

# Manuel Delgado-Fernandez

## 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.

110  
papers

2,605  
citations

26  
h-index

45  
g-index

130  
ext. papers

3,081  
ext. citations

3  
avg, IF

4.69  
L-index

#	Paper	IF	Citations
110	The Protective Role of Physical Fitness on Cardiometabolic Risk During Pregnancy: The GESTATION and FITness Project.. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2022</b> , 1-14	4.4	1
109	Objective and subjective measures of physical functioning in women with fibromyalgia: what type of measure is associated most clearly with subjective well-being?. <i>Disability and Rehabilitation</i> , <b>2021</b> , 43, 1649-1656	2.4	8
108	Is active commuting associated with sedentary behaviour and physical activity in women with fibromyalgia? The al-Īdalus project. <i>Disability and Rehabilitation</i> , <b>2021</b> , 1-9	2.4	0
107	The favourable association of self-reported physical fitness with depression and anxiety during pregnancy. The GESTAFIT project. <i>European Journal of Sport Science</i> , <b>2021</b> , 1-9	3.9	0
106	Is type of work associated with physical activity and sedentary behaviour in women with fibromyalgia? A cross-sectional study from the al-Īdalus project. <i>BMJ Open</i> , <b>2020</b> , 10, e034697	3	2
105	Sedentary Time Accumulated in Bouts is Positively Associated with Disease Severity in Fibromyalgia: The Al-Īdalus Project. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	2
104	A Gamification-Based Intervention Program that Encourages Physical Activity Improves Cardiorespiratory Fitness of College Students: RThe Matrix rEFvolution ProgramR <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	13
103	Patterns of Sedentary Time and Quality of Life in Women With Fibromyalgia: Cross-Sectional Study From the al-Īdalus Project. <i>JMIR MHealth and UHealth</i> , <b>2020</b> , 8, e14538	5.5	5
102	Physical and psychological paths toward less severe fibromyalgia: A structural equation model. <i>Annals of Physical and Rehabilitation Medicine</i> , <b>2020</b> , 63, 46-52	3.8	38
101	The "\$in TIME" Gamification Project: Using a Mobile App to Improve Cardiorespiratory Fitness Levels of College Students. <i>Games for Health Journal</i> , <b>2020</b> , 9, 37-44	4.2	11
100	Sedentary Time, Physical Activity, and Sleep Duration: Associations with Body Composition in Fibromyalgia. The Al-Andalus Project. <i>Journal of Clinical Medicine</i> , <b>2019</b> , 8,	5.1	3
99	Physical activity, sedentary behaviour, physical fitness, and cognitive performance in women with fibromyalgia who engage in reproductive and productive work: the al-Īdalus project. <i>Clinical Rheumatology</i> , <b>2019</b> , 38, 3585-3593	3.9	3
98	Lower Fatigue in Fit and Positive Women with Fibromyalgia: The al-Īdalus Project. <i>Pain Medicine</i> , <b>2019</b> , 20, 2506-2515	2.8	7
97	Association of Patterns of Moderate-to-Vigorous Physical Activity Bouts With Pain, Physical Fatigue, and Disease Severity in Women With Fibromyalgia: the al-Īdalus Project. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2019</b> , 100, 1234-1242.e1	2.8	12
96	Association of objectively measured physical activity and sedentary time with health-related quality of life in women with fibromyalgia: The al-Īdalus project. <i>Journal of Sport and Health Science</i> , <b>2019</b> , 8, 258-266	8.2	9
95	Substituting Sedentary Time With Physical Activity in Fibromyalgia and the Association With Quality of Life and Impact of the Disease: The al-Īdalus Project. <i>Arthritis Care and Research</i> , <b>2019</b> , 71, 281-289	4.7	9
94	High Levels of Physical Fitness Are Associated With Better Health-Related Quality of Life in Women With Fibromyalgia: The al-Īdalus Project. <i>Physical Therapy</i> , <b>2019</b> , 99, 1481-1494	3.3	5

93	Association of physical fitness components and health-related quality of life in women with systemic lupus erythematosus with mild disease activity. <i>PLoS ONE</i> , <b>2019</b> , 14, e0212436	3.7	8
92	Therapeutic validity of exercise interventions in the management of fibromyalgia. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2019</b> , 59, 828-838	1.4	10
91	Association of sedentary time and physical fitness with ideal cardiovascular health in perimenopausal women: The FLAMENCO project. <i>Maturitas</i> , <b>2019</b> , 120, 53-60	5	13
90	Sedentary time, physical activity, and sleep quality in fibromyalgia: The al-Bdalus project. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2019</b> , 29, 266-274	4.6	15
89	Fibromyalgia Impact Score in Women with Fibromyalgia Across Southern, Central, and Northern Areas of Europe. <i>Pain Physician</i> , <b>2019</b> , 22, E511-E516	1.8	2
88	Identification of candidate genes associated with fibromyalgia susceptibility in southern Spanish women: the al-Bdalus project. <i>Journal of Translational Medicine</i> , <b>2018</b> , 16, 43	8.5	6
87	Association of objectively measured physical activity and sedentary time with arterial stiffness in women with systemic lupus erythematosus with mild disease activity. <i>PLoS ONE</i> , <b>2018</b> , 13, e0196111	3.7	9
86	The discordance between subjectively and objectively measured physical function in women with fibromyalgia: association with catastrophizing and self-efficacy cognitions. The al-Bdalus project. <i>Disability and Rehabilitation</i> , <b>2018</b> , 40, 329-337	2.4	26
85	The TT genotype of the rs6860 polymorphism of the charged multivesicular body protein 1A gene is associated with susceptibility to fibromyalgia in southern Spanish women. <i>Rheumatology International</i> , <b>2018</b> , 38, 531-533	3.6	4
84	Síndrome premenstrual e ingesta dietética en estudiantes adolescentes. <i>TECNOCIENCIA (México)</i> , <b>2018</b> , 2, 172-180	0	
83	Association of sedentary time and physical activity with pain, fatigue, and impact of fibromyalgia: the al-Bdalus study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2017</b> , 27, 83-92	4.6	34
82	Biodanza Reduces Acute Pain Severity in Women with Fibromyalgia. <i>Pain Management Nursing</i> , <b>2017</b> , 18, 318-327	2.5	3
81	The Potential of Established Fitness Cut-off Points for Monitoring Women with Fibromyalgia: The al-Bdalus Project. <i>International Journal of Sports Medicine</i> , <b>2017</b> , 38, 359-369	3.6	5
80	Association of Dietary Habits with Psychosocial Outcomes in Women with Fibromyalgia: The al-Bdalus Project. <i>Journal of the Academy of Nutrition and Dietetics</i> , <b>2017</b> , 117, 422-432.e1	3.9	11
79	Adaptation profiles comprising objective and subjective measures in fibromyalgia: the al-Bdalus project. <i>Rheumatology</i> , <b>2017</b> , 56, 2015-2024	3.9	26
78	Physical fitness reference standards in fibromyalgia: The al-Bdalus project. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2017</b> , 27, 1477-1488	4.6	15
77	Independent and joint associations of physical activity and fitness with fibromyalgia symptoms and severity: The al-Bdalus project. <i>Journal of Sports Sciences</i> , <b>2017</b> , 35, 1565-1574	3.6	10
76	Do women with fibromyalgia present higher cardiovascular disease risk profile than healthy women? The al-Bdalus project. <i>Clinical and Experimental Rheumatology</i> , <b>2017</b> , 35 Suppl 105, 61-67	2.2	3

75	International Fitness Scale (IFIS): Construct Validity and Reliability in Women With Fibromyalgia: The al-Badalus Project. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2016</b> , 97, 395-404	2.8	19
74	Association of Physical Fitness with Depression in Women with Fibromyalgia. <i>Pain Medicine</i> , <b>2016</b> , 17, 1542-52	2.8	17
73	Association of physical fitness and fatness with cognitive function in women with fibromyalgia. <i>Journal of Sports Sciences</i> , <b>2016</b> , 34, 1731-9	3.6	6
72	Physical fitness is associated with anxiety levels in women with fibromyalgia: the al-Badalus project. <i>Quality of Life Research</i> , <b>2016</b> , 25, 1053-8	3.7	18
71	Factor structure of the Positive and Negative Affect Schedule (PANAS) in adult women with fibromyalgia from Southern Spain: the al-Badalus project. <i>PeerJ</i> , <b>2016</b> , 4, e1822	3.1	15
70	Gender Differences in Symptoms, Health-Related Quality of Life, Sleep Quality, Mental Health, Cognitive Performance, Pain-Cognition, and Positive Health in Spanish Fibromyalgia Individuals: The Al-Badalus Project. <i>Pain Research and Management</i> , <b>2016</b> , 2016, 5135176	2.6	11
69	The association of total and central body fat with pain, fatigue and the impact of fibromyalgia in women; role of physical fitness. <i>European Journal of Pain</i> , <b>2016</b> , 20, 811-21	3.7	12
68	Effects of supervised aerobic and strength training in overweight and grade I obese pregnant women on maternal and foetal health markers: the GESTAFIT randomized controlled trial. <i>BMC Pregnancy and Childbirth</i> , <b>2016</b> , 16, 290	3.2	23
67	Subgroups of fibromyalgia patients using the 1990 American College of Rheumatology criteria and the modified 2010 preliminary diagnostic criteria: the al-Badalus project. <i>Clinical and Experimental Rheumatology</i> , <b>2016</b> , 34, S26-33	2.2	9
66	Associations between patterns of active commuting and socioeconomic factors in women with fibromyalgia: the al-Badalus project. <i>Clinical and Experimental Rheumatology</i> , <b>2016</b> , 34, S67-73	2.2	2
65	Reliability and feasibility of physical fitness tests in female fibromyalgia patients. <i>International Journal of Sports Medicine</i> , <b>2015</b> , 36, 157-62	3.6	39
64	Reliability of the ALPHA environmental questionnaire and its association with physical activity in female fibromyalgia patients: the al-Badalus project. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 850-62	3.6	7
63	Ageing influence in the evolution of strength and muscle mass in women with fibromyalgia: the al-Badalus project. <i>Rheumatology International</i> , <b>2015</b> , 35, 1243-50	3.6	6
62	Independent and combined association of overall physical fitness and subjective well-being with fibromyalgia severity: the al-Badalus project. <i>Quality of Life Research</i> , <b>2015</b> , 24, 1865-73	3.7	25
61	Illness perception and fibromyalgia impact on female patients from Spain and the Netherlands: do cultural differences exist?. <i>Rheumatology International</i> , <b>2015</b> , 35, 1985-93	3.6	13
60	Association of Physical Fitness With Fibromyalgia Severity in Women: The al-Badalus Project. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2015</b> , 96, 1599-605	2.8	24
59	Fibromyalgia has a larger impact on physical health than on psychological health, yet both are markedly affected: the al-Badalus project. <i>Seminars in Arthritis and Rheumatism</i> , <b>2015</b> , 44, 563-570	5.3	62
58	Cost-effectiveness of an exercise intervention program in perimenopausal women: the Fitness League Against MENopause COst (FLAMENCO) randomized controlled trial. <i>BMC Public Health</i> , <b>2015</b> , 15, 555	4.1	15

57	Association of different levels of depressive symptoms with symptomatology, overall disease severity, and quality of life in women with fibromyalgia. <i>Quality of Life Research</i> , <b>2015</b> , 24, 2951-7	3.7	28
56	Association of Physical Fitness With Pain in Women With Fibromyalgia: The al-Īdalus Project. <i>Arthritis Care and Research</i> , <b>2015</b> , 67, 1561-70	4.7	41
55	Differences in sedentary time and physical activity between female patients with fibromyalgia and healthy controls: the al-Īdalus project. <i>Arthritis and Rheumatology</i> , <b>2015</b> , 67, 3047-57	9.5	38
54	Fitness testing in the fibromyalgia diagnosis: the al-Īdalus project. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 451-9	1.2	26
53	Effectiveness of an exercise intervention on body composition and physical fitness in midlife women: the FLAMENCO project. <i>Revista Andaluza De Medicina Del Deporte</i> , <b>2015</b> , 8, 22	1	2
52	Does body composition differ between fibromyalgia patients and controls? the al-Īdalus project. <i>Clinical and Experimental Rheumatology</i> , <b>2015</b> , 33, S25-32	2.2	17
51	Inter-accelerometer comparison to measure physical activity and sedentary time in female fibromyalgia patients: the al-Īdalus project. <i>Clinical and Experimental Rheumatology</i> , <b>2015</b> , 33, S46-52	2.2	0
50	Agreement between self-reported sleep patterns and actigraphy in fibromyalgia and healthy women. <i>Clinical and Experimental Rheumatology</i> , <b>2015</b> , 33, S58-67	2.2	6
49	Physical Fitness Comparison and Quality of Life between Spanish and Serbian Elderly Women through a Physical Fitness Program. <i>Collegium Antropologicum</i> , <b>2015</b> , 39, 411-7	0.1	3
48	Validation of the modified 2010 American College of Rheumatology diagnostic criteria for fibromyalgia in a Spanish population. <i>Rheumatology</i> , <b>2014</b> , 53, 1803-11	3.9	52
47	Aquatic therapy improves pain, disability, quality of life, body composition and fitness in sedentary adults with chronic low back pain. A controlled clinical trial. <i>Clinical Rehabilitation</i> , <b>2014</b> , 28, 350-60	3.3	40
46	Efectos de los programas de intervenci3n enfocados al tratamiento del sobrepeso/obesidad infantil y adolescente. <i>Revista Andaluza De Medicina Del Deporte</i> , <b>2014</b> , 7, 33-43	1	5
45	Effectiveness of Tai-Chi for decreasing acute pain in fibromyalgia patients. <i>International Journal of Sports Medicine</i> , <b>2014</b> , 35, 418-23	3.6	13
44	Disability predictors in chronic low back pain after aquatic exercise. <i>American Journal of Physical Medicine and Rehabilitation</i> , <b>2014</b> , 93, 615-23	2.6	6
43	Anthropometric, body composition and somatotype characteristics of elite female volleyball players from the highest Spanish league. <i>Journal of Sports Sciences</i> , <b>2014</b> , 32, 137-48	3.6	24
42	Are there differences in quality of life, symptomatology and functional capacity among different obesity classes in women with fibromyalgia? The al-Īdalus project. <i>Rheumatology International</i> , <b>2014</b> , 34, 811-21	3.6	14
41	Fitness testing as a discriminative tool for the diagnosis and monitoring of fibromyalgia. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2013</b> , 23, 415-23	4.6	24
40	Six-year trend in active commuting to school in Spanish adolescents. The AVENA and AFINOS Studies. <i>International Journal of Behavioral Medicine</i> , <b>2013</b> , 20, 529-37	2.6	47

39	Fibromyalgia's key symptoms in normal-weight, overweight, and obese female patients. <i>Pain Management Nursing</i> , <b>2013</b> , 14, 268-276	2.5	21
38	The 6-minute walk test in female fibromyalgia patients: relationship with tenderness, symptomatology, quality of life, and coping strategies. <i>Pain Management Nursing</i> , <b>2013</b> , 14, 193-199	2.5	20
37	Effects of different frequencies (2-3 days/week) of aquatic therapy program in adults with chronic low back pain. A non-randomized comparison trial. <i>Pain Medicine</i> , <b>2013</b> , 14, 145-58	2.8	19
36	Comparison of physical activity estimates using International Physical Activity Questionnaire (IPAQ) and accelerometry in fibromyalgia patients: the Al-Andalus study. <i>Journal of Sports Sciences</i> , <b>2013</b> , 31, 1741-52	3.6	15
35	Objectively measured sedentary time and physical activity in women with fibromyalgia: a cross-sectional study. <i>BMJ Open</i> , <b>2013</b> , 3,	3	26
34	A warm water pool-based exercise program decreases immediate pain in female fibromyalgia patients: uncontrolled clinical trial. <i>International Journal of Sports Medicine</i> , <b>2013</b> , 34, 600-5	3.6	11
33	Spanish adaptation and psychometric properties of the Sedentary Behaviour Questionnaire for fibromyalgia patients: the al-Andalus study. <i>Clinical and Experimental Rheumatology</i> , <b>2013</b> , 31, S22-33	2.2	7
32	Effect of a 24-week physical training programme (in water and on land) on pain, functional capacity, body composition and quality of life in women with fibromyalgia. <i>Clinical and Experimental Rheumatology</i> , <b>2013</b> , 31, S72-80	2.2	17
31	Comparison of the International Physical Activity Questionnaire (IPAQ) with a multi-sensor armband accelerometer in women with fibromyalgia: the al-Andalus project. <i>Clinical and Experimental Rheumatology</i> , <b>2013</b> , 31, S94-101	2.2	24
30	Land- and water-based exercise intervention in women with fibromyalgia: the al-Andalus physical activity randomised controlled trial. <i>BMC Musculoskeletal Disorders</i> , <b>2012</b> , 13, 18	2.8	29
29	Are there gender differences in quality of life and symptomatology between fibromyalgia patients?. <i>American Journal of Men's Health</i> , <b>2012</b> , 6, 314-9	2.2	16
28	Effectiveness of a tai-chi training and detraining on functional capacity, symptomatology and psychological outcomes in women with fibromyalgia. <i>Evidence-based Complementary and Alternative Medicine</i> , <b>2012</b> , 2012, 614196	2.3	26
27	Effects of a multicomponent behavioral intervention on impulsivity and cognitive deficits in adolescents with excess weight. <i>Behavioural Pharmacology</i> , <b>2012</b> , 23, 609-15	2.4	32
26	Análise das capacidades físicas de mulheres com fibromialgia segundo o nível de gravidade da enfermidade. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2012</b> , 18, 308-312	0.5	6
25	Motivos de abandono y no práctica de actividad físico-deportiva en adolescentes españoles: estudio Avena. <i>Cuadernos De Psicología Del Deporte</i> , <b>2012</b> , 12, 45-54	0.7	11
24	Multidimensional Fatigue Inventory: Spanish adaptation and psychometric properties for fibromyalgia patients. The Al-Andalus study. <i>Clinical and Experimental Rheumatology</i> , <b>2012</b> , 30, 94-102	2.2	21
23	Multidisciplinary and biodanza intervention for the management of fibromyalgia. <i>Acta Reumatológica Portuguesa</i> , <b>2012</b> , 37, 240-50	0.7	6
22	Tai-Chi intervention in men with fibromyalgia: a multiple-patient case report. <i>Journal of Alternative and Complementary Medicine</i> , <b>2011</b> , 17, 187-9	2.4	3

21	Handgrip strength test as a complementary tool in the assessment of fibromyalgia severity in women. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2011</b> , 92, 83-8	2.8	37
20	Changes in vertical jump height, anthropometric characteristics, and biochemical parameters after contrast training in master athletes and physically active older people. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 1866-78	3.2	13
19	Pain and functional capacity in female fibromyalgia patients. <i>Pain Medicine</i> , <b>2011</b> , 12, 1667-75	2.8	51
18	Does a 3-month multidisciplinary intervention improve pain, body composition and physical fitness in women with fibromyalgia?. <i>British Journal of Sports Medicine</i> , <b>2011</b> , 45, 1189-95	10.3	44
17	Relationship of weight status with mental and physical health in female fibromyalgia patients. <i>Obesity Facts</i> , <b>2011</b> , 4, 443-8	5.1	21
16	Physical activity among Spanish adolescents: relationship with their relatives physical activity - the AVENA study. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29, 329-36	3.6	25
15	Preliminary findings of a 4-month Tai Chi intervention on tenderness, functional capacity, symptomatology, and quality of life in men with fibromyalgia. <i>American Journal of Men's Health</i> , <b>2011</b> , 5, 421-9	2.2	12
14	Efficacy of Biodanza for treating women with fibromyalgia. <i>Journal of Alternative and Complementary Medicine</i> , <b>2010</b> , 16, 1191-200	2.4	24
13	Aplicaciones de la frecuencia cardiaca máxima en la evaluación y prescripción de ejercicio. <i>Apunts Medicine De L'Esport</i> , <b>2010</b> , 45, 251-258	0.6	5
12	Sleep patterns in Spanish adolescents: associations with TV watching and leisure-time physical activity. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 110, 563-73	3.4	52
11	Excessive TV viewing and cardiovascular disease risk factors in adolescents. The AVENA cross-sectional study. <i>BMC Public Health</i> , <b>2010</b> , 10, 274	4.1	30
10	Socio-economic factors and active commuting to school in urban Spanish adolescents: the AVENA study. <i>European Journal of Public Health</i> , <b>2009</b> , 19, 470-6	2.1	64
9	Design and evaluation of a treatment programme for Spanish adolescents with overweight and obesity. The EVASYON Study. <i>BMC Public Health</i> , <b>2009</b> , 9, 414	4.1	18
8	Spatial-temporal parameters of gait in women with fibromyalgia. <i>Clinical Rheumatology</i> , <b>2009</b> , 28, 595-8	3.9	38
7	Shifts in clostridia, bacteroides and immunoglobulin-coating fecal bacteria associated with weight loss in obese adolescents. <i>International Journal of Obesity</i> , <b>2009</b> , 33, 758-67	5.5	244
6	Interplay between weight loss and gut microbiota composition in overweight adolescents. <i>Obesity</i> , <b>2009</b> , 17, 1906-15	8	321
5	Television watching, videogames, and excess of body fat in Spanish adolescents: the AVENA study. <i>Nutrition</i> , <b>2008</b> , 24, 654-62	4.8	82
4	THE EFFECT OF ACUTE MODERATE HYPOXIA ON ACCUMULATED OXYGEN DEFICIT DURING INTERMITTENT EXERCISE IN NONACCLIMATIZED MEN. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 413-418	3.2	

3	Three days fast in sportsmen decreases physical work capacity but not strength or perception-reaction time. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2001</b> , 11, 420-4	4.4	26
2	Physical exercise reverses diet-induced increases in LDL-cholesterol and apo B levels in healthy ovo-lactovegetarian subjects. <i>Nutrition Research</i> , <b>2000</b> , 20, 1707-1714	4	5
1	Elimination of meat, fish, and derived products from the Spanish-Mediterranean diet: effect on the plasma lipid profile. <i>Annals of Nutrition and Metabolism</i> , <b>1996</b> , 40, 202-11	4.5	11