

# Alejandro Martínez-Rodríguez

## List of Publications by Year in descending order

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63  
papers

928  
citations

566801

15  
h-index

552369

26  
g-index

67  
all docs

67  
docs citations

67  
times ranked

1100  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Effectiveness of Resisted Sled Training (RST) for Sprint Performance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2018, 48, 2143-2165.	3.1	94
2	The impact of aerobic exercise training on arterial stiffness in pre- and hypertensive subjects: A systematic review and meta-analysis. <i>International Journal of Cardiology</i> , 2014, 173, 361-368.	0.8	69
3	Sarcopenia: Molecular Pathways and Potential Targets for Intervention. <i>International Journal of Molecular Sciences</i> , 2020, 21, 8844.	1.8	53
4	Short-term adaptations following Complex Training in team-sports: A meta-analysis. <i>PLoS ONE</i> , 2017, 12, e0180223.	1.1	51
5	Whole-body vibration training and bone health in postmenopausal women. <i>Medicine (United States)</i> , 2018, 97, e11918.	0.4	50
6	Effects of a moderate-to-high intensity resistance circuit training on fat mass, functional capacity, muscular strength, and quality of life in elderly: A randomized controlled trial. <i>Scientific Reports</i> , 2019, 9, 7830.	1.6	45
7	What Pelvic Floor Muscle Training Load is Optimal in Minimizing Urine Loss in Women with Stress Urinary Incontinence? A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4358.	1.2	42
8	Effect of Sleep Quality on the Prevalence of Sarcopenia in Older Adults: A Systematic Review with Meta-Analysis. <i>Journal of Clinical Medicine</i> , 2019, 8, 2156.	1.0	33
9	Psychological and Sleep Effects of Tryptophan and Magnesium-Enriched Mediterranean Diet in Women with Fibromyalgia. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2227.	1.2	30
10	Impact of a motivational resistance-training programme on adherence and body composition in the elderly. <i>Scientific Reports</i> , 2018, 8, 1370.	1.6	29
11	Effects of Plyometric Jump Training in Sand or Rigid Surface on Jump-Related Biomechanical Variables and Physical Fitness in Female Volleyball Players. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 13093.	1.2	26
12	Effects of Manual Therapy on Fatigue, Pain, and Psychological Aspects in Women with Fibromyalgia. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4611.	1.2	24
13	Psychosocial and physiological risks of shift work in nurses: a cross-sectional study. <i>Central European Journal of Public Health</i> , 2018, 26, 183-189.	0.4	24
14	Relationship among sociodemographic and sport variables, exercise dependence, and burnout: a preliminary study in athletes. <i>Anales De Psicologia</i> , 2018, 34, 398.	0.3	21
15	Eating Disorders in Pregnant and Breastfeeding Women: A Systematic Review. <i>Medicina (Lithuania)</i> , 2020, 56, 352.	0.8	18
16	Effect of glucose and sucrose on cognition in healthy humans: a systematic review and meta-analysis of interventional studies. <i>Nutrition Reviews</i> , 2021, 79, 171-187.	2.6	18
17	Mediterranean Diet Adherence, Body Composition and Performance in Beach Handball Players: A Cross Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2837.	1.2	18
18	Effects of Resistance Circuit-Based Training on Body Composition, Strength and Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. <i>Biology</i> , 2021, 10, 377.	1.3	18

#	ARTICLE	IF	CITATIONS
19	Body Fat of Basketball Players: A Systematic Review and Meta-Analysis. Sports Medicine - Open, 2022, 8, 26.	1.3	18
20	Chronic effects and optimal dosage of strength training on SBP and DBP: a systematic review with meta-analysis. Journal of Hypertension, 2020, 38, 1909-1918.	0.3	13
21	Nutrition-Related Adverse Outcomes in Endurance Sports Competitions: A Review of Incidence and Practical Recommendations. International Journal of Environmental Research and Public Health, 2020, 17, 4082.	1.2	13
22	Vegetarian and Vegan Diet in Fibromyalgia: A Systematic Review. International Journal of Environmental Research and Public Health, 2021, 18, 4955.	1.2	12
23	Effect of High-Intensity Interval Training and Intermittent Fasting on Body Composition and Physical Performance in Active Women. International Journal of Environmental Research and Public Health, 2021, 18, 6431.	1.2	12
24	EATING DISORDERS AND DIET MANAGEMENT IN CONTACT SPORTS; EAT-26 QUESTIONNAIRE DOES NOT SEEM APPROPRIATE TO EVALUATE EATING DISORDERS IN SPORTS. Nutricion Hospitalaria, 2015, 32, 1708-14.	0.2	12
25	Calorie Restriction Improves Physical Performance and Modulates the Antioxidant and Inflammatory Responses to Acute Exercise. Nutrients, 2020, 12, 930.	1.7	10
26	Sixteen Weeks of Supplementation with a Nutritional Quantity of a Diversity of Polyphenols from Foodstuff Extracts Improves the Health-Related Quality of Life of Overweight and Obese Volunteers: A Randomized, Double-Blind, Parallel Clinical Trial. Nutrients, 2021, 13, 492.	1.7	10
27	Bone mass in girls according to their BMI, VO <sub>2</sub> max, hours and years of practice. European Journal of Sport Science, 2016, 16, 1176-1186.	1.4	9
28	Global Positioning System Analysis of Physical Demands in Elite Women's Beach Handball Players in an Official Spanish Championship. Sensors, 2021, 21, 850.	2.1	9
29	Relación entre optimismo y rendimiento deportivo. Revisión sistemática. Anales De Psicología, 2017, 34, 153.	0.3	8
30	Anthropometric Dimensions and Bone Quality in International Male Beach Handball Players: Junior vs. Senior Comparison. Nutrients, 2021, 13, 1817.	1.7	7
31	Effects and optimal dosage of resistance training on strength, functional capacity, balance, general health perception, and fatigue in people with multiple sclerosis: a systematic review and meta-analysis. Disability and Rehabilitation, 2023, 45, 1595-1607.	0.9	7
32	The effect of whole-body vibration training on lean mass in postmenopausal women: a systematic review and meta-analysis. Menopause, 2017, 24, 225-231.	0.8	6
33	Authors' Reply to Cross et al.: Comment on: "The Effectiveness of Resisted Sled Training (RST) for Sprint Performance: A Systematic Review and Meta-analysis". Sports Medicine, 2019, 49, 353-356.	3.1	6
34	Effect of Natural Turf, Artificial Turf, and Sand Surfaces on Sprint Performance. A Systematic Review and Meta-Analysis. International Journal of Environmental Research and Public Health, 2020, 17, 9478.	1.2	6
35	Effects of medium- and long-distance running on cardiac damage markers in amateur runners: a systematic review, meta-analysis, and metaregression. Journal of Sport and Health Science, 2021, 10, 192-200.	3.3	6
36	Eating Disorders in Top Elite Beach Handball Players: Cross Sectional Study. Children, 2021, 8, 245.	0.6	6

#	ARTICLE	IF	CITATIONS
37	Relationship between Emotional Intelligence, Sleep Quality and Body Mass Index in Emergency Nurses. Healthcare (Switzerland), 2021, 9, 607.	1.0	6
38	Effect of Supplements on Endurance Exercise in the Older Population: Systematic Review. International Journal of Environmental Research and Public Health, 2020, 17, 5224.	1.2	5
39	A Descriptive Analytical Study on Physical Activity and Quality of Life in Sustainable Aging. Sustainability, 2021, 13, 5968.	1.6	5
40	The Effects of Football Practice on Nutritional Status and Body Composition in Children: A Systematic Review and Meta-Analysis. Nutrients, 2021, 13, 2562.	1.7	5
41	Análisis de la resiliencia y dependencia en deportes de combate y otras modalidades deportivas. Suma Psicológica, 2020, 27, .	0.2	5
42	Anxiolytic Effect and Improved Sleep Quality in Individuals Taking Lippia citriodora Extract. Nutrients, 2022, 14, 218.	1.7	5
43	Body composition assessment of paddle and tennis adult male players. Nutricion Hospitalaria, 2014, 31, 1294-301.	0.2	5
44	Estrategias dietéticas y composición corporal en halterofilia de elite: Revisión Sistemática. Revista Española De Nutricion Humana Y Dietetica, 2017, 21, 237.	0.1	4
45	Study of Physical Fitness, Bone Quality, and Mediterranean Diet Adherence in Professional Female Beach Handball Players: Cross-Sectional Study. Nutrients, 2021, 13, 1911.	1.7	4
46	Tools Used to Measure the Physical State of Women with Celiac Disease: A Review with a Systematic Approach. International Journal of Environmental Research and Public Health, 2020, 17, 539.	1.2	3
47	Weight Loss Strategies in Male Competitors of Combat Sport Disciplines. Medicina (Lithuania), 2021, 57, 897.	0.8	3
48	Benefits of Adding an Aquatic Resistance Interval Training to a Nutritional Education on Body Composition, Body Image Perception and Adherence to the Mediterranean Diet in Older Women. Nutrients, 2021, 13, 2712.	1.7	3
49	Planificación dietético-nutricional para llevar a cabo una Ultramaratón, la Transvulcania: Informe de caso. Revista Española De Nutricion Humana Y Dietetica, 2016, 20, 120.	0.1	3
50	Evaluación de la condición física, práctica deportiva y estado nutricional de niños y niñas de 6 a 12 años: Estudio piloto. Revista Española De Nutricion Humana Y Dietetica, 2017, 21, 3.	0.1	3
51	Psychological Effects of Motivational Aquatic Resistance Interval Training and Nutritional Education in Older Women. Healthcare (Switzerland), 2021, 9, 1665.	1.0	3
52	Nutritional Ergogenic Aids in Combat Sports: A Systematic Review and Meta-Analysis. Nutrients, 2022, 14, 2588.	1.7	3
53	Acute Effects of Work Rest Interval Duration of 3 HIIT Protocols on Cycling Power in Trained Young Adults. International Journal of Environmental Research and Public Health, 2021, 18, 4225.	1.2	2
54	Características cineantropométricas en jugadores de baloncesto adolescentes. Revista Española De Nutricion Humana Y Dietetica, 2016, 20, 23.	0.1	2

#	ARTICLE	IF	CITATIONS
55	New App-Based Dietary and Lifestyle Intervention on Weight Loss and Cardiovascular Health. <i>Sensors</i> , 2022, 22, 768.	2.1	2
56	Weekday and Weekend Physical Activity of Preschool Children in Relation to Selected Socioeconomic Indicators. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4999.	1.2	2
57	Effect of Diet Management on Anxiety in Combat Sports. <i>Universitas Psychologica</i> , 2019, 18, 1-13.	0.6	1
58	Mediterranean Diet Adherence and Eating Disorders in Spanish Nurses with Shift Patterns: A Cross-Sectional Study. <i>Medicina (Lithuania)</i> , 2021, 57, 576.	0.8	1
59	Effect of satiety on body composition and anxiety in university athletes: cohort study. <i>Nutricion Hospitalaria</i> , 2017, 34, 396.	0.2	1
60	Effects of 12 Weeks of Strength Training and Gluten-Free Diet on Quality of Life, Body Composition and Strength in Women with Celiac Disease: A Randomized Controlled Trial. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 10960.	1.3	1
61	Ramadan Nutritional Strategy: Professional Soccer Player Case Study. <i>Nutrients</i> , 2022, 14, 465.	1.7	1
62	Nutrition and Boxing Performance. <i>Nutrition Today</i> , 2017, 52, 295-307.	0.6	0
63	Ingestion of Carbohydrate Solutions and Mouth Rinse on Mood and Perceptual Responses during Exercise in Triathletes. <i>Gels</i> , 2022, 8, 50.	2.1	0