

Anna N Szumilewicz

List of Publications by Citations

Source: <https://exaly.com/author-pdf/8989567/anna-n-szumilewicz-publications-by-citations.pdf>

Version: 2024-04-28

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

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

20
papers

79
citations

5
h-index

8
g-index

28
ext. papers

133
ext. citations

2.4
avg, IF

2.33
L-index

#	Paper	IF	Citations
20	High-Low Impact Exercise Program Including Pelvic Floor Muscle Exercises Improves Pelvic Floor Muscle Function in Healthy Pregnant Women - A Randomized Control Trial. <i>Frontiers in Physiology</i> , 2018 , 9, 1867	4.6	16
19	Summary of Guidelines for Exercise in Pregnancy—are they Comprehensive Enough for Designing the Contents of a Prenatal Exercise Program?. <i>Current Womens Health Reviews</i> , 2015 , 11, 3-12	0.2	13
18	The Exercise-Induced Irisin Is Associated with Improved Levels of Glucose Homeostasis Markers in Pregnant Women Participating in 8-Week Prenatal Group Fitness Program: A Pilot Study. <i>BioMed Research International</i> , 2017 , 2017, 9414525	3	10
17	Six-Week Pelvic Floor Muscle Activity (sEMG) Training in Pregnant Women as Prevention of Stress Urinary Incontinence. <i>Medical Science Monitor</i> , 2018 , 24, 5653-5659	3.2	8
16	Exercise Professionals Improve Their Poor Skills in Contracting Pelvic-Floor Muscles: A Randomized Controlled Trial. <i>Research Quarterly for Exercise and Sport</i> , 2019 , 90, 641-650	1.9	5
15	Acute Postexercise Change in Circulating Irisin Is Related to More Favorable Lipid Profile in Pregnant Women Attending a Structured Exercise Program and to Less Favorable Lipid Profile in Controls: An Experimental Study with Two Groups. <i>International Journal of Endocrinology</i> , 2019 , 2019, 1932503	2.7	5
14	Prenatal high-low impact exercise program supported by pelvic floor muscle education and training decreases the life impact of postnatal urinary incontinence: A quasiexperimental trial. <i>Medicine (United States)</i> , 2020 , 99, e18874	1.8	4
13	The characteristics of biofeedback techniques used in pelvic floor muscle training for healthy pregnant women – A narrative review. <i>Baltic Journal of Health and Physical Activity</i> , 87-95	1.9	3
12	Foresight for the Fitness Sector: Results from a European Delphi Study and Its Relevance in the Time of COVID-19. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	2
11	Training-Related Changes of EMG Activity of the Pelvic Floor Muscles in Women with Urinary Incontinence Problems. <i>Neurophysiology</i> , 2018 , 50, 215-221	0.6	2
10	High-impact aerobics programme supplemented by pelvic floor muscle training does not impair the function of pelvic floor muscles in active nulliparous women: A randomized control trial. <i>Medicine (United States)</i> , 2021 , 100, e26989	1.8	2
9	How to HIIT while pregnant? The protocol characteristics and effects of high intensity interval training implemented during pregnancy – A systematic review. <i>Baltic Journal of Health and Physical Activity</i> , 2021 , 14, Article-1	1.9	2
8	Exercise Testing and Prescription for Pregnant Women 2019 , 183-230		1
7	A Comparison of Functional Features of Chinese and US Mobile Apps for Pregnancy and Postnatal Care: A Systematic App Store Search and Content Analysis.. <i>Frontiers in Public Health</i> , 2022 , 10, 826896	6	1
6	Pregnancy Activity Levels and Impediments in the Era of COVID-19 Based on the Health Belief Model: A Cross-Sectional Study.. <i>International Journal of Environmental Research and Public Health</i> , 2022 , 19,	4.6	1
5	Active Pregnancy: A Physical Exercise Program Promoting Fitness and Health during Pregnancy-Development and Validation of a Complex Intervention.. <i>International Journal of Environmental Research and Public Health</i> , 2022 , 19,	4.6	1
4	Effects of a One-Time Biofeedback EMG Session on Neuromuscular Activity of the Pelvic Floor Muscles in Pregnant Women. <i>Neurophysiology</i> , 2020 , 52, 438-445	0.6	0

- 3 Exercise Selection and Adaptations During Pregnancy **2019**, 231-308 o
- 2 Evidence-Based and Practice-Oriented Guidelines for Exercising During Pregnancy **2019**, 157-181
- 1 Improving the Technique of Pelvic Floor Muscle Contraction in Active Nulliparous Women Attending a Structured High/Low Impact Aerobics Program: A Randomized Control Trial. *International Journal of Environmental Research and Public Health*, **2022**, 19, 5911 4.6