

Michelle F Mottola

List of Publications by Year in descending order

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Version: 2024-02-01

108
papers

5,242
citations

76326

40
h-index

91884

69
g-index

111
all docs

111
docs citations

111
times ranked

3325
citing authors

#	ARTICLE	IF	CITATIONS
1	2019 Canadian guideline for physical activity throughout pregnancy. <i>British Journal of Sports Medicine</i> , 2018, 52, 1339-1346.	6.7	356
2	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.	6.7	318
3	Joint SOGC/CSEP Clinical Practice Guideline: Exercise in Pregnancy and the Postpartum Period. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 329-341.	1.7	309
4	Guidelines for Physical Activity During Pregnancy. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 102-121.	1.9	230
5	Exercise during pregnancy protects against hypertension and macrosomia: randomized clinical trial. <i>American Journal of Obstetrics and Gynecology</i> , 2016, 214, 649.e1-649.e8.	1.3	176
6	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.	6.7	168
7	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.	6.7	147
8	Nutrition and Exercise Prevent Excess Weight Gain in Overweight Pregnant Women. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 265-272.	0.4	131
9	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, 571-589.	6.7	128
10	Exercise in the prevention and treatment of maternal fetal disease: a review of the literature. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006, 31, 661-674.	1.9	127
11	Exercise Is Associated with a Reduction in Gestational Diabetes Mellitus. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 1328-1333.	0.4	115
12	Exercise in Pregnancy and the Postpartum Period. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2003, 25, 516-522.	0.7	111
13	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.	6.7	111
14	No. 367-2019 Canadian Guideline for Physical Activity throughout Pregnancy. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2018, 40, 1528-1537.	0.7	108
15	Activity Patterns During Pregnancy. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 642-653.	1.7	102
16	Health Benefits of Physical Activity during Pregnancy. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 268-277.	0.4	100
17	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.	6.7	98
18	$\dot{V}O_2$ peak Prediction and Exercise Prescription for Pregnant Women. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 1389-1395.	0.4	96

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19	Exercise for the prevention and treatment of low back, pelvic girdle and lumbopelvic pain during pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 90-98.	6.7	95
20	Recreational exercise and occupational activity during pregnancy and birth weight: A case-control study. <i>American Journal of Obstetrics and Gynecology</i> , 2001, 184, 403-408.	1.3	89
21	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.	6.7	85
22	A walking intervention improves capillary glucose control in women with gestational diabetes mellitus: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 511-517.	1.9	82
23	Timing of Excessive Pregnancy-Related Weight Gain and Offspring Adiposity at Birth. <i>Obstetrics and Gynecology</i> , 2013, 122, 255-261.	2.4	76
24	Development and validation of exercise target heart rate zones for overweight and obese pregnant women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 984-989.	1.9	74
25	Physical exercise programme during pregnancy decreases perinatal depression risk: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2019, 53, 348-353.	6.7	73
26	Joint SOGC/CSEP clinical practice guideline: exercise in pregnancy and the postpartum period. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 330-41.	1.7	72
27	Summary of International Guidelines for Physical Activity After Pregnancy. <i>Obstetrical and Gynecological Survey</i> , 2014, 69, 407-414.	0.4	71
28	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: Table A1. <i>British Journal of Sports Medicine</i> , 2016, 50, 1297-1305.	6.7	68
29	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.	6.7	68
30	The important role of physical activity in the prevention and management of gestational diabetes mellitus. <i>Diabetes/Metabolism Research and Reviews</i> , 2013, 29, 334-346.	4.0	63
31	Exercise in the Postpartum Period. <i>Current Sports Medicine Reports</i> , 2002, 1, 362-368.	1.2	62
32	Be Healthy in Pregnancy: Exploring factors that impact pregnant women's nutrition and exercise behaviours. <i>Maternal and Child Nutrition</i> , 2021, 17, e13068.	3.0	59
33	Exercise Prescription for Overweight and Obese Women: Pregnancy and Postpartum. <i>Obstetrics and Gynecology Clinics of North America</i> , 2009, 36, 301-316.	1.9	58
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> , 2018, 52, 1397-1404.	6.7	57
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.	6.7	54
36	Nutrition and Exercise Reduce Excessive Weight Gain in Normal-Weight Pregnant Women. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1419-1426.	0.4	50

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37	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.	1.1	49
38	Prenatal exercise is not associated with fetal mortality: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 108-115.	6.7	48
39	Aerobic Exercise in Pregnancy: An Update. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1993, 18, 119-147.	1.7	46
40	Physical activity and maternal obesity: cardiovascular adaptations, exercise recommendations, and pregnancy outcomes. <i>Nutrition Reviews</i> , 2013, 71, S31-S36.	5.8	43
41	Postpartum Exercise Regardless of Intensity Improves Chronic Disease Risk Factors. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 951-958.	0.4	41
42	Fetal and maternal metabolic responses to exercise during pregnancy. <i>Early Human Development</i> , 2016, 94, 33-41.	1.8	39
43	Review of Recent Physical Activity Guidelines During Pregnancy to Facilitate Advice by Health Care Providers. <i>Obstetrical and Gynecological Survey</i> , 2019, 74, 481-489.	0.4	39
44	The role of exercise in the prevention and treatment of gestational diabetes mellitus. <i>Current Diabetes Reports</i> , 2008, 8, 299-304.	4.2	35
45	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.	1.7	34
46	Experiences regarding nutrition and exercise among women during early postpartum: a qualitative grounded theory study. <i>BMC Pregnancy and Childbirth</i> , 2019, 19, 368.	2.4	32
47	Effects of weekly supervised exercise or physical activity counseling on fasting blood glucose in women diagnosed with gestational diabetes mellitus: <scp>A</scp> systematic review and meta-analysis of randomized trials. <i>Journal of Diabetes</i> , 2017, 9, 1023-1032.	1.8	31
48	Effects of prenatal exercise on fetal heart rate, umbilical and uterine blood flow: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 124-133.	6.7	31
49	The effects of acute exercise on tobacco cravings and withdrawal symptoms in temporary abstinent pregnant smokers. <i>Addictive Behaviors</i> , 2014, 39, 703-708.	3.0	29
50	Components of Exercise Prescription and Pregnancy. <i>Clinical Obstetrics and Gynecology</i> , 2016, 59, 552-558.	1.1	29
51	Role of Exercise in Reducing Gestational Diabetes Mellitus. <i>Clinical Obstetrics and Gynecology</i> , 2016, 59, 620-628.	1.1	27
52	2019 Canadian Guideline for Physical Activity Throughout Pregnancy: Methodology. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2018, 40, 1468-1483.	0.7	26
53	Quality, Features, and Presence of Behavior Change Techniques in Mobile Apps Designed to Improve Physical Activity in Pregnant Women: Systematic Search and Content Analysis. <i>JMIR MHealth and UHealth</i> , 2021, 9, e23649.	3.7	26
54	Preventing Long-Term Risk of Obesity for Two Generations: Prenatal Physical Activity Is Part of the Puzzle. <i>Journal of Pregnancy</i> , 2012, 2012, 1-33.	2.4	25

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55	Effects of prenatal exercise on incidence of congenital anomalies and hyperthermia: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 116-123.	6.7	25
56	Influence of Land or Water Exercise in Pregnancy on Outcomes. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1397-1403.	0.4	24
57	Elite Athletes and Pregnancy Outcomes: A Systematic Review and Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 534-542.	0.4	24
58	Dietary intake, weight gain, and birth outcomes of physically active pregnant women: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006, 31, 483-489.	1.9	23
59	Is supine exercise associated with adverse maternal and fetal outcomes? A systematic review. <i>British Journal of Sports Medicine</i> , 2019, 53, 82-89.	6.7	23
60	Impact of pregnancy and obesity on cardiorespiratory responses during weight-bearing exercise. <i>Respiratory Physiology and Neurobiology</i> , 2009, 167, 341-347.	1.6	22
61	Be Healthy in Pregnancy (BHIP): A Randomized Controlled Trial of Nutrition and Exercise Intervention from Early Pregnancy to Achieve Recommended Gestational Weight Gain. <i>Nutrients</i> , 2022, 14, 810.	4.1	19
62	Structured diet and exercise guidance in pregnancy to improve health in women and their offspring: study protocol for the Be Healthy in Pregnancy (BHIP) randomized controlled trial. <i>Trials</i> , 2018, 19, 691.	1.6	17
63	Integrating Exercise Is Medicine [®] into the Care of Pregnant Women. <i>Current Sports Medicine Reports</i> , 2013, 12, 245-247.	1.2	16
64	Physical activity throughout pregnancy is key to preventing chronic disease. <i>Reproduction</i> , 2020, 160, R111-R118.	2.6	16
65	Physiological and metabolic responses of late pregnant women to 40 min of steady-state exercise followed by an oral glucose tolerance perturbation. <i>Journal of Applied Physiology</i> , 2013, 115, 597-604.	2.5	15
66	Measuring Adherence to a Nutrition and Exercise Lifestyle Intervention: Is Program Adherence Related to Excessive Gestational Weight Gain?. <i>Behavior Analysis in Practice</i> , 2017, 10, 347-354.	2.0	15
67	N ^o 367-2019 Lignes Directrices Canadiennes Sur L'activit ^e Physique Durant La Grossesse. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2018, 40, 1538-1548.	0.7	15
68	Adherence is a key factor for interpreting the results of exercise interventions. <i>Physiotherapy</i> , 2021, 113, 8-11.	0.4	14
69	Evaluating Evidence-Based Content, Features of Exercise Instruction, and Expert Involvement in Physical Activity Apps for Pregnant Women: Systematic Search and Content Analysis. <i>JMIR MHealth and UHealth</i> , 2022, 10, e31607.	3.7	13
70	Training effects on maternal and fetal glucose uptake following acute exercise in the rat. <i>Medicine and Science in Sports and Exercise</i> , 1993, 25, 841-846.	0.4	12
71	The role of exercise in the prevention and treatment of gestational diabetes mellitus. <i>Current Sports Medicine Reports</i> , 2007, 6, 381-6.	1.2	12
72	Weight History of Overweight Pregnant Women. <i>Canadian Journal of Dietetic Practice and Research</i> , 2009, 70, 127-134.	0.6	11

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73	Bone Status in Activity-Restricted Pregnant Women Assessed Using Calcaneal Quantitative Ultrasound. <i>Biological Research for Nursing</i> , 2013, 15, 205-212.	1.9	10
74	Summer Season and Recommended Vitamin D Intake Support Adequate Vitamin D Status throughout Pregnancy in Healthy Canadian Women and Their Newborns. <i>Journal of Nutrition</i> , 2020, 150, 739-746.	2.9	10
75	The "new normal"™ includes 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.	2.4	10
76	Physical Activity and Gestational Diabetes Mellitus. <i>Medicine and Sport Science</i> , 2014, 60, 104-112.	1.4	9
77	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.	4.5	8
78	Exercise in Pregnancy Increases Placental Angiogenin without Changes in Oxidative or Endoplasmic Reticulum Stress. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1846-1854.	0.4	8
79	The role of exercise in the prevention and treatment of gestational diabetes mellitus. <i>Current Sports Medicine Reports</i> , 2007, 6, 381-386.	1.2	6
80	Depression in pregnant women with and without COVID-19. <i>BJPsych Open</i> , 2021, 7, e173.	0.7	5
81	Influence of a Virtual Exercise Program throughout Pregnancy during the COVID-19 Pandemic on Perineal Tears and Episiotomy Rates: A Randomized Clinical Trial. <i>Journal of Clinical Medicine</i> , 2021, 10, 5250.	2.4	5
82	The use of animal models in exercise and pregnancy research. <i>Seminars in Perinatology</i> , 1996, 20, 222-231.	2.5	4
83	Glycogen Storage in Fetuses of Trained Pregnant Rats. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1997, 22, 384-393.	1.7	4
84	Activity Restriction Increases Deoxyypyridinoline Excretion in Hospitalized High-Risk Pregnant Women. <i>Biological Research for Nursing</i> , 2014, 16, 7-15.	1.9	4
85	Sequential Introduction of Exercise First Followed by Nutrition Improves Program Adherence During Pregnancy: a Randomized Controlled Trial. <i>International Journal of Behavioral Medicine</i> , 2020, 27, 108-118.	1.7	4
86	Dietary intake, capillary blood glucose, and activity level of activity-restricted, hospitalized, pregnant women in the third trimester: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2007, 32, 1105-1114.	1.9	3
87	Translation and cross-cultural adaptation of the PARmed-X for Pregnancy into Brazilian Portuguese. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 335-343.	1.9	3
88	Are pre-pregnancy weight fluctuations and adherence to prenatal nutrition and exercise recommendations related to excessive gestational weight gain?. <i>Journal of Behavioral Medicine</i> , 2020, 43, 1047-1055.	2.1	3
89	Development of the Get Active Questionnaire for Pregnancy: breaking down barriers to prenatal exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2022, 47, 787-803.	1.9	3
90	Infographic. Prenatal physical activity: baby steps for better health. <i>British Journal of Sports Medicine</i> , 2020, 54, bjsports-2019-101056.	6.7	2

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91	Glycated hemoglobin measurements at three, 12 and 24 months postpartum after gestational diabetes. <i>Clinical and Investigative Medicine</i> , 2019, 42, E37-E41.	0.6	2
92	Exercise throughout Pregnancy Prevents Excessive Maternal Weight Gain during the COVID-19 Pandemic: A Randomized Clinical Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 3392.	2.4	2
93	Nutrition And Exercise Lifestyle Intervention Program (NELIP) Prevents Excessive Pregnancy Weight Gain In Overweight Women.. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 46.	0.4	1
94	Exercise Throughout Pregnancy in a Hospital Setting: Looking Beyond COVID-19. <i>Mayo Clinic Proceedings</i> , 2022, 97, 803-804.	3.0	1
95	Exploring comparative assessment of adiposity measures during pregnancy and postpartum. <i>Clinical Nutrition ESPEN</i> , 2022, 49, 365-371.	1.2	1
96	Describing the views of Canadian post-secondary students in health-related disciplines on the recognition of obesity as a chronic disease. <i>Journal of American College Health</i> , 2022, , 1-4.	1.5	1
97	Families Defeating Diabetes: Hemoglobin A1C Results at 3, 12 and 24 Months. <i>Canadian Journal of Diabetes</i> , 2016, 40, S69.	0.8	0
98	Diabetes-Protective Knowledge and Behaviour before and after the Families Defeating Diabetes (FDD) Intervention for women with recent GDM. <i>Canadian Journal of Diabetes</i> , 2017, 41, S79.	0.8	0
99	Translation and Cultural Adaptation of the Short-Form Food Frequency Questionnaire for Pregnancy into Brazilian Portuguese. <i>Revista Brasileira De Ginecologia E Obstetricia</i> , 2018, 40, 313-321.	0.8	0
100	Activity Restriction, Capillary Glucose, and Energy Intake in High Risk Hospitalized Pregnant Women. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S22.	0.4	0
101	Influence of Pre-Pregnancy Exercise Activity on Physiological Symptoms in Hospitalized High-Risk Pregnant Women. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S280.	0.4	0
102	Cellular accumulation of heat shock protein (Hsp) 72i in fetuses of trained rats. <i>Cell Stress and Chaperones</i> , 2007, 12, 101.	2.9	0
103	Effects Of Nelip During Pregnancy On Postpartum Lipid Concentrations In Overweight And Obese Women. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, S466.	0.4	0
104	Ventilatory efficiency during pregnancy: the influence of obesity. <i>FASEB Journal</i> , 2008, 22, 1233.10.	0.5	0
105	An Interprofessional Approach to Improve Gestational Outcomes. <i>FASEB Journal</i> , 2013, 27, 958.2.	0.5	0
106	Pregnancy Family-based Nutrition and Exercise Lifestyle Intervention Program Re-introduced Postpartum Reduces Offspring Fatness at 1-year.. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 375.	0.4	0
107	Structured Exercise as a Potential Treatment Option for Prenatal Depression. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 476-476.	0.4	0
108	How Do Health Schemas Inform Healthy Behaviours During Pregnancy? Qualitative Findings from the Be Healthy in Pregnancy (BHIP) Study. <i>Maternal and Child Health Journal</i> , 2022, , 1.	1.5	0