

Borja Sañudo

List of Publications by Year in descending order

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Version: 2024-02-01

115
papers

2,195
citations

186209

28
h-index

265120

42
g-index

124
all docs

124
docs citations

124
times ranked

2595
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of lifestyle behaviours and depressed mood on sleep quality in young adults. A machine learning approach. <i>Psychology and Health</i> , 2024, 39, 128-143.	1.2	1
2	Effects of Different Velocity Loss Thresholds on Passive Contractile Properties and Muscle Oxygenation in the Squat Exercise Using Free Weights. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3056-3064.	1.0	3
3	Improved Muscle Strength, Muscle Power, and Physical Function After Flywheel Resistance Training in Healthy Older Adults: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 252-258.	1.0	8
4	Using Tensiomyography to Assess Changes in Knee Muscle Contraction Properties After Concentric and Eccentric Fatiguing Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 935-940.	1.0	9
5	Resistance Training in Older Adults. <i>Lecture Notes in Bioengineering</i> , 2022, , 295-319.	0.3	0
6	Fibromyalgia in social media: content and quality of the information analysis of videos on the YouTube platform. <i>Informatics for Health and Social Care</i> , 2022, 47, 305-316.	1.4	1
7	Mediating effect of muscle power on the relationship of physical activity with physical fitness and physical function in older women. <i>Experimental Gerontology</i> , 2022, 158, 111660.	1.2	2
8	The Importance of Physical Activity to Augment Mood during COVID-19 Lockdown. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1270.	1.2	9
9	Editorial: The Relationship Between Neural Circuitry and Biomechanical Action. <i>Frontiers in Human Neuroscience</i> , 2022, 16, 838028.	1.0	2
10	Effects of non-supervised exercise interventions on bone mineral density in adult women: a systematic review and meta-analysis. <i>Osteoporosis International</i> , 2022, 33, 1415-1427.	1.3	7
11	Determining factors of functioning in hemodialysis patients using the international classification of functioning, disability and health. <i>BMC Nephrology</i> , 2022, 23, 119.	0.8	2
12	Do two whole-body vibration amplitudes improve postural balance, gait speed, muscle strength, and functional mobility in sedentary older women? A crossover randomized controlled trial. <i>Journal of Bodywork and Movement Therapies</i> , 2022, , .	0.5	1
13	Oxidative Stress Biomarkers and Quality of Life Are Contributing Factors of Muscle Pain and Lean Body Mass in Patients with Fibromyalgia. <i>Biology</i> , 2022, 11, 935.	1.3	6
14	Supervised and Non-Supervised Exercise Programs for the Management of Cancer-Related Fatigue in Women with Breast Cancer: A Systematic Review and Meta-Analysis. <i>Cancers</i> , 2022, 14, 3428.	1.7	5
15	Predicting Loading Intensity Measuring Velocity in Barbell Hip Thrust Exercise. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2075-2081.	1.0	18
16	Effectiveness of Exercise on Fatigue and Sleep Quality in Fibromyalgia: A Systematic Review and Meta-analysis of Randomized Trials. <i>Archives of Physical Medicine and Rehabilitation</i> , 2021, 102, 752-761.	0.5	70
17	Biomechanics of Trail Running Performance: Quantification of Spatio-Temporal Parameters by Using Low Cost Sensors in Ecological Conditions. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 2093.	1.3	6
18	COVID-19 Lockdown and the Behavior Change on Physical Exercise, Pain and Psychological Well-Being: An International Multicentric Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3810.	1.2	33

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19	Reporting Guidelines for Whole-Body Vibration Studies in Humans, Animals and Cell Cultures: A Consensus Statement from an International Group of Experts. <i>Biology</i> , 2021, 10, 965.	1.3	62
20	Influencia de la localización del acelerómetro para cuantificar la actividad física en programas para la prevención de osteoporosis. <i>Revista Andaluza De Medicina Del Deporte</i> , 2021, 14, 33-37.	0.1	0
21	Muscle Contractile Properties Measured at Submaximal Electrical Amplitudes and Not at Supramaximal Amplitudes Are Associated with Repeated Sprint Performance and Fatigue Markers. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11689.	1.2	1
22	Efficacy of Whole-Body Vibration Training on Brain-Derived Neurotrophic Factor, Clinical and Functional Outcomes, and Quality of Life in Women with Fibromyalgia Syndrome: A Randomized Controlled Trial. <i>Journal of Healthcare Engineering</i> , 2021, 2021, 1-9.	1.1	6
23	The Maximum Flywheel Load: A Novel Index to Monitor Loading Intensity of Flywheel Devices. <i>Sensors</i> , 2021, 21, 8124.	2.1	3
24	Editorial: Interventional Strategies for Enhancing Quality of Life and Health Span in Older Adults. <i>Frontiers in Aging Neuroscience</i> , 2020, 12, 253.	1.7	2
25	Aerobic Exercise with Superimposed Virtual Reality Improves Cognitive Flexibility and Selective Attention in Young Males. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 8029.	1.3	6
26	Integrated Role of Nonpharmacological Interventions for Rehabilitation of Individuals with Musculoskeletal Disorders. <i>BioMed Research International</i> , 2020, 2020, 1-2.	0.9	0
27	A Proposal of Physical Performance Tests Adapted as Home Workout Options during the COVID-19 Pandemic. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 4755.	1.3	20
28	Objectively-Assessed Physical Activity, Sedentary Behavior, Smartphone Use, and Sleep Patterns Pre- and during-COVID-19 Quarantine in Young Adults from Spain. <i>Sustainability</i> , 2020, 12, 5890.	1.6	129
29	Acute Effects of Whole-Body Vibration Exercise on Pain Level, Functionality, and Rating of Exertion of Elderly Obese Knee Osteoarthritis Individuals: A Randomized Study. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 5870.	1.3	1
30	Influence of Strength Level on the Acute Post-Activation Performance Enhancement Following Flywheel and Free Weight Resistance Training. <i>Sensors</i> , 2020, 20, 7156.	2.1	8
31	Whole-Body Vibration as Antihypertensive Non-Pharmacological Treatment in Hypertensive Individuals with Knee Osteoarthritis: Randomized Cross-Over Trial. <i>Sustainability</i> , 2020, 12, 8944.	1.6	2
32	Associations of Objectively-Assessed Smartphone Use with Physical Activity, Sedentary Behavior, Mood, and Sleep Quality in Young Adults: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3499.	1.2	39
33	Potential Application of Whole Body Vibration Exercise for Improving the Clinical Conditions of COVID-19 Infected Individuals: A Narrative Review from the World Association of Vibration Exercise Experts (WAVex) Panel. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3650.	1.2	30
34	Effect of Whole-Body Vibration on the Functional Responses of the Patients with Knee Osteoarthritis by the Electromyographic Profile of the Vastus Lateralis Muscles during the Five-Repetition Chair Stand Test: A Randomized Crossover Trial. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 4302.	1.3	1
35	Effect of the Combined Intervention with Passive Whole-Body Vibration and Auriculotherapy on the Quality of Life of Individuals with Knee Osteoarthritis Assessed by the WHOQOL-Bref: A Multi-Arm Clinical Trial. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 1956.	1.3	4
36	Impact of Active Recovery and Whole-Body Electromyostimulation on Blood-Flow and Blood Lactate Removal in Healthy People. <i>Frontiers in Physiology</i> , 2020, 11, 310.	1.3	5

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37	Is whole body vibration an alternative physical training method for renal transplant recipients?. <i>Physiotherapy Research International</i> , 2020, 25, e1838.	0.7	3
38	Is the Wii balance board a valid and reliable instrument to assess postural stability in older adults with type 2 diabetes mellitus?. <i>Diabetes Research and Clinical Practice</i> , 2020, 166, 108313.	1.1	5
39	Validation of a Wearable Accelerometer-Based Activity Monitor for Use in Future Osteoporosis Prevention Programs. <i>Sustainability</i> , 2020, 12, 2187.	1.6	1
40	Acute and Short-Term Response to Different Loading Conditions During Resisted Sprint Training. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 997-1004.	1.1	5
41	Whole-Body Vibration for Individuals with Reconstructed Anterior Cruciate Ligament: A Systematic Review. <i>BioMed Research International</i> , 2020, 2020, 1-14.	0.9	11
42	Uso de las redes sociales como recurso didáctico para aprender en el deporte. , 2020, , 177-191.		0
43	Muscle Power Mediates The Relationship Between Physical Activity And Functional Fitness In Older Women. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 396-397.	0.2	0
44	Promoting an Active Life Through Threatening Communication: Effects on College Student's Emotions. <i>Gymnasium</i> , 2020, XXI, 116.	0.2	1
45	Eccentric-concentric Ratio: A Key Factor for Defining Strength Training in Soccer. <i>International Journal of Sports Medicine</i> , 2019, 40, 796-802.	0.8	25
46	Integrative Neuromuscular Training in Young Athletes, Injury Prevention, and Performance Optimization: A Systematic Review. <i>Applied Sciences (Switzerland)</i> , 2019, 9, 3839.	1.3	13
47	Physical Education Teachers and Their ICT Training Applied to Students with Disabilities. The Case of Spain. <i>Sustainability</i> , 2019, 11, 2559.	1.6	11
48	Pilot Study Assessing the Influence of Skin Type on the Heart Rate Measurements Obtained by Photoplethysmography with the Apple Watch. <i>Journal of Medical Systems</i> , 2019, 43, 195.	2.2	30
49	Effects of Whole-Body Vibration in Older Adult Patients With Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. <i>Canadian Journal of Diabetes</i> , 2019, 43, 524-529.e2.	0.4	24
50	FRI0710-HPR...EFFECTIVENESS OF EXERCISE IN THE MANAGEMENT OF FATIGUE AND SLEEP QUALITY IN FIBROMYALGIA: A SYSTEMATIC REVIEW AND META-ANALYSIS. , 2019, , .		2
51	Effect of Flywheel Resistance Training on Balance Performance in Older Adults. A Randomized Controlled Trial. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 344-350.	0.7	12
52	"Exercise to me is a scary word": perceptions of fatigue, sleep dysfunction, and exercise in people with fibromyalgia syndrome—a focus group study. <i>Rheumatology International</i> , 2018, 38, 507-515.	1.5	29
53	Clinical Approaches of Whole Body Vibration Exercises. <i>Rehabilitation Research and Practice</i> , 2018, 2018, 1-2.	0.5	2
54	Clinical Approaches of Whole-Body Vibration Exercises in Individuals with Stroke: A Narrative Revision. <i>Rehabilitation Research and Practice</i> , 2018, 2018, 1-8.	0.5	9

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55	Acute Effects of Whole-Body Vibration on the Pain Level, Flexibility, and Cardiovascular Responses in Individuals With Metabolic Syndrome. <i>Dose-Response</i> , 2018, 16, 155932581880213.	0.7	34
56	High-Intensity Interval Training Combined With Vibration and Dietary Restriction Improves Body Composition and Blood Lipids in Obese Adults: A Randomized Trial. <i>Dose-Response</i> , 2018, 16, 155932581879701.	0.7	9
57	Analysis of the acceleration profile according to initial speed and positional role in elite professional male soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 1774-1780.	0.4	10
58	Depression symptoms are associated with key health outcomes in women with fibromyalgia: a cross-sectional study. <i>International Journal of Rheumatic Diseases</i> , 2017, 20, 798-808.	0.9	15
59	Influence of the level of physical activity on physical fitness, lipid profile and health outcomes in overweight/obese adults with similar nutritional status. <i>Science and Sports</i> , 2017, 32, 278-285.	0.2	7
60	A systematic review of the exercise effect on bone health: the importance of assessing mechanical loading in perimenopausal and postmenopausal women. <i>Menopause</i> , 2017, 24, 1208-1216.	0.8	38
61	POTENTIAL EFFECTS OF WHOLE-BODY VIBRATION EXERCISES ON BLOOD FLOW KINETICS OF DIFFERENT POPULATIONS: A SYSTEMATIC REVIEW WITH A SUITABLE APPROACH. <i>Tropical Journal of Obstetrics and Gynaecology</i> , 2017, 14, 41-51.	0.3	10
62	The role of daily physical activity and nutritional status on bone turnover in cystic fibrosis: a cross-sectional study. <i>Brazilian Journal of Physical Therapy</i> , 2016, 20, 206-212.	1.1	13
63	Effects of Vibration on Leg Blood Flow After Intense Exercise and Its Influence on Subsequent Exercise Performance. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1111-1117.	1.0	8
64	Comparative Effects of In-Season Full-Back Squat, Resisted Sprint Training, and Plyometric Training on Explosive Performance in U-19 Elite Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 368-377.	1.0	73
65	Validation of a Video Analysis Software Package for Quantifying Movement Velocity in Resistance Exercises. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2934-2941.	1.0	28
66	Factors Associated with the Risk of Falls of Nursing Home Residents Aged 80 or Older. <i>Rehabilitation Nursing</i> , 2016, 41, 16-25.	0.3	42
67	Influence of football match time motion parameters on recovery time course of muscle damage and jump ability. <i>Journal of Sports Sciences</i> , 2016, 34, 1363-1370.	1.0	83
68	Effects of 10-week eccentric overload training on kinetic parameters during change of direction in football players. <i>Journal of Sports Sciences</i> , 2016, 34, 1380-1387.	1.0	70
69	Effects of Traditional Versus Horizontal Inertial Flywheel Power Training on Common Sport-Related Tasks. <i>Journal of Human Kinetics</i> , 2015, 47, 155-167.	0.7	35
70	Effects of a 10-Week In-Season Eccentric-Overload Training Program on Muscle-Injury Prevention and Performance in Junior Elite Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 46-52.	1.1	159
71	Cost-utility analysis of a 12-week whole-body vibration based treatment for people with type 2 diabetes: reanalysis of a RCT in a primary care context. <i>Public Health</i> , 2015, 129, 993-995.	1.4	5
72	Effects of Eccentric Overload Bout on Change of Direction and Performance in Soccer Players. <i>International Journal of Sports Medicine</i> , 2015, 36, 308-314.	0.8	47

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73	Diferencias de género en la estabilización de rodilla en aterrizajes de salto (Gender differences in Tj ETQq1 1 0.784314 rgBT /Overlock 10 Tf 50	0.3	0
74	Efectos de entrenamiento de fuerza en sistema isoinercial sobre la mejora del CMJ en jóvenes futbolistas de elite (Effects of strength training using a isoinertial device on jump ability in young) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50	0.3	0
75	Vagal modulation and symptomatology following a 6-month aerobic exercise program for women with fibromyalgia. <i>Clinical and Experimental Rheumatology</i> , 2015, 33, S41-5.	0.4	20
76	Test Retest Reliability and Minimal Detectable Change Scores for Fitness Assessment in Older Adults with Type 2 Diabetes. <i>Rehabilitation Nursing</i> , 2014, 39, 260-268.	0.3	47
77	Effects of a 12-wk whole-body vibration based intervention to improve type 2 diabetes. <i>Maturitas</i> , 2014, 77, 52-58.	1.0	34
78	The Effectiveness of Exercise in the Management of Fatigue and Sleep Dysfunction in Fibromyalgia Syndrome: A Systematic Review. <i>Rheumatology</i> , 2014, 53, i146-i146.	0.9	1
79	The relationship between nutritional status, functional capacity, and health-related quality of life in older adults with type 2 diabetes: A pilot explanatory study. <i>Journal of Nutrition, Health and Aging</i> , 2013, 17, 315-321.	1.5	35
80	Impact of an acute bout of vibration on muscle contractile properties, creatine kinase and lactate dehydrogenase response. <i>European Journal of Sport Science</i> , 2013, 13, 666-673.	1.4	8
81	The Use of Vibration Platforms in Fibromyalgia Syndrome: Future Prospects. <i>Journal of Musculoskeletal Pain</i> , 2013, 21, 165-172.	0.3	5
82	Cardiac autonomic response during recovery from a maximal exercise using whole body vibration. <i>Complementary Therapies in Medicine</i> , 2013, 21, 294-299.	1.3	9
83	A Primary Care Based Randomized Controlled Trial of 12-Week Whole-Body Vibration for Balance Improvement in Type 2 Diabetes Mellitus. <i>Archives of Physical Medicine and Rehabilitation</i> , 2013, 94, 2112-2118.	0.5	25
84	Incidencia del ejercicio físico y el entrenamiento vibratorio sobre la amplitud de movimiento de mujeres con fibromialgia. <i>Revista Andaluza De Medicina Del Deporte</i> , 2013, 6, 52-56.	0.1	0
85	Whole body vibration training improves leg blood flow and adiposity in patients with type 2 diabetes mellitus. <i>European Journal of Applied Physiology</i> , 2013, 113, 2245-2252.	1.2	59
86	Immediate Effect of Kinesio Taping on Muscle Response in Young Elite Soccer Players. <i>Journal of Sport Rehabilitation</i> , 2013, 22, 53-58.	0.4	54
87	Aplicación del ejercicio físico como terapia en medicina del trabajo para pacientes con fibromialgia. <i>Medicina Y Seguridad Del Trabajo</i> , 2013, 59, 310-321.	0.1	2
88	Influência do nível de atividade física sobre a aptidão física e qualidade de vida relacionada à saúde em idosos portadores ou não de diabetes mellitus tipo 2. <i>Revista Brasileira De Medicina Do Esporte</i> , 2013, 19, 410-414.	0.1	1
89	Changes in body balance and functional performance following whole-body vibration training in patients with fibromyalgia syndrome: A randomized controlled trial. <i>Journal of Rehabilitation Medicine</i> , 2013, 45, 678-684.	0.8	30
90	Nivel de actividad física, calidad de vida y niveles de depresión en mujeres mayores con fibromialgia. <i>Escritos De Psicología</i> , 2013, 6, 53-60.	0.2	9

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91	Effect of Whole-Body Vibration Exercise on Balance in Women with Fibromyalgia Syndrome: A Randomized Controlled Trial. <i>Journal of Alternative and Complementary Medicine</i> , 2012, 18, 158-164.	2.1	30
92	Does whole body vibration training affect knee kinematics and neuromuscular control in healthy people?. <i>Journal of Sports Sciences</i> , 2012, 30, 1537-1544.	1.0	8
93	Gender Differences in Knee Stability in Response to Whole-Body Vibration. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2156-2165.	1.0	10
94	Effects of Exercise Training and Detraining in Patients with Fibromyalgia Syndrome. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2012, 91, 561-573.	0.7	38
95	Game analysis and energy requirements of paddle tennis competition. <i>Science and Sports</i> , 2011, 26, 338-344.	0.2	42
96	Effects of a prolonged exercise program on key health outcomes in women with fibromyalgia: A randomized controlled trial. <i>Journal of Rehabilitation Medicine</i> , 2011, 43, 521-526.	0.8	72
97	Determining the Optimal Whole-Body Vibration Dose—response Relationship for Muscle Performance. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3326-3333.	1.0	27
98	Effectiveness of low-frequency vibration recovery method on blood lactate removal, muscle contractile properties and on time to exhaustion during cycling at VO ₂ max power output. <i>European Journal of Applied Physiology</i> , 2011, 111, 2271-2279.	1.2	53
99	Aptitud productiva de la raza bovina Pasiiega inferida de genes asociados con caracteres productivos. <i>Archivos De Zootecnia</i> , 2011, 60, 413-416.	0.2	1
100	Parámetros genéticos de las poblaciones ovinas de la Comunidad Autónoma de Cantabria. <i>Archivos De Zootecnia</i> , 2011, 60, 421-424.	0.2	0
101	Caracterización del Perro de Agua del Cantábrico. <i>Archivos De Zootecnia</i> , 2011, 60, 405-408.	0.2	2
102	Caracterización genética del Caballo Monchino y su relación con otras razas autóctonas españolas. <i>Archivos De Zootecnia</i> , 2011, 60, 425-428.	0.2	0
103	Aerobic Exercise Versus Combined Exercise Therapy in Women With Fibromyalgia Syndrome: A Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2010, 91, 1838-1843.	0.5	84
104	Respuesta cardiovascular y respiratoria aguda derivada de la aplicación de estímulos vibratorios de diferente magnitud. <i>Apuntes Medicine De L'Esport</i> , 2010, 45, 23-30.	0.5	2
105	Improved key health outcomes in women with fibromyalgia undergoing different supervised exercise programmes: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2010, 44, i6-i6.	3.1	2
106	Whole body vibration: acute and residual effect on the explosive strength. <i>Journal of Human Sport and Exercise</i> , 2010, 5, 188-195.	0.2	5
107	Relationship between corticotrophin and endorphin responses to a single bout of competitive swimming. <i>British Journal of Sports Medicine</i> , 2010, 44, i13-i13.	3.1	0
108	The effect of 6-week exercise programme and whole body vibration on strength and quality of life in women with fibromyalgia: a randomised study. <i>Clinical and Experimental Rheumatology</i> , 2010, 28, S40-5.	0.4	28

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109	Using cardiovascular parameters and symptom severity to prescribe physical activity in women with fibromyalgia. <i>Clinical and Experimental Rheumatology</i> , 2009, 27, S62-6.	0.4	35
110	Relationship Between Cardio-Respiratory Parameters and Women With Fibromyalgia. <i>Reumatología Clínica (English Edition)</i> , 2008, 4, 8-12.	0.2	2
111	Determinación del somatotipo en jugadores infantiles de voleibol: validez como criterio de selección de jóvenes talentos deportivos. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2008, 10, 255.	0.5	1
112	El entrenamiento de la fuerza muscular para el tratamiento del síndrome de fibromialgia. <i>Fisioterapia</i> , 2007, 29, 44-53.	0.2	0
113	Composición corporal y actividad física como parámetros de salud en niños de una población rural de Sevilla. (Body composition and physical activity like health parameters in childrens in a rural Sevillian) <i>TJ ETQq1 1 0.034314 rgt /Overdo</i>	0.1	0
114	Demandas fisiológicas de la competición en pádel. (Physiological demands of competition in paddle).. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2007, 3, 53-58.	0.1	15
115	El control de la intensidad del esfuerzo y su incidencia sobre la actividad física en edad escolar. (Controlling effort intensity and its effect on physical activity on school-aged children). <i>Cultura, Ciencia Y Deporte</i> , 2007, 3, 13-17.	0.3	0