Joana Carvalho

List of Publications by Year
in descending order

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47 papers	1,354 citations	448610 19 h-index	388640 36 g-index
49 all docs	49 docs citations	49 times ranked	2371 citing authors

#	Article	IF	Citations
1	The effectiveness of community-based upper body exercise programs in persons with chronic paraplegia and manual wheelchair users: A systematic review. Journal of Spinal Cord Medicine, 2022, 45, 24-32.	0.7	1
2	Effectiveness of Multicomponent Exercise Interventions in Older Adults With Dementia: A Meta-Analysis. Gerontologist, The, 2021, 61, e449-e462.	2.3	30
3	Relationship between fear of falling and balance factors in healthy elderly women: A confirmatory analysis. Journal of Women and Aging, 2021, 33, 57-69.	0.5	13
4	Active Older Adults Keep Aerobic Capacity and Experience Small Reductions in Body Strength During Confinement Due to COVID-19 Outbreak. Journal of Aging and Physical Activity, 2021, 29, 1-8.	0.5	4
5	â€œBody & Brainâ€• effects of a multicomponent exercise intervention on physical and cognitive function of adults with dementia - study protocol for a quasi-experimental controlled trial. BMC Geriatrics, 2021, 21, 156.	1.1	7
6	Health-related physical indicators and self-rated quality of life in older adults with neurocognitive disorder. Quality of Life Research, 2021, 30, 2255-2264.	1.5	7
7	Contribution of a multicomponent intervention on functional capacity and independence on activities of daily living in individuals with neurocognitive disorder. BMC Geriatrics, 2021, 21, 625.	1.1	3
8	Feasibility and Impact of a Multicomponent Exercise Intervention in Patients With Alzheimerâ€™s Disease: A Pilot Study. American Journal of Alzheimer's Disease and Other Dementias, 2019, 34, 95-103.	0.9	14
9	Effects of a multimodal exercise program in motor fitness and functional motor asymmetry: Study with Portuguese older adults of different contexts. Revista Portuguesa De CiÃªncias Do Desporto, 2018, 18, 97-104.	0.0	0
10	Are resistance and aerobic exercise training equally effective at improving knee muscle strength and balance in older women?. Archives of Gerontology and Geriatrics, 2017, 68, 106-112.	1.4	29
11	Effects of a Physical Activity Intervention Program on Nutritional Status and Health-Related Physical Fitness in Thai Older Adults: Pilot Study. Asian Journal of Sports Medicine, 2017, 8, .	0.1	2
12	Validation Analysis of a Geriatric Dehydration Screening Tool in Community-Dwelling and Institutionalized Elderly People. International Journal of Environmental Research and Public Health, 2015, 12, 2700-2717.	1.2	13
13	Aerobic Versus Resistance Training Effects on Health-Related Quality of Life, Body Composition, and Function of Older Adults. Journal of Applied Gerontology, 2015, 34, NP143-NP165.	1.0	27
14	Differential responses of adiposity, inflammation and autonomic function to aerobic versus resistance training in older adults. Experimental Gerontology, 2013, 48, 326-333.	1.2	57
15	Effects of a multimodal exercise program in pedal dexterity and balance: study with Portuguese older adults of different contexts. European Review of Aging and Physical Activity, 2013, 10, 141-150.	1.3	1
16	Response of bone mineral density, inflammatory cytokines, and biochemical bone markers to a 32-week combined loading exercise programme in older men and women. Archives of Gerontology and Geriatrics, 2013, 57, 226-233.	1.4	50
17	Appendicular fat mass is positively associated with femoral neck bone mineral density in older women. Menopause, 2012, 19, 311-318.	0.8	8
18	Exercise effects on bone mineral density in older adults: a meta-analysis of randomized controlled trials. Age, 2012, 34, 1493-1515.	3.0	200

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19	Study protocol: using the Q-STEPS to assess and improve the quality of physical activity programmes for the elderly. BMC Research Notes, 2012, 5, 171.	0.6	2
20	Combined exercise for people with type 2 diabetes mellitus: A systematic review. Diabetes Research and Clinical Practice, 2012, 98, 187-198.	1.1	50
21	The Influence of Physical Activity, Body Composition, and Lower Extremity Strength on Walking Ability. Motor Control, 2011, 15, 494-506.	0.3	5
22	A proposed adaptation of the European Foundation for Quality Management Excellence Model to physical activity programmes for the elderly - development of a quality self-assessment tool using a modified Delphi process. International Journal of Behavioral Nutrition and Physical Activity, 2011, 8, 104.	2.0	14
23	Evaluation of physical activity programmes for the elderly - exploring the lessons from other sectors and examining the general characteristics of the programmes. BMC Research Notes, 2011, 4, 368.	0.6	5
24	Effects of resistance and aerobic exercise on physical function, bone mineral density, OPG and RANKL in older women. Experimental Gerontology, 2011, 46, 524-532.	1.2	94
25	Associations between objectively assessed physical activity levels and fitness and self-reported health-related quality of life in community-dwelling older adults. Quality of Life Research, 2011, 20, 1371-1378.	1.5	69
26	Multicomponent Training Program with Weight-Bearing Exercises Elicits Favorable Bone Density, Muscle Strength, and Balance Adaptations in Older Women. Calcified Tissue International, 2011, 88, 117-129.	1.5	73
27	Evaluation of physical activity programmes for elderly people - a descriptive study using the EFQM' criteria. BMC Public Health, 2011, 11, 123.	1.2	8
28	Six-minute walk distance (6MWD) is associated with body fat, systolic blood pressure, and rate-pressure product in community dwelling elderly subjects. Archives of Gerontology and Geriatrics, 2011, 52, 206-210.	1.4	9
29	The Physical Activity Behaviors Outside School and BMI in Adolescents. Journal of Physical Activity and Health, 2010, 7, 754-760.	1.0	7
30	Television Viewing and Changes in Body Mass Index and Cardiorespiratory Fitness Over a Two-Year Period in Schoolchildren. Pediatric Exercise Science, 2010, 22, 245-253.	0.5	18
31	Calibration of Accelerometer Output for Elderly Men. Medicine and Science in Sports and Exercise, 2010, 45, 477-478.	0.2	0
32	Effects Of A 4-month Exercise Training On Fitness, Body Composition, Blood Pressure And Autonomic Function. Medicine and Science in Sports and Exercise, 2010, 42, 602.	0.2	0
33	Multicomponent exercise program improves blood lipid profile and antioxidant capacity in older women. Archives of Gerontology and Geriatrics, 2010, 51, 1-5.	1.4	25
34	Effects of Training and Detraining on Physical Fitness, Physical Activity Patterns, Cardiovascular Variables, and HRQoL after 3 Health-Promotion Interventions in Institutionalized Elders. International Journal of Family Medicine, 2010, 2010, 1-10.	1.2	27
35	Isokinetic strength benefits after 24 weeks of multicomponent exercise training and combined exercise training in older adults. Aging Clinical and Experimental Research, 2010, 22, 63-69.	1.4	14
36	Effects of a Moderate-intensity Walking Program on Blood Pressure, Body Composition and Functional Fitness in Older Women: results of a pilot study. Archives of Exercise in Health and Disease, 2010, 1, 50-57.	0.6	10

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37	Cardiorespiratory fitness status and body mass index change over time: A 2-year longitudinal study in elementary school children. Pediatric Obesity, 2009, 4, 338-342.	3.2	25
38	Walking and body mass index in a portuguese sample of adults: a multilevel analysis. European Journal of Clinical Nutrition, 2009, 63, 1260-1262.	1.3	1
39	Effects of resistance and multicomponent exercise on lipid profiles of older women. Maturitas, 2009, 63, 84-88.	1.0	61
40	Training and Detraining Effects on Functional Fitness after a Multicomponent Training in Older Women. Gerontology, 2009, 55, 41-48.	1.4	107
41	Relationship between intensity of physical activity and healthâ€related quality of life in Portuguese institutionalized elderly. Geriatrics and Gerontology International, 2008, 8, 284-290.	0.7	42
42	Relationships between physical activity, obesity and meal frequency in adolescents. Annals of Human Biology, 2008, 35, 1-10.	0.4	104
43	Perceived Neighborhood Environments and Physical Activity in an Elderly Sample. Perceptual and Motor Skills, 2007, 104, 438-444.	0.6	24
44	Anciano institucionalizado: calidad de vida y funcionalidad. Revista Espanola De Geriatria Y Gerontologia, 2007, 42, 22-26.	0.2	11
45	Active versus passive transportation to schoolâ€“differences in screen time, socio-economic position and perceived environmental characteristics in adolescent girls. Annals of Human Biology, 2007, 34, 273-282.	0.4	79
46	ForÃ§a muscular em idosos II â€" Efeito de um programa complementar de treino na forÃ§a muscular de idosos de ambos os sexos. Revista Portuguesa De CiÃªncias Do Desporto, 2004, 2004, 58-65.	0.0	3
47	ForÃ§a muscular em idosos I â€" SerÃ¡ o treino generalizado suficientemente intenso para promover o aumento da forÃ§a muscular em idosos de ambos os sexos?. Revista Portuguesa De CiÃªncias Do Desporto, 2004, 2004, 51-57.	0.0	1