

Ruben Barakat

List of Publications by Citations

Source: <https://exaly.com/author-pdf/4390296/ruben-barakat-publications-by-citations.pdf>

Version: 2024-04-27

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

63
papers

2,739
citations

32
h-index

52
g-index

69
ext. papers

3,642
ext. citations

4.9
avg, IF

5.09
L-index

#	Paper	IF	Citations
63	2019 Canadian guideline for physical activity throughout pregnancy. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1339-1346	10.3	182
62	Prenatal exercise for the prevention of gestational diabetes mellitus and hypertensive disorders of pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1367-1375	10.3	170
61	Guidelines for Physical Activity during Pregnancy: Comparisons From Around the World. <i>American Journal of Lifestyle Medicine</i> , 2014 , 8, 102-121	1.9	157
60	Effects of antenatal diet and physical activity on maternal and fetal outcomes: individual patient data meta-analysis and health economic evaluation. <i>Health Technology Assessment</i> , 2017 , 21, 1-158	4.4	136
59	Exercise during pregnancy protects against hypertension and macrosomia: randomized clinical trial. <i>American Journal of Obstetrics and Gynecology</i> , 2016 , 214, 649.e1-8	6.4	122
58	Exercise during pregnancy improves maternal glucose screen at 24-28 weeks: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2012 , 46, 656-61	10.3	103
57	Exercise during pregnancy and gestational diabetes-related adverse effects: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2013 , 47, 630-6	10.3	100
56	Exercise during pregnancy improves maternal health perception: a randomized controlled trial. <i>American Journal of Obstetrics and Gynecology</i> , 2011 , 204, 402.e1-7	6.4	98
55	Supervised exercise-based intervention to prevent excessive gestational weight gain: a randomized controlled trial. <i>Mayo Clinic Proceedings</i> , 2013 , 88, 1388-97	6.4	96
54	Impact of prenatal exercise on both prenatal and postnatal anxiety and depressive symptoms: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1376-1385	10.3	96
53	Impact of prenatal exercise on neonatal and childhood outcomes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1386-1396	10.3	89
52	Exercise Is Associated with a Reduction in Gestational Diabetes Mellitus. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 1328-33	1.2	80
51	Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 1-exercise in women planning pregnancy and those who are pregnant. <i>British Journal of Sports Medicine</i> , 2016 , 50, 571-89	10.3	80
50	Effectiveness of exercise interventions in the prevention of excessive gestational weight gain and postpartum weight retention: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1347-1356	10.3	73
49	Exercise during pregnancy reduces the rate of cesarean and instrumental deliveries: results of a randomized controlled trial. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2012 , 25, 2372-6	2	70
48	A program of exercise throughout pregnancy. Is it safe to mother and newborn?. <i>American Journal of Health Promotion</i> , 2014 , 29, 2-8	2.5	59
47	Benefits of aerobic or resistance training during pregnancy on maternal health and perinatal outcomes: A systematic review. <i>Early Human Development</i> , 2016 , 94, 43-8	2.2	56

46	Supervised physical exercise improves VO2max, quality of life, and health in early stage breast cancer patients: a randomized controlled trial. <i>Breast Cancer Research and Treatment</i> , 2015 , 153, 371-82	4.4	54
45	Type of delivery is not affected by light resistance and toning exercise training during pregnancy: a randomized controlled trial. <i>American Journal of Obstetrics and Gynecology</i> , 2009 , 201, 590.e1-6	6.4	54
44	Impact of prenatal exercise on maternal harms, labour and delivery outcomes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019 , 53, 99-107	10.3	54
43	Exercise during pregnancy. A narrative review asking: what do we know?. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1377-81	10.3	53
42	Exercise during pregnancy attenuates prenatal depression: a randomized controlled trial. <i>Evaluation and the Health Professions</i> , 2015 , 38, 59-72	2.5	53
41	No. 367-2019 Canadian Guideline for Physical Activity throughout Pregnancy. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2018 , 40, 1528-1537	1.3	53
40	Exercise throughout pregnancy does not cause preterm delivery: a randomized, controlled trial. <i>Journal of Physical Activity and Health</i> , 2014 , 11, 1012-7	2.5	50
39	Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC Expert Group Meeting, Lausanne. Part 3-exercise in the postpartum period. <i>British Journal of Sports Medicine</i> , 2017 , 51, 1516-1525	10.3	45
38	Pelvic floor muscle training included in a pregnancy exercise program is effective in primary prevention of urinary incontinence: a randomized controlled trial. <i>Neurourology and Urodynamics</i> , 2014 , 33, 67-71	2.3	45
37	Physical exercise programme during pregnancy decreases perinatal depression risk: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2019 , 53, 348-353	10.3	40
36	Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 2-the effect of exercise on the fetus, labour and birth. <i>British Journal of Sports Medicine</i> , 2016 , 50, 1297-1305	10.3	39
35	Glucose responses to acute and chronic exercise during pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1357-1366	10.3	38
34	Differences in game-related statistics of basketball performance by game location for men's winning and losing teams. <i>Perceptual and Motor Skills</i> , 2008 , 106, 43-50	2.2	37
33	Exercise and pregnancy in recreational and elite athletes: 2016/2017 evidence summary from the IOC expert group meeting, Lausanne. Part 5. Recommendations for health professionals and active women. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1080-1085	10.3	34
32	Prenatal exercise (including but not limited to pelvic floor muscle training) and urinary incontinence during and following pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018 , 52, 1397-1404	10.3	34
31	Regular Exercise Throughout Pregnancy Is Associated With a Shorter First Stage of Labor. <i>American Journal of Health Promotion</i> , 2016 , 30, 149-54	2.5	32
30	Exercise during pregnancy is associated with a shorter duration of labor. A randomized clinical trial. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , 2018 , 224, 33-40	2.4	25
29	Exercise during pregnancy has a preventative effect on excessive maternal weight gain and gestational diabetes. A randomized controlled trial. <i>Brazilian Journal of Physical Therapy</i> , 2019 , 23, 148-155	3.7	25

28	Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC expert group meeting, Lausanne. Part 4-Recommendations for future research. <i>British Journal of Sports Medicine</i> , 2017 , 51, 1724-1726	10.3	21
27	Is supine exercise associated with adverse maternal and fetal outcomes? A systematic review. <i>British Journal of Sports Medicine</i> , 2019 , 53, 82-89	10.3	18
26	Aquatic Activities During Pregnancy Prevent Excessive Maternal Weight Gain and Preserve Birth Weight: A Randomized Clinical Trial. <i>American Journal of Health Promotion</i> , 2018 , 32, 729-735	2.5	17
25	Resistance Exercise in Pregnancy and Outcome. <i>Clinical Obstetrics and Gynecology</i> , 2016 , 59, 591-9	1.7	17
24	Impact of exercise during pregnancy on gestational weight gain and birth weight: an overview. <i>Brazilian Journal of Physical Therapy</i> , 2019 , 23, 164-169	3.7	17
23	Influence of Land or Water Exercise in Pregnancy on Outcomes: A Cross-sectional Study. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 1397-1403	1.2	16
22	Protective Effect of Exercise in Pregnant Women Including Those Who Exceed Weight Gain Recommendations: A Randomized Controlled Trial. <i>Mayo Clinic Proceedings</i> , 2019 , 94, 1951-1959	6.4	15
21	Maternal Cardiac Adaptations to a Physical Exercise Program during Pregnancy. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 896-906	1.2	14
20	Gestational Exercise and Maternal and Child Health: Effects until Delivery and at Post-Natal Follow-up. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	12
19	Does Exercise During Pregnancy Affect Placental Weight?: A Randomized Clinical Trial. <i>Evaluation and the Health Professions</i> , 2018 , 41, 400-414	2.5	11
18	Integrative exercise and lifestyle intervention increases leisure-time activity in breast cancer patients. <i>Integrative Cancer Therapies</i> , 2014 , 13, 493-501	3	11
17	N° 367-2019 Lignes Directrices Canadiennes Sur L'activité Physique Durant La Grossesse. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2018 , 40, 1538-1548	1.3	10
16	Physical Activity and Adherence to the Mediterranean Diet among Spanish Employees in a Health-Promotion Program before and during the COVID-19 Pandemic: The Sanitas-Healthy Cities Challenge. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	7
15	An exercise program throughout pregnancy: Barakat model. <i>Birth Defects Research</i> , 2021 , 113, 218-226	2.9	5
14	Impact of gestational risk factors on maternal cardiovascular system. <i>Annals of Translational Medicine</i> , 2016 , 4, 253	3.2	3
13	Exercise During Pregnancy and Prenatal Depression: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2021 , 12, 640024	4.6	3
12	Physical activity and prenatal depression: going beyond statistical significance by assessing the impact of reliable and clinical significant change. <i>Psychological Medicine</i> , 2021 , 51, 688-693	6.9	3
11	Maternal physiological changes at rest induced by exercise during pregnancy: A randomized controlled trial. <i>Physiology and Behavior</i> , 2020 , 220, 112863	3.5	2

10	Re: "Associations of gestational weight gain with short- and longer-term maternal and child health outcomes". <i>American Journal of Epidemiology</i> , 2009 , 170, 1581	3.8	1
9	Physiological Changes During Pregnancy: Main Adaptations, Discomforts, and Implications for Physical Activity and Exercise 2019 , 45-56		1
8	Physical activity during pregnancy is associated with a lower number of perineal tears. <i>Translational Sports Medicine</i> , 2021 , 4, 38-45	1.3	1
7	Effectiveness of a Virtual Exercise Program During COVID-19 Confinement on Blood Pressure Control in Healthy Pregnant Women. <i>Frontiers in Physiology</i> , 2021 , 12, 645136	4.6	1
6	The View normalIncludes online prenatal exercise: exploring pregnant women's experiences during the pandemic and the role of virtual group fitness on maternal mental health.. <i>BMC Pregnancy and Childbirth</i> , 2022 , 22, 251	3.2	1
5	Exercise Throughout Pregnancy in a Hospital Setting: Looking Beyond COVID-19.. <i>Mayo Clinic Proceedings</i> , 2022 , 97, 803-804	6.4	0
4	Benefits of physical exercise programs toward people with acquired brain injury: A protocol for systematic review and meta-analysis.. <i>Medicine (United States)</i> , 2022 , 101, e28601	1.8	0
3	Adherence is a key factor for interpreting the results of exercise interventions. <i>Physiotherapy</i> , 2021 , 113, 8-11	3	0
2	Exercise and Pregnancy 2014 , 110-119		
1	Obesity can offset the cardiometabolic benefits of gestational exercise. <i>International Journal of Obesity</i> , 2021 , 45, 342-347	5.5	