

# Joana Carvalho

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/718059/publications.pdf>

Version: 2024-02-01

47  
papers

1,354  
citations

394421

19  
h-index

345221

36  
g-index

49  
all docs

49  
docs citations

49  
times ranked

2217  
citing authors

#	ARTICLE	IF	CITATIONS
1	Exercise effects on bone mineral density in older adults: a meta-analysis of randomized controlled trials. <i>Age</i> , 2012, 34, 1493-1515.	3.0	200
2	Training and Detraining Effects on Functional Fitness after a Multicomponent Training in Older Women. <i>Gerontology</i> , 2009, 55, 41-48.	2.8	107
3	Relationships between physical activity, obesity and meal frequency in adolescents. <i>Annals of Human Biology</i> , 2008, 35, 1-10.	1.0	104
4	Effects of resistance and aerobic exercise on physical function, bone mineral density, OPG and RANKL in older women. <i>Experimental Gerontology</i> , 2011, 46, 524-532.	2.8	94
5	Active versus passive transportation to school—differences in screen time, socio-economic position and perceived environmental characteristics in adolescent girls. <i>Annals of Human Biology</i> , 2007, 34, 273-282.	1.0	79
6	Multicomponent Training Program with Weight-Bearing Exercises Elicits Favorable Bone Density, Muscle Strength, and Balance Adaptations in Older Women. <i>Calcified Tissue International</i> , 2011, 88, 117-129.	3.1	73
7	Associations between objectively assessed physical activity levels and fitness and self-reported health-related quality of life in community-dwelling older adults. <i>Quality of Life Research</i> , 2011, 20, 1371-1378.	3.1	69
8	Effects of resistance and multicomponent exercise on lipid profiles of older women. <i>Maturitas</i> , 2009, 63, 84-88.	2.4	61
9	Differential responses of adiposity, inflammation and autonomic function to aerobic versus resistance training in older adults. <i>Experimental Gerontology</i> , 2013, 48, 326-333.	2.8	57
10	Combined exercise for people with type 2 diabetes mellitus: A systematic review. <i>Diabetes Research and Clinical Practice</i> , 2012, 98, 187-198.	2.8	50
11	Response of bone mineral density, inflammatory cytokines, and biochemical bone markers to a 32-week combined loading exercise programme in older men and women. <i>Archives of Gerontology and Geriatrics</i> , 2013, 57, 226-233.	3.0	50
12	Relationship between intensity of physical activity and health-related quality of life in Portuguese institutionalized elderly. <i>Geriatrics and Gerontology International</i> , 2008, 8, 284-290.	1.5	42
13	Effectiveness of Multicomponent Exercise Interventions in Older Adults With Dementia: A Meta-Analysis. <i>Gerontologist</i> , The, 2021, 61, e449-e462.	3.9	30
14	Are resistance and aerobic exercise training equally effective at improving knee muscle strength and balance in older women?. <i>Archives of Gerontology and Geriatrics</i> , 2017, 68, 106-112.	3.0	29
15	Effects of Training and Detraining on Physical Fitness, Physical Activity Patterns, Cardiovascular Variables, and HRQoL after 3 Health-Promotion Interventions in Institutionalized Elders. <i>International Journal of Family Medicine</i> , 2010, 2010, 1-10.	1.2	27
16	Aerobic Versus Resistance Training Effects on Health-Related Quality of Life, Body Composition, and Function of Older Adults. <i>Journal of Applied Gerontology</i> , 2015, 34, NP143-NP165.	2.0	27
17	Cardiorespiratory fitness status and body mass index change over time: A 2-year longitudinal study in elementary school children. <i>Pediatric Obesity</i> , 2009, 4, 338-342.	3.2	25
18	Multicomponent exercise program improves blood lipid profile and antioxidant capacity in older women. <i>Archives of Gerontology and Geriatrics</i> , 2010, 51, 1-5.	3.0	25

#	ARTICLE	IF	CITATIONS
19	Perceived Neighborhood Environments and Physical Activity in an Elderly Sample. <i>Perceptual and Motor Skills</i> , 2007, 104, 438-444.	1.3	24
20	Television Viewing and Changes in Body Mass Index and Cardiorespiratory Fitness Over a Two-Year Period in Schoolchildren. <i>Pediatric Exercise Science</i> , 2010, 22, 245-253.	1.0	18
21	Isokinetic strength benefits after 24 weeks of multicomponent exercise training and combined exercise training in older adults. <i>Aging Clinical and Experimental Research</i> , 2010, 22, 63-69.	2.9	14
22	A proposed adaptation of the European Foundation for Quality Management Excellence Model to physical activity programmes for the elderly - development of a quality self-assessment tool using a modified Delphi process. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011, 8, 104.	4.6	14
23	Feasibility and Impact of a Multicomponent Exercise Intervention in Patients With Alzheimer's Disease: A Pilot Study. <i>American Journal of Alzheimer's Disease and Other Dementias</i> , 2019, 34, 95-103.	1.9	14
24	Validation Analysis of a Geriatric Dehydration Screening Tool in Community-Dwelling and Institutionalized Elderly People. <i>International Journal of Environmental Research and Public Health</i> , 2015, 12, 2700-2717.	2.6	13
25	Relationship between fear of falling and balance factors in healthy elderly women: A confirmatory analysis. <i>Journal of Women and Aging</i> , 2021, 33, 57-69.	1.0	13
26	Anciano institucionalizado: calidad de vida y funcionalidad. <i>Revista Espanola De Geriatria Y Gerontologia</i> , 2007, 42, 22-26.	0.7	11
27	Effects of a Moderate-intensity Walking Program on Blood Pressure, Body Composition and Functional Fitness in Older Women: results of a pilot study. <i>Archives of Exercise in Health and Disease</i> , 2010, 1, 50-57.	0.6	10
28	Six-minute walk distance (6MWD) is associated with body fat, systolic blood pressure, and rate-pressure product in community dwelling elderly subjects. <i>Archives of Gerontology and Geriatrics</i> , 2011, 52, 206-210.	3.0	9
29	Evaluation of physical activity programmes for elderly people - a descriptive study using the EFQM' criteria. <i>BMC Public Health</i> , 2011, 11, 123.	2.9	8
30	Appendicular fat mass is positively associated with femoral neck bone mineral density in older women. <i>Menopause</i> , 2012, 19, 311-318.	2.0	8
31	The Physical Activity Behaviors Outside School and BMI in Adolescents. <i>Journal of Physical Activity and Health</i> , 2010, 7, 754-760.	2.0	7
32	“Body & Brain” effects of a multicomponent exercise intervention on physical and cognitive function of adults with dementia - study protocol for a quasi-experimental controlled trial. <i>BMC Geriatrics</i> , 2021, 21, 156.	2.7	7
33	Health-related physical indicators and self-rated quality of life in older adults with neurocognitive disorder. <i>Quality of Life Research</i> , 2021, 30, 2255-2264.	3.1	7
34	The Influence of Physical Activity, Body Composition, and Lower Extremity Strength on Walking Ability. <i>Motor Control</i> , 2011, 15, 494-506.	0.6	5
35	Evaluation of physical activity programmes for the elderly - exploring the lessons from other sectors and examining the general characteristics of the programmes. <i>BMC Research Notes</i> , 2011, 4, 368.	1.4	5
36	Active Older Adults Keep Aerobic Capacity and Experience Small Reductions in Body Strength During Confinement Due to COVID-19 Outbreak. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 1-8.	1.0	4

#	ARTICLE	IF	CITATIONS
37	Força muscular em idosos II – Efeito de um programa complementar de treino na força muscular de idosos de ambos os sexos. Revista Portuguesa De Ciências Do Desporto, 2004, 2004, 58-65.	0.0	3
38	Contribution of a multicomponent intervention on functional capacity and independence on activities of daily living in individuals with neurocognitive disorder. BMC Geriatrics, 2021, 21, 625.	2.7	3
39	Study protocol: using the Q-STEPS to assess and improve the quality of physical activity programmes for the elderly. BMC Research Notes, 2012, 5, 171.	1.4	2
40	Effects of a Physical Activity Intervention Program on Nutritional Status and Health-Related Physical Fitness in Thai Older Adults: Pilot Study. Asian Journal of Sports Medicine, 2017, 8, .	0.3	2
41	Walking and body mass index in a portuguese sample of adults: a multilevel analysis. European Journal of Clinical Nutrition, 2009, 63, 1260-1262.	2.9	1
42	Effects of a multimodal exercise program in pedal dexterity and balance: study with Portuguese older adults of different contexts. European Review of Aging and Physical Activity, 2013, 10, 141-150.	2.9	1
43	The effectiveness of community-based upper body exercise programs in persons with chronic paraplegia and manual wheelchair users: A systematic review. Journal of Spinal Cord Medicine, 2022, 45, 24-32.	1.4	1
44	Força muscular em idosos I – Seria o treino generalizado suficientemente intenso para promover o aumento da força muscular em idosos de ambos os sexos?. Revista Portuguesa De Ciências Do Desporto, 2004, 2004, 51-57.	0.0	1
45	Calibration of Accelerometer Output for Elderly Men. Medicine and Science in Sports and Exercise, 2010, 45, 477-478.	0.4	0
46	Effects Of A 4-month Exercise Training On Fitness, Body Composition, Blood Pressure And Autonomic Function. Medicine and Science in Sports and Exercise, 2010, 42, 602.	0.4	0
47	Effects of a multimodal exercise program in motor fitness and functional motor asymmetry: Study with Portuguese older adults of different contexts. Revista Portuguesa De Ciências Do Desporto, 2018, 18, 97-104.	0.0	0