

Alba Gmez-Cabello

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

63

papers

1,176

citations

20

h-index

32

g-index

76

ext. papers

1,451

ext. citations

3.8

avg, IF

4.26

L-index

#	Paper	IF	Citations
63	Psychosocial factors related to physical activity in frail and prefrail elderly people.. <i>BMC Geriatrics</i> , 2022 , 22, 407	4.1	
62	Prevalence of Metabolic Syndrome and Association with Physical Activity and Frailty Status in Spanish Older Adults with Decreased Functional Capacity: A Cross-Sectional Study. <i>Nutrients</i> , 2022 , 14, 2302	6.7	1
61	Does Acute Caffeine Supplementation Improve Physical Performance in Female Team-Sport Athletes? Evidence from a Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021 , 13,	6.7	2
60	Functional Frailty, Dietary Intake, and Risk of Malnutrition. Are Nutrients Involved in Muscle Synthesis the Key for Frailty Prevention?. <i>Nutrients</i> , 2021 , 13,	6.7	2
59	Impact of the Home Confinement Related to COVID-19 on the Device-Assessed Physical Activity and Sedentary Patterns of Spanish Older Adults. <i>BioMed Research International</i> , 2021 , 2021, 5528866	3	4
58	How important is current physical fitness for future quality of life? Results from an 8-year longitudinal study on older adults. <i>Experimental Gerontology</i> , 2021 , 149, 111301	4.5	3
57	ACTN3 R577X polymorphism related to sarcopenia and physical fitness in active older women. <i>Climacteric</i> , 2021 , 24, 89-94	3.1	4
56	Frailty and Physical Fitness in Elderly People: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2021 , 51, 143-160	10.6	15
55	Cognitive and Functional Differences in Aging with and without Intellectual Disabilities: Observational Study. <i>Sustainability</i> , 2021 , 13, 10515	3.6	
54	The effects of Age, Organized Physical Activity and Sedentarism on Fitness in Older Adults: An 8-Year Longitudinal Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	8
53	Strength and Endurance Training in Older Women in Relation to and Polymorphisms. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	3
52	Effects of whole-body vibration training on bone density and turnover markers in adolescent swimmers. <i>Journal of Pediatric Endocrinology and Metabolism</i> , 2020 , 33, 623-630	1.6	4
51	Role of Dietary Intake and Serum 25(OH)D on the Effects of a Multicomponent Exercise Program on Bone Mass and Structure of Frail and Pre-Frail Older Adults. <i>Nutrients</i> , 2020 , 12,	6.7	2
50	Associations between Physical Fitness, Bone Mass, and Structure in Older People. <i>BioMed Research International</i> , 2020 , 2020, 6930682	3	1
49	How to Improve the Functional Capacity of Frail and Pre-Frail Elderly People? Health, Nutritional Status and Exercise Intervention. The EXERNET-Elder 3.0 Project. <i>Sustainability</i> , 2020 , 12, 6246	3.6	7
48	Nonspecific Resistance Training and Swimming Performance: Strength or Power? A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	2
47	Effects of a Multicomponent Exercise Program, a Detraining Period and Dietary Intake Prediction of Body Composition of Frail and Pre-Frail Older Adults from the EXERNET Elder 3.0 Study. <i>Sustainability</i> , 2020 , 12, 9894	3.6	2

46 Physical Exercise **2019**, 24-24

45 Is Sitting Time Related with Physical Fitness in Spanishelderly Population? The EXERNET Multicenter Study. *Journal of Nutrition, Health and Aging*, **2019**, 23, 401-407 5.2 6

44 The muscle-bone unit in adolescent swimmers. *Osteoporosis International*, **2019**, 30, 1079-1088 5.3 1

43 Does fitness attenuate the relationship between changes in sitting time and health-related quality of life over time in community-dwelling older adults? Evidence from the EXERNET multicenter longitudinal study. *Quality of Life Research*, **2019**, 28, 3259-3266 3.7 3

42 Swim-Specific Resistance Training: A Systematic Review. *Journal of Strength and Conditioning Research*, **2019**, 33, 2875-2881 3.2 13

41 Swimming and peak bone mineral density: A systematic review and meta-analysis. *Journal of Sports Sciences*, **2018**, 36, 365-377 3.6 12

40 Effects of Whole Body Vibration on Tibia Strength and Structure of Competitive Adolescent Swimmers: A Randomized Controlled Trial. *PM and R*, **2018**, 10, 889-897 2.2 5

39 Bone metabolism markers and vitamin D in adolescent cyclists. *Archives of Osteoporosis*, **2018**, 13, 11 2.9 3

38 Soccer helps build strong bones during growth: a systematic review and meta-analysis. *European Journal of Pediatrics*, **2018**, 177, 295-310 4.1 23

37 Is Vibration Training Good for Your Bones? An Overview of Systematic Reviews. *BioMed Research International*, **2018**, 2018, 5178284 3 10

36 Percentage of body fat in adolescents with Down syndrome: Estimation from skinfolds. *Disability and Health Journal*, **2017**, 10, 100-104 4.2 8

35 Bone Structure and Geometric Properties at the Radius and Tibia in Adolescent Endurance-Trained Cyclists. *Clinical Journal of Sport Medicine*, **2017**, 27, 69-77 3.2 5

34 Assessing Fat Mass of Adolescent Swimmers Using Anthropometric Equations: A DXA Validation Study. *Research Quarterly for Exercise and Sport*, **2017**, 88, 230-236 1.9 2

33 Sleep disturbance, obesity, physical fitness and quality of life in older women: EXERNET study group. *Climacteric*, **2017**, 20, 72-79 3.1 25

32 Do 6 months of whole-body vibration training improve lean mass and bone mass acquisition of adolescent swimmers?. *Archives of Osteoporosis*, **2017**, 12, 69 2.9 8

31 Validation of the self-report EXERNET questionnaire for measuring physical activity and sedentary behavior in elderly. *Archives of Gerontology and Geriatrics*, **2017**, 69, 156-161 4 20

30 Longitudinal effects of swimming on bone in adolescents: a pQCT and DXA study. *Biology of Sport*, **2017**, 34, 361-370 4.3 3

29 Effect of whole-body vibration training on bone mass in adolescents with and without Down syndrome: a randomized controlled trial. *Osteoporosis International*, **2016**, 27, 181-91 5.3 12

28	Higher bone mass in prepubertal and peripubertal female footballers. <i>European Journal of Sport Science</i> , 2016 , 16, 877-83	3.9	10
27	Swimming and bone: Is low bone mass due to hypogravity alone or does other physical activity influence it?. <i>Osteoporosis International</i> , 2016 , 27, 1785-93	5.3	16
26	Bone structure of adolescent swimmers; a peripheral quantitative computed tomography (pQCT) study. <i>Journal of Science and Medicine in Sport</i> , 2016 , 19, 707-12	4.4	9
25	Associations between obesity, physical fitness, and urinary incontinence in non-institutionalized postmenopausal women: The elderly EXERNET multi-center study. <i>Maturitas</i> , 2015 , 82, 208-14	5	12
24	Higher levels of physical fitness are associated with a reduced risk of suffering sarcopenic obesity and better perceived health among the elderly: the EXERNET multi-center study. <i>Journal of Nutrition, Health and Aging</i> , 2015 , 19, 211-7	5.2	38
23	Association of regional muscle strength with mortality and hospitalisation in older people. <i>Age and Ageing</i> , 2015 , 44, 790-5	3	44
22	Effect of whole body vibration training on bone mineral density and bone quality in adolescents with Down syndrome: a randomized controlled trial. <i>Osteoporosis International</i> , 2015 , 26, 2449-59	5.3	22
21	Influences of physical fitness on bone mass in women with fibromyalgia. <i>Adapted Physical Activity Quarterly</i> , 2015 , 32, 125-36	1.7	4
20	Combined effects of interaction between physical activity and nutrition on bone health in children and adolescents: a systematic review. <i>Nutrition Reviews</i> , 2015 , 73, 127-39	6.4	40
19	Application of a model based on dual-energy X-ray absorptiometry and finite element simulation for predicting the probability of osteoporotic hip fractures to a sample of people over 60 years. <i>Proceedings of the Institution of Mechanical Engineers, Part H: Journal of Engineering in Medicine</i> , 2015 , 229, 369-85	1.7	2
18	Influence of different sports on bone mass in growing girls. <i>Journal of Sports Sciences</i> , 2015 , 33, 1710-8	3.6	32
17	Effect of whole-body vibration therapy on health-related physical fitness in children and adolescents with disabilities: a systematic review. <i>Journal of Adolescent Health</i> , 2014 , 54, 385-96	5.8	44
16	Effects of a short-term whole body vibration intervention on bone mass and structure in elderly people. <i>Journal of Science and Medicine in Sport</i> , 2014 , 17, 160-4	4.4	32
15	Age and gender, two key factors in the associations between physical activity and strength during the ageing process. <i>Maturitas</i> , 2014 , 78, 106-12	5	27
14	Cortical and trabecular bone at the radius and tibia in male and female adolescents with Down syndrome: a peripheral quantitative computed tomography (pQCT) study. <i>Osteoporosis International</i> , 2013 , 24, 1035-44	5.3	26
13	Effects of a short-term whole body vibration intervention on physical fitness in elderly people. <i>Maturitas</i> , 2013 , 74, 276-8	5	18
12	Effects of whole body vibration training on body composition in adolescents with Down syndrome. <i>Research in Developmental Disabilities</i> , 2013 , 34, 1426-33	2.7	23
11	Fat mass influence on bone mass is mediated by the independent association between lean mass and bone mass among elderly women: a cross-sectional study. <i>Maturitas</i> , 2013 , 74, 44-53	5	10

10	Is bone tissue really affected by swimming? A systematic review. <i>PLoS ONE</i> , 2013 , 8, e70119	3.7	67
9	Do calcium and vitamin D intake influence the effect of cycling on bone mass through adolescence?. <i>Nutricion Hospitalaria</i> , 2013 , 28, 1136-9	1	5
8	Effects of a short-term whole body vibration intervention on lean mass in elderly people. <i>Nutricion Hospitalaria</i> , 2013 , 28, 1255-8	1	4
7	A 21-week bone deposition promoting exercise programme increases bone mass in young people with Down syndrome. <i>Developmental Medicine and Child Neurology</i> , 2012 , 54, 552-6	3.3	41
6	Physical fitness levels among independent non-institutionalized Spanish elderly: the elderly EXERNET multi-center study. <i>Archives of Gerontology and Geriatrics</i> , 2012 , 55, 406-16	4	46
5	Effects of training on bone mass in older adults: a systematic review. <i>Sports Medicine</i> , 2012 , 42, 301-25	10.6	199
4	Sitting time increases the overweight and obesity risk independently of walking time in elderly people from Spain. <i>Maturitas</i> , 2012 , 73, 337-43	5	39
3	Harmonization process and reliability assessment of anthropometric measurements in the elderly EXERNET multi-centre study. <i>PLoS ONE</i> , 2012 , 7, e41752	3.7	10
2	A combined training intervention programme increases lean mass in youths with Down syndrome. <i>Research in Developmental Disabilities</i> , 2011 , 32, 2383-8	2.7	40
1	Prevalence of overweight and obesity in non-institutionalized people aged 65 or over from Spain: the elderly EXERNET multi-centre study. <i>Obesity Reviews</i> , 2011 , 12, 583-92	10.6	62