

# Ruben Barakat

## List of Publications by Year in descending order

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Version: 2024-02-01

67  
papers

4,461  
citations

101543

36  
h-index

110387

64  
g-index

69  
all docs

69  
docs citations

69  
times ranked

3462  
citing authors

#	ARTICLE	IF	CITATIONS
1	2019 Canadian guideline for physical activity throughout pregnancy. <i>British Journal of Sports Medicine</i> , 2018, 52, 1339-1346.	6.7	356
2	Prenatal exercise for the prevention of gestational diabetes mellitus and hypertensive disorders of pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018, 52, 1367-1375.	6.7	318
3	Guidelines for Physical Activity During Pregnancy. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 102-121.	1.9	230
4	Effects of antenatal diet and physical activity on maternal and fetal outcomes: individual patient data meta-analysis and health economic evaluation. <i>Health Technology Assessment</i> , 2017, 21, 1-158.	2.8	214
5	Exercise during pregnancy protects against hypertension andÂmacrosomia: randomized clinical trial. <i>American Journal of Obstetrics and Gynecology</i> , 2016, 214, 649.e1-649.e8.	1.3	176
6	Impact of prenatal exercise on neonatal and childhood outcomes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018, 52, 1386-1396.	6.7	168
7	Impact of prenatal exercise on both prenatal and postnatal anxiety and depressive symptoms: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018, 52, 1376-1385.	6.7	147
8	Exercise during pregnancy improves maternal glucose screen at 24â€“28 weeks: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2012, 46, 656-661.	6.7	132
9	Supervised Exerciseâ€“Based Intervention to Prevent Excessive Gestational Weight Gain: A Randomized Controlled Trial. <i>Mayo Clinic Proceedings</i> , 2013, 88, 1388-1397.	3.0	132
10	Exercise during pregnancy and gestational diabetes-related adverse effects: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2013, 47, 630-636.	6.7	131
11	Exercise during pregnancy improves maternal health perception: a randomized controlled trial. <i>American Journal of Obstetrics and Gynecology</i> , 2011, 204, 402.e1-402.e7.	1.3	129
12	Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 1â€“exercise in women planning pregnancy and those who are pregnant. <i>British Journal of Sports Medicine</i> , 2016, 50, 571-589.	6.7	128
13	Exercise Is Associated with a Reduction in Gestational Diabetes Mellitus. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 1328-1333.	0.4	115
14	Effectiveness of exercise interventions in the prevention of excessive gestational weight gain and postpartum weight retention: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018, 52, 1347-1356.	6.7	111
15	No. 367-2019 Canadian Guideline for Physical Activity throughout Pregnancy. <i>Journal of Obstetrics and Gynaecology Canada</i> , 2018, 40, 1528-1537.	0.7	108
16	Exercise during pregnancy reduces the rate of cesarean and instrumental deliveries: results of a randomized controlled trial. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2012, 25, 2372-2376.	1.5	104
17	Impact of prenatal exercise on maternal harms, labour and delivery outcomes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 99-107.	6.7	98
18	Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC Expert Group Meeting, Lausanne. Part 3â€“exercise in the postpartum period. <i>British Journal of Sports Medicine</i> , 2017, 51, 1516-1525.	6.7	85

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19	Benefits of aerobic or resistance training during pregnancy on maternal health and perinatal outcomes: A systematic review. <i>Early Human Development</i> , 2016, 94, 43-48.	1.8	83
20	Exercise During Pregnancy Attenuates Prenatal Depression. <i>Evaluation and the Health Professions</i> , 2015, 38, 59-72.	1.9	81
21	A Program of Exercise Throughout Pregnancy. Is it Safe to Mother and Newborn?. <i>American Journal of Health Promotion</i> , 2014, 29, 2-8.	1.7	79
22	Exercise during pregnancy. A narrative review asking: what do we know?. <i>British Journal of Sports Medicine</i> , 2015, 49, 1377-1381.	6.7	76
23	Supervised physical exercise improves VO2max, quality of life, and health in early stage breast cancer patients: a randomized controlled trial. <i>Breast Cancer Research and Treatment</i> , 2015, 153, 371-382.	2.5	73
24	Physical exercise programme during pregnancy decreases perinatal depression risk: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2019, 53, 348-353.	6.7	73
25	Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 2â€”the effect of exercise on the fetus, labour and birth: TableÂ1. <i>British Journal of Sports Medicine</i> , 2016, 50, 1297-1305.	6.7	68
26	Exercise and pregnancy in recreational and elite athletes: 2016/2017 evidence summary from the IOC expert group meeting, Lausanne. Part 5. Recommendations for health professionals and active women. <i>British Journal of Sports Medicine</i> , 2018, 52, 1080-1085.	6.7	68
27	Exercise Throughout Pregnancy Does not Cause Preterm Delivery: A Randomized, Controlled Trial. <i>Journal of Physical Activity and Health</i> , 2014, 11, 1012-1017.	2.0	65
28	Type of delivery is not affected by light resistance and toning exercise training during pregnancy: a randomized controlled trial. <i>American Journal of Obstetrics and Gynecology</i> , 2009, 201, 590.e1-590.e6.	1.3	64
29	Pelvic floor muscle training included in a pregnancy exercise program is effective in primary prevention of urinary incontinence: A randomized controlled trial. <i>Neurourology and Urodynamics</i> , 2014, 33, 67-71.	1.5	64
30	Exercise during pregnancy has a preventative effect on excessive maternal weight gain and gestational diabetes. A randomized controlled trial. <i>Brazilian Journal of Physical Therapy</i> , 2019, 23, 148-155.	2.5	64
31	Prenatal exercise (including but not limited to pelvic floor muscle training) and urinary incontinence during and following pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018, 52, 1397-1404.	6.7	57
32	Glucose responses to acute and chronic exercise during pregnancy: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2018, 52, 1357-1366.	6.7	54
33	Differences in Game-Related Statistics of Basketball Performance by Game Location for Men's Winning and Losing Teams. <i>Perceptual and Motor Skills</i> , 2008, 106, 43-50.	1.3	49
34	Exercise during pregnancy is associated with a shorter duration of labor. A randomized clinical trial. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , 2018, 224, 33-40.	1.1	49
35	Impact of exercise during pregnancy on gestational weight gain and birth weight: an overview. <i>Brazilian Journal of Physical Therapy</i> , 2019, 23, 164-169.	2.5	47
36	Regular Exercise Throughout Pregnancy is Associated with a Shorter First Stage of Labor. <i>American Journal of Health Promotion</i> , 2016, 30, 149-157.	1.7	46

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37	Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC expert group meeting, Lausanne. Part 4 "Recommendations for future research. British Journal of Sports Medicine, 2017, 51, 1724-1726.	6.7	36
38	Aquatic Activities During Pregnancy Prevent Excessive Maternal Weight Gain and Preserve Birth Weight: A Randomized Clinical Trial. American Journal of Health Promotion, 2018, 32, 729-735.	1.7	34
39	Exercise During Pregnancy and Prenatal Depression: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2021, 12, 640024.	2.8	29
40	Protective Effect of Exercise in Pregnant Women Including Those Who Exceed Weight Gain Recommendations: A Randomized Controlled Trial. Mayo Clinic Proceedings, 2019, 94, 1951-1959.	3.0	28
41	Maternal Cardiac Adaptations to a Physical Exercise Program during Pregnancy. Medicine and Science in Sports and Exercise, 2016, 48, 896-906.	0.4	27
42	Gestational Exercise and Maternal and Child Health: Effects until Delivery and at Post-Natal Follow-up. Journal of Clinical Medicine, 2020, 9, 379.	2.4	26
43	Influence of Land or Water Exercise in Pregnancy on Outcomes. Medicine and Science in Sports and Exercise, 2017, 49, 1397-1403.	0.4	24
44	Is supine exercise associated with adverse maternal and fetal outcomes? A systematic review. British Journal of Sports Medicine, 2019, 53, 82-89.	6.7	23
45	Resistance Exercise in Pregnancy and Outcome. Clinical Obstetrics and Gynecology, 2016, 59, 591-599.	1.1	22
46	Physical Activity and Adherence to the Mediterranean Diet among Spanish Employees in a Health-Promotion Program before and during the COVID-19 Pandemic: The Sanitas-Healthy Cities Challenge. International Journal of Environmental Research and Public Health, 2021, 18, 2735.	2.6	17
47	Does Exercise During Pregnancy Affect Placental Weight?: A Randomized Clinical Trial. Evaluation and the Health Professions, 2018, 41, 400-414.	1.9	16
48	NÂ° 367-2019 Lignes Directrices Canadiennes Sur L'activit� Physique Durant La Grossesse. Journal of Obstetrics and Gynaecology Canada, 2018, 40, 1538-1548.	0.7	15
49	An exercise program throughout pregnancy: Barakat model. Birth Defects Research, 2021, 113, 218-226.	1.5	15
50	Adherence is a key factor for interpreting the results of exercise interventions. Physiotherapy, 2021, 113, 8-11.	0.4	14
51	Integrative Exercise and Lifestyle Intervention Increases Leisure-Time Activity in Breast Cancer Patients. Integrative Cancer Therapies, 2014, 13, 493-501.	2.0	11
52	The "new normal" includes online prenatal exercise: exploring pregnant women's experiences during the pandemic and the role of virtual group fitness on maternal mental health. BMC Pregnancy and Childbirth, 2022, 22, 251.	2.4	10
53	Maternal physiological changes at rest induced by exercise during pregnancy: A randomized controlled trial. Physiology and Behavior, 2020, 220, 112863.	2.1	9
54	Effectiveness of a Virtual Exercise Program During COVID-19 Confinement on Blood Pressure Control in Healthy Pregnant Women. Frontiers in Physiology, 2021, 12, 645136.	2.8	9

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55	Physical activity and prenatal depression: going beyond statistical significance by assessing the impact of reliable and clinical significant change. <i>Psychological Medicine</i> , 2021, 51, 688-693.	4.5	8
56	Prenatal Anxiety and Exercise. Systematic Review and Meta-Analysis. <i>Journal of Clinical Medicine</i> , 2021, 10, 5501.	2.4	7
57	Physical activity during pregnancy is associated with a lower number of perineal tears. <i>Translational Sports Medicine</i> , 2021, 4, 38-45.	1.1	6
58	Physiological Changes During Pregnancy: Main Adaptations, Discomforts, and Implications for Physical Activity and Exercise. , 2019, , 45-56.		6
59	A Virtual Exercise Program throughout Pregnancy during the COVID-19 Pandemic Modifies Maternal Weight Gain, Smoking Habits and Birth Weightâ€”Randomized Clinical Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 4045.	2.4	6
60	Influence of a Virtual Exercise Program throughout Pregnancy during the COVID-19 Pandemic on Perineal Tears and Episiotomy Rates: A Randomized Clinical Trial. <i>Journal of Clinical Medicine</i> , 2021, 10, 5250.	2.4	5
61	Benefits of physical exercise programs toward people with acquired brain injury. <i>Medicine (United Tj ETQq1 1 0.784314 rgBT<sub>4</sub>/Overlook</i>	1.0	4
62	Obesity can offset the cardiometabolic benefits of gestational exercise. <i>International Journal of Obesity</i> , 2021, 45, 342-347.	3.4	3
63	Impact of gestational risk factors on maternal cardiovascular system. <i>Annals of Translational Medicine</i> , 2016, 4, 253-253.	1.7	3
64	RE: "ASSOCIATIONS OF GESTATIONAL WEIGHT GAIN WITH SHORT- AND LONGER-TERM MATERNAL AND CHILD HEALTH OUTCOMES". <i>American Journal of Epidemiology</i> , 2009, 170, 1581-1581.	3.4	2
65	Exercise throughout Pregnancy Prevents Excessive Maternal Weight Gain during the COVID-19 Pandemic: A Randomized Clinical Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 3392.	2.4	2
66	Exercise Throughout Pregnancy in a Hospital Setting: Looking Beyond COVID-19. <i>Mayo Clinic Proceedings</i> , 2022, 97, 803-804.	3.0	1
67	Abstract P5-15-08: Exercise intervention to run away from breast cancer treatment side effects: An integrative approach. , 2015, , .		0