

Fidel Hita Contreras

List of Publications by Year in descending order

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Version: 2024-02-01

99
papers

2,363
citations

172457
29
h-index

254184
43
g-index

100
all docs

100
docs citations

100
times ranked

3053
citing authors

#	ARTICLE	IF	CITATIONS
1	Reliability and validity of the Spanish version of the Pittsburgh Sleep Quality Index (PSQI) in patients with fibromyalgia. <i>Rheumatology International</i> , 2014, 34, 929-936.	3.0	131
2	The effectiveness of 12-weeks of Pilates intervention on disability, pain and kinesiophobia in patients with chronic low back pain: a randomized controlled trial. <i>Clinical Rehabilitation</i> , 2018, 32, 1249-1257.	2.2	123
3	Effects of joint mobilization on chronic ankle instability: a randomized controlled trial. <i>Disability and Rehabilitation</i> , 2015, 37, 601-610.	1.8	86
4	Effects of 12-Week Proprioception Training Program on Postural Stability, Gait, and Balance in Older Adults. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2180-2188.	2.1	80
5	Effects of a Contrast Training Program Without External Load on Vertical Jump, Kicking Speed, Sprint, and Agility of Young Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2452-2460.	2.1	76
6	Osteosarcopenic obesity and fall prevention strategies. <i>Maturitas</i> , 2015, 80, 126-132.	2.4	71
7	Effects of 6 Weeks of Balance Training on Chronic Ankle Instability in Athletes: A Randomized Controlled Trial. <i>International Journal of Sports Medicine</i> , 2015, 36, 754-760.	1.7	70
8	Benefits of physical exercise in postmenopausal women. <i>Maturitas</i> , 2016, 93, 83-88.	2.4	61
9	Effects of Pilates training on sleep quality, anxiety, depression and fatigue in postmenopausal women: A randomized controlled trial. <i>Maturitas</i> , 2019, 124, 62-67.	2.4	61
10	Effect of exercise alone or combined with dietary supplements on anthropometric and physical performance measures in community-dwelling elderly people with sarcopenic obesity: A meta-analysis of randomized controlled trials. <i>Maturitas</i> , 2018, 116, 24-35.	2.4	56
11	Relationship of body mass index and body fat distribution with postural balance and risk of falls in Spanish postmenopausal women. <i>Menopause</i> , 2013, 20, 202-208.	2.0	52
12	Effects of a six-week Pilates intervention on balance and fear of falling in women aged over 65 with chronic low-back pain: A randomized controlled trial. <i>Maturitas</i> , 2015, 82, 371-376.	2.4	52
13	Cross-cultural adaptation and validation of the Spanish version of the Cumberland Ankle Instability Tool (CAIT): an instrument to assess unilateral chronic ankle instability. <i>Clinical Rheumatology</i> , 2013, 32, 91-98.	2.2	50
14	Comparative effects of 12 weeks of equipment based and mat Pilates in patients with Chronic Low Back Pain on pain, function and transversus abdominis activation. A randomized controlled trial. <i>Complementary Therapies in Medicine</i> , 2017, 33, 72-77.	2.7	49
15	Effects of Proprioceptive Training Program on Core Stability and Center of Gravity Control in Sprinters. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2071-2077.	2.1	47
16	Sarcopenia and sarcopenic obesity in Spanish community-dwelling middle-aged and older women: Association with balance confidence, fear of falling and fall risk. <i>Maturitas</i> , 2018, 107, 26-32.	2.4	45
17	New Gene Therapy Strategies for Cancer Treatment: A Review of Recent Patents. <i>Recent Patents on Anti-Cancer Drug Discovery</i> , 2012, 7, 297-312.	1.6	44
18	Immediate effects of spinal manipulation on nitric oxide, substance P and pain perception. <i>Manual Therapy</i> , 2014, 19, 411-417.	1.6	44

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19	Regulatory Systems in Bone Marrow for Hematopoietic Stem/Progenitor Cells Mobilization and Homing. <i>BioMed Research International</i> , 2013, 2013, 1-12.	1.9	43
20	Suspension Training HIIT Improves Gait Speed, Strength and Quality of Life in Older Adults. <i>International Journal of Sports Medicine</i> , 2019, 40, 116-124.	1.7	43
21	Cross-cultural adaptation and validation of the Falls Efficacy Scale International in Spanish postmenopausal women. <i>Menopause</i> , 2012, 19, 904-908.	2.0	41
22	Changes in Biochemical Markers of Pain Perception and Stress Response After Spinal Manipulation. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2014, 44, 231-239.	3.5	41
23	Management of pudendal neuralgia. <i>Climacteric</i> , 2014, 17, 654-656.	2.4	39
24	Exercise alone or combined with dietary supplements for sarcopenic obesity in community-dwelling older people: A systematic review of randomized controlled trials. <i>Maturitas</i> , 2018, 110, 92-103.	2.4	39
25	Effects of Physical Exercise on Sexual Function and Quality of Sexual Life Related to Menopausal Symptoms in Peri- and Postmenopausal Women: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2680.	2.6	36
26	The association of flexibility, balance, and lumbar strength with balance ability: risk of falls in older adults. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 349-57.	1.6	36
27	Postural Stability and Subsequent Sports Injuries during Indoor Season of Athletes. <i>Journal of Physical Therapy Science</i> , 2014, 26, 683-687.	0.6	34
28	Predictive value of stabilometry and fear of falling on falls in postmenopausal women. <i>Climacteric</i> , 2013, 16, 584-589.	2.4	33
29	Short-term Effects of Proprioceptive Training With Unstable Platform on Athletes' Stabilometry. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2189-2197.	2.1	32
30	The Spanish lower extremity functional scale: A reliable, valid and responsive questionnaire to assess musculoskeletal disorders in the lower extremity. <i>Disability and Rehabilitation</i> , 2014, 36, 2005-2011.	1.8	31
31	Association of low weekly physical activity and sedentary lifestyle with self-perceived health, pain, and well-being in a Spanish teenage population. <i>Science and Sports</i> , 2015, 30, 342-351.	0.5	28
32	Role of α -actin in muscle damage of injured athletes in comparison with traditional markers. <i>British Journal of Sports Medicine</i> , 2007, 41, 442-446.	6.7	27
33	The Activities-specific Balance Confidence scale: reliability and validity in Spanish patients with vestibular disorders. <i>Disability and Rehabilitation</i> , 2017, 39, 697-703.	1.8	27
34	Effects of Pilates on fall risk factors in community-dwelling elderly women: A randomized, controlled trial. <i>European Journal of Sport Science</i> , 2019, 19, 1386-1394.	2.7	25
35	Effectiveness of A Pilates Training Program on Cognitive and Functional Abilities in Postmenopausal Women. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3580.	2.6	24
36	Psychometric Properties of the Spanish Version of the Sarcopenia and Quality of Life, a Quality of Life Questionnaire Specific for Sarcopenia. <i>Calcified Tissue International</i> , 2020, 106, 274-282.	3.1	23

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37	Oral quercetin supplementation hampers skeletal muscle adaptations in response to exercise training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, 920-927.	2.9	21
38	Short- and long-term effects of a six-week clinical Pilates program in addition to physical therapy on postmenopausal women with chronic low back pain: a randomized controlled trial. <i>Disability and Rehabilitation</i> , 2016, 38, 1300-1308.	1.8	21
39	Sleep quality and its association with postural stability and fear of falling among Spanish postmenopausal women. <i>Menopause</i> , 2018, 25, 62-69.	2.0	21
40	Risk of Falls in Healthy Older Adults: Benefits of High-Intensity Interval Training Using Lower Body Suspension Exercises. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 325-333.	1.0	20
41	Fall prevention in postmenopausal women: the role of Pilates exercise training. <i>Climacteric</i> , 2016, 19, 229-233.	2.4	19
42	Sleep Quality, Anxiety, and Depression Are Associated with Fall Risk Factors in Older Women. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4043.	2.6	19
43	Short-term Effects of a Proprioceptive Training Session with Unstable Platforms on the Monopodal Stabilometry of Athletes. <i>Journal of Physical Therapy Science</i> , 2014, 26, 45-51.	0.6	18
44	Pain, motion and function comparison of two exercise protocols for the rotator cuff and scapular stabilizers in patients with subacromial syndrome. <i>Journal of Hand Therapy</i> , 2018, 31, 227-237.	1.5	18
45	Associations of sleep and depression with obesity and sarcopenia in middle-aged and older adults. <i>Maturitas</i> , 2020, 142, 1-7.	2.4	18
46	Predicting successful prosthetic rehabilitation in major lower-limb amputation patients: a 15-year retrospective cohort study. <i>Brazilian Journal of Physical Therapy</i> , 2018, 22, 205-214.	2.5	16
47	Quercetin supplementation does not enhance cerebellar mitochondrial biogenesis and oxidative status in exercised rats. <i>Nutrition Research</i> , 2015, 35, 585-591.	2.9	15
48	Thermographic Assessment of Eccentric Overload Training Within Three Days of a Running Session. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 504-511.	2.1	15
49	Female Sexual Function and Its Association with the Severity of Menopause-Related Symptoms. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7235.	2.6	15
50	Ultrasound Changes in Achilles Tendon and Gastrocnemius Medialis Muscle on Squat Eccentric Overload and Running Performance. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2010-2018.	2.1	14
51	Development and morphogenesis of human wrist joint during embryonic and early fetal period. <i>Journal of Anatomy</i> , 2012, 220, 580-590.	1.5	13
52	The female sexual function index: reliability and validity in Spanish postmenopausal women. <i>Menopause</i> , 2019, 26, 401-408.	2.0	13
53	Ankle-Joint Self-Mobilization and CrossFit Training in Patients With Chronic Ankle Instability: A Randomized Controlled Trial. <i>Journal of Athletic Training</i> , 2020, 55, 159-168.	1.8	13
54	Effects of HIIT and MIIT Suspension Training Programs on Sleep Quality and Fatigue in Older Adults: Randomized Controlled Clinical Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 1211.	2.6	13

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55	Tumour malignancy loss and cell differentiation are associated with induction of p53 gene in human melanoma cells. <i>British Journal of Dermatology</i> , 2008, 159, 370-378.	1.5	11
56	QUERCETIN EFFECTS ON WEIGHT GAIN AND CALORIC INTAKE IN EXERCISED RATS. <i>Biology of Sport</i> , 2014, 31, 63-67.	3.2	11
57	The combination of oral quercetin supplementation and exercise prevents brain mitochondrial biogenesis. <i>Genes and Nutrition</i> , 2014, 9, 420.	2.5	11
58	Benefits of adding stretching to a moderate-intensity aerobic exercise programme in women with fibromyalgia: a randomized controlled trial. <i>Clinical Rehabilitation</i> , 2020, 34, 242-251.	2.2	11
59	The Effects of High-Intensity Functional Training on Cognition in Older Adults with Cognitive Impairment: A Systematic Review. <i>Healthcare (Switzerland)</i> , 2022, 10, 670.	2.0	11
60	Development of the human shoulder joint during the embryonic and early fetal stages: anatomical considerations for clinical practice. <i>Journal of Anatomy</i> , 2018, 232, 422-430.	1.5	10
61	The Influence of Pilates Exercises on Body Composition, Muscle Strength, and Gait Speed in Community-Dwelling Older Women: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2298-2305.	2.1	10
62	The cytotoxic activity of the phage E protein suppress the growth of murine B16 melanomas in vitro and in vivo. <i>Journal of Molecular Medicine</i> , 2009, 87, 899-911.	3.9	9
63	Association of bone mineral density with postural stability and the fear of falling in Spanish postmenopausal women. <i>Maturitas</i> , 2014, 79, 322-328.	2.4	9
64	Psychometric properties of the medical outcomes study sleep scale in Spanish postmenopausal women. <i>Menopause</i> , 2017, 24, 824-831.	2.0	9
65	The Effects of Abdominal Hypopressive Training on Postural Control and Deep Trunk Muscle Activation: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2741.	2.6	9
66	Associations between the Severity of Sarcopenia and Health-Related Quality of Life in Community-Dwelling Middle-Aged and Older Adults. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8026.	2.6	9
67	Tissue Damage Markers after a Spinal Manipulation in Healthy Subjects: A Preliminary Report of a Randomized Controlled Trial. <i>Disease Markers</i> , 2014, 2014, 1-7.	1.3	8
68	Prevalencia y factores de riesgo de dolor pélvico. <i>Actas Urológicas Españolas</i> , 2014, 38, 298-303.	0.7	8
69	Effects of 12 Weeks of Tai Chi Intervention in Patients With Chronic Ankle Instability: A Randomized Controlled Trial. <i>Journal of Sport Rehabilitation</i> , 2020, 29, 326-331.	1.0	8
70	Muscle Strength and Physical Performance Are Associated with Reaction Time Performance in Older People. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5893.	2.6	8
71	Embryonic and early fetal period development and morphogenesis of human craniovertebral junction. <i>Clinical Anatomy</i> , 2014, 27, 337-345.	2.7	7
72	Influence of the COVID-19 Pandemic on Quality of Life, Mental Health, and Level of Physical Activity in Colombian University Workers: A Longitudinal Study. <i>Journal of Clinical Medicine</i> , 2022, 11, 4104.	2.4	7

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73	Effects of eccentric overload training on patellar tendon and vastus lateralis in three days of consecutive running. <i>Knee</i> , 2017, 24, 570-579.	1.6	6
74	The associations between menopausal symptoms and sleep quality in Spanish postmenopausal women. <i>Climacteric</i> , 2019, 22, 511-517.	2.4	6
75	Short-term effectiveness of the flexion-distraction technique in comparison with high-velocity vertebral manipulation in patients suffering from low-back pain. <i>Complementary Therapies in Medicine</i> , 2019, 44, 61-67.	2.7	6
76	Impact of Psychological Distress and Sleep Quality on Balance Confidence, Muscle Strength, and Functional Balance in Community-Dwelling Middle-Aged and Older People. <i>Journal of Clinical Medicine</i> , 2020, 9, 3059.	2.4	6
77	The Association of Cardiometabolic Disease with Psychological Factors in Colombian People during the COVID-19 Pandemic: A Cross-Sectional Study. <i>Journal of Clinical Medicine</i> , 2021, 10, 4959.	2.4	6
78	Short-term effects of anaerobic lactic exercise on knee proprioception of track and field athletes. <i>Isokinetics and Exercise Science</i> , 2014, 22, 205-210.	0.4	5
79	Traditional body mass index cut-offs in older people: Time for a rethink with altered fat distribution, sarcopenia and shrinking height. <i>Maturitas</i> , 2018, 113, A1-A2.	2.4	5
80	Effectiveness of Physical Exercise on Alzheimer's disease. A Systematic Review. <i>Journal of prevention of Alzheimer's disease</i> , The, 0, .	2.7	5
81	Cognitive Stimulation as Alternative Treatment to Improve Psychological Disorders in Patients with Mild Cognitive Impairment. <i>Journal of Clinical Medicine</i> , 2022, 11, 3947.	2.4	5
82	Estudio comparativo del Índice de masa corporal y el equilibrio postural en estudiantes universitarios sanos. <i>Fisioterapia</i> , 2011, 33, 93-97.	0.2	4
83	Validation of the Quality of Life Questionnaire of the European Foundation for Osteoporosis-31 in Spanish postmenopausal women. <i>Menopause</i> , 2014, 21, 469-476.	2.0	4
84	Association of the Weekly Practice of Guided Physical Activity With the Reduction of Falls and Symptoms of Fibromyalgia in Adult Women. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3146-3154.	2.1	4
85	Validation and psychometric properties of the Spanish version of the Quality of Life Scale (QOLS) in patients with fibromyalgia. <i>Rheumatology International</i> , 2014, 34, 543-549.	3.0	4
86	Effects of in-water passive recovery on sprint swimming performance and heart rate in adolescent swimmers. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 958-63.	1.6	4
87	Qigong for Muscle Strength and Static Postural Control in Middle-Aged and Older Postmenopausal Women: A Randomized Controlled Trial. <i>Frontiers in Medicine</i> , 2021, 8, 784320.	2.6	4
88	Indoor-season changes in the stabilometry of sprinters and middle-distance runners. <i>Science and Sports</i> , 2015, 30, 155-162.	0.5	3
89	Influencia de la práctica deportiva sobre la huella plantar en atletas españolas / Influence of Sport Practice on the Footprint in Spanish Athletes. <i>Revista Internacional De Medicina Y Ciencias De La Actividad Física Y Del Deporte</i> , 2016, 63, .	0.2	3
90	SARC-F and the Risk of Falling in Middle-Aged and Older Community-Dwelling Postmenopausal Women. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11570.	2.6	3

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91	Associations of Sleep Quality, Anxiety, and Depression with Cognitive and Executive Functions among Community-Dwelling Women Aged ≥ 65 Years: A Cross-Sectional Study. Healthcare (Switzerland), 2021, 9, 1599.	2.0	3
92	Multifactorial Programs for Healthy Older Adults to Reduce Falls and Improve Physical Performance: Systematic Review. International Journal of Environmental Research and Public Health, 2021, 18, 10842.	2.6	2
93	Changes in satisfaction with female genital self-image and sexual function after a Qigong exercise intervention in Spanish postmenopausal women: a randomized-controlled trial. Menopause, 2022, 29, 693-699.	2.0	2
94	Factors Associated with the Level of Physical Activity in Middle-Aged Colombian People during Lockdown in Response to COVID-19: A Cross-Sectional Study. Healthcare (Switzerland), 2022, 10, 1050.	2.0	2
95	Plasmatic nitric oxide correlates with weight and red cell distribution width in exercised rats supplemented with quercetin. International Journal of Food Sciences and Nutrition, 2013, 64, 830-835.	2.8	1
96	Female Sarcopenic Obesity. , 2019, , 405-422.		1
97	Menopausal Symptoms, Postural Balance, and Functional Mobility in Middle-Aged Postmenopausal Women. Diagnostics, 2021, 11, 2178.	2.6	1
98	Impact of Qigong exercises on the severity of the menopausal symptoms and health-related quality of life: A randomised controlled trial. European Journal of Sport Science, 2023, 23, 656-664.	2.7	0
99	Immunocytochemical developmental patterns of the thoracolumbar sympathetic chain in the chick and a comparison with its adrenal counterpart. Histology and Histopathology, 2005, 20, 383-92.	0.7	0