nutrients. 2021 Nov 10;13(11):3997
15. Zdzieblik D, Brame J, Oesser S, Gollhofer A, **König D**. The Influence of Specific Bioactive Collagen Peptides on Knee Joint Discomfort in Young Physically Active Adults: A Randomized Controlled Trial. Nutrients. 2021 Feb 5;13(2):523.
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20. Centner C, Wiegel P, Gollhofer A, **König D**. Effects of Blood Flow Restriction Training on Muscular Strength and Hypertrophy in Older Individuals: A Systematic Review and Meta-Analysis. Sports Med. 2019 Jan;49(1):95-108.

21. Centner C, Zdzieblik D, Dressler P, Fink B, Gollhofer A, **König D**. Acute effects of blood flow restriction on exercise-induced free radical production in young and healthy subjects. *Free Radic Res*. 2018 Apr;52(4):446-454.
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23. Zeng Z, Centner C, Gollhofer A, **König D**. Blood-Flow-Restriction Training: Validity of Pulse Oximetry to Assess Arterial Occlusion Pressure. *Int J Sports Physiol Perform*. 2019 Nov 1;14(10):1408-1414.
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Nutritional Guidelines:

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2. **König D**, Carlsohn A, Braun H, Großhauser M, Lampen A, Mosler S, Nieß A, Schäbenthal K, Schek A, Virmani K, Ziegenhagen R, Hesecker H: Proteins in sports nutrition. Position of the working group sports nutrition of the German Nutrition Society (DGE). *Ernährungs Umschau* 2020; 67(7): 132–9.
3. Schek A, Braun H, Carlsohn A, Großhauser M, **König D**, Lampen A, Mosler S, Nieß A, Oberritter H, Schäbenthal K, Stehle P, Virmani K, Ziegenhagen R, Hesecker H (2019). Fats in sports nutrition. Position of the working group sports nutrition of the German Nutrition Society (DGE). *Ernährungs Umschau* 66(9): 181–188.
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Energy needs in sports. Position of the working group sports nutrition of the German Nutrition Society (DGE). *Ernahrungs Umschau* 66(8): 146–153.

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6. Carlsohn A, Braun H, Großhauser M, König D, Lampen A, Mosler S, Nieß A, Oberritter H, Schäbenthal K, Schek A, Stehle P, Virmani K, Ziegenhagen R, Hesecker H (2019). Minerals and vitamins in sports nutrition. Position of the working group sports nutrition of the German Nutrition Society (DGE). *Ernahrungs Umschau* 66(12): 250–257.