

Yaira Barranco-Ruiz

List of Publications by Year in descending order

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Version: 2024-02-01

44
papers

430
citations

933264

10
h-index

839398

18
g-index

48
all docs

48
docs citations

48
times ranked

583
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	1.4	8
2	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.	0.9	1
3	Feasibility and reliability of the Spanish version of the Youth Activity Profile questionnaire (YAP-Spain) in children and adolescents. <i>Journal of Sports Sciences</i> , 2021, 39, 801-807.	1.0	27
4	Active commuting to school among 36,781 Spanish children and adolescents: A temporal trend study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 914-924.	1.3	13
5	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.	1.6	2
6	A School-Based Randomized Controlled Trial to Promote Cycling to School in Adolescents: The PACO Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2066.	1.2	12
7	Supervised Exercise Immediately After Bariatric Surgery: the Study Protocol of the EFIBAR Randomized Controlled Trial. <i>Obesity Surgery</i> , 2021, 31, 4227-4235.	1.1	7
8	Perceived parental barriers towards active commuting to school in Chilean children and adolescents of Valparaíso. <i>International Journal of Sustainable Transportation</i> , 2020, 14, 525-532.	2.1	11
9	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.	1.2	8
10	Psychometric Characteristics of a Commuting-to-School Behaviour Questionnaire for Families. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8584.	1.2	3
11	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.	1.2	9
12	Feasibility and Reliability of a Questionnaire to Assess the Mode, Frequency, Distance and Time of Commuting to and from School: The PACO Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5039.	1.2	23
13	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.	1.2	4
14	Dance Fitness Classes Improve the Health-Related Quality of Life in Sedentary Women. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3771.	1.2	13
15	Physical Exercise following bariatric surgery in women with Morbid obesity. <i>Medicine (United States)</i> , 2020, 99, e19427.	0.4	8
16	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.	0.5	7
17	Health-Related Physical Fitness Benefits in Sedentary Women Employees after an Exercise Intervention with Zumba Fitness®. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2632.	1.2	17
18	Prevalence of Injuries in Exercise Programs Based on Crossfit®, Cross Training and High-Intensity Functional Training Methodologies: A Systematic Review. <i>Journal of Human Kinetics</i> , 2020, 73, 251-265.	0.7	10

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19	Interventions Based on Mind-Body Therapies for the Improvement of Attention-Deficit/Hyperactivity Disorder Symptoms in Youth: A Systematic Review. <i>Medicina (Lithuania)</i> , 2019, 55, 325.	0.8	11
20	Supervised exercise following bariatric surgery in morbid obese adults: CERT-based exercise study protocol of the EFIBAR randomised controlled trial. <i>BMC Surgery</i> , 2019, 19, 127.	0.6	19
21	Active Commuting to University and its Association with Sociodemographic Factors and Physical Activity Levels in Chilean Students. <i>Medicina (Lithuania)</i> , 2019, 55, 152.	0.8	9
22	Associations between active commuting to school, sleep duration, and breakfast consumption in Ecuadorian young people. <i>BMC Public Health</i> , 2019, 19, 85.	1.2	12
23	Effect of Two Choreographed Fitness Group-Workouts on the Body Composition, Cardiovascular and Metabolic Health of Sedentary Female Workers. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4986.	1.2	10
24	Objective Measurement of the Mode of Commuting to School Using GPS: A Pilot Study. <i>Sustainability</i> , 2019, 11, 5395.	1.6	12
25	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.	2.3	4
26	Systematic review of interventions for promoting active school transport. <i>Preventive Medicine</i> , 2018, 111, 115-134.	1.6	92
27	A Novel Electromyographic Approach to Estimate Fatigue Threshold in Maximum Incremental Strength Tests. <i>Motor Control</i> , 2018, 22, 170-170.	0.3	5
28	Mode of Commuting to School and Its Association with Physical Activity and Sedentary Habits in Young Ecuadorian Students. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2704.	1.2	10
29	Parental perceived barriers to active commuting to school in Ecuadorian youth. <i>Journal of Transport and Health</i> , 2018, 10, 290-296.	1.1	14
30	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.	0.5	6
31	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.	0.6	5
32	Effects Of A Physical Exercise Program To Improve The Level Of Independence In Elderly. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 544.	0.2	0
33	A lifelong competitive training practice attenuates age-related lipid peroxidation. <i>Journal of Physiology and Biochemistry</i> , 2017, 73, 37-48.	1.3	15
34	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.	1.1	7
35	Association Between Active Commuting To School And Sleep Duration In Ecuadorian Youth. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 893.	0.2	0
36	Physical Exercise Program To Improve The Sport Performance On Speed Skating In Children. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1084.	0.2	0

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37	Effect Of A Trampoline Training Program In The Power Of Lower Limbs In Children's Gymnasts. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1085.	0.2	0
38	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.	0.4	7
39	Modifications Of Negative Attitudes Toward Obesity In Pre-professionals Of Exercise Sciences.. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 714.	0.2	0
40	Zumba Fitness To Improve Body Composition & Physical Fitness In Inactive Employed Females. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 39.	0.2	0
41	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.	0.2	0
42	A 5-week Zumba Fitness® Intervention Improves Quality Of Life In Inactive Ecuadorian Workers. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 597.	0.2	0
43	Inter-method Agreement To Determine The Distance From Home To School. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 779.	0.2	0
44	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.	0.2	0