

# Mairena SÃ¡nchez LÃ¡pez

## List of Publications by Year in descending order

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Version: 2024-02-01

113  
papers

3,516  
citations

147801

31  
h-index

175258

52  
g-index

125  
all docs

125  
docs citations

125  
times ranked

4480  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Effect of Physical Activity Interventions on Children's Cognition and Metacognition: A Systematic Review and Meta-Analysis. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2017, 56, 729-738.	0.5	275
2	Academic Achievement and Physical Activity: A Meta-analysis. <i>Pediatrics</i> , 2017, 140, .	2.1	215
3	The effects of physical exercise in children with attention deficit hyperactivity disorder: a systematic review and meta-analysis of randomized control trials. <i>Child: Care, Health and Development</i> , 2015, 41, 779-788.	1.7	171
4	Effectiveness of physical activity interventions on preventing gestational diabetes mellitus and excessive maternal weight gain: a meta-analysis. <i>BJOG: an International Journal of Obstetrics and Gynaecology</i> , 2015, 122, 1167-1174.	2.3	146
5	Assessment of an after-school physical activity program to prevent obesity among 9- to 10-year-old children: a cluster randomized trial. <i>International Journal of Obesity</i> , 2008, 32, 12-22.	3.4	145
6	Physical Fitness, Obesity, and Academic Achievement in Schoolchildren. <i>Journal of Pediatrics</i> , 2014, 165, 104-109.	1.8	89
7	Effects of exercise during pregnancy on mode of delivery: a meta-analysis. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2015, 94, 1039-1047.	2.8	76
8	Levels and Patterns of Objectively Assessed Physical Activity and Compliance with Different Public Health Guidelines in University Students. <i>PLoS ONE</i> , 2015, 10, e0141977.	2.5	73
9	Effectiveness of school-based physical activity programmes on cardiorespiratory fitness in children: a meta-analysis of randomised controlled trials. <i>British Journal of Sports Medicine</i> , 2018, 52, 1234-1240.	6.7	71
10	Self-reported and measured cardiorespiratory fitness similarly predict cardiovascular disease risk in young adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013, 23, 749-757.	2.9	65
11	Health-related quality of life, obesity, and fitness in schoolchildren: the Cuenca study. <i>Quality of Life Research</i> , 2013, 22, 1515-1523.	3.1	64
12	Validity of a Single-Factor Model Underlying the Metabolic Syndrome in Children. <i>Diabetes Care</i> , 2010, 33, 1370-1372.	8.6	61
13	Obesity as a Mediator of the Influence of Cardiorespiratory Fitness on Cardiometabolic Risk: A Mediation Analysis. <i>Diabetes Care</i> , 2014, 37, 855-862.	8.6	58
14	Aerobic fitness and academic achievement: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2020, 38, 582-589.	2.0	57
15	Trends in excess weight and thinness among Spanish schoolchildren in the period 1992-2004: the Cuenca study. <i>Public Health Nutrition</i> , 2009, 12, 1015-1018.	2.2	53
16	Impact of an After-School Physical Activity Program on Obesity in Children. <i>Journal of Pediatrics</i> , 2010, 157, 36-42.e3.	1.8	51
17	Physical Fitness in Spanish Schoolchildren Aged 6-12 Years: Reference Values of the Battery <sc>EUROFIT</sc> and Associated Cardiovascular Risk. <i>Journal of School Health</i> , 2014, 84, 625-635.	1.6	51
18	Trends in excess of weight, underweight and adiposity among Spanish children from 2004 to 2010: the Cuenca Study. <i>Public Health Nutrition</i> , 2012, 15, 2170-2174.	2.2	49

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19	Construct validity and test-retest reliability of the International Fitness Scale (IFIS) in Spanish children aged 9-12 years. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, 543-551.	2.9	48
20	Gender differences on effectiveness of a school-based physical activity intervention for reducing cardiometabolic risk: a cluster randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 154.	4.6	46
21	ENDOCRINOLOGY AND ADOLESCENCE: Aerobic exercise reduces insulin resistance markers in obese youth: a meta-analysis of randomized controlled trials. <i>European Journal of Endocrinology</i> , 2014, 171, R163-R171.	3.7	45
22	Physical activity and quality of life in schoolchildren aged 11-13 years of Cuenca, Spain. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2009, 19, 879-884.	2.9	44
23	Association between physical activity, sedentary behavior, and fitness with health related quality of life in healthy children and adolescents. <i>Medicine (United States)</i> , 2017, 96, e6407.	1.0	44
24	Does Cardiorespiratory Fitness Attenuate the Adverse Effects of Severe/Morbid Obesity on Cardiometabolic Risk and Insulin Resistance in Children? A Pooled Analysis. <i>Diabetes Care</i> , 2017, 40, 1580-1587.	8.6	44
25	Effects of Exercise-Based Interventions on Neonatal Outcomes. <i>American Journal of Health Promotion</i> , 2016, 30, 214-223.	1.7	38
26	Relationship between both cardiorespiratory and muscular fitness and health-related quality of life in children and adolescents: a systematic review and meta-analysis of observational studies. <i>Health and Quality of Life Outcomes</i> , 2021, 19, 127.	2.4	37
27	BMI as a Mediator of the Relationship between Muscular Fitness and Cardiometabolic Risk in Children: A Mediation Analysis. <i>PLoS ONE</i> , 2015, 10, e0116506.	2.5	36
28	School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: an individual participant pooled analysis of 20 controlled trials. <i>British Journal of Sports Medicine</i> , 2021, 55, 721-729.	6.7	36
29	Protocolo de un ensayo aleatorizado de clusters para evaluar la efectividad del programa MOVI-2 en la prevención del sobrepeso en escolares. <i>Revista Española De Cardiología</i> , 2012, 65, 427-433.	1.2	35
30	Excess of weight, but not underweight, is associated with poor physical fitness in children and adolescents from Castilla-La Mancha, Spain. <i>European Journal of Pediatrics</i> , 2014, 173, 727-735.	2.7	35
31	Motor Competence Levels and Prevalence of Developmental Coordination Disorder in Spanish Children: The MOVI-KIDS Study. <i>Journal of School Health</i> , 2018, 88, 538-546.	1.6	34
32	Active Commuting to School, Weight Status, and Cardiometabolic Risk in Children From Rural Areas. <i>Health Education and Behavior</i> , 2015, 42, 231-239.	2.5	33
33	School-Based Exercise Programs and Cardiometabolic Risk Factors: A Meta-analysis. <i>Pediatrics</i> , 2018, 142, .	2.1	32
34	Reliability and validity of the Spanish version of the Children's Sleep Habits Questionnaire (CSHQ-SP) in school-age children. <i>Child: Care, Health and Development</i> , 2016, 42, 675-682.	1.7	31
35	Association of physical activity with cognition, metacognition and academic performance in children and adolescents: a protocol for systematic review and meta-analysis. <i>BMJ Open</i> , 2016, 6, e011065.	1.9	30
36	Effectiveness of a school-based physical activity intervention on adiposity, fitness and blood pressure: MOVI-KIDS study. <i>British Journal of Sports Medicine</i> , 2020, 54, 279-285.	6.7	30

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37	Strength and cardiometabolic risk in young adults: The mediator role of aerobic fitness and waist circumference. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 1801-1807.	2.9	28
38	Physical activity intervention (Movi-Kids) on improving academic achievement and adiposity in preschoolers with or without attention deficit hyperactivity disorder: study protocol for a randomized controlled trial. <i>Trials</i> , 2015, 16, 456.	1.6	27
39	Lean mass as a total mediator of the influence of muscular fitness on bone health in schoolchildren: a mediation analysis. <i>Journal of Sports Sciences</i> , 2015, 33, 817-830.	2.0	27
40	Muscular fitness as a mediator of quality cardiopulmonary resuscitation. <i>American Journal of Emergency Medicine</i> , 2016, 34, 1845-1849.	1.6	26
41	Obesity as a Mediator between Cardiorespiratory Fitness and Blood Pressure in Preschoolers. <i>Journal of Pediatrics</i> , 2017, 182, 114-119.e2.	1.8	26
42	Impact of a multicomponent physical activity intervention on cognitive performance: The MOVI-KIDS study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 766-775.	2.9	26
43	Physical Activity, Fitness, and Metabolic Syndrome in Young Adults. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 312-321.	2.1	24
44	Results From Spain's 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016, 13, S279-S283.	2.0	24
45	Prevalence of high blood pressure and association with obesity in Spanish schoolchildren aged 4-6 years old. <i>PLoS ONE</i> , 2017, 12, e0170926.	2.5	24
46	Active Commuting to and from School, Cognitive Performance, and Academic Achievement in Children and Adolescents: A Systematic Review and Meta-Analysis of Observational Studies. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1839.	2.6	24
47	Protocol of a Randomized Cluster Trial to Assess the Effectiveness of the MOVI-2 Program on Overweight Prevention in Schoolchildren. <i>Revista Espanola De Cardiologia (English Ed )</i> , 2012, 65, 427-433.	0.6	22
48	Leg fat might be more protective than arm fat in relation to lipid profile. <i>European Journal of Nutrition</i> , 2013, 52, 489-495.	3.9	22
49	Effects of Aerobic Plus Resistance Exercise on Body Composition Related Variables in Pediatric Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Pediatric Exercise Science</i> , 2015, 27, 431-440.	1.0	22
50	Resilience as a mediator between cardiorespiratory fitness and mental health-related quality of life: A cross-sectional study. <i>Australian Journal of Cancer Nursing</i> , 2017, 19, 316-321.	1.6	21
51	Associations between health-related quality of life and physical fitness in 4-7-year-old Spanish children: the MOVIKIDS study. <i>Quality of Life Research</i> , 2019, 28, 1751-1759.	3.1	21
52	Rationale and methods of a randomised cross-over cluster trial to assess the effectiveness of MOVI-KIDS on preventing obesity in pre-schoolers. <i>BMC Public Health</i> , 2015, 15, 176.	2.9	19
53	Exercise-based interventions and C-reactive protein in overweight and obese youths: a meta-analysis of randomized controlled trials. <i>Pediatric Research</i> , 2016, 79, 522-527.	2.3	19
54	Pregnancy leisure physical activity and children's neurodevelopment: a narrative review. <i>BJOG: an International Journal of Obstetrics and Gynaecology</i> , 2018, 125, 1235-1242.	2.3	19

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55	The Effects of Long-Acting Stimulant and Nonstimulant Medications in Children and Adolescents with Attention-Deficit/Hyperactivity Disorder: A Meta-Analysis of Randomized Controlled Trials. <i>Journal of Child and Adolescent Psychopharmacology</i> , 2018, 28, 494-507.	1.3	19
56	Reliability and validity of the 7-day Physical Activity Recall interview in a Spanish population. <i>European Journal of Sport Science</i> , 2014, 14, S361-8.	2.7	18
57	Relationship between weight status and cognition in children: A mediation analysis of physical fitness components. <i>Journal of Sports Sciences</i> , 2020, 38, 13-20.	2.0	18
58	Predictive Ability of Waist Circumference and Waist-to-Height Ratio for Cardiometabolic Risk Screening among Spanish Children. <i>Nutrients</i> , 2020, 12, 415.	4.1	18
59	Sex differences in the effort indicators during cardiopulmonary resuscitation manoeuvres on manikins. <i>European Journal of Emergency Medicine</i> , 2015, 22, 62-65.	1.1	17
60	Energy Expenditure in Playground Games in Primary School Children Measured by Accelerometer and Heart Rate Monitors. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017, 27, 467-474.	2.1	17
61	Rationale and methods of the MOVI-da10! Study – a cluster-randomized controlled trial of the impact of classroom-based physical activity programs on children’s adiposity, cognition and motor competence. <i>BMC Public Health</i> , 2019, 19, 417.	2.9	17
62	MOVI-daFIT! Intervention. <i>Medicine (United States)</i> , 2019, 98, e14737.	1.0	17
63	Relation between physical fitness and executive function variables in a preschool sample. <i>Pediatric Research</i> , 2020, 88, 623-628.	2.3	17
64	Executive functions mediate the relationship between cardiorespiratory fitness and academic achievement in Spanish schoolchildren aged 8 to 11 years. <i>PLoS ONE</i> , 2020, 15, e0231246.	2.5	16
65	Fitness and executive function as mediators between physical activity and academic achievement. <i>Journal of Sports Sciences</i> , 2021, 39, 1576-1584.	2.0	16
66	Barriers, facilitators and preferences for the physical activity of school children. Rationale and methods of a mixed study. <i>BMC Public Health</i> , 2012, 12, 785.	2.9	15
67	Physical Activity and Bone Health in Schoolchildren: The Mediating Role of Fitness and Body Fat. <i>PLoS ONE</i> , 2015, 10, e0123797.	2.5	15
68	The effectiveness of a high-intensity interval games intervention in schoolchildren: A cluster-randomized trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 765-781.	2.9	15
69	Association of adiposity measures with blood lipids and blood pressure in children aged 8–11 years. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2007, 96, 1338-1342.	1.5	14
70	Self-Reports Versus Parental Perceptions of Health-Related Quality of Life Among Deaf Children and Adolescents. <i>Journal of Deaf Studies and Deaf Education</i> , 2015, 20, 275-282.	1.2	14
71	Sedentary behaviour patterns and carotid intima-media thickness in Spanish healthy adult population. <i>Atherosclerosis</i> , 2015, 239, 571-576.	0.8	14
72	Association Between Health-Related Quality of Life, Obesity, Fitness, and Sleep Quality in Young Adults: The Cuenca Adult Study. <i>Behavioral Sleep Medicine</i> , 2018, 16, 347-355.	2.1	14

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73	No Association Between Active Commuting to School, Adiposity, Fitness, and Cognition in Spanish Children: The MOVIAKIDS Study. <i>Journal of School Health</i> , 2018, 88, 839-846.	1.6	14
74	Prevalence of probable Attention-Deficit/Hyperactivity Disorder symptoms: result from a Spanish sample of children. <i>BMC Pediatrics</i> , 2018, 18, 111.	1.7	14
75	Association between parental socioeconomic status with underweight and obesity in children from two Spanish birth cohorts: a changing relationship. <i>BMC Public Health</i> , 2015, 15, 1276.	2.9	13
76	Relationship between cardiorespiratory fitness and blood pressure in young adults: a mediation analysis of body composition. <i>Hypertension Research</i> , 2017, 40, 511-515.	2.7	13
77	Effect of Exercise on Fatigue in Multiple Sclerosis: A Network Meta-analysis Comparing Different Types of Exercise. <i>Archives of Physical Medicine and Rehabilitation</i> , 2022, 103, 970-987.e18.	0.9	13
78	Moderate-to-vigorous physical activity as a mediator between sedentary behavior and cardiometabolic risk in Spanish healthy adults: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2015, 12, 78.	4.6	12
79	Mediators between physical activity and academic achievement: A systematic review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 452-464.	2.9	12
80	Reference Values for Fitness Level and Gross Motor Skills of 4-6-Year-Old Chilean Children. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 797.	2.6	11
81	Teachers' perceptions of barriers and facilitators of the school environment for physical activity in schoolchildren: a qualitative study. <i>Qualitative Research in Sport, Exercise and Health</i> , 2022, 14, 1113-1137.	5.9	10
82	Cardiorespiratory fitness and academic performance association is mediated by weight status in adolescents: DADOS study. <i>European Journal of Pediatrics</i> , 2018, 177, 1037-1043.	2.7	9
83	Association between gross motor competence and health-related quality of life in (pre)schoolchildren: the mediating role of cardiorespiratory fitness. <i>Physical Education and Sport Pedagogy</i> , 2021, 26, 51-64.	3.0	9
84	Parents' Perceptions on Barriers and Facilitators of Physical Activity among Schoolchildren: A Qualitative Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3086.	2.6	9
85	Prevalence of Risk of Eating Disorders and its Association with Obesity and Fitness. <i>International Journal of Sports Medicine</i> , 2020, 41, 669-676.	1.7	7
86	Health-related quality of life in developmental coordination disorder and typical developing children. <i>Research in Developmental Disabilities</i> , 2021, 119, 104087.	2.2	7
87	Effect of Exercise Programs on Symptoms of Fibromyalgia in Peri-Menopausal Age Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Myopain</i> , 2015, 23, 56-70.	0.0	5
88	Obesity and thinness prevalence trends in Spanish schoolchildren: are they two convergent epidemics?. <i>European Journal of Public Health</i> , 2020, 30, 1019-1025.	0.3	5
89	Effects of Exercise-Based Interventions on Neonatal Outcomes. <i>American Journal of Health Promotion</i> , 2015, , ajhp.140718-LIT.	1.7	4
90	A Cluster Mediation Analysis Confirms the Validity of the "Fat but Fit" Paradigm in Children's Cognitive Function and Academic Achievement. <i>Journal of Pediatrics</i> , 2021, 231, 231-238.e1.	1.8	4

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91	Validity and reliability of the International fitness scale (IFIS) in preschool children. <i>European Journal of Sport Science</i> , 2023, 23, 818-828.	2.7	4
92	ASSOCIATIONS BETWEEN ENERGY AND FAT INTAKES WITH ADIPOSITY IN SCHOOLCHILDREN - THE CUENCA STUDY. <i>Nutricion Hospitalaria</i> , 2015, 32, 1500-9.	0.3	4
93	&lt;p&gt;Cardiorespiratory fitness as a mediator of the relationship between birth weight and cognition in school children&lt;/p&gt;. <i>Psychology Research and Behavior Management</i> , 2019, Volume 12, 255-262.	2.8	3
94	Relationship between exclusive breastfeeding and brain-derived neurotrophic factor in children. <i>PLoS ONE</i> , 2021, 16, e0248023.	2.5	3
95	The "Fat but Fit" Paradigm from a Children's Health-Related Quality of Life Perspective. <i>Childhood Obesity</i> , 2021, 17, 449-456.	1.5	3
96	Successful intervention models for obesity prevention: the role of healthy life styles. <i>Nutricion Hospitalaria</i> , 2013, 28 Suppl 5, 105-13.	0.3	3
97	Validity of a Single-Factor Model Underlying the Metabolic Syndrome in Young Adults: Confirmatory Factor Analysis. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2011, 64, 379-384.	0.6	2
98	Assessing Physical FITness In PREschool Children. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 517-518.	0.4	2
99	Individual and social factors associated with active commuting to school in 4-6 years old Spanish children. <i>International Journal of Environmental Health Research</i> , 2021, 31, 237-247.	2.7	2
100	The role of daytime napping on salivary cortisol in children aged 0-5 years: a systematic review and meta-analysis. <i>European Journal of Pediatrics</i> , 2022, 181, 1437-1448.	2.7	2
101	Sex differences on the relation among gross motor competence, cognition, and academic achievement in children. <i>Scandinavian Journal of Psychology</i> , 2022, 63, 504-512.	1.5	2
102	Sleep patterns and sleep problems in a sample of Spanish schoolchildren. <i>Sleep and Biological Rhythms</i> , 2020, 18, 331-341.	1.0	1
103	Maternal Education and Academic Achievement in Schoolchildren: The Role of Cardiorespiratory Fitness. <i>Journal of Pediatrics</i> , 2021, 232, 109-117.e1.	1.8	1
104	Rescuer's gender-effect on the quality of chest compression during cardiopulmonary resuscitation on manikins. <i>European Journal of Emergency Medicine</i> , 2015, 22, 69-70.	1.1	0
105	MOVI-da 10! An Active Breaks Programme to Improve Health and Cognitive Performance in Preschool Education. <i>Colección Atenea</i> , 0, , .	0.1	0
106	Title is missing!. , 2020, 15, e0231246.		0
107	Title is missing!. , 2020, 15, e0231246.		0
108	Title is missing!. , 2020, 15, e0231246.		0

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109	Title is missing!. , 2020, 15, e0231246.		0
110	Title is missing!. , 2020, 15, e0231246.		0
111	Title is missing!. , 2020, 15, e0231246.		0
112	Title is missing!. , 2020, 15, e0231246.		0
113	Title is missing!. , 2020, 15, e0231246.		0