# Mairena SÃ¡nchez LÃ³pez

List of Publications by Year
in descending order



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|---|---|---|---|
| 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 | Validity and reliability of the International fitness scale (IFIS) in preschool children. European Journal of Sport Science, 2023, 23, 818-828. | 2.7 | 4 |
| 2 | Effect of Exercise on Fatigue in Multiple Sclerosis: A Network Meta-analysis Comparing Different Types of Exercise. Archives of Physical Medicine and Rehabilitation, 2022, 103, 970-987.e18. | 0.9 | 13 |
| 3 | Mediators between physical activity and academic achievement: A systematic review. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 452-464. | 2.9 | 12 |
| 4 | The role of daytime napping on salivary cortisol in children aged 0â€“5Âyears: a systematic review and meta-analysis. European Journal of Pediatrics, 2022, 181, 1437-1448. | 2.7 | 2 |
| 5 | Teachersâ€™ perceptions of barriers and facilitators of the school environment for physical activity in schoolchildren: a qualitative study. Qualitative Research in Sport, Exercise and Health, 2022, 14, 1113-1137. | 5.9 | 10 |
| 6 | The effectiveness of a highâ€intensity interval games intervention in schoolchildren: A clusterâ€randomized trial. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 765-781. | 2.9 | 15 |
| 7 | Sex differences on the relation among gross motor competence, cognition, and academic achievement in children. Scandinavian Journal of Psychology, 2022, 63, 504-512. | 1.5 | 2 |
| 8 | Association between gross motor competence and health-related quality of life in (pre)schoolchildren: the mediating role of cardiorespiratory fitness. Physical Education and Sport Pedagogy, 2021, 26, 51-64. | 3.0 | 9 |
| 9 | Individual and social factors associated with active commuting to school in 4-6 years old Spanish children. International Journal of Environmental Health Research, 2021, 31, 237-247. | 2.7 | 2 |
| 10 | 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. British Journal of Sports Medicine, 2021, 55, 721-729. | 6.7 | 36 |
| 11 | Fitness and executive function as mediators between physical activity and academic achievement. Journal of Sports Sciences, 2021, 39, 1576-1584. | 2.0 | 16 |
| 12 | Relationship between exclusive breastfeeding and brain-derived neurotrophic factor in children. PLoS ONE, 2021, 16, e0248023. | 2.5 | 3 |
| 13 | Parentsâ€™ Perceptions on Barriers and Facilitators of Physical Activity among Schoolchildren: A Qualitative Study. International Journal of Environmental Research and Public Health, 2021, 18, 3086. | 2.6 | 9 |
| 14 | A Cluster Mediation Analysis Confirms the Validity of the â€œFat but Fitâ€•Paradigm in Childrenâ€™s Cognitive Function and Academic Achievement. Journal of Pediatrics, 2021, 231, 231-238.e1. | 1.8 | 4 |
| 15 | 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. Health and Quality of Life Outcomes, 2021, 19, 127. | 2.4 | 37 |
| 16 | Maternal Education and Academic Achievement in Schoolchildren: The Role of Cardiorespiratory Fitness. Journal of Pediatrics, 2021, 232, 109-117.e1. | 1.8 | 1 |
| 17 | The â€œFat but Fitâ€•Paradigm from a Children's Health-Related Quality of Life Perspective. Childhood Obesity, 2021, 17, 449-456. | 1.5 | 3 |
| 18 | Health-related quality of life in developmental coordination disorder and typical developing children. Research in Developmental Disabilities, 2021, 119, 104087. | 2.2 | 7 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Effectiveness of a school-based physical activity intervention on adiposity, fitness and blood pressure: MOVI-KIDS study. British Journal of Sports Medicine, 2020, 54, 279-285. | 6.7 | 30 |
| 20 | Relationship between weight status and cognition in children: A mediation analysis of physical fitness components. Journal of Sports Sciences, 2020, 38, 13-20. | 2.0 | 18 |
| 21 | Prevalence of Risk of Eating Disorders and its Association with Obesity and Fitness. International Journal of Sports Medicine, 2020, 41, 669-676. | 1.7 | 7 |
| 22 | Obesity and thinness prevalence trends in Spanish schoolchildren: are they two convergent epidemics?. European Journal of Public Health, 2020, 30, 1019-1025. | 0.3 | 5 |
| 23 | Sleep patterns and sleep problems in a sample of Spanish schoolchildren. Sleep and Biological Rhythms, 2020, 18, 331-341. | 1.0 | 1 |
| 24 | Reference Values for Fitness Level and Gross Motor Skills of 4â€“6-Year-Old Chilean Children. International Journal of Environmental Research and Public Health, 2020, 17, 797. | 2.6 | 11 |
| 25 | Predictive Ability of Waist Circumference and Waist-to-Height Ratio for Cardiometabolic Risk Screening among Spanish Children. Nutrients, 2020, 12, 415. | 4.1 | 18 |
| 26 | Aerobic fitness and academic achievement: A systematic review and meta-analysis. Journal of Sports Sciences, 2020, 38, 582-589. | 2.0 | 57 |
| 27 | Executive functions mediate the relationship between cardiorespiratory fitness and academic achievement in Spanish schoolchildren aged 8 to 11 years. PLoS ONE, 2020, 15, e0231246. | 2.5 | 16 |
| 28 | Relation between physical fitness and executive function variables in a preschool sample. Pediatric Research, 2020, 88, 623-628. | 2.3 | 17 |
| 29 | Title is missing!. , 2020, 15, e0231246. | | 0 |
| 30 | Title is missing!. , 2020, 15, e0231246. | | 0 |
| 31 | Title is missing!. , 2020, 15, e0231246. | | 0 |
| 32 | Title is missing!. , 2020, 15, e0231246. | | 0 |
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| 34 | Title is missing!. , 2020, 15, e0231246. | | 0 |
| 35 | Title is missing!. , 2020, 15, e0231246. | | 0 |
| 36 | Title is missing!. , 2020, 15, e0231246. | | 0 |

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|---|---|---|---|
| 37 | Active Commuting to and from School, Cognitive Performance, and Academic Achievement in Children and Adolescents: A Systematic Review and Meta-Analysis of Observational Studies. International Journal of Environmental Research and Public Health, 2019, 16, 1839. | 2.6 | 24 |
| 38 | Rationale and methods of the MOVI-da10! Study â€“a cluster-randomized controlled trial of the impact of classroom-based physical activity programs on childrenâ€™s adiposity, cognition and motor competence. BMC Public Health, 2019, 19, 417. | 2.9 | 17 |
| 39 | <p>Cardiorespiratory fitness as a mediator of the relationship between birth weight and cognition in school children</p>. Psychology Research and Behavior Management, 2019, Volume 12, 255-262. | 2.8 | 3 |
| 40 | Associations between health-related quality of life and physical fitness in 4â€“7-year-old Spanish children: the MOVIKIDS study. Quality of Life Research, 2019, 28, 1751-1759. | 3.1 | 21 |
| 41 | MOVI-daFIT! Intervention. Medicine (United States), 2019, 98, e14737. | 1.0 | 17 |
| 42 | Impact of a multicomponent physical activity intervention on cognitive performance: The MOVIâ€KIDS study. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 766-775. | 2.9 | 26 |
| 43 | Strength and cardiometabolic risk in young adults: The mediator role of aerobic fitness and waist circumference. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 1801-1807. | 2.9 | 28 |
| 44 | Pregnancy leisure physical activity and children's neurodevelopment: a narrative review. BJOG: an International Journal of Obstetrics and Gynaecology, 2018, 125, 1235-1242. | 2.3 | 19 |
| 45 | Cardiorespiratory fitness and academic performance association is mediated by weight status in adolescents: DADOS study. European Journal of Pediatrics, 2018, 177, 1037-1043. | 2.7 | 9 |
| 46 | Association Between Health-Related Quality of Life, Obesity, Fitness, and Sleep Quality in Young Adults: The Cuenca Adult Study. Behavioral Sleep Medicine, 2018, 16, 347-355. | 2.1 | 14 |
| 47 | Effectiveness of school-based physical activity programmes on cardiorespiratory fitness in children: a meta-analysis of randomised controlled trials. British Journal of Sports Medicine, 2018, 52, 1234-1240. | 6.7 | 71 |
| 48 | No Association Between Active Commuting to School, Adiposity, Fitness, and Cognition in Spanish Children: The MOVIâ€KIDS Study. Journal of School Health, 2018, 88, 839-846. | 1.6 | 14 |
| 49 | School-Based Exercise Programs and Cardiometabolic Risk Factors: A Meta-analysis. Pediatrics, 2018, 142, . | 2.1 | 32 |
| 50 | Prevalence of probable Attention-Deficit/Hyperactivity Disorder symptoms: result from a Spanish sample of children. BMC Pediatrics, 2018, 18, 111. | 1.7 | 14 |
| 51 | Motor Competence Levels and Prevalence of Developmental Coordination Disorder in Spanish Children: The MOVIâ€KIDS Study. Journal of School Health, 2018, 88, 538-546. | 1.6 | 34 |
| 52 | 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. Journal of Child and Adolescent Psychopharmacology, 2018, 28, 494-507. | 1.3 | 19 |
| 53 | Relationship between cardiorespiratory fitness and blood pressure in young adults: a mediation analysis of body composition. Hypertension Research, 2017, 40, 511-515. | 2.7 | 13 |
| 54 | Obesity as a Mediator between Cardiorespiratory Fitness and Blood Pressure in Preschoolers. Journal of Pediatrics, 2017, 182, 114-119.e2. | 1.8 | 26 |

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|---|---|---|---|
| 55 | Assessing Physical FITness In PREschool Children. Medicine and Science in Sports and Exercise, 2017, 49, 517-518. | 0.4 | 2 |
| 56 | Resilience as a mediator between cardiorespiratory fitness and mental healthâ€related quality of life: A crossâ€sectional study. Australian Journal of Cancer Nursing, 2017, 19, 316-321. | 1.6 | 21 |
| 57 | Association between physical activity, sedentary behavior, and fitness with health related quality of life in healthy children and adolescents. Medicine (United States), 2017, 96, e6407. | 1.0 | 44 |
| 58 | Energy Expenditure in Playground Games in Primary School Children Measured by Accelerometer and Heart Rate Monitors. International Journal of Sport Nutrition and Exercise Metabolism, 2017, 27, 467-474. | 2.1 | 17 |
| 59 | Does Cardiorespiratory Fitness Attenuate the Adverse Effects of Severe/Morbid Obesity on Cardiometabolic Risk and Insulin Resistance in Children? A Pooled Analysis. Diabetes Care, 2017, 40, 1580-1587. | 8.6 | 44 |
| 60 | Academic Achievement and Physical Activity: A Meta-analysis. Pediatrics, 2017, 140, . | 2.1 | 215 |
| 61 | The Effect of Physical Activity Interventions on Childrenâ€™s Cognition and Metacognition: AÂSystematic Review andÂMeta-Analysis. Journal of the American Academy of Child and Adolescent Psychiatry, 2017, 56, 729-738. | 0.5 | 275 |
| 62 | Prevalence of high blood pressure and association with obesity in Spanish schoolchildren aged 4â€“6 years old. PLoS ONE, 2017, 12, e0170926. | 2.5 | 24 |
| 63 | Reliability and validity of the Spanish version of the Children's Sleep Habits Questionnaire (CSHQâ€SP) in schoolâ€age children. Child: Care, Health and Development, 2016, 42, 675-682. | 1.7 | 31 |
| 64 | Association of physical activity with cognition, metacognition and academic performance in children and adolescents: a protocol for systematic review and meta-analysis. BMJ Open, 2016, 6, e011065. | 1.9 | 30 |
| 65 | Effects of Exercise-Based Interventions on Neonatal Outcomes. American Journal of Health Promotion, 2016, 30, 214-223. | 1.7 | 38 |
| 66 | Results From Spainâ€™s 2016 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health, 2016, 13, S279-S283. | 2.0 | 24 |
| 67 | Muscular fitness as a mediator of quality cardiopulmonary resuscitation. American Journal of Emergency Medicine, 2016, 34, 1845-1849. | 1.6 | 26 |
| 68 | Exercise-based interventions and C-reactive protein in overweight and obese youths: a meta-analysis of randomized controlled trials. Pediatric Research, 2016, 79, 522-527. | 2.3 | 19 |
| 69 | Effects of Aerobic Plus Resistance Exercise on Body Composition Related Variables in Pediatric Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Pediatric Exercise Science, 2015, 27, 431-440. | 1.0 | 22 |
| 70 | Construct validity and testâ€“retest reliability of the <scp>I</scp>nternational <scp>F</scp>itness <scp>S</scp>cale (<scp>IFIS</scp>) in <scp>S</scp>panish children aged 9â€“12 years. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 543-551. | 2.9 | 48 |
| 71 | Moderate-to-vigorous physical activity as a mediator between sedentary behavior and cardiometabolic risk in Spanish healthy adults: a mediation analysis. International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 78. | 4.6 | 12 |
| 72 | 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. Trials, 2015, 16, 456. | 1.6 | 27 |

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|---|---|---|---|
| 73 | Effectiveness of physical activity interventions on preventing gestational diabetes mellitus and excessive maternal weight gain: a metaâ€analysis. BJOG: an International Journal of Obstetrics and Gynaecology, 2015, 122, 1167-1174. | 2.3 | 146 |
| 74 | The effects of physical exercise in children with attention deficit hyperactivity disorder: a systematic review and metaâ€analysis of randomized control trials. Child: Care, Health and Development, 2015, 41, 779-788. | 1.7 | 171 |
| 75 | Effects of exercise during pregnancy on mode of delivery: a metaâ€analysis. Acta Obstetricia Et Gynecologica Scandinavica, 2015, 94, 1039-1047. | 2.8 | 76 |
| 76 | BMI as a Mediator of the Relationship between Muscular Fitness and Cardiometabolic Risk in Children: A Mediation Analysis. PLoS ONE, 2015, 10, e0116506. | 2.5 | 36 |
| 77 | Levels and Patterns of Objectively Assessed Physical Activity and Compliance with Different Public Health Guidelines in University Students. PLoS ONE, 2015, 10, e0141977. | 2.5 | 73 |
| 78 | Rescuerâ€™s gender-effect on the quality of chest compression during cardiopulmonary resuscitation on manikins. European Journal of Emergency Medicine, 2015, 22, 69-70. | 1.1 | 0 |
| 79 | Self-Reports Versus Parental Perceptions of Health-Related Quality of Life Among Deaf Children and Adolescents. Journal of Deaf Studies and Deaf Education, 2015, 20, 275-282. | 1.2 | 14 |
| 80 | Association between parental socioeconomic status with underweight and obesity in children from two Spanish birth cohorts: a changing relationship. BMC Public Health, 2015, 15, 1276. | 2.9 | 13 |
| 81 | Active Commuting to School, Weight Status, and Cardiometabolic Risk in Children From Rural Areas. Health Education and Behavior, 2015, 42, 231-239. | 2.5 | 33 |
| 82 | Sedentary behaviour patterns and carotid intima-media thickness in Spanish healthy adult population. Atherosclerosis, 2015, 239, 571-576. | 0.8 | 14 |
| 83 | Rationale and methods of a randomised cross-over cluster trial to assess the effectiveness of MOVI-KIDS on preventing obesity in pre-schoolers. BMC Public Health, 2015, 15, 176. | 2.9 | 19 |
| 84 | Effects of Exercise-Based Interventions on Neonatal Outcomes. American Journal of Health Promotion, 2015, , ajhp.140718-LIT. | 1.7 | 4 |
| 85 | Sex differences in the effort indicators during cardiopulmonary resuscitation manoeuvres on manikins. European Journal of Emergency Medicine, 2015, 22, 62-65. | 1.1 | 17 |
| 86 | Effect of Exercise Programs on Symptoms of Fibromyalgia in Peri-Menopausal Age Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Myopain, 2015, 23, 56-70. | 0.0 | 5 |
| 87 | Lean mass as a total mediator of the influence of muscular fitness on bone health in schoolchildren: a mediation analysis. Journal of Sports Sciences, 2015, 33, 817-830. | 2.0 | 27 |
| 88 | Physical Activity and Bone Health in Schoolchildren: The Mediating Role of Fitness and Body Fat. PLoS ONE, 2015, 10, e0123797. | 2.5 | 15 |
| 89 | ASSOCIATIONS BETWEEN ENERGY AND FAT INTAKES WITH ADIPOSITY IN SCHOOLCHILDREN - THE CUENCA STUDY. Nutricion Hospitalaria, 2015, 32, 1500-9. | 0.3 | 4 |
| 90 | Reliability and validity of the 7â€day Physical Activity Recall interview in a Spanish population. European Journal of Sport Science, 2014, 14, S361-8. | 2.7 | 18 |

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|---|---|---|---|
| 91 | Gender differences on effectiveness of a school-based physical activity intervention for reducing cardiometabolic risk: a cluster randomized trial. International Journal of Behavioral Nutrition and Physical Activity, 2014, 11, 154. | 4.6 | 46 |
| 92 | ENDOCRINOLOGY AND ADOLESCENCE: Aerobic exercise reduces insulin resistance markers in obese youth: a meta-analysis of randomized controlled trials. European Journal of Endocrinology, 2014, 171, R163-R171. | 3.7 | 45 |
| 93 | Physical Fitness in Spanish Schoolchildren Aged 6â€“12 Years: Reference Values of the Battery <scp>EUROFIT</scp> and Associated Cardiovascular Risk. Journal of School Health, 2014, 84, 625-635. | 1.6 | 51 |
| 94 | Excess of weight, but not underweight, is associated with poor physical fitness in children and adolescents from Castilla-La Mancha, Spain. European Journal of Pediatrics, 2014, 173, 727-735. | 2.7 | 35 |
| 95 | Physical Fitness, Obesity, and Academic Achievement in Schoolchildren. Journal of Pediatrics, 2014, 165, 104-109. | 1.8 | 89 |
| 96 | Obesity as a Mediator of the Influence of Cardiorespiratory Fitness on Cardiometabolic Risk: A Mediation Analysis. Diabetes Care, 2014, 37, 855-862. | 8.6 | 58 |
| 97 | Selfâ€reported and measured cardiorespiratory fitness similarly predict cardiovascular disease risk in young adults. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, 749-757. | 2.9 | 65 |
| 98 | Health-related quality of life, obesity, and fitness in schoolchildren: the Cuenca study. Quality of Life Research, 2013, 22, 1515-1523. | 3.1 | 64 |
| 99 | Leg fat might be more protective than arm fat in relation to lipid profile. European Journal of Nutrition, 2013, 52, 489-495. | 3.9 | 22 |
| 100 | Physical Activity, Fitness, and Metabolic Syndrome in Young Adults. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 312-321. | 2.1 | 24 |
| 101 | Successful intervention models for obesity prevention: the role of healthy life styles. Nutricion Hospitalaria, 2013, 28 Suppl 5, 105-13. | 0.3 | 3 |
| 102 | Trends in excess of weight, underweight and adiposity among Spanish children from 2004 to 2010: the Cuenca Study. Public Health Nutrition, 2012, 15, 2170-2174. | 2.2 | 49 |
| 103 | Protocol of a Randomized Cluster Trial to Assess the Effectiveness of the MOVI-2 Program on Overweight Prevention in Schoolchildren. Revista Espanola De Cardiologia (English Ed ), 2012, 65, 427-433. | 0.6 | 22 |
| 104 | Protocolo de un ensayo aleatorizado de clusters para evaluar la efectividad del programa MOVI-2 en la prevenciÃ³n del sobrepeso en escolares. Revista Espanola De Cardiologia, 2012, 65, 427-433. | 1.2 | 35 |
| 105 | Barriers, facilitators and preferences for the physical activity of school children. Rationale and methods of a mixed study. BMC Public Health, 2012, 12, 785. | 2.9 | 15 |
| 106 | Validity of a Single-Factor Model Underlying the Metabolic Syndrome in Young Adults: Confirmatory Factor Analysis. Revista Espanola De Cardiologia (English Ed ), 2011, 64, 379-384. | 0.6 | 2 |
| 107 | Impact of an After-School Physical Activity Program on Obesity in Children. Journal of Pediatrics, 2010, 157, 36-42.e3. | 1.8 | 51 |
| 108 | Validity of a Single-Factor Model Underlying the Metabolic Syndrome in Children. Diabetes Care, 2010, 33, 1370-1372. | 8.6 | 61 |

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|---|---|---|---|
| 109 | Trends in excess weight and thinness among Spanish schoolchildren in the period 1992â€“2004: the Cuenca study. Public Health Nutrition, 2009, 12, 1015-1018. | 2.2 | 53 |
| 110 | Physical activity and quality of life in schoolchildren aged 11â€“13 years of Cuenca, Spain. Scandinavian Journal of Medicine and Science in Sports, 2009, 19, 879-884. | 2.9 | 44 |
| 111 | Assessment of an after-school physical activity program to prevent obesity among 9- to 10-year-old children: a cluster randomized trial. International Journal of Obesity, 2008, 32, 12-22. | 3.4 | 145 |
| 112 | Association of adiposity measures with blood lipids and blood pressure in children aged 8â€“11 years. Acta Paediatrica, International Journal of Paediatrics, 2007, 96, 1338-1342. | 1.5 | 14 |
| 113 | MOVI-da 10! An Active Breaks Programme to Improve Health and Cognitive Performance in Preschool Education. ColecciÃ³n Atenea, 0, , . | 0.1 | 0 |