

Fidel Hita Contreras

List of Publications by Year in descending order

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Version: 2024-02-01

99
papers

2,363
citations

172207

29
h-index

253896

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. | 1.5 | 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. | 1.0 | 123 |
| 3 | Effects of joint mobilization on chronic ankle instability: a randomized controlled trial. <i>Disability and Rehabilitation</i> , 2015, 37, 601-610. | 0.9 | 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. | 1.0 | 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. | 1.0 | 76 |
| 6 | Osteosarcopenic obesity and fall prevention strategies. <i>Maturitas</i> , 2015, 80, 126-132. | 1.0 | 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. | 0.8 | 70 |
| 8 | Benefits of physical exercise in postmenopausal women. <i>Maturitas</i> , 2016, 93, 83-88. | 1.0 | 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. | 1.0 | 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. | 1.0 | 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. | 0.8 | 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. | 1.0 | 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. | 1.0 | 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. | 1.3 | 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. | 1.0 | 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. | 1.0 | 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. | 0.8 | 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. | 0.9 | 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. | 0.8 | 43 |
| 21 | Cross-cultural adaptation and validation of the Falls Efficacy Scale International in Spanish postmenopausal women. <i>Menopause</i> , 2012, 19, 904-908. | 0.8 | 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. | 1.7 | 41 |
| 23 | Management of pudendal neuralgia. <i>Climacteric</i> , 2014, 17, 654-656. | 1.1 | 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. | 1.0 | 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. | 1.2 | 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. | 0.7 | 36 |
| 27 | Postural Stability and Subsequent Sports Injuries during Indoor Season of Athletes. <i>Journal of Physical Therapy Science</i> , 2014, 26, 683-687. | 0.2 | 34 |
| 28 | Predictive value of stabilometry and fear of falling on falls in postmenopausal women. <i>Climacteric</i> , 2013, 16, 584-589. | 1.1 | 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. | 1.0 | 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. | 0.9 | 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. | 0.2 | 28 |
| 32 | Role of \hat{A} -actin in muscle damage of injured athletes in comparison with traditional markers. <i>British Journal of Sports Medicine</i> , 2007, 41, 442-446. | 3.1 | 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. | 0.9 | 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. | 1.4 | 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. | 1.2 | 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. | 1.5 | 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. | 1.3 | 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. | 0.9 | 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. | 0.8 | 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. | 0.5 | 20 |
| 41 | Fall prevention in postmenopausal women: the role of Pilates exercise training. <i>Climacteric</i> , 2016, 19, 229-233. | 1.1 | 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. | 1.2 | 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. | 0.2 | 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. | 0.7 | 18 |
| 45 | Associations of sleep and depression with obesity and sarcopenia in middle-aged and older adults. <i>Maturitas</i> , 2020, 142, 1-7. | 1.0 | 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. | 1.1 | 16 |
| 47 | Quercetin supplementation does not enhance cerebellar mitochondrial biogenesis and oxidative status in exercised rats. <i>Nutrition Research</i> , 2015, 35, 585-591. | 1.3 | 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. | 1.0 | 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. | 1.2 | 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. | 1.0 | 14 |
| 51 | Development and morphogenesis of human wrist joint during embryonic and early fetal period. <i>Journal of Anatomy</i> , 2012, 220, 580-590. | 0.9 | 13 |
| 52 | The female sexual function index: reliability and validity in Spanish postmenopausal women. <i>Menopause</i> , 2019, 26, 401-408. | 0.8 | 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. | 0.9 | 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. | 1.2 | 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. | 1.4 | 11 |
| 56 | QUERCETIN EFFECTS ON WEIGHT GAIN AND CALORIC INTAKE IN EXERCISED RATS. <i>Biology of Sport</i> , 2014, 31, 63-67. | 1.7 | 11 |
| 57 | The combination of oral quercetin supplementation and exercise prevents brain mitochondrial biogenesis. <i>Genes and Nutrition</i> , 2014, 9, 420. | 1.2 | 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. | 1.0 | 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. | 1.0 | 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. | 0.9 | 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. | 1.0 | 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. | 1.7 | 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. | 1.0 | 9 |
| 64 | Psychometric properties of the medical outcomes study sleep scale in Spanish postmenopausal women. <i>Menopause</i> , 2017, 24, 824-831. | 0.8 | 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. | 1.2 | 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. | 1.2 | 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. | 0.6 | 8 |
| 68 | Prevalencia y factores de riesgo de dolor pélvico. <i>Actas Urológicas Españolas</i> , 2014, 38, 298-303. | 0.3 | 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. | 0.4 | 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. | 1.2 | 8 |
| 71 | Embryonic and early fetal period development and morphogenesis of human craniovertebral junction. <i>Clinical Anatomy</i> , 2014, 27, 337-345. | 1.5 | 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. | 1.0 | 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. | 0.8 | 6 |
| 74 | The associations between menopausal symptoms and sleep quality in Spanish postmenopausal women. <i>Climacteric</i> , 2019, 22, 511-517. | 1.1 | 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. | 1.3 | 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. | 1.0 | 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. | 1.0 | 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. | 0.2 | 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. | 1.0 | 5 |
| 80 | Effectiveness of Physical Exercise on Alzheimer's disease. A Systematic Review. <i>Journal of Prevention of Alzheimer's Disease</i> , 2020, 5, 1-10. | 1.5 | 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. | 1.0 | 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. | 0.8 | 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. | 1.0 | 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. | 1.5 | 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. | 0.7 | 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. | 1.2 | 4 |
| 88 | Indoor-season changes in the stabilometry of sprinters and middle-distance runners. <i>Science and Sports</i> , 2015, 30, 155-162. | 0.2 | 3 |
| 89 | Influencia de la práctica deportiva sobre la huella plantar en atletas españoles / 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, . | 0.1 | 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. | 1.2 | 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. <i>Healthcare (Switzerland)</i> , 2021, 9, 1599. | 1.0 | 3 |
| 92 | Multifactorial Programs for Healthy Older Adults to Reduce Falls and Improve Physical Performance: Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 10842. | 1.2 | 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. <i>Menopause</i> , 2022, 29, 693-699. | 0.8 | 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. <i>Healthcare (Switzerland)</i> , 2022, 10, 1050. | 1.0 | 2 |
| 95 | Plasmatic nitric oxide correlates with weight and red cell distribution width in exercised rats supplemented with quercetin. <i>International Journal of Food Sciences and Nutrition</i> , 2013, 64, 830-835. | 1.3 | 1 |
| 96 | Female Sarcopenic Obesity. , 2019, , 405-422. | | 1 |
| 97 | Menopausal Symptoms, Postural Balance, and Functional Mobility in Middle-Aged Postmenopausal Women. <i>Diagnostics</i> , 2021, 11, 2178. | 1.3 | 1 |
| 98 | Impact of Qigong exercises on the severity of the menopausal symptoms and health-related quality of life: A randomised controlled trial. <i>European Journal of Sport Science</i> , 2023, 23, 656-664. | 1.4 | 0 |
| 99 | Immunocytochemical developmental patterns of the thoracolumbar sympathetic chain in the chick and a comparison with its adrenal counterpart. <i>Histology and Histopathology</i> , 2005, 20, 383-92. | 0.5 | 0 |