

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 | Evaluating Evidence-Based Content, Features of Exercise Instruction, and Expert Involvement in Physical Activity Apps for Pregnant Women: Systematic Search and Content Analysis. JMIR MHealth and UHealth, 2022, 10, e31607. | 3.7 | 13 |
| 2 | Exercise Throughout Pregnancy in a Hospital Setting: Looking Beyond COVID-19. Mayo Clinic Proceedings, 2022, 97, 803-804. | 3.0 | 1 |
| 3 | Be Healthy in Pregnancy (BHIP): A Randomized Controlled Trial of Nutrition and Exercise Intervention from Early Pregnancy to Achieve Recommended Gestational Weight Gain. Nutrients, 2022, 14, 810. | 4.1 | 19 |
| 4 | How Do Health Schemas Inform Healthy Behaviours During Pregnancy? Qualitative Findings from the Be Healthy in Pregnancy (BHIP) Study. Maternal and Child Health Journal, 2022, , 1. | 1.5 | 0 |
| 5 | Exploring comparative assessment of adiposity measures during pregnancy and postpartum. Clinical Nutrition ESPEN, 2022, 49, 365-371. | 1.2 | 1 |
| 6 | 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. BMC Pregnancy and Childbirth, 2022, 22, 251. | 2.4 | 10 |
| 7 | Development of the Get Active Questionnaire for Pregnancy: breaking down barriers to prenatal exercise. Applied Physiology, Nutrition and Metabolism, 2022, 47, 787-803. | 1.9 | 3 |
| 8 | Describing the views of Canadian post-secondary students in health-related disciplines on the recognition of obesity as a chronic disease. Journal of American College Health, 2022, , 1-4. | 1.5 | 1 |
| 9 | Exercise throughout Pregnancy Prevents Excessive Maternal Weight Gain during the COVID-19 Pandemic: A Randomized Clinical Trial. Journal of Clinical Medicine, 2022, 11, 3392. | 2.4 | 2 |
| 10 | Physical activity and prenatal depression: going beyond statistical significance by assessing the impact of reliable and clinical significant change. Psychological Medicine, 2021, 51, 688-693. | 4.5 | 8 |
| 11 | Be Healthy in Pregnancy: Exploring factors that impact pregnant women's nutrition and exercise behaviours. Maternal and Child Nutrition, 2021, 17, e13068. | 3.0 | 59 |
| 12 | Exercise in Pregnancy Increases Placental Angiogenin without Changes in Oxidative or Endoplasmic Reticulum Stress. Medicine and Science in Sports and Exercise, 2021, 53, 1846-1854. | 0.4 | 8 |
| 13 | Quality, Features, and Presence of Behavior Change Techniques in Mobile Apps Designed to Improve Physical Activity in Pregnant Women: Systematic Search and Content Analysis. JMIR MHealth and UHealth, 2021, 9, e23649. | 3.7 | 26 |
| 14 | Depression in pregnant women with and without COVID-19. BJPsych Open, 2021, 7, e173. | 0.7 | 5 |
| 15 | Adherence is a key factor for interpreting the results of exercise interventions. Physiotherapy, 2021, 113, 8-11. | 0.4 | 14 |
| 16 | Elite Athletes and Pregnancy Outcomes: A Systematic Review and Meta-analysis. Medicine and Science in Sports and Exercise, 2021, 53, 534-542. | 0.4 | 24 |
| 17 | Influence of a Virtual Exercise Program throughout Pregnancy during the COVID-19 Pandemic on Perineal Tears and Episiotomy Rates: A Randomized Clinical Trial. Journal of Clinical Medicine, 2021, 10, 5250. | 2.4 | 5 |
| 18 | Infographic. Prenatal physical activity: baby steps for better health. British Journal of Sports Medicine, 2020, 54, bjsports-2019-101056. | 6.7 | 2 |

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|----|--|-----|-----------|
| 19 | 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 |
| 20 | 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 |
| 21 | 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 |
| 22 | Physical activity throughout pregnancy is key to preventing chronic disease. <i>Reproduction</i> , 2020, 160, R111-R118. | 2.6 | 16 |
| 23 | 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 |
| 24 | 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 |
| 25 | 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 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | 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 |
| 30 | 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 |
| 31 | 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 |
| 32 | 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 |
| 33 | 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 |
| 34 | 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 |
| 35 | 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 |
| 36 | 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 |

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|----|---|-----|-----------|
| 37 | No. 367-2019 Canadian Guideline for Physical Activity throughout Pregnancy. Journal of Obstetrics and Gynaecology Canada, 2018, 40, 1528-1537. | 0.7 | 108 |
| 38 | NÂ° 367-2019 Lignes Directrices Canadiennes Sur L'activit  Physique Durant La Grossesse. Journal of Obstetrics and Gynaecology Canada, 2018, 40, 1538-1548. | 0.7 | 15 |
| 39 | 2019 Canadian Guideline for Physical Activity Throughout Pregnancy: Methodology. Journal of Obstetrics and Gynaecology Canada, 2018, 40, 1468-1483. | 0.7 | 26 |
| 40 | 2019 Canadian guideline for physical activity throughout pregnancy. British Journal of Sports Medicine, 2018, 52, 1339-1346. | 6.7 | 356 |
| 41 | Prenatal exercise for the prevention of gestational diabetes mellitus and hypertensive disorders of pregnancy: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1367-1375. | 6.7 | 318 |
| 42 | Impact of prenatal exercise on both prenatal and postnatal anxiety and depressive symptoms: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1376-1385. | 6.7 | 147 |
| 43 | Prenatal exercise (including but not limited to pelvic floor muscle training) and urinary incontinence during and following pregnancy: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1397-1404. | 6.7 | 57 |
| 44 | Glucose responses to acute and chronic exercise during pregnancy: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1357-1366. | 6.7 | 54 |
| 45 | Impact of prenatal exercise on neonatal and childhood outcomes: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1386-1396. | 6.7 | 168 |
| 46 | Effectiveness of exercise interventions in the prevention of excessive gestational weight gain and postpartum weight retention: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1347-1356. | 6.7 | 111 |
| 47 | Translation and Cultural Adaptation of the Short-Form Food Frequency Questionnaire for Pregnancy into Brazilian Portuguese. Revista Brasileira De Ginecologia E Obstetricia, 2018, 40, 313-321. | 0.8 | 0 |
| 48 | 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. British Journal of Sports Medicine, 2018, 52, 1080-1085. | 6.7 | 68 |
| 49 | Influence of Land or Water Exercise in Pregnancy on Outcomes. Medicine and Science in Sports and Exercise, 2017, 49, 1397-1403. | 0.4 | 24 |
| 50 | 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. Journal of Diabetes, 2017, 9, 1023-1032. | 1.8 | 31 |
| 51 | Measuring Adherence to a Nutrition and Exercise Lifestyle Intervention: Is Program Adherence Related to Excessive Gestational Weight Gain?. Behavior Analysis in Practice, 2017, 10, 347-354. | 2.0 | 15 |
| 52 | 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. British Journal of Sports Medicine, 2017, 51, 1516-1525. | 6.7 | 85 |
| 53 | Diabetes-Protective Knowledge and Behaviour before and after the Families Defeating Diabetes (FDD) Intervention for women with recent GDM. Canadian Journal of Diabetes, 2017, 41, S79. | 0.8 | 0 |
| 54 | Components of Exercise Prescription and Pregnancy. Clinical Obstetrics and Gynecology, 2016, 59, 552-558. | 1.1 | 29 |

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|----|--|-----|-----------|
| 55 | Role of Exercise in Reducing Gestational Diabetes Mellitus. <i>Clinical Obstetrics and Gynecology</i> , 2016, 59, 620-628. | 1.1 | 27 |
| 56 | Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 1â€”exercise in women planning pregnancy and those who are pregnant. <i>British Journal of Sports Medicine</i> , 2016, 50, 571-589. | 6.7 | 128 |
| 57 | Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 2â€”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 |
| 58 | Families Defeating Diabetes: Hemoglobin A1C Results at 3, 12 and 24 Months. <i>Canadian Journal of Diabetes</i> , 2016, 40, S69. | 0.8 | 0 |
| 59 | Fetal and maternal metabolic responses to exercise during pregnancy. <i>Early Human Development</i> , 2016, 94, 33-41. | 1.8 | 39 |
| 60 | 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 |
| 61 | 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 |
| 62 | 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 |
| 63 | 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 |
| 64 | Physical Activity and Gestational Diabetes Mellitus. <i>Medicine and Sport Science</i> , 2014, 60, 104-112. | 1.4 | 9 |
| 65 | Summary of International Guidelines for Physical Activity After Pregnancy. <i>Obstetrical and Gynecological Survey</i> , 2014, 69, 407-414. | 0.4 | 71 |
| 66 | Activity Restriction Increases Deoxypyridinoline Excretion in Hospitalized High-Risk Pregnant Women. <i>Biological Research for Nursing</i> , 2014, 16, 7-15. | 1.9 | 4 |
| 67 | Guidelines for Physical Activity During Pregnancy. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 102-121. | 1.9 | 230 |
| 68 | 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 |
| 69 | Physical activity and maternal obesity: cardiovascular adaptations, exercise recommendations, and pregnancy outcomes. <i>Nutrition Reviews</i> , 2013, 71, S31-S36. | 5.8 | 43 |
| 70 | 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 |
| 71 | Health Benefits of Physical Activity during Pregnancy. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 268-277. | 0.4 | 100 |
| 72 | Integrating Exercise Is Medicine® into the Care of Pregnant Women. <i>Current Sports Medicine Reports</i> , 2013, 12, 245-247. | 1.2 | 16 |

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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 | 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 |
| 75 | Timing of Excessive Pregnancy-Related Weight Gain and Offspring Adiposity at Birth. <i>Obstetrics and Gynecology</i> , 2013, 122, 255-261. | 2.4 | 76 |
| 76 | An Interprofessional Approach to Improve Gestational Outcomes. <i>FASEB Journal</i> , 2013, 27, 958.2. | 0.5 | 0 |
| 77 | 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 |
| 78 | 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 |
| 79 | 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 |
| 80 | 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 |
| 81 | Weight History of Overweight Pregnant Women. <i>Canadian Journal of Dietetic Practice and Research</i> , 2009, 70, 127-134. | 0.6 | 11 |
| 82 | 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 |
| 83 | 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 |
| 84 | 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 |
| 85 | 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 |
| 86 | 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 |
| 87 | 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 |
| 88 | Ventilatory efficiency during pregnancy: the influence of obesity. <i>FASEB Journal</i> , 2008, 22, 1233.10. | 0.5 | 0 |
| 89 | 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 |
| 90 | 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 |

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|-----|---|-----|-----------|
| 91 | 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 |
| 92 | 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 |
| 93 | 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 |
| 94 | 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 |
| 95 | 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 |
| 96 | V̇O 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 |
| 97 | 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 |
| 98 | 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 |
| 99 | Activity Patterns During Pregnancy. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 642-653. | 1.7 | 102 |
| 100 | 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 |
| 101 | Exercise in Pregnancy and the Postpartum Period. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2003, 25, 516-522. | 0.7 | 111 |
| 102 | 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 |
| 103 | Exercise in the Postpartum Period. <i>Current Sports Medicine Reports</i> , 2002, 1, 362-368. | 1.2 | 62 |
| 104 | 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 |
| 105 | Glycogen Storage in Fetuses of Trained Pregnant Rats. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1997, 22, 384-393. | 1.7 | 4 |
| 106 | The use of animal models in exercise and pregnancy research. <i>Seminars in Perinatology</i> , 1996, 20, 222-231. | 2.5 | 4 |
| 107 | Aerobic Exercise in Pregnancy: An Update. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1993, 18, 119-147. | 1.7 | 46 |
| 108 | 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 |