Ruben Barakat

List of Publications by Year
in descending order

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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	Exercise Throughout Pregnancy in a Hospital Setting: Looking Beyond COVID-19. Mayo Clinic Proceedings, 2022, 97, 803-804.	3.0	1
2	Benefits of physical exercise programs toward people with acquired brain injury. Medicine (United) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50	1.0	4
3	The â€˜new normalâ€™ includes online prenatal exercise: exploring pregnant womenâ€™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
4	Exercise throughout Pregnancy Prevents Excessive Maternal Weight Gain during the COVID-19 Pandemic: A Randomized Clinical Trial. Journal of Clinical Medicine, 2022, 11, 3392.	2.4	2
5	A Virtual Exercise Program throughout Pregnancy during the COVID-19 Pandemic Modifies Maternal Weight Gain, Smoking Habits and Birth Weightâ€”Randomized Clinical Trial. Journal of Clinical Medicine, 2022, 11, 4045.	2.4	6
6	An exercise program throughout pregnancy: Barakat model. Birth Defects Research, 2021, 113, 218-226.	1.5	15
7	Physical activity and prenatal depression: going beyond statistical significance by assessing the impact of reliable and clinical significant change. Psychological Medicine, 2021, 51, 688-693.	4.5	8
8	Physical activity during pregnancy is associated with a lower number of perineal tears. Translational Sports Medicine, 2021, 4, 38-45.	1.1	6
9	Obesity can offset the cardiometabolic benefits of gestational exercise. International Journal of Obesity, 2021, 45, 342-347.	3.4	3
10	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
11	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
12	Exercise During Pregnancy and Prenatal Depression: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2021, 12, 640024.	2.8	29
13	Adherence is a key factor for interpreting the results of exercise interventions. Physiotherapy, 2021, 113, 8-11.	0.4	14
14	Influence of a Virtual Exercise Program throughout Pregnancy during the COVID-19 Pandemic on Perineal Tears and Episiotomy Rates: A Randomized Clinical Trial. Journal of Clinical Medicine, 2021, 10, 5250.	2.4	5
15	Prenatal Anxiety and Exercise. Systematic Review and Meta-Analysis. Journal of Clinical Medicine, 2021, 10, 5501.	2.4	7
16	Maternal physiological changes at rest induced by exercise during pregnancy: A randomized controlled trial. Physiology and Behavior, 2020, 220, 112863.	2.1	9
17	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
18	Physical exercise programme during pregnancy decreases perinatal depression risk: a randomised controlled trial. British Journal of Sports Medicine, 2019, 53, 348-353.	6.7	73

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19	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
20	Exercise during pregnancy has a preventative effect on excessive maternal weight gain and gestational diabetes. A randomized controlled trial. Brazilian Journal of Physical Therapy, 2019, 23, 148-155.	2.5	64
21	Impact of exercise during pregnancy on gestational weight gain and birth weight: an overview. Brazilian Journal of Physical Therapy, 2019, 23, 164-169.	2.5	47
22	Impact of prenatal exercise on maternal harms, labour and delivery outcomes: a systematic review and meta-analysis. British Journal of Sports Medicine, 2019, 53, 99-107.	6.7	98
23	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
24	Physiological Changes During Pregnancy: Main Adaptations, Discomforts, and Implications for Physical Activity and Exercise. , 2019, , 45-56.		6
25	Exercise during pregnancy is associated with a shorter duration of labor. A randomized clinical trial. European Journal of Obstetrics, Gynecology and Reproductive Biology, 2018, 224, 33-40.	1.1	49
26	Does Exercise During Pregnancy Affect Placental Weight?: A Randomized Clinical Trial. Evaluation and the Health Professions, 2018, 41, 400-414.	1.9	16
27	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
28	No. 367-2019 Canadian Guideline for Physical Activity throughout Pregnancy. Journal of Obstetrics and Gynaecology Canada, 2018, 40, 1528-1537.	0.7	108
29	NÂ° 367-2019 Lignes Directrices Canadiennes Sur L'activitÃ© Physique Durant La Grossesse. Journal of Obstetrics and Gynaecology Canada, 2018, 40, 1538-1548.	0.7	15
30	2019 Canadian guideline for physical activity throughout pregnancy. British Journal of Sports Medicine, 2018, 52, 1339-1346.	6.7	356
31	Prenatal exercise for the prevention of gestational diabetes mellitus and hypertensive disorders of pregnancy: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1367-1375.	6.7	318
32	Impact of prenatal exercise on both prenatal and postnatal anxiety and depressive symptoms: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1376-1385.	6.7	147
33	Prenatal exercise (including but not limited to pelvic floor muscle training) and urinary incontinence during and following pregnancy: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1397-1404.	6.7	57
34	Glucose responses to acute and chronic exercise during pregnancy: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1357-1366.	6.7	54
35	Impact of prenatal exercise on neonatal and childhood outcomes: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1386-1396.	6.7	168
36	Effectiveness of exercise interventions in the prevention of excessive gestational weight gain and postpartum weight retention: a systematic review and meta-analysis. British Journal of Sports Medicine, 2018, 52, 1347-1356.	6.7	111

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37	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. British Journal of Sports Medicine, 2018, 52, 1080-1085.	6.7	68
38	Influence of Land or Water Exercise in Pregnancy on Outcomes. Medicine and Science in Sports and Exercise, 2017, 49, 1397-1403.	0.4	24
39	Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC expert group meeting, Lausanne. Part 4â€"Recommendations for future research. British Journal of Sports Medicine, 2017, 51, 1724-1726.	6.7	36
40	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. British Journal of Sports Medicine, 2017, 51, 1516-1525.	6.7	85
41	Effects of antenatal diet and physical activity on maternal and fetal outcomes: individual patient data meta-analysis and health economic evaluation. Health Technology Assessment, 2017, 21, 1-158.	2.8	214
42	Maternal Cardiac Adaptations to a Physical Exercise Program during Pregnancy. Medicine and Science in Sports and Exercise, 2016, 48, 896-906.	0.4	27
43	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. British Journal of Sports Medicine, 2016, 50, 571-589.	6.7	128
44	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. British Journal of Sports Medicine, 2016, 50, 1297-1305.	6.7	68
45	Resistance Exercise in Pregnancy and Outcome. Clinical Obstetrics and Gynecology, 2016, 59, 591-599.	1.1	22
46	Regular Exercise Throughout Pregnancy is Associated with a Shorter First Stage of Labor. American Journal of Health Promotion, 2016, 30, 149-157.	1.7	46
47	Exercise during pregnancy protects against hypertension andÂmacrosomia: randomized clinical trial. American Journal of Obstetrics and Gynecology, 2016, 214, 649.e1-649.e8.	1.3	176
48	Benefits of aerobic or resistance training during pregnancy on maternal health and perinatal outcomes: A systematic review. Early Human Development, 2016, 94, 43-48.	1.8	83
49	Impact of gestational risk factors on maternal cardiovascular system. Annals of Translational Medicine, 2016, 4, 253-253.	1.7	3
50	Exercise Is Associated with a Reduction in Gestational Diabetes Mellitus. Medicine and Science in Sports and Exercise, 2015, 47, 1328-1333.	0.4	115
51	Exercise during pregnancy. A narrative review asking: what do we know?. British Journal of Sports Medicine, 2015, 49, 1377-1381.	6.7	76
52	Supervised physical exercise improves VO2max, quality of life, and health in early stage breast cancer patients: a randomized controlled trial. Breast Cancer Research and Treatment, 2015, 153, 371-382.	2.5	73
53	Exercise During Pregnancy Attenuates Prenatal Depression. Evaluation and the Health Professions, 2015, 38, 59-72.	1.9	81
54	Abstract P5-15-08: Exercise intervention to run away from breast cancer treatment side effects: An integrative approach. , 2015, , .		0

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55	A Program of Exercise Throughout Pregnancy. Is it Safe to Mother and Newborn?. American Journal of Health Promotion, 2014, 29, 2-8.	1.7	79
56	Integrative Exercise and Lifestyle Intervention Increases Leisure-Time Activity in Breast Cancer Patients. Integrative Cancer Therapies, 2014, 13, 493-501.	2.0	11
57	Pelvic floor muscle training included in a pregnancy exercise program is effective in primary prevention of urinary incontinence: A randomized controlled trial. Neurourology and Urodynamics, 2014, 33, 67-71.	1.5	64
58	Guidelines for Physical Activity During Pregnancy. American Journal of Lifestyle Medicine, 2014, 8, 102-121.	1.9	230
59	Exercise Throughout Pregnancy Does not Cause Preterm Delivery: A Randomized, Controlled Trial. Journal of Physical Activity and Health, 2014, 11, 1012-1017.	2.0	65
60	Supervised Exerciseâ€“Based Intervention to Prevent Excessive Gestational Weight Gain: A Randomized Controlled Trial. Mayo Clinic Proceedings, 2013, 88, 1388-1397.	3.0	132
61	Exercise during pregnancy and gestational diabetes-related adverse effects: a randomised controlled trial. British Journal of Sports Medicine, 2013, 47, 630-636.	6.7	131
62	Exercise during pregnancy reduces the rate of cesarean and instrumental deliveries: results of a randomized controlled trial. Journal of Maternal-Fetal and Neonatal Medicine, 2012, 25, 2372-2376.	1.5	104
63	Exercise during pregnancy improves maternal glucose screen at 24â€“28 weeks: a randomised controlled trial. British Journal of Sports Medicine, 2012, 46, 656-661.	6.7	132
64	Exercise during pregnancy improves maternal health perception: a randomized controlled trial. American Journal of Obstetrics and Gynecology, 2011, 204, 402.e1-402.e7.	1.3	129
65	RE: "ASSOCIATIONS OF GESTATIONAL WEIGHT GAIN WITH SHORT- AND LONGER-TERM MATERNAL AND CHILD HEALTH OUTCOMES". American Journal of Epidemiology, 2009, 170, 1581-1581.	3.4	2
66	Type of delivery is not affected by light resistance and toning exercise training during pregnancy: a randomized controlled trial. American Journal of Obstetrics and Gynecology, 2009, 201, 590.e1-590.e6.	1.3	64
67	Differences in Game-Related Statistics of Basketball Performance by Game Location for Men's Winning and Losing Teams. Perceptual and Motor Skills, 2008, 106, 43-50.	1.3	49