

Anna N Szumilewicz

List of Publications by Year in Descending Order

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Version: 2024-04-28

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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.

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	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
19	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
18	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
17	Improving the Technique of Pelvic Floor Muscle Contraction in Active Nulliparous Women Attending a Structured High/Low Impact Aerobics Program: A Randomized Control Trial. <i>International Journal of Environmental Research and Public Health</i> , 2022 , 19, 5911	4.6	
16	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
15	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
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	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
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	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
10	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, 1932563	2.7	5
9	Evidence-Based and Practice-Oriented Guidelines for Exercising During Pregnancy 2019 , 157-181		
8	Exercise Testing and Prescription for Pregnant Women 2019 , 183-230		1
7	Exercise Selection and Adaptations During Pregnancy 2019 , 231-308		0
6	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
5	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
4	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

3	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
2	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
1	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