

Marisol Arietaleanizbeaskoa Sarabia

Enfermera investigadora. Master en Actividad Física y Salud y Master en Metodología de la Investigación

El grupo que lidera tiene como foco la investigación sobre el efecto del ejercicio físico en diferentes patologías crónicas y su traslación a la práctica clínica, así como la exploración del uso del ejercicio como medicina para los pacientes con cáncer.

1. Arietaleanizbeaskoa MS, Sancho A, Olazabal I, Moreno C, Gil E, Garcia-Alvarez A, Mendizabal N, de la Fuente I, Dominguez S, Pablo S, Grandes G; EfiKroniK group. Effectiveness of physical exercise for people with chronic diseases: theEFIKRONIK study protocol for a hybrid, clinical and implementation randomized trial. *BMC Fam Pract.* 2020 Nov 6;21(1):227. doi: 10.1186/s12875-020-01298-4. PMID: 33158422; PMCID: PMC7648284.
2. Cacicedo J, Mendizabal N, Arietaleanizbeaskoa MS. Letter to the editor referencing "Body composition changes in patients with head and neck cancer under active treatment: a scoping review". *Support Care Cancer.* 2021 Mar 20. doi: 10.1007/s00520-021-05999-z. Epub ahead of print. PMID: 33742245.
3. Recio-Rodriguez JI, Rodriguez-Martin C, Gonzalez-Sanchez J, Rodriguez-Sanchez E, Martin-Borras C, Martínez-Vizcaino V, Arietaleanizbeaskoa MS, Magdalena- Gonzalez O, Fernandez-Alonso C, Maderuelo-Fernandez JA, Gomez-Marcos MA, Garcia- Ortiz L; EVIDENT Investigators. EVIDENT Smartphone App, a New Method for the Dietary Record: Comparison With a Food Frequency Questionnaire. *JMIR Mhealth Uhealth.* 2019 Feb 8;7(2):e11463. doi: 10.2196/11463. PMID: 30735141; PMCID: PMC6384535.
4. Rodríguez-Martín C, Garcia-Ortiz L, Rodriguez-Sanchez E, Maderuelo-Fernandez C, Lugones-Sanchez A, Martin-Cantera MS, Soriano-Cano JF, Arietaleanizbeaskoa M, Magdalena-Belio JA, Menendez-Suarez C, Gómez-Marcos MA, Recio-Rodriguez JI, Evident Investigators Group OBOTEI. The Relationship of the Atlantic Diet with Cardiovascular Risk Factors and Markers of Arterial Stiffness in Adults without Cardiovascular Disease. *Nutrients.* 2019 Mar 29;11(4):742. doi: 10.3390/nu11040742. PMID: 30934975; PMCID: PMC6521051.
5. Grandes G, Montoya I, Arietaleanizbeaskoa MS, Arce V, Sanchez A; MAS Group. The burden of mental disorders in primary care. *Eur Psychiatry.* 2011 Oct;26(7):428-35. doi: 10.1016/j.eurpsy.2010.11.002. Epub 2011 Feb 8. PMID: 21306876.
6. Grandes G, Arce V, Arietaleanizbeaskoa MS. La investigación al alcance de los profesionales de Osakidetza: Programa de Investigación en Atención Primaria de Salud [Research within the reach of Osakidetza professionals: Primary Health Care Research Program]. *Aten Primaria.* 2014 Apr;46(4):188-97. Spanish. doi: 10.1016/j.aprim.2013.08.005. Epub 2013 Nov 24. PMID: 24280036; PMCID: PMC6985641.
7. Sancho A, Carrera S, Arietaleanizbeascoa M, Arce V, Gallastegui NM, GinéMarch A, Sanz-Guinea A, Eskisabel A, Rodriguez AL, Martín RA, Lopez-Vivanco G,Grandes G. Supervised physical exercise to improve the quality of life of cancerpatients: the EFICANCER randomised controlled trial. *BMC Cancer.* 2015 Feb6;15:40. doi: 10.1186/s12885-015-1055-x. PMID: 25655792; PMCID: PMC4327975.

8. Zuazagoitia A, Montoya I, Grandes G, Arietaleanizbeascoa MS, Arce V, Martinez V, Sanchez M, Sanchez A. Reliability and validity of the 7-day Physical Activity Recall interview in a Spanish population. *Eur J Sport Sci.* 2014;14 Suppl1:S361-8. doi: 10.1080/17461391.2012.705332. Epub 2012 Jul 25. PMID: 24444230.
9. Zuazagoitia A, Grandes G, Torcal J, Lekuona I, Echevarria P, Gómez MA, Domingo M, de la Torre MM, Ramírez JI, Montoya I, Oyanguren J, Pinilla RO; EFICAR Group (Ejercicio Físico en la Insuficiencia Cardíaca). Rationale and design of a randomised controlled trial evaluating the effectiveness of an exercise program to improve the quality of life of patients with heart failure in primary care: The EFICAR study protocol. *BMC Public Health.* 2010 Jan 25;10:33. doi: 10.1186/1471-2458-10-33. PMID: 20100317; PMCID: PMC2835681.
10. Gómez-Marcos MA, Agudo-Conde C, Torcal J, Echevarria P, Domingo M, Arietaleanizbeascoa M, Sanz-Guinea A, de la Torre MM, Ramírez JI, García-Ortiz L; EFICAR (Ejercicio Físico en IC). Características basales y cambios en el tratamiento tras el periodo de optimización de los pacientes incluidos en el estudio EFICAR [Baseline characteristics and changes in treatment after a period of optimization of the patients included in the study EFICAR]. *Aten Primaria.* 2016 Mar;48(3):166-74. Spanish. doi: 10.1016/j.aprim.2015.04.005. Epub 2015 Jul 2. PMID: 26142266; PMCID: PMC6877888.
11. Recio-Rodríguez JI, Rodríguez-Sánchez E, Martín-Cantera C, Martínez-Vizcaino V, Arietaleanizbeaskoa MS, González-Viejo N, Menéndez-Suárez M, Gómez-Marcos MA, García-Ortiz L; EVIDENT Investigators group. Combined use of a healthy lifestyle smartphone application and usual primary care counseling to improve arterial stiffness, blood pressure and wave reflections: a Randomized Controlled Trial (EVIDENT II Study). *Hypertens Res.* 2019 Jun;42(6):852-862. doi: 10.1038/s41440-018-0182-6. Epub 2018 Dec 26. PMID: 30587857.
12. Recio-Rodríguez JI, Gómez-Marcos MA, Patino-Alonso MC, Rodrigo-De Pablo E, Cabrejas-Sánchez A, Arietaleanizbeaskoa MS, Repiso-Gento I, González-Viejo N, Maderuelo-Fernández JA, Agudo-Conde C, García-Ortiz L; EVIDENT Group. Glycemic index, glycemic load, and pulse wave reflection in adults. *Nutr Metab Cardiovasc Dis.* 2015 Jan;25(1):68-74. doi: 10.1016/j.numecd.2014.08.007. Epub 2014 Sep 16. PMID: 25315672.
13. Rodríguez-Martin C, Alonso-Domínguez R, Patino-Alonso MC, Gómez-Marcos MA, Maderuelo-Fernández JA, Martín-Cantera C, García-Ortiz L, Recio-Rodríguez JI; EVIDENT group. The EVIDENT diet quality index is associated with cardiovascular risk and arterial stiffness in adults. *BMC Public Health.* 2017 Apr 8;17(1):305. doi: 10.1186/s12889-017-4194-y. PMID: 28390406; PMCID: PMC5385012.
14. García-Ortiz L, Recio-Rodríguez JI, Agudo-Conde C, Patino-Alonso MC, Maderuelo-Fernández JA, Repiso Gento I, Puigdomenech Puig E, González-Viejo N, Arietaleanizbeaskoa MS, Schmolling-Guinovart Y, Gómez-Marcos MA, Rodríguez-Sánchez E; EVIDENT Investigators Group; Mobilizing Minds Research Group. Long-Term Effectiveness of a Smartphone App for Improving Healthy Lifestyles in General Population in Primary Care: Randomized Controlled Trial (Evident II Study). *JMIR Mhealth Uhealth.* 2018 Apr 27;6(4):e107. doi: 10.2196/mhealth.9218. PMID: 29702473; PMCID: PMC5948409.
15. Patino-Alonso MC, Recio-Rodríguez JI, Magdalena-Belio JF, Giné-Garriga M, Martínez-Vizcaino V, Fernández-Alonso C, Arietaleanizbeaskoa MS, Galindo-Villardón MP, Gómez-Marcos MA, García-Ortiz L; EVIDENT Group. Clustering of lifestyle characteristics and their association with cardio-metabolic health: the Lifestyles and

- Endothelial Dysfunction (EVIDENT) study. *Br J Nutr.* 2015 Sep 28;114(6):943-51. doi: 10.1017/S0007114515002500. Epub 2015 Aug 13. PMID: 26268844.
16. Ortega R, Garcia-Ortiz L, Torcal J, Echevarria P, Vargas-Machuca C, Gomez A, Salcedo F, Lekuona I, Montoya I, Grandes G; ESCAP Group. Supervised exercise for acute coronary patients in primary care: a randomized clinical trial. *Fam Pract.* 2014 Feb;31(1):20-9. doi: 10.1093/fampra/cmt059. Epub 2013 Oct 19. PMID: 24142481.
 17. Recio-Rodriguez JI, Gomez-Marcos MA, Patino-Alonso MC, Puigdomenech E, Notario-Pacheco B, Mendizabal-Gallastegui N, de la Fuente Ade L, Otegui-Illarduya L, Maderuelo-Fernandez JA, de Cabo Laso A, Agudo-Conde C, Garcia-Ortiz L; EVIDENT Group. Effects of kiwi consumption on plasma lipids, fibrinogen and insulin resistance in the context of a normal diet. *Nutr J.* 2015 Sep 15;14:97. doi: 10.1186/s12937-015-0086-0. PMID: 26374292; PMCID: PMC4572627.
 18. Recio-Rodriguez JI, Agudo-Conde C, Martin-Cantera C, González-Viejo MN, Fernandez-Alonso MD, Arietaleanizbeaskoa MS, Schmolling-Guinovart Y, Maderuelo-Fernandez JA, Rodriguez-Sanchez E, Gomez-Marcos MA, Garcia-Ortiz L; EVIDENT Investigators. Short-Term Effectiveness of a Mobile Phone App for Increasing Physical Activity and Adherence to the Mediterranean Diet in Primary Care: A Randomized Controlled Trial (EVIDENT II Study). *J Med Internet Res.* 2016 Dec 19;18(12):e331. doi: 10.2196/jmir.6814. PMID: 27993759; PMCID: PMC5206481.
 19. Recio-Rodríguez JI, Martín-Cantera C, González-Viejo N, Gómez-Arranz A, Arietaleanizbeascoa MS, Schmolling-Guinovart Y, Maderuelo-Fernandez JA, Pérez-Arechaederra D, Rodriguez-Sanchez E, Gómez-Marcos MA, García-Ortiz L; EVIDENT Group. Effectiveness of a smartphone application for improving healthy lifestyles, a randomized clinical trial (EVIDENT II): study protocol. *BMC Public Health.* 2014 Mar 15;14:254. doi: 10.1186/1471-2458-14-254. PMID: 24628961; PMCID: PMC4003852.