

Mairena Snchez Lpez

List of Publications by Citations

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109
papers

2,257
citations

26
h-index

42
g-index

125
ext. papers

2,878
ext. citations

3.7
avg, IF

5.09
L-index

#	Paper	IF	Citations
109	The Effect of Physical Activity Interventions on Children's Cognition and Metacognition: A Systematic Review and Meta-Analysis. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2017 , 56, 729-738	7.2	170
108	Academic Achievement and Physical Activity: A Meta-analysis. <i>Pediatrics</i> , 2017 , 140,	7.4	138
107	Assessment of an after-school physical activity program to prevent obesity among 9- to 10-year-old children: a cluster randomized trial. <i>International Journal of Obesity</i> , 2008 , 32, 12-22	5.5	111
106	The effects of physical exercise in children with attention deficit hyperactivity disorder: a systematic review and meta-analysis of randomized control trials. <i>Child: Care, Health and Development</i> , 2015 , 41, 779-88	2.8	110
105	Effectiveness of physical activity interventions on preventing gestational diabetes mellitus and excessive maternal weight gain: a meta-analysis. <i>BJOG: an International Journal of Obstetrics and Gynaecology</i> , 2015 , 122, 1167-74	3.7	105
104	Physical fitness, obesity, and academic achievement in schoolchildren. <i>Journal of Pediatrics</i> , 2014 , 165, 104-9	3.6	67
103	Effects of exercise during pregnancy on mode of delivery: a meta-analysis. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2015 , 94, 1039-47	3.8	56
102	Health-related quality of life, obesity, and fitness in schoolchildren: the Cuenca study. <i>Quality of Life Research</i> , 2013 , 22, 1515-23	3.7	52
101	Validity of a single-factor model underlying the metabolic syndrome in children: a confirmatory factor analysis. <i>Diabetes Care</i> , 2010 , 33, 1370-2	14.6	49
100	Effectiveness of school-based physical activity programmes on cardiorespiratory fitness in children: a meta-analysis of randomised controlled trials. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1234-1240	10.3	43
99	Self-reported and measured cardiorespiratory fitness similarly predict cardiovascular disease risk in young adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013 , 23, 749-57	4.6	43
98	Levels and Patterns of Objectively Assessed Physical Activity and Compliance with Different Public Health Guidelines in University Students. <i>PLoS ONE</i> , 2015 , 10, e0141977	3.7	43
97	Impact of an after-school physical activity program on obesity in children. <i>Journal of Pediatrics</i> , 2010 , 157, 36-42.e3	3.6	42
96	Obesity as a mediator of the influence of cardiorespiratory fitness on cardiometabolic risk: a mediation analysis. <i>Diabetes Care</i> , 2014 , 37, 855-62	14.6	38
95	Gender differences on effectiveness of a school-based physical activity intervention for reducing cardiometabolic risk: a cluster randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014 , 11, 154	8.4	38
94	Trends in excess weight and thinness among Spanish schoolchildren in the period 1992-2004: the Cuenca study. <i>Public Health Nutrition</i> , 2009 , 12, 1015-8	3.3	38
93	Physical activity and quality of life in schoolchildren aged 11-13 years of Cuenca, Spain. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2009 , 19, 879-84	4.6	37

92	Physical fitness in Spanish schoolchildren aged 6-12 years: reference values of the battery EUROFIT and associated cardiovascular risk. <i>Journal of School Health</i> , 2014 , 84, 625-35	2.1	34
91	Trends in excess of weight, underweight and adiposity among Spanish children from 2004 to 2010: the Cuenca Study. <i>Public Health Nutrition</i> , 2012 , 15, 2170-4	3.3	33
90	Endocrinology and Adolescence: aerobic exercise reduces insulin resistance markers in obese youth: a meta-analysis of randomized controlled trials. <i>European Journal of Endocrinology</i> , 2014 , 171, R163-71	6.5	31
89	Construct validity and test-retest reliability of the International Fitness Scale (IFIS) in Spanish children aged 9-12 years. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, 543-51	4.6	29
88	BMI as a mediator of the relationship between muscular fitness and cardiometabolic risk in children: a mediation analysis. <i>PLoS ONE</i> , 2015 , 10, e0116506	3.7	29
87	Active commuting to school, weight status, and cardiometabolic risk in children from rural areas: the Cuenca study. <i>Health Education and Behavior</i> , 2015 , 42, 231-9	4.2	28
86	Protocol of a randomized cluster trial to assess the effectiveness of the MOVI-2 program on overweight prevention in schoolchildren. <i>Revista Espanola De Cardiologia</i> , 2012 , 65, 427-33	1.5	28
85	Effects of Exercise-Based Interventions on Neonatal Outcomes: A Meta-Analysis of Randomized Controlled Trials. <i>American Journal of Health Promotion</i> , 2016 , 30, 214-23	2.5	27
84	Aerobic fitness and academic achievement: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2020 , 38, 582-589	3.6	24
83	Excess of weight, but not underweight, is associated with poor physical fitness in children and adolescents from Castilla-La Mancha, Spain. <i>European Journal of Pediatrics</i> , 2014 , 173, 727-35	4.1	23
82	Physical activity, fitness, and metabolic syndrome in young adults. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013 , 23, 312-21	4.4	22
81	Does Cardiorespiratory Fitness Attenuate the Adverse Effects of Severe/Morbid Obesity on Cardiometabolic Risk and Insulin Resistance in Children? A Pooled Analysis. <i>Diabetes Care</i> , 2017 , 40, 1580-1587	14.6	21
80	Lean mass as a total mediator of the influence of muscular fitness on bone health in schoolchildren: a mediation analysis. <i>Journal of Sports Sciences</i> , 2015 , 33, 817-30	3.6	20
79	Strength and cardiometabolic risk in young adults: The mediator role of aerobic fitness and waist circumference. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 1801-1807	4.6	20
78	Results From Spain's 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016 , 13, S279-S283	2.5	20
77	Physical activity intervention (Movi-Kids) on improving academic achievement and adiposity in preschoolers with or without attention deficit hyperactivity disorder: study protocol for a randomized controlled trial. <i>Trials</i> , 2015 , 16, 456	2.8	20
76	Association between physical activity, sedentary behavior, and fitness with health related quality of life in healthy children and adolescents: A protocol for a systematic review and meta-analysis. <i>Medicine (United States)</i> , 2017 , 96, e6407	1.8	19
75	Association of physical activity with cognition, metacognition and academic performance in children and adolescents: a protocol for systematic review and meta-analysis. <i>BMJ Open</i> , 2016 , 6, e011065	2.5	19

74	School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: an individual participant pooled analysis of 20 controlled trials. <i>British Journal of Sports Medicine</i> , 2021 ,	10.3	19
73	School-Based Exercise Programs and Cardiometabolic Risk Factors: A Meta-analysis. <i>Pediatrics</i> , 2018 , 142,	7.4	19
72	Motor Competence Levels and Prevalence of Developmental Coordination Disorder in Spanish Children: The MOVI-KIDS Study. <i>Journal of School Health</i> , 2018 , 88, 538-546	2.1	18
71	Leg fat might be more protective than arm fat in relation to lipid profile. <i>European Journal of Nutrition</i> , 2013 , 52, 489-95	5.2	17
70	Muscular fitness as a mediator of quality cardiopulmonary resuscitation. <i>American Journal of Emergency Medicine</i> , 2016 , 34, 1845-9	2.9	16
69	Rationale and methods of a randomised cross-over cluster trial to assess the effectiveness of MOVI-KIDS on preventing obesity in pre-schoolers. <i>BMC Public Health</i> , 2015 , 15, 176	4.1	15
68	Prevalence of high blood pressure and association with obesity in Spanish schoolchildren aged 4-6 years old. <i>PLoS ONE</i> , 2017 , 12, e0170926	3.7	15
67	Effects of Aerobic Plus Resistance Exercise on Body Composition Related Variables in Pediatric Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Pediatric Exercise Science</i> , 2015 , 27, 431-40	2	15
66	Reliability and validity of the Spanish version of the Children's Sleep Habits Questionnaire (CSHQ-SP) in school-age children. <i>Child: Care, Health and Development</i> , 2016 , 42, 675-82	2.8	15
65	Associations between health-related quality of life and physical fitness in 4-7-year-old Spanish children: the MOVIKIDS study. <i>Quality of Life Research</i> , 2019 , 28, 1751-1759	3.7	14
64	Sex differences in the effort indicators during cardiopulmonary resuscitation manoeuvres on manikins. <i>European Journal of Emergency Medicine</i> , 2015 , 22, 62-5	2.3	14
63	Exercise-based interventions and C-reactive protein in overweight and obese youths: a meta-analysis of randomized controlled trials. <i>Pediatric Research</i> , 2016 , 79, 522-7	3.2	14
62	Reliability and validity of the 7-day Physical Activity Recall interview in a Spanish population. <i>European Journal of Sport Science</i> , 2014 , 14 Suppl 1, S361-8	3.9	14
61	Physical activity and bone health in schoolchildren: the mediating role of fitness and body fat. <i>PLoS ONE</i> , 2015 , 10, e0123797	3.7	14
60	Effectiveness of a school-based physical activity intervention on adiposity, fitness and blood pressure: MOVI-KIDS study. <i>British Journal of Sports Medicine</i> , 2020 , 54, 279-285	10.3	14
59	Obesity as a Mediator between Cardiorespiratory Fitness and Blood Pressure in Preschoolers. <i>Journal of Pediatrics</i> , 2017 , 182, 114-119.e2	3.6	13
58	Energy Expenditure in Playground Games in Primary School Children Measured by Accelerometer and Heart Rate Monitors. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017 , 27, 467-474	4.4	13
57	Pregnancy leisure physical activity and children's neurodevelopment: a narrative review. <i>BJOG: an International Journal of Obstetrics and Gynaecology</i> , 2018 , 125, 1235-1242	3.7	13

56	Barriers, facilitators and preferences for the physical activity of school children. Rationale and methods of a mixed study. <i>BMC Public Health</i> , 2012 , 12, 785	4.1	13
55	Impact of a multicomponent physical activity intervention on cognitive performance: The MOVI-KIDS study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 766-775	4.6	13
54	Sedentary behaviour patterns and carotid intima-media thickness in Spanish healthy adult population. <i>Atherosclerosis</i> , 2015 , 239, 571-6	3.1	11
53	Association between parental socioeconomic status with underweight and obesity in children from two Spanish birth cohorts: a changing relationship. <i>BMC Public Health</i> , 2015 , 15, 1276	4.1	11
52	Association of adiposity measures with blood lipids and blood pressure in children aged 8-11 years. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2007 , 96, 1338-42	3.1	11
51	No Association Between Active Commuting to School, Adiposity, Fitness, and Cognition in Spanish Children: The MOVI-KIDS Study. <i>Journal of School Health</i> , 2018 , 88, 839-846	2.1	11
50	Relationship between cardiorespiratory fitness and blood pressure in young adults: a mediation analysis of body composition. <i>Hypertension Research</i> , 2017 , 40, 511-515	4.7	10
49	Active Commuting to and from School, Cognitive Performance, and Academic Achievement in Children and Adolescents: A Systematic Review and Meta-Analysis of Observational Studies. <i>International Journal of Environmental Research and Public Health</i> , 2019 , 16,	4.6	10
48	Executive functions mediate the relationship between cardiorespiratory fitness and academic achievement in Spanish schoolchildren aged 8 to 11 years. <i>PLoS ONE</i> , 2020 , 15, e0231246	3.7	10
47	Self-reports versus parental perceptions of health-related quality of life among deaf children and adolescents. <i>Journal of Deaf Studies and Deaf Education</i> , 2015 , 20, 275-82	1.6	10
46	Relationship between weight status and cognition in children: A mediation analysis of physical fitness components. <i>Journal of Sports Sciences</i> , 2020 , 38, 13-20	3.6	10
45	Resilience as a mediator between cardiorespiratory fitness and mental health-related quality of life: A cross-sectional study. <i>Australian Journal of Cancer Nursing</i> , 2017 , 19, 316-321	1.9	9
44	Rationale and methods of the MOVI-da10! Study -a cluster-randomized controlled trial of the impact of classroom-based physical activity programs on children's adiposity, cognition and motor competence. <i>BMC Public Health</i> , 2019 , 19, 417	4.1	9
43	Prevalence of probable Attention-Deficit/Hyperactivity Disorder symptoms: result from a Spanish sample of children. <i>BMC Pediatrics</i> , 2018 , 18, 111	2.6	9
42	The Effects of Long-Acting Stimulant and Nonstimulant Medications in Children and Adolescents with Attention-Deficit/Hyperactivity Disorder: A Meta-Analysis of Randomized Controlled Trials. <i>Journal of Child and Adolescent Psychopharmacology</i> , 2018 , 28, 494-507	2.9	9
41	Moderate-to-vigorous physical activity as a mediator between sedentary behavior and cardiometabolic risk in Spanish healthy adults: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2015 , 12, 78	8.4	9
40	Relation between physical fitness and executive function variables in a preschool sample. <i>Pediatric Research</i> , 2020 , 88, 623-628	3.2	8
39	MOVI-daFIT! Intervention: Rationale and design of a cluster randomized controlled trial testing the effects on improving adiposity, cognition, and subclinical atherosclerosis by increasing cardiorespiratory fitness in children. <i>Medicine (United States)</i> , 2019 , 98, e14737	1.8	8

38	Predictive Ability of Waist Circumference and Waist-to-Height Ratio for Cardiometabolic Risk Screening among Spanish Children. <i>Nutrients</i> , 2020 , 12,	6.7	7
37	Association Between Health-Related Quality of Life, Obesity, Fitness, and Sleep Quality in Young Adults: The Cuenca Adult Study. <i>Behavioral Sleep Medicine</i> , 2018 , 16, 347-355	4.2	7
36	Protocol of a Randomized Cluster Trial to Assess the Effectiveness of the MOVI-2 Program on Overweight Prevention in Schoolchildren. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2012 , 65, 427-433	9.7	7
35	Cardiorespiratory fitness and academic performance association is mediated by weight status in adolescents: DADOS study. <i>European Journal of Pediatrics</i> , 2018 , 177, 1037-1043	4.1	6
34	Relationship between both cardiorespiratory and muscular fitness and health-related quality of life in children and adolescents: a systematic review and meta-analysis of observational studies. <i>Health and Quality of Life Outcomes</i> , 2021 , 19, 127	3	6
33	Effect of Exercise Programs on Symptoms of Fibromyalgia in Peri-Menopausal Age Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Myopain</i> , 2015 , 23, 56-70		5
32	Parents' Perceptions on Barriers and Facilitators of Physical Activity among Schoolchildren: A Qualitative Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	5
31	Fitness and executive function as mediators between physical activity and academic achievement. <i>Journal of Sports Sciences</i> , 2021 , 39, 1576-1584	3.6	5
30	Effects of Exercise-Based Interventions on Neonatal Outcomes: A Meta-Analysis of Randomized Controlled Trials. <i>American Journal of Health Promotion</i> , 2015 , ajhp.140718-LIT	2.5	4
29	Association between gross motor competence and health-related quality of life in (pre)schoolchildren: the mediating role of cardiorespiratory fitness. <i>Physical Education and Sport Pedagogy</i> , 2021 , 26, 51-64	3.8	4
28	Obesity and thinness prevalence trends in Spanish schoolchildren: are they two convergent epidemics?. <i>European Journal of Public Health</i> , 2020 , 30, 1019-1025	2.1	3
27	Reference Values for Fitness Level and Gross Motor Skills of 4-6-Year-Old Chilean Children. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	3
26	A Cluster Mediation Analysis Confirms the Validity of the "Fat but Fit" Paradigm in Children's Cognitive Function and Academic Achievement. <i>Journal of Pediatrics</i> , 2021 , 231, 231-238.e1	3.6	3
25	Effect of Exercise on Fatigue in Multiple Sclerosis: A Network Meta-analysis Comparing Different Types of Exercise. <i>Archives of Physical Medicine and Rehabilitation</i> , 2021 ,	2.8	3
24	ASSOCIATIONS BETWEEN ENERGY AND FAT INTAKES WITH ADIPOSITY IN SCHOOLCHILDREN - THE CUENCA STUDY. <i>Nutricion Hospitalaria</i> , 2015 , 32, 1500-9	1	3
23	Assessing Physical FITness In PREschool Children. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 517-518	1.2	1
22	Cardiorespiratory fitness as a mediator of the relationship between birth weight and cognition in school children. <i>Psychology Research and Behavior Management</i> , 2019 , 12, 255-262	3.8	1
21	Prevalence of Risk of Eating Disorders and its Association with Obesity and Fitness. <i>International Journal of Sports Medicine</i> , 2020 , 41, 669-676	3.6	1

20	Validity of a Single-Factor Model Underlying the Metabolic Syndrome in Young Adults: Confirmatory Factor Analysis. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2011 , 64, 379-384	0.7	1
19	The "Fat but Fit" Paradigm from a Children's Health-Related Quality of Life Perspective. <i>Childhood Obesity</i> , 2021 , 17, 449-456	2.5	1
18	Health-related quality of life in developmental coordination disorder and typical developing children. <i>Research in Developmental Disabilities</i> , 2021 , 119, 104087	2.7	1
17	Validity and Reliability of the International Fitness Scale (IFIS) in preschool children.. <i>European Journal of Sport Science</i> , 2022 , 1-24	3.9	1
16	The effectiveness of a high-intensity interval games intervention in schoolchildren: A cluster-randomized trial.. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 ,	4.6	1
15	Individual and social factors associated with active commuting to school in 4-6 years old Spanish children. <i>International Journal of Environmental Health Research</i> , 2021 , 31, 237-247	3.6	0
14	Teachers' perceptions of barriers and facilitators of the school environment for physical activity in schoolchildren: a qualitative study. <i>Qualitative Research in Sport, Exercise and Health</i> , 2021 , 1-25	7	0
13	Sleep patterns and sleep problems in a sample of Spanish schoolchildren. <i>Sleep and Biological Rhythms</i> , 2020 , 18, 331-341	1.3	
12	Rescuer's gender-effect on the quality of chest compression during cardiopulmonary resuscitation on manikins. <i>European Journal of Emergency Medicine</i> , 2015 , 22, 69-70	2.3	
11	The role of daytime napping on salivary cortisol in children aged 0-5 years: a systematic review and meta-analysis.. <i>European Journal of Pediatrics</i> , 2022 , 1	4.1	
10	Relationship between exclusive breastfeeding and brain-derived neurotrophic factor in children. <i>PLoS ONE</i> , 2021 , 16, e0248023	3.7	
9	Maternal Education and Academic Achievement in Schoolchildren: The Role of Cardiorespiratory Fitness. <i>Journal of Pediatrics</i> , 2021 , 232, 109-117.e1	3.6	
8	Executive functions mediate the relationship between cardiorespiratory fitness and academic achievement in Spanish schoolchildren aged 8 to 11 years 2020 , 15, e0231246		
7	Executive functions mediate the relationship between cardiorespiratory fitness and academic achievement in Spanish schoolchildren aged 8 to 11 years 2020 , 15, e0231246		
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