Irene Esteban-Cornejo

List of Publications by Year
in descending order

115 papers	3,425 citations	185998 28 h-index	189595 50 g-index
118 all docs	118 docs citations	118 times ranked	4195 citing authors

#	Article	IF	Citations
1	Role of Physical Activity and Sedentary Behavior in the Mental Health of Preschoolers, Children and Adolescents: A Systematic Review and Meta-Analysis. Sports Medicine, 2019, 49, 1383-1410.	3.1	603
2	Physical activity and cognition in adolescents: A systematic review. Journal of Science and Medicine in Sport, 2015, 18, 534-539.	0.6	210
3	Effects of Exercise on Brain and Cognition Across Age Groups and Health States. Trends in Neurosciences, 2020, 43, 533-543.	4.2	176
4	A whole brain volumetric approach in overweight/obese children: Examining the association with different physical fitness components and academic performance. The ActiveBrains project. NeuroImage, 2017, 159, 346-354.	2.1	113
5	Independent and Combined Influence of the Components of Physical Fitness on Academic Performance in Youth. Journal of Pediatrics, 2014, 165, 306-312.e2.	0.9	94
6	Comparability of published cutâ€points for the assessment of physical activity: Implications for data harmonization. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 566-574.	1.3	89
7	Physical Fitness, Physical Activity, and the Executive Function in Children with Overweight and Obesity. Journal of Pediatrics, 2019, 208, 50-56.e1.	0.9	75
8	A Narrative Review of Motor Competence in Children and Adolescents: What We Know and What We Need to Find Out. International Journal of Environmental Research and Public Health, 2021, 18, 18.	1.2	70
9	Associations between physical frailty and dementia incidence: a prospective study from UK Biobank. The Lancet Healthy Longevity, 2020, 1, e58-e68.	2.0	66
10	Physical fitness and psychological health in overweight/obese children: A cross-sectional study from the ActiveBrains project. Journal of Science and Medicine in Sport, 2018, 21, 179-184.	0.6	65
11	Parental and Adolescent Perceptions of Neighborhood Safety Related to Adolescents' Physical Activity in Their Neighborhood. Research Quarterly for Exercise and Sport, 2016, 87, 191-199.	0.8	63
12	Adherence to the Mediterranean diet and academic performance in youth: the UP&DOWN study. European Journal of Nutrition, 2016, 55, 1133-1140.	1.8	60
13	Convergent validation of a questionnaire to assess the mode and frequency of commuting to and from school. Scandinavian Journal of Public Health, 2017, 45, 612-620.	1.2	57
14	A systematic review on biomechanical characteristics of walking in children and adolescents with overweight/obesity: Possible implications for the development of musculoskeletal disorders. Obesity Reviews, 2019, 20, 1033-1044.	3.1	57
15	Objectively measured physical activity has a negative but weak association with academic performance in children and adolescents. Acta Paediatrica, International Journal of Paediatrics, 2014, 103, e501-6.	0.7	51
16	Fitness, physical activity, working memory, and neuroelectric activity in children with overweight/obesity. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1352-1363.	1.3	51
17	Physical Fitness, White Matter Volume and Academic Performance in Children: Findings From the ActiveBrains and FITKids2 Projects. Frontiers in Psychology, 2019, 10, 208.	1.1	49
18	Comparability of accelerometer signal aggregation metrics across placements and dominant wrist cut points for the assessment of physical activity in adults. Scientific Reports, 2019, 9, 18235.	1.6	48

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19	Reliability and validity of the Youth Leisure-time Sedentary Behavior Questionnaire (YLSBQ). Journal of Science and Medicine in Sport, 2018, 21, 69-74.	0.6	44
20	Cognitive Frailty and Mortality in a National Cohort of Older Adults: the Role of Physical Activity. Mayo Clinic Proceedings, 2019, 94, 1180-1189.	1.4	39
21	Cardiorespiratory Fitness Cutoff Points for Early Detection of Present and Future Cardiovascular Risk in Children. Mayo Clinic Proceedings, 2017, 92, 1753-1762.	1.4	37
22	Fitness, cortical thickness and surface area in overweight/obese children: The mediating role of body composition and relationship with intelligence. NeuroImage, 2019, 186, 771-781.	2.1	36
23	Twenty fourâ€hour activity cycle in older adults using wristâ€worn accelerometers: The seniorsâ€ENRICAâ€2 study. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 700-708.	1.3	36
24	Objectively measured and self-reported leisure-time sedentary behavior and academic performance in youth: The UP&DOWN Study. Preventive Medicine, 2015, 77, 106-111.	1.6	35
25	Cardiorespiratory Fitness and Muscular Strength as Mediators of the Influence of Fatness on Academic Achievement. Journal of Pediatrics, 2017, 187, 127-133.e3.	0.9	35
26	Physical Activity and Association Between Frailty and Allâ€Cause and Cardiovascular Mortality in Older Adults: Populationâ€Based Prospective Cohort Study. Journal of the American Geriatrics Society, 2018, 66, 2097-2103.	1.3	35
27	Representation of women in sport sciences research, publications, and editorial leadership positions: are we moving forward?. Journal of Science and Medicine in Sport, 2021, 24, 1093-1097.	0.6	33
28	A Mediation Analysis on the Relationship of Physical Fitness Components, Obesity, and Academic Performance in Children. Journal of Pediatrics, 2018, 198, 90-97.e4.	0.9	32
29	Handgrip strength and allâ€cause dementia incidence and mortality: findings from the UK Biobank prospective cohort study. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 1514-1525.	2.9	32
30	Acute effect of three different exercise training modalities on executive function in overweight inactive men: A secondary analysis of the BrainFit study. Physiology and Behavior, 2018, 197, 22-28.	1.0	31
31	Muscle Fitness Cut Points for Early Assessment of Cardiovascular Risk in Children and Adolescents. Journal of Pediatrics, 2019, 206, 134-141.e3.	0.9	31
32	Fitness, physical activity and academic achievement in overweight/obese children. Journal of Sports Sciences, 2020, 38, 731-740.	1.0	31
33	The influence of adherence to the Mediterranean diet on academic performance is mediated by sleep quality in adolescents. Acta Paediatrica, International Journal of Paediatrics, 2019, 108, 339-346.	0.7	28
34	Associations of physical activity and screen time with white matter microstructure in children from the general population. NeuroImage, 2020, 205, 116258.	2.1	28
35	Physical fitness, hippocampal functional connectivity and academic performance in children with overweight/obesity: The ActiveBrains project. Brain, Behavior, and Immunity, 2021, 91, 284-295.	2.0	28
36	Diet quality and well-being in children and adolescents: the UP&DOWN longitudinal study. British Journal of Nutrition, 2019, 121, 221-231.	1.2	27

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37	Fitness, physical activity, sedentary time, inhibitory control, and neuroelectric activity in children with overweight or obesity: The ActiveBrains project. Psychophysiology, 2020, 57, e13579.	1.2	27
38	Aerobic exercise, cardiorespiratory fitness, and the human hippocampus. Hippocampus, 2021, 31, 817-844.	0.9	26
39	Maternal physical activity before and during the prenatal period and the offspring's academic performance in youth. The UP&DOWN study. Journal of Maternal-Fetal and Neonatal Medicine, 2016, 29, 1414-1420.	0.7	24
40	Association of Sedentary Behavior with Brain Structure and Intelligence in Children with Overweight or Obesity: The ActiveBrains Project. Journal of Clinical Medicine, 2020, 9, 1101.	1.0	24
41	Adherence to the Mediterranean diet and academic performance in adolescents: Does BMI status moderate this association?. Clinical Nutrition, 2021, 40, 4465-4472.	2.3	24
42	Physical fitness as a mediator between objectively measured physical activity and clustered metabolic syndrome in children and adolescents: The UP&DOWN study. Nutrition, Metabolism and Cardiovascular Diseases, 2016, 26, 1011-1019.	1.1	23
43	Neck circumference and clustered cardiovascular risk factors in children and adolescents: cross-sectional study. BMJ Open, 2017, 7, e016048.	0.8	23
44	Diet quality and attention capacity in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. British Journal of Nutrition, 2017, 117, 1587-1595.	1.2	21
45	The influence of cardiorespiratory fitness on clustered cardiovascular disease risk factors and the mediator role of body mass index in youth: The UP&DOWN Study. Pediatric Diabetes, 2019, 20, 32-40.	1.2	21
46	Fatness and fitness in relation to functional movement quality in overweight and obese children. Journal of Sports Sciences, 2019, 37, 878-885.	1.0	21
47	The Role of Adiposity in the Association between Muscular Fitness and Cardiovascular Disease. Journal of Pediatrics, 2018, 199, 178-185.e4.	0.9	20
48	Study protocol and rationale of the â€œCogni-action projectâ€•a cross-sectional and randomized controlled trial about physical activity, brain health, cognition, and educational achievement in schoolchildren. BMC Pediatrics, 2019, 19, 260.	0.7	20
49	Sedentarism, Physical Activity, Steps, and Neurotrophic Factors in Obese Children. Medicine and Science in Sports and Exercise, 2019, 51, 2325-2333.	0.2	20
50	Effects of Exercise on Body Posture, Functional Movement, and Physical Fitness in Children With Overweight/Obesity. Journal of Strength and Conditioning Research, 2020, 34, 2146-2155.	1.0	19
51	Inflammatory biomarkers and brain health indicators in children with overweight and obesity: The ActiveBrains project. Brain, Behavior, and Immunity, 2019, 81, 588-597.	2.0	18
52	Physical activity less than the recommended amount may prevent the onset of major biological risk factors for cardiovascular disease: a cohort study of 198â€‰919 adults. British Journal of Sports Medicine, 2020, 54, 238-244.	3.1	18
53	A Gamification-Based Intervention Program that Encourages Physical Activity Improves Cardiorespiratory Fitness of College Students: â€˜The Matrix rEFvolution Programâ€™. International Journal of Environmental Research and Public Health, 2020, 17, 877.	1.2	18
54	Associations of Objectively-Assessed Physical Activity and Sedentary Time with Hippocampal Gray Matter Volume in Children with Overweight/Obesity. Journal of Clinical Medicine, 2020, 9, 1080.	1.0	18

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55	Objectively Measured Physical Activity During Physical Education and School Recess and Their Associations With Academic Performance in Youth: The UP&DOWN Study. Journal of Physical Activity and Health, 2017, 14, 275-282.	1.0	17
56	Associations of total sedentary time, screen time and non-screen sedentary time with adiposity and physical fitness in youth: the mediating effect of physical activity. Journal of Sports Sciences, 2019, 37, 839-849.	1.0	17
57	Physical Fitness and Self-Rated Health in Children and Adolescents: Cross-Sectional and Longitudinal Study. International Journal of Environmental Research and Public Health, 2020, 17, 2413.	1.2	17
58	Physical Activity throughout Adolescence and Cognitive Performance at 18 Years of Age. Medicine and Science in Sports and Exercise, 2015, 47, 2552-2557.	0.2	16
59	The Role of Heart Rate on the Associations Between Body Composition and Heart Rate Variability in Children With Overweight/Obesity: The ActiveBrains Project. Frontiers in Physiology, 2019, 10, 895.	1.3	15
60	Active commuting to school was inversely associated with academic achievement in primary but not secondary school students. Acta Paediatrica, International Journal of Paediatrics, 2017, 106, 334-340.	0.7	14
61	Independent and combined associations of physical fitness components with inflammatory biomarkers in children and adolescents. Pediatric Research, 2018, 84, 704-712.	1.1	14
62	Do fitter kids have bigger brains?. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 2498-2502.	1.3	14
63	Paediatric obesity and brain functioning: The role of physical activityâ€"A novel and important expert opinion of the European Childhood Obesity Group. Pediatric Obesity, 2020, 15, e12649.	1.4	14
64	Active commuting to school among 36,781 Spanish children and adolescents: A temporal trend study. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 914-924.	1.3	13
65	Inflammatory biomarkers and academic performance in youth. The UP & DOWN Study. Brain, Behavior, and Immunity, 2016, 54, 122-127.	2.0	12
66	Physical Activity, Sedentary Behavior, and White Matter Microstructure in Children with Overweight or Obesity. Medicine and Science in Sports and Exercise, 2020, 52, 1218-1226.	0.2	12
67	Longitudinal associations of physical fitness and body mass index with academic performance. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 184-192.	1.3	12
68	Characteristics of extracurricular physical activity and cognitive performance in adolescents. The AVENA study. Journal of Sports Sciences, 2014, 32, 1596-1603.	1.0	11
69	Heart Rate Is a Better Predictor of Cardiorespiratory Fitness Than Heart Rate Variability in Overweight/Obese Children: The ActiveBrains Project. Frontiers in Physiology, 2019, 10, 510.	1.3	11
70	Activity-related typologies and longitudinal change in physical activity and sedentary time in children and adolescents: The UP&DOWN Study. Journal of Sport and Health Science, 2021, 10, 447-453.	3.3	11
71	Associations of sleep with gray matter volume and their implications for academic achievement, executive function and intelligence in children with overweight/obesity. Pediatric Obesity, 2021, 16, e12707.	1.4	11
72	Early life factors, gray matter brain volume and academic performance in overweight/obese children: The ActiveBrains project. NeuroImage, 2019, 202, 116130.	2.1	10

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73	Effects of Exercise on Plantar Pressure during Walking in Children with Overweight/Obesity. Medicine and Science in Sports and Exercise, 2020, 52, 654-662.	0.2	10
74	Changes in objectively measured physical activity in adolescents with Down syndrome: the UP&DOWN longitudinal study. Journal of Intellectual Disability Research, 2017, 61, 363-372.	1.2	9
75	Associations between physical activity and sedentary time profiles transitions and changes in well-being in youth: The UP&DOWN longitudinal study. Psychology of Sport and Exercise, 2020, 47, 101558.	1.1	9
76	Hip and wrist accelerometers showed consistent associations with fitness and fatness in children aged 8â€12Âyears. Acta Paediatrica, International Journal of Paediatrics, 2020, 109, 995-1003.	0.7	9
77	Differences in Brain Volume between Metabolically Healthy and Unhealthy Overweight and Obese Children: The Role of Fitness. Journal of Clinical Medicine, 2020, 9, 1059.	1.0	9
78	Mediation Role of Physical Fitness and Its Components on the Association Between Distribution-Related Fat Indicators and Adolescentsâ€™ Cognitive Performance: Exploring the Influence of School Vulnerability. The Cogni-Action Project. Frontiers in Behavioral Neuroscience, 2021, 15, 746197.	1.0	9
79	Perceived environment in relation to objective and self-reported physical activity in Spanish youth. The UP&DOWN study. Journal of Sports Sciences, 2016, 34, 1423-1429.	1.0	8
80	Clinical and Ambulatory Gait Speed in Older Adults: Associations With Several Physical, Mental, and Cognitive Health Outcomes. Physical Therapy, 2020, 100, 718-727.	1.1	8
81	Does sleep-disordered breathing add to impairments in academic performance and brain structure usually observed in children with overweight/obesity?. European Journal of Pediatrics, 2022, 181, 2055-2065.	1.3	8
82	Neural perspectives on cognitive control development during childhood and adolescence should take into account how obesity affects brain development. Acta Paediatrica, International Journal of Paediatrics, 2018, 107, 720-721.	0.7	7
83	Changes in Body Composition and Physical Fitness in Adolescents with Down Syndrome: The UP&DOWN Longitudinal Study. Childhood Obesity, 2019, 15, 397-405.	0.8	7
84	24-h Movement and Nonmovement Behaviors in Older Adults. The IMPACT65+ Study. Medicine and Science in Sports and Exercise, 2019, 51, 671-680.	0.2	7
85	Lean mass index is positively associated with white matter volumes in several brain regions in children with overweight/obesity. Pediatric Obesity, 2020, 15, e12604.	1.4	7
86	Objectively measured physical activity and academic performance in schoolâ€aged youth: The UP&DOWN longitudinal study. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 2230-2240.	1.3	7
87	Cross-sectional and prospective associations of sleep, sedentary and active behaviors with mental health in older people: a compositional data analysis from the Seniors-ENRICA-2 study. International Journal of Behavioral Nutrition and Physical Activity, 2021, 18, 124.	2.0	7
88	Cognition and the risk of eating disorders in Spanish adolescents: the AVENA and AFINOS studies. European Journal of Pediatrics, 2015, 174, 229-236.	1.3	6
89	Concurrent Criterion Validity of a Test of Usual Gait Speed in Older Adults. Perceptual and Motor Skills, 2018, 125, 908-922.	0.6	6
90	The fitness versus body fat hypothesis in relation to hippocampal structure. Psychophysiology, 2021, 58, e13591.	1.2	6

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91	Activityâ€rest circadian pattern and academic achievement, executive function, and intelligence in children with obesity. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 653-664.	1.3	6
92	Commentary: At least eighty percent of brain grey matter is modifiable by physical activity: a review study. Frontiers in Human Neuroscience, 2018, 12, 195.	1.0	5
93	Physical fitness and brain source localization during a working memory task in children with overweight/obesity: The ActiveBrains project. Developmental Science, 2021, 24, e13048.	1.3	5
94	Neurotrophic factors and brain health in children with overweight and obesity: The role of cardiorespiratory fitness. European Journal of Sport Science, 2023, 23, 637-648.	1.4	5
95	Obese and unfit students dislike physical education in adolescence: myth or truth? The AVENA and UP&DOWN studies. Nutricion Hospitalaria, 2014, 30, 1319-23.	0.2	5
96	Attention capacity in European adolescents: role of different health-related factors. The HELENA study. European Journal of Pediatrics, 2017, 176, 1433-1437.	1.3	4
97	Early life programming of attention capacity in adolescents: The HELENA study. Maternal and Child Nutrition, 2018, 14, .	1.4	4
98	Dietary inflammatory index and academic performance in children. Public Health Nutrition, 2018, 21, 3253-3257.	1.1	4
99	How socioâ€demographic and familiar circumstances are associated with total and domainâ€specific sedentary behaviour in youth? The UP&DOWN study. European Journal of Sport Science, 2020, 20, 1102-1112.	1.4	4
100	Early life factors and white matter microstructure in children with overweight and obesity: The ActiveBrains project. Clinical Nutrition, 2022, 41, 40-48.	2.3	3
101	Prospective associations between physical fitness and executive function in adolescents: The UP&DOWN study. Psychology of Sport and Exercise, 2022, 61, 102203.	1.1	3
102	Criterion-related validity of self-reported stair climbing in older adults. Aging Clinical and Experimental Research, 2018, 30, 199-203.	1.4	2
103	Wellbeing as a Protective Factor of Adolescent Health. The Up & Down Study. Child Indicators Research, 2020, 13, 1453-1467.	1.1	2
104	Does modality matter? A latent profile and transition analysis of sedentary behaviours among school-aged youth: The UP&DOWN study. Journal of Sports Sciences, 2020, 38, 1062-1069.	1.0	2
105	Correlates of dual trajectories of physical activity and sedentary time in youth: The UP & DOWN longitudinal study. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1126-1134.	1.3	2
106	Neurotoxicity prevention with a multimodal program (ATENTO) prior to cancer treatment versus throughout cancer treatment in women newly diagnosed for breast cancer: Protocol for a randomized clinical trial. Research in Nursing and Health, 2021, 44, 598-607.	0.8	2
107	Carta al Editor. Nutricion Hospitalaria, 2016, 33, 288.	0.2	2
108	A longitudinal gender perspective of wellâ€being and health in spanish youth: the UP&DOWN study. Applied Psychology: Health and Well-Being, 2021, 13, 282-298.	1.6	1

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109	STRAIGHT-A STUDENTS DISLIKE PHYSICAL EDUCATION IN ADOLESCENCE: MYTH OR TRUTH? THE AVENA, AFINOS AND UP&DOWN STUDIES. Nutricion Hospitalaria, 2015, 32, 318-23.	0.2	1
110	Physical Fitness Components And Cortical And Subcortical Brain Volume In Overweight/obese Children. Medicine and Science in Sports and Exercise, 2017, 49, 514.	0.2	0
111	Blood Flow-Restricted Training in Older Adults: A Narrative Review. Journal of Science in Sport and Exercise, 2020, 2, 25-37.	0.4	0
112	Bidirectional longitudinal associations of fatness with physical fitness in adolescents with Down syndrome. The UP&DOWN Longitudinal study. Journal of Applied Research in Intellectual Disabilities, 2021, 34, 90-98.	1.3	0
113	Reply to letter to the editor regarding â€œRepresentation of women in sport sciences research, publications, and editorial leadership positions: Are we moving forward?â€. Journal of Science and Medicine in Sport, 2021, 24, 1099.	0.6	0
114	Geographical Variation In Attention Capacity In European Adolescents. , 2018, , .		0
115	THE ASSOCIATION OF DANCE PARTICIPATION WITH BODY FAT AND PHYSICAL FITNESS AMONG YOUTH GIRLS. Nutricion Hospitalaria, 2015, 32, 1396-7.	0.2	0