

Yaira Barranco-Ruiz

List of Publications by Year in descending order

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Version: 2024-02-01

44
papers

430
citations

933447
10
h-index

839539
18
g-index

48
all docs

48
docs citations

48
times ranked

583
citing authors

#	ARTICLE	IF	CITATIONS
1	Systematic review of interventions for promoting active school transport. Preventive Medicine, 2018, 111, 115-134.	3.4	92
2	Feasibility and reliability of the Spanish version of the Youth Activity Profile questionnaire (YAP-Spain) in children and adolescents. Journal of Sports Sciences, 2021, 39, 801-807.	2.0	27
3	Feasibility and Reliability of a Questionnaire to Assess the Mode, Frequency, Distance and Time of Commuting to and from School: The PACO Study. International Journal of Environmental Research and Public Health, 2020, 17, 5039.	2.6	23
4	Supervised exercise following bariatric surgery in morbid obese adults: CERT-based exercise study protocol of the EFIBAR randomised controlled trial. BMC Surgery, 2019, 19, 127.	1.3	19
5	Health-Related Physical Fitness Benefits in Sedentary Women Employees after an Exercise Intervention with Zumba Fitness®. International Journal of Environmental Research and Public Health, 2020, 17, 2632.	2.6	17
6	A lifelong competitive training practice attenuates age-related lipid peroxidation. Journal of Physiology and Biochemistry, 2017, 73, 37-48.	3.0	15
7	Parental perceived barriers to active commuting to school in Ecuadorian youth. Journal of Transport and Health, 2018, 10, 290-296.	2.2	14
8	Dance Fitness Classes Improve the Health-Related Quality of Life in Sedentary Women. International Journal of Environmental Research and Public Health, 2020, 17, 3771.	2.6	13
9	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.	2.9	13
10	Associations between active commuting to school, sleep duration, and breakfast consumption in Ecuadorian young people. BMC Public Health, 2019, 19, 85.	2.9	12
11	Objective Measurement of the Mode of Commuting to School Using GPS: A Pilot Study. Sustainability, 2019, 11, 5395.	3.2	12
12	A School-Based Randomized Controlled Trial to Promote Cycling to School in Adolescents: The PACO Study. International Journal of Environmental Research and Public Health, 2021, 18, 2066.	2.6	12
13	Interventions Based on Mind-Body Therapies for the Improvement of Attention-Deficit/Hyperactivity Disorder Symptoms in Youth: A Systematic Review. Medicina (Lithuania), 2019, 55, 325.	2.0	11
14	Perceived parental barriers towards active commuting to school in Chilean children and adolescents of Valparaíso. International Journal of Sustainable Transportation, 2020, 14, 525-532.	4.1	11
15	Mode of Commuting to School and Its Association with Physical Activity and Sedentary Habits in Young Ecuadorian Students. International Journal of Environmental Research and Public Health, 2018, 15, 2704.	2.6	10
16	Effect of Two Choreographed Fitness Group-Workouts on the Body Composition, Cardiovascular and Metabolic Health of Sedentary Female Workers. International Journal of Environmental Research and Public Health, 2019, 16, 4986.	2.6	10
17	Prevalence of Injuries in Exercise Programs Based on Crossfit®, Cross Training and High-Intensity Functional Training Methodologies: A Systematic Review. Journal of Human Kinetics, 2020, 73, 251-265.	1.5	10
18	Active Commuting to University and its Association with Sociodemographic Factors and Physical Activity Levels in Chilean Students. Medicina (Lithuania), 2019, 55, 152.	2.0	9

#	ARTICLE	IF	CITATIONS
19	School-Based Interventions for Promoting Physical Activity Using Games and Gamification: A Systematic Review Protocol. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5186.	2.6	9
20	Are the Parents' and Their Children's Physical Activity and Mode of Commuting Associated? Analysis by Gender and Age Group. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6864.	2.6	8
21	Physical Exercise following bariatric surgery in women with Morbid obesity. <i>Medicine (United States)</i> , 2020, 99, e19427.	1.0	8
22	Efficacy of school-based interventions for improving muscular fitness outcomes in children: A systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2023, 23, 444-459.	2.7	8
23	Control of antioxidant supplementation through interview is not appropriate in oxidative-stress sport studies: Analytical confirmation should be required. <i>Nutrition</i> , 2017, 33, 278-284.	2.4	7
24	Lifelong amateur endurance practice attenuates oxidative stress and prevents muscle wasting in senior adults. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 670-677.	0.7	7
25	Metabolic Syndrome and Its Associated Factors in Older Adults: A Secondary Analysis of SABC Colombia in 2015. <i>Metabolic Syndrome and Related Disorders</i> , 2020, 18, 389-398.	1.3	7
26	Supervised Exercise Immediately After Bariatric Surgery: the Study Protocol of the EFIBAR Randomized Controlled Trial. <i>Obesity Surgery</i> , 2021, 31, 4227-4235.	2.1	7
27	Does Swimming at a Moderate Altitude Favor a Lower Oxidative Stress in an Intensity-Dependent Manner? Role of Nonenzymatic Antioxidants. <i>High Altitude Medicine and Biology</i> , 2017, 18, 46-55.	0.9	6
28	A short dance-exercise intervention as a strategy for improving quality of life in inactive workers. <i>Health Education Journal</i> , 2017, 76, 936-945.	1.2	5
29	A Novel Electromyographic Approach to Estimate Fatigue Threshold in Maximum Incremental Strength Tests. <i>Motor Control</i> , 2018, 22, 170-170.	0.6	5
30	Body composition and dairy intake in sedentary employees who participated in a healthy program based on nutrition education and Zumba. <i>Clinical Nutrition</i> , 2019, 38, 2277-2286.	5.0	4
31	Objective Measures to Assess Active Commuting Physical Activity to School in Young People: A Systematic Review Protocol and Practical Considerations. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5936.	2.6	4
32	Psychometric Characteristics of a Commuting-to-School Behaviour Questionnaire for Families. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8584.	2.6	3
33	Choreographic Group-Based Fitness Classes Improve Cardiometabolic Health-Related Anthropometric Indices and Blood Lipids Profile in Overweight Sedentary Women. <i>Sustainability</i> , 2021, 13, 972.	3.2	2
34	Role of Sociodemographic Variables and the Mother's Active Behavior on Active Commuting to School in Children and Adolescents. <i>Frontiers in Pediatrics</i> , 2022, 10, 812673.	1.9	1
35	A High Intensity Intermittent Effort Does Not Modify Oxidative Stress In Elite Judo Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 580.	0.4	0
36	Chronic Amateur Endurance Practice Improves Oxidative Stress Response For Preserving Muscle Mass In Senior Adults. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 683.	0.4	0

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37	Effects Of A Physical Exercise Program To Improve The Level Of Independence In Elderly. Medicine and Science in Sports and Exercise, 2017, 49, 544.	0.4	0
38	Association Between Active Commuting To School And Sleep Duration In Ecuadorian Youth. Medicine and Science in Sports and Exercise, 2017, 49, 893.	0.4	0
39	Physical Exercise Program To Improve The Sport Performance On Speed Skating In Children. Medicine and Science in Sports and Exercise, 2017, 49, 1084.	0.4	0
40	Effect Of A Trampoline Training Program In The Power Of Lower Limbs In Children's Gymnasts. Medicine and Science in Sports and Exercise, 2017, 49, 1085.	0.4	0
41	A 5-week Zumba Fitness® Intervention Improves Quality Of Life In Inactive Ecuadorian Workers. Medicine and Science in Sports and Exercise, 2016, 48, 597.	0.4	0
42	Inter-method Agreement To Determine The Distance From Home To School. Medicine and Science in Sports and Exercise, 2016, 48, 779.	0.4	0
43	Modifications Of Negative Attitudes Toward Obesity In Pre-professionals Of Exercise Sciences.. Medicine and Science in Sports and Exercise, 2017, 49, 714.	0.4	0
44	Zumba Fitness To Improve Body Composition & Physical Fitness In Inactive Employed Females. Medicine and Science in Sports and Exercise, 2017, 49, 39.	0.4	0