

# Ruben Barakat

## List of Publications by Year in Descending Order

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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	Exercise Throughout Pregnancy in a Hospital Setting: Looking Beyond COVID-19.. <i>Mayo Clinic Proceedings</i> , <b>2022</b> , 97, 803-804	6.4	0
62	Benefits of physical exercise programs toward people with acquired brain injury: A protocol for systematic review and meta-analysis.. <i>Medicine (United States)</i> , <b>2022</b> , 101, e28601	1.8	0
61	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> , <b>2022</b> , 22, 251	3.2	1
60	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> , <b>2021</b> , 18,	4.6	7
59	Exercise During Pregnancy and Prenatal Depression: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 640024	4.6	3
58	An exercise program throughout pregnancy: Barakat model. <i>Birth Defects Research</i> , <b>2021</b> , 113, 218-226	2.9	5
57	Physical activity and prenatal depression: going beyond statistical significance by assessing the impact of reliable and clinical significant change. <i>Psychological Medicine</i> , <b>2021</b> , 51, 688-693	6.9	3
56	Physical activity during pregnancy is associated with a lower number of perineal tears. <i>Translational Sports Medicine</i> , <b>2021</b> , 4, 38-45	1.3	1
55	Obesity can offset the cardiometabolic benefits of gestational exercise. <i>International Journal of Obesity</i> , <b>2021</b> , 45, 342-347	5.5	
54	Effectiveness of a Virtual Exercise Program During COVID-19 Confinement on Blood Pressure Control in Healthy Pregnant Women. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 645136	4.6	1
53	Adherence is a key factor for interpreting the results of exercise interventions. <i>Physiotherapy</i> , <b>2021</b> , 113, 8-11	3	0
52	Maternal physiological changes at rest induced by exercise during pregnancy: A randomized controlled trial. <i>Physiology and Behavior</i> , <b>2020</b> , 220, 112863	3.5	2
51	Gestational Exercise and Maternal and Child Health: Effects until Delivery and at Post-Natal Follow-up. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	12
50	Physical exercise programme during pregnancy decreases perinatal depression risk: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 348-353	10.3	40
49	Protective Effect of Exercise in Pregnant Women Including Those Who Exceed Weight Gain Recommendations: A Randomized Controlled Trial. <i>Mayo Clinic Proceedings</i> , <b>2019</b> , 94, 1951-1959	6.4	15
48	Physiological Changes During Pregnancy: Main Adaptations, Discomforts, and Implications for Physical Activity and Exercise <b>2019</b> , 45-56		1
47	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> , <b>2019</b> , 23, 148-155	3.7	25

46	Impact of exercise during pregnancy on gestational weight gain and birth weight: an overview. <i>Brazilian Journal of Physical Therapy</i> , <b>2019</b> , 23, 164-169	3.7	17
45	Impact of prenatal exercise on maternal harms, labour and delivery outcomes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 99-107	10.3	54
44	Is supine exercise associated with adverse maternal and fetal outcomes? A systematic review. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 82-89	10.3	18
43	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> , <b>2018</b> , 224, 33-40	2.4	25
42	Does Exercise During Pregnancy Affect Placental Weight?: A Randomized Clinical Trial. <i>Evaluation and the Health Professions</i> , <b>2018</b> , 41, 400-414	2.5	11
41	Aquatic Activities During Pregnancy Prevent Excessive Maternal Weight Gain and Preserve Birth Weight: A Randomized Clinical Trial. <i>American Journal of Health Promotion</i> , <b>2018</b> , 32, 729-735	2.5	17
40	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> , <b>2018</b> , 52, 1080-1085	10.3	34
39	No. 367-2019 Canadian Guideline for Physical Activity throughout Pregnancy. <i>Journal of Obstetrics and Gynaecology Canada</i> , <b>2018</b> , 40, 1528-1537	1.3	53
38	N° 367-2019 Lignes Directrices Canadiennes Sur L'activité Physique Durant La Grossesse. <i>Journal of Obstetrics and Gynaecology Canada</i> , <b>2018</b> , 40, 1538-1548	1.3	10
37	2019 Canadian guideline for physical activity throughout pregnancy. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 1339-1346	10.3	182
36	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> , <b>2018</b> , 52, 1367-1375	10.3	170
35	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> , <b>2018</b> , 52, 1376-1385	10.3	96
34	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> , <b>2018</b> , 52, 1397-1404	10.3	34
33	Glucose responses to acute and chronic exercise during pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 1357-1366	10.3	38
32	Impact of prenatal exercise on neonatal and childhood outcomes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 1386-1396	10.3	89
31	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> , <b>2018</b> , 52, 1347-1356	10.3	73
30	Influence of Land or Water Exercise in Pregnancy on Outcomes: A Cross-sectional Study. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 1397-1403	1.2	16
29	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> , <b>2017</b> , 51, 1724-1726	10.3	21

28	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> , <b>2017</b> , 51, 1516-1525	10.3	45
27	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> , <b>2017</b> , 21, 1-158	4.4	136
26	Regular Exercise Throughout Pregnancy Is Associated With a Shorter First Stage of Labor. <i>American Journal of Health Promotion</i> , <b>2016</b> , 30, 149-54	2.5	32
25	Exercise during pregnancy protects against hypertension and macrosomia: randomized clinical trial. <i>American Journal of Obstetrics and Gynecology</i> , <b>2016</b> , 214, 649.e1-8	6.4	122
24	Benefits of aerobic or resistance training during pregnancy on maternal health and perinatal outcomes: A systematic review. <i>Early Human Development</i> , <b>2016</b> , 94, 43-8	2.2	56
23	Impact of gestational risk factors on maternal cardiovascular system. <i>Annals of Translational Medicine</i> , <b>2016</b> , 4, 253	3.2	3
22	Maternal Cardiac Adaptations to a Physical Exercise Program during Pregnancy. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 896-906	1.2	14
21	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> , <b>2016</b> , 50, 571-89	10.3	80
20	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> , <b>2016</b> , 50, 1297-1305	10.3	39
19	Resistance Exercise in Pregnancy and Outcome. <i>Clinical Obstetrics and Gynecology</i> , <b>2016</b> , 59, 591-9	1.7	17
18	Exercise during pregnancy. A narrative review asking: what do we know?. <i>British Journal of Sports Medicine</i> , <b>2015</b> , 49, 1377-81	10.3	53
17	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> , <b>2015</b> , 153, 371-82	4.4	54
16	Exercise during pregnancy attenuates prenatal depression: a randomized controlled trial. <i>Evaluation and the Health Professions</i> , <b>2015</b> , 38, 59-72	2.5	53
15	Exercise Is Associated with a Reduction in Gestational Diabetes Mellitus. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 1328-33	1.2	80
14	Guidelines for Physical Activity during Pregnancy: Comparisons From Around the World. <i>American Journal of Lifestyle Medicine</i> , <b>2014</b> , 8, 102-121	1.9	157
13	Exercise and Pregnancy <b>2014</b> , 110-119		
12	Exercise throughout pregnancy does not cause preterm delivery: a randomized, controlled trial. <i>Journal of Physical Activity and Health</i> , <b>2014</b> , 11, 1012-7	2.5	50
11	A program of exercise throughout pregnancy. Is it safe to mother and newborn?. <i>American Journal of Health Promotion</i> , <b>2014</b> , 29, 2-8	2.5	59

10	Integrative exercise and lifestyle intervention increases leisure-time activity in breast cancer patients. <i>Integrative Cancer Therapies</i> , <b>2014</b> , 13, 493-501	3	11
9	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> , <b>2014</b> , 33, 67-71	2.3	45
8	Supervised exercise-based intervention to prevent excessive gestational weight gain: a randomized controlled trial. <i>Mayo Clinic Proceedings</i> , <b>2013</b> , 88, 1388-97	6.4	96
7	Exercise during pregnancy and gestational diabetes-related adverse effects: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , <b>2013</b> , 47, 630-6	10.3	100
6	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> , <b>2012</b> , 25, 2372-6	2	70
5	Exercise during pregnancy improves maternal glucose screen at 24-28 weeks: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , <b>2012</b> , 46, 656-61	10.3	103
4	Exercise during pregnancy improves maternal health perception: a randomized controlled trial. <i>American Journal of Obstetrics and Gynecology</i> , <b>2011</b> , 204, 402.e1-7	6.4	98
3	Re: "Associations of gestational weight gain with short- and longer-term maternal and child health outcomes". <i>American Journal of Epidemiology</i> , <b>2009</b> , 170, 1581	3.8	1
2	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> , <b>2009</b> , 201, 590.e1-6	6.4	54
1	Differences in game-related statistics of basketball performance by game location for men's winning and losing teams. <i>Perceptual and Motor Skills</i> , <b>2008</b> , 106, 43-50	2.2	37