

LISTĂ DE LUCRĂRI

a) Teza de doctorat:

INFLUENȚELE APORTULUI DE MACRONUTRIENȚI ASUPRA STATUSULUI NUTRIȚIONAL AL COPILULUI, coordonator prof.univ.dr. Mărginean Oana Cristina, Universitatea de Medicină, Farmacie, Științe și Tehnologie „George Emil Palade” din Târgu Mureș, Calificativul Excelent – Summa Cum Laude, Ordinul Ministerului Educației nr 3324 din 02.03.2022

b) Cărți de specialitate

Martin-Hadmaș Roxana Maria, Martin Ștefan Adrian, Tarcea Monica. Ghid Practic de Nutriție Comunitară, Editura University Press Tîrgu Mureș, 2021, 216 pagini, ISBN: 978-973-169-737-6, cod CNCS 210

c) Capitole în volume colective

Moldovan Geanina, Tarcea Monica, Ruța Florina, Fazakas Zita, Rus Victoria, Martin Ștefan Adrian, Cotruță Smaranda, **Hadmaș Roxana Maria**, Conțiu Liana. Ghid Practic de Alimentație în Colectivități (Intervenții Nutriționale Comunitare), Editura University Press Tîrgu Mureș, 2015, 178 pagini, cod CNCS 210.

d) Articole publicate în extenso

1. Articole publicate în extenso în reviste cotate ISI cu FI
1. Matran IM, **Martin-Hadmaș RM**, Niculaș C, Muntean DL, Tarcea M. Dietary and pharmaco-therapy in skin diseases. Farmacia. 2022; 70(2): 177-183. **IF: 1.433**. ISSN 2065-0019
2. Martin ȘA, **Martin-Hadmaș RM**. Using an Electromyography Method While Measuring Oxygen Uptake to Appreciate Physical Exercise Intensity in Adolescent Cyclists: An Analytical Study. Medicina. 2021; 57(9):948. **IF: 2.43**. ISSN 1648-9144
3. **Martin-Hadmaș RM**, Martin ȘA, Romonți A, Mărginean CO. The Effect of Dietary Intake and Nutritional Status on Anthropometric Development and Systemic Inflammation: An Observational Study. Int. J. Environ. Res. Public Health. 2021. 18(11): 5635. **IF: 3.39**. ISSN 1660-4601
4. **Martin-Hadmaș RM**, Martin ȘA, Romonți A, Mărginean CO. Anthropometric Development in Children: Possible Changes in Body Mass, Basal Metabolic Rate and Inflammatory Status. Children. 2021. 8(6): 455. **IF: 2.863**. ISSN 2227-9067
5. Matran IM, Muntean DL, Niculas C, **Martin-Hadmas RM**, Tarcea M. Possible algorithms for determining adverse reactions caused by food supplements in Romania. One Health & Risk Management, 2021; 2(4): 4-27. **IF: 0.636**. ISSN 2587-3466
6. Martin ȘA, **Hadmaș RM**, Dobreanu D, Resting Metabolic Rate Changes Over 4 Months Of Elite General Cross Country Roller Skiing Training. Science & Sports. 2019. 34(4): 236-243. **IF: 0.684**. ISSN 0765-1597

2. Articole publicate în extenso în reviste ISI, fără FI

1. **Hadmaş RM**, Martin ŞA, Mărginean O. Children anthropometric development: an analysis over food consumption and energy requirements. Gazz Med Ital – Arch Sci Med. 2021. 180 (5): 195-201. pISSN 0393-3660. eISSN 1827-1812
2. **Hadmaş RM**, Martin ŞA, Mărginean O. Fat Consumption and Related Changes in Micronutrients Intake and Child Anthropometric Development. Bulletin UASVM Food Science and Technology. 2020. 77 (2): 1-9. ISSN 2344-2344
3. Martin ŞA, **Hadmaş RM**. Shooting Performance Under Training Load in Biathlon. Gazz Med Ital – Arch Sci Med, 2019. 178(10): 769-774. ISSN 0393-3660
4. Martin ŞA, **Hadmaş RM**. Individual Adaptation in Cross-Country Skiing Based on Tracking. Sports. 2019. 7(9): 211. ISSN 2075-4663
5. Georgescu M, Tarcea M, **Hadmaş R**, Seni G, Teodorescu C, Szasz S, Guine R, Abram Z. Romanian Population Perception about Food Risk Behavior Starting from their Social and Cultural Profile. Bulletin UASVM Food Science and Technology. 2020. 77 (2): 10-16. ISSN 2344-2344
6. Martin ŞA, **Hadmaş RM**, Graur C. Effect of Single L-Carnitine Dose Over Lactate Production During High Intensity - Short Volume Effort. Journal of Applied Exercise Physiology. 2019. 8(2): 1-7. ISSN 2322-3537

3. Articole publicate în extenso în reviste B+ sau BDI

1. Martin ŞA, **Martin-Hadmaş RM**, Graur C. Endurance training: changes in aerobic and anaerobic exercise capacity by using an adapted training intensity and volume ratio in cross-country skiers. Health, Sports & Rehabilitation Medicine. 2022. 23(1): 14-21. ISSN 2668-2303
2. Matran IM, **Martin-Hadmaş RM**, Tarcea M, Muntean D, Ciurba A, Vari C, Rotaru M. The importance of nutrivigilance for dermatological diseases management. Health, Sports & Rehabilitation Medicine. 2022. 23(1): 27-33. ISSN 2668-2303
3. **Martin-Hadmaş RM**, Martin ŞA, RomoŃi A, Mărginean O. Dietary aspects related to height growth rate and the risk of malnutrition in children. Health, Sports & Rehabilitation Medicine. 2021. 22(1): 4-8. ISSN 2668-2303
4. Tarcea M, Fănică A, Roşescu R, **Martin-Hadmaş R**. The importance of diet in lung rehabilitation. Romanian Medical Journal. 2020. LXVII (S6): 111-117. ISSN 1220-5478
5. Martin ŞA, **Martin-Hadmaş RM**, Graur C. L-carnitine role in heart rate and blood lactate recovery following high intensity exercise - a double blind study following single doses. Health, Sports & Rehabilitation Medicine. 2020. 21 (4): 210-216. ISSN 2668-2303
6. Bordianu B, Mardale E, Pădureanu A, **Martin-Hadmaş RM**, Tarcea M. Changing body composition in a group of amateurs who practice constant physical activity. Health, Sports & Rehabilitation Medicine. 2020. 21 (3): 162-166. ISSN 2668-2303
7. Roşescu R, **Martin-Hadmaş RM**, Tarcea M. Is there a link between physical activity, body mass index, Finnish Diabetes Risk Score (FINDRISC) and blood pressure? Health, Sports & Rehabilitation Medicine. 2020. 21 (3): 174-178. ISSN 2668-2303

8. Graur C, Martin ȘA, **Hadmaș RM**. Warm-up routines: performance assessment following both an active and a combined method in basketball players. JHSRM. 2019. 20(3): 103-109. ISSN 2668-2303
9. **Hadmaș RM**, Tarcea M, Neghirlă A, Mărginean O, Martin A, Martin ȘA. Nutritional Value of Kindergartens Menus from Tirgu Mures / Romania, related to National and International Dietary Recommendations. Medicine in evolution. 2017. 23(3): 271-278. ISSN 2065-376X
10. **Hadmaș RM**, Neghirlă A, Martin ȘA. Children's nutrition specificity related to general sporting activities practiced in kindergartens. PM3. 2017. 18(4):196-200. pISSN 2601-2537
11. **Hadmaș RM**, Erdos MI. The Influence Of Prenatal Supplement Intake On Weight Gained During Pregnancy And Birth Weight. Acta Medica Transilvanica. 2016. 21(2): 15-18. ISSN 2285-7079
12. **Hadmaș RM**, Martin ȘA, Erdos MI. Do Kindergartens With Extended Schedule Cover the Caloric and Macronutrients Needs of the Preschoolers. Management in Health. 2016. 20(3): 37 – 40. ISSN 2067-7561
13. **Hadmaș RM**, Martin ȘA, Erdos MI. The influence of kindergartens with extended schedule budget on the amount of macronutrients consumption preschoolers. Medicine in Evolution. 2016. 22 (3): 310 – 315. ISSN 2065-376X
14. Martin ȘA, Tomescu V, **Hadmaș RM**. Can age influence the Energy Demands of the elite athlete during High Intensity Effort?. PM3. 2016. 17(3): 199 – 204. pISSN 2601-2537
15. Martin ȘA, Tomescu V, **Hadmaș RM**. The Amount Of Lipids Used During A Maximal Effort Will Indicate Aerobic Exercyse Capacity. Medicine in Evolution. 2016. 22(3): 301 – 309. ISSN 2065-376X
16. Martin ȘA, Tomescu V, **Hadmaș RM**. Effects Of Menstrual Period On Daily Energy Demands In A Group Of Elite Female Rowers. JSMS (Medicina Sportiva). 2016. 12: 2709 – 2714. ISSN 1841-0162
17. **Hadmaș RM**, Neghirlă A, Martin ȘA. The Influence Of Physical Activity Upon Pregnancy Evolution And Newborn Body Weight. PM3. 2016. 17(1): 19 – 22. pISSN 2601-2537
18. **Hadmaș RM**, Tarcea M, Martin ȘA, Tomescu V. Composition And Structure Of The Menu For Top Level Young Handball Players. PM3. 2016. 17(2): 117 – 121. pISSN 2601-2537
19. Tarcea M, Șipoș SR, **Hadmaș R**, Roșescu R, Fănică A. Behavioral tips to strengthen your immune system against viruses. Medic.ro. 2020. 133(1): 10-12. ISSN 1584-3513
20. Maftai A, **Hadmaș RM**, Martin ȘA. Urinary parameters' evolution during junior male water polo microcycle training. PM3. 2018. 19(1): 13 – 16. pISSN 2601-2537
21. Martin ȘA, **Hadmaș RM**, Dobreanu D. Non-specific maximal testing results, under certain training conditions, can be associated with roller skiing performances during a competitive 5K event. PM3. 2018. 19(3): 141 – 146. pISSN 2601-2537
22. Maftai A, **Hadmaș RM**, Martin ȘA. Menu structure for children and youth swimmers during micro-cycle training. PM3. 2018. 19(3): 176 – 180. pISSN 2601-2537

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1. **Hadmaş RM**, Martin ŞA, Tarcea M. Micronutrients ingestion in preschool children and blood pressure status. The 18th international conference of life science for sustainable development. 26-28 September. Cluj Napoca. Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj Napoca – Food Science and Technology. 2019, 6: 273. ISSN 2344-2344
2. Tarcea M, Matran IM, **Martin-Hadmas R**, Fazakas Z, Guine R. Food behavior, social aspects and nutritional status in Romania. One Health & Risk Management, 2021; 2(4): 6. ISSN 2587-3466
3. Matran IM, Muntean DL, Niculas C, **Martin-Hadmas RM**, Tarcea M. Possible algorithms for determining adverse reactions caused by food supplements in Romania. One Health & Risk Management, 2021; 2(4): 22. ISSN 2587-3466
4. Martin ŞA, Graur C, **Hadmaş RM**, Tarcea M. Comparative effect of one single dose of L-carnitine in high intensity physical effort: performance and recovery analysis. The 18th international conference of life science for sustainable development. 26-28 September. Cluj Napoca. Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj Napoca – Food Science and Technology. 2019, 6: 279. ISSN 2344-2344
5. **Hadmaş RM**, Neghirlă A, Martin ŞA, Mărginean O. Food from kindergartens as a risk factor for high blood pressure in preschool children. Days of the University of Medicine and Pharmacy of Tîrgu Mureş. December 11th – 15th 2017. AMM. 2017. 63 (S4): 107. ISSN 2068-3324
6. **Hadmaş RM**, Neghirlă A. Nutritional Value's Of Kindergarten's Menus Related With Growth Parameters Of Preschoolers From Tîrgu Mures Town, Romania. Acta Medica Marisiensis. AMM. 2017. 63 (S 3): 13. ISSN 2068-3324
7. **Hadmaş RM**, Martin SA, Donţu MI, Tarcea M. Relationship Between Kindergarten Nutritional Plan And Child Growth. Marisiensis International Congress. Târgu Mureş. AMM. 2016. 62 (S 4): 68. ISSN 2068-3324
8. **Hadmaş RM**, Zecheru IL, Bătagă S. The impact of nutrition in the treatment and the prevention of gastritis. Marisiensis International Congress. Târgu Mureş. AMM. 2014. 60 (S 3): 84. ISSN 2068-3324
9. Tarcea M, Matran IM, **Martin-Hadmas R**, Muntean DL, Ciurba A, Rotaru M. Nutraceuticals, nutricosmetics, and molecular cosmetics usage around the world. Millenium. 2021. 2(ed espec n°8). 37-37. ISSN 1647-662X
10. Tarcea M, **Hadmas R**, Guiné R. Cultural profile connections with food behavior - a Romanian experience. Millenium. 2021. 2(ed espec n°8). 107-107. ISSN 1647-662X
11. Braşoveanu AD, **Hadmaş RM**, Tarcea M. Evaluation of childrens nutritional status during the educational program and influences on physical development. The 6th national conference on nutrition and dietetics with international participation. 9-11 May 2019. Târgu Mureş. AMM. 2019. 65 (S 3): 6. ISSN 2068-3324
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14. Martin Ștefan Adrian, Tomescu Valeriu, **Hadmaș Roxana Maria**, Martin Alexandra. Respiratory Parameters Influence Macronutrients Consumption During Rest Periods In Elite Athletes. Marisiensis International Congress. Târgu Mureș. AMM. 2016. 62 (S 4): 63. ISSN 2068-3324
15. Zecheru IL, Modroiu A, **Hadmaș RM**, Croitoru MF, Fülöp I. Method for screening organic xenoestrogens in biological samples. Marisiensis International Congress. Târgu Mureș. AMM. 2014. 60(S 3): 85. ISSN 2068-3324