

Fecha del CVA	04/08/2024
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Parte A. DATOS PERSONALES

Nombre *	Maria Reyes		
Apellidos *	Beltran Valls		
Sexo *		Fecha de Nacimiento *	
DNI/NIE/Pasaporte *		Teléfono *	
URL Web			
Dirección Email	vallsm@uji.es		
Identificador científico	Open Researcher and Contributor ID (ORCID) *	0000-0003-1749-9330	
	Researcher ID	S-3673-2019	
	Scopus Author ID	55980804200	

* Obligatorio

A.1. Situación profesional actual

Puesto	Profesora Titular de Universidad		
Fecha inicio	2024		
Organismo / Institución	Universidad Jaume I		
Departamento / Centro	Educación y Didácticas Específicas / Facultad de Ciencias Humanas y Sociales		
País	España	Teléfono	(+34) 964 729563
Palabras clave	Fisiología de los deportes; Salud; Biomedicina; Educación para la salud; Formación del profesorado de educación física		

A.3. Formación académica

Grado/Master/Tesis	Universidad / País	Año
European Doctoral Program in Health and Physical Activity: Biological and Methodological Aspects	University of Rome Foro Italico / Italia	2013
European Master in Health and Physical Activity	University of Rome Foro Italico. / Italia	2009
Licenciado en Ciencias de la Actividad Física y del Deporte Itinerario Actividad Física, Salud y Recreación	Instituto Nacional de Educación Física de Cataluña	2007

Parte C. MÉRITOS MÁS RELEVANTES

C.1. Publicaciones

AC: Autor de correspondencia; (nº x / nº y): posición firma solicitante / total autores. Si aplica, indique el número de citaciones

- Artículo científico.** Alba Solera Sánchez; Danielle L. Christian; (3/8) Maria Reyes Beltran Valls (AC); Mireia Adelantado Renau; Rhona Martin Smith; Mhairi J. MacDonald; Richard Tyler; Stuart J. Fairclough. 2024. Cross-sectional and longitudinal relationships between cardiorespiratory fitness and health-related quality of life in primary school children in England: the mediating role of psychological correlates of physical activity. Perspectives in Public Health. SAGE. 144-2, pp.119-128. ISSN 1757-9139.

- 2 **Artículo científico.** Mireia Adelantado Renau; Michael Duncan; Matteo Crotti; Irene Monzonís Carda; Diego Moliner Urdiales; (6/6) Maria Reyes Beltran Valls (AC). 2024. The bidirectional longitudinal association between academic performance and cardiovascular disease risk factors in adolescents. *American Journal of Human Biology*. Wiley. 36-8, pp.e24069. <https://doi.org/10.1002/ajhb.24069> This is an open access article under the terms of the Creative Commons Attribution-
- 3 **Artículo científico.** Alba Solera Sánchez; Mireia Adelantado Renau; Diego Moliner Urdiales; (4/4) Maria Reyes Beltran Valls (AC). 2023. Individual and combined impact of physical fitness on health-related quality of life during adolescence: DADOS Study. *European Journal of Sport Science*. Taylor & Francis. 23-2, pp.294-300. ISSN 1746-1391. <https://doi.org/10.1080/17461391.2021.2012596>
- 4 **Artículo científico.** Pablo Monteagudo Chiner; Mireia Adelantado Renau; (3/4) Maria Reyes Beltran Valls; Diego Moliner Urdiales. 2023. Longitudinal association between physical activity intensities and psychological distress among adolescents using isotemporal analyses: DADOS study. *Journal of Sports Sciences*. Taylor & Francis. 41-13, pp.1290-1298. ISSN 0264-0414. <https://doi.org/10.1080/02640414.2023.2268359>
- 5 **Artículo científico.** (1/6) Maria Reyes Beltran Valls; Verónica Cabanas Sánchez; Kabir P. Sadarangani; Fernando Rodríguez Artalejo; Diego Moliner Urdiales; David Martínez Gómez. 2023. Physical activity and diabetes mortality in people with Type 2 Diabetes: A Prospective Cohort Study of 0.5 Million US people. *Diabetes & Metabolism*. Masson. 49-1, pp.101410. ISSN 1262-3636. <https://doi.org/10.1016/j.diabet.2022.101410>
- 6 **Artículo científico.** Ana Miró Padilla; Jesús Adrián Ventura; Anastasia Cherednichenko; Irene Monzonís Carda; (5/7) Maria Reyes Beltran Valls; Diego Moliner Urdiales; César Ávila. 2023. Relevance of the anterior cingulate cortex volume and personality in motivated physical activity behaviors. *Communications Biology*. Nature Portfolio. 6-1, pp.1106. ISSN 2399-3642. <https://doi.org/10.1038/s42003-023-05423-8>
- 7 **Artículo científico.** Irene Monzonís Carda; Mireia Adelantado Renau; (3/4) Maria Reyes Beltran Valls; Diego Moliner Urdiales. 2023. Risk of depression mediates the association between cardiorespiratory fitness and academic performance in adolescent boys and girls: DADOS study. *European Journal of Pediatrics*. Springer. 182-1, pp.67-77. ISSN 0340-6199. <https://doi.org/10.1007/s00431-022-04645-y>
- 8 **Artículo científico.** Mireia Adelantado Renau; Irene Monzonís Carda; Diego Moliner Urdiales; (4/4) Maria Reyes Beltran Valls (AC). 2023. The bidirectional longitudinal association between health-related quality of life and academic performance in adolescents: DADOS study. *Quality of Life Research*. Springer. 32-3, pp.729-738. ISSN 0962-9343. <https://doi.org/10.1007/s11136-022-03291-z>
- 9 **Artículo científico.** Carlos Bou Sospedra; Mireia Adelantado Renau; (3/4) Maria Reyes Beltran Valls; Diego Moliner Urdiales. 2023. The mediating role of self-esteem in the association between physical fitness and risk of depression in adolescents: DADOS Study. *International Journal of Sport and Exercise Psychology*. ROUTLEDGE JOURNALS, TAYLOR & FRANCIS LTD. 21-5, pp.869-882. ISSN 1612-197X. <https://doi.org/10.1080/1612197X.2022.2089198>
- 10 **Artículo científico.** Ana Claudia Rossini Venturini; Pedro Pugliesi Abdalla; Priscila Giacomo Fassini; et al; Dalmo Roberto Lopes Machado; (12/13) Maria Reyes Beltran Valls. 2022. Association between classic and specific bioimpedance vector analysis and sarcopenia in older adults: a cross-sectional study. *BMC Sports Science Medicine and Rehabilitation*. BMC. 14-1, pp.170. ISSN 2052-1847. <https://doi.org/10.1186/s13102-022-00559-2>
- 11 **Artículo científico.** Carlos Bou Sospedra; Mireia Adelantado Renau; (3/4) Maria Reyes Beltran Valls; Diego Moliner Urdiales. 2021. Independent and Combined Influence of Physical Fitness components on Self-esteem in Adolescents: DADOS study. *Annals of Human Biology*. Taylor & Francis. 48-7-8, pp.550-556. ISSN 0301-4460. <https://doi.org/10.1080/03014460.2022.2032337>

- 12 Artículo científico.** Irene Monzonís Carda; Mireia Adelantado Renau; (3/4) Maria Reyes Beltran Valls; Diego Moliner Urdiales. 2021. An examination of the association between risk of depression and academic performance according to weight status in adolescents: DADOS study. *Journal of Affective Disorders*. Elsevier. 290, pp.157-163. ISSN 0165-0327. <https://doi.org/10.1016/j.jad.2021.04.086>
- 13 Artículo científico.** Alba Solera Sánchez; Mireia Adelantado Renau; Diego Moliner Urdiales; (4/4) Maria Reyes Beltran Valls (AC). 2021. Health-related quality of life in adolescents: individual and combined impact of health-related behaviors (DADOS study). *Quality of Life Research*. Springer. 30-4, pp.1093-1101. ISSN 0962-9343. <https://doi.org/10.1007/s11136-020-02699-9>
- 14 Artículo científico.** (1/4) Maria Reyes Beltran Valls; Mireia Adelantado Renau; Jorge Mota; Diego Moliner Urdiales. 2021. Longitudinal associations of healthy behaviours on fitness in adolescents: DADOS Study. *American Journal of Preventive Medicine*. Elsevier. 61-3, pp.410-417. ISSN 0749-3797. <https://doi.org/10.1016/j.amepre.2021.04.009>
- 15 Artículo científico.** (1/6) Maria Reyes Beltran Valls (AC); Rute Santos; Jorge Mota; Carla Moreira; Luís Lopes; César Agostinis Sobrinho. 2021. The mediating role of adiposity in the longitudinal association between cardiorespiratory fitness and blood pressure in adolescents: LabMed cohort study. *European Journal of Clinical Investigation*. Wiley. 51-4, pp.e13430. ISSN 0014-2972. <https://doi.org/10.1111/eci.13430>
- 16 Artículo científico.** Mireia Adelantado Renau; (2/6) Maria Reyes Beltran Valls; Irene Monzonís Carda; Hector Bellmunt Villalonga; Noelia Linares Ayala; Diego Moliner Urdiales. 2020. Association between screen media usage and academic performance in adolescents: DADOS Study. *Journal of Sport and Health Research*. 12-3, pp.338-348. ISSN 1989-6239.
- 17 Artículo científico.** Carlos Bou Sospedra; Mireia Adelantado Renau; (3/4) Maria Reyes Beltran Valls; Diego Moliner Urdiales. 2020. Association between health-related physical fitness and risk of depression in healthy adolescents: DADOS study. *International Journal of Environmental Research and Public Health*. MDPI. 17-12, pp.4316-4325. ISSN 1661-7827. <https://doi.org/10.3390/ijerph17124316>
- 18 Artículo científico.** Cristina Cadenas Sánchez; Tim Intemann; Idoia Labayen; et al; Francisco B. Ortega; (8/14) Maria Reyes Beltran Valls. 2020. Prevalence of severe/morbid obesity and other weight status and anthropometric reference standards in Spanish preschool children: The PREFIT project. *Pediatric Research*. Nature Publishing Group. 87-3, pp.501-510. ISSN 1530-0447.
- 19 Artículo científico.** (1/3) Maria Reyes Beltran Valls; Mireia Adelantado Renau; Diego Moliner Urdiales. 2020. Reallocating Time Spent in Physical Activity Intensities: Longitudinal Associations With Physical Fitness (DADOS Study). *Journal of Science and Medicine in Sport*. Elsevier. 23-10, pp.968-972. ISSN 1440-2440. (12) <https://doi.org/10.1016/j.jsams.2020.04.012>.
- 20 Artículo científico.** Mireia Adelantado Renau; (2/7) Maria Reyes Beltran Valls; Jairo H Migueles; Enrique G Artero; Alejandro Legaz Arrese; Ana Capdevila Seder; Diego Moliner Urdiales. 2019. Associations between objectively measured and self-reported sleep with academic and cognitive performance in adolescents: DADOS study. *Journal of Sleep Research*. 28-4, pp.e12811.. ISSN 1365-2869. WOS (19) <https://doi.org/10.1111/jsr.12811>
- 21 Artículo científico.** Mireia Adelantado Renau; David Jiménez Pavón; (3/4) Maria Reyes Beltran Valls; Diego Moliner Urdiales. 2019. Independent and combined influence of healthy lifestyle factors on academic performance in adolescents: DADOS study. *Pediatric Research*. Springer. 85-4, pp.456-462. ISSN 1530-0447. WOS (10) <https://doi.org/10.1038/s41390-019-0285-z>
- 22 Artículo científico.** (1/8) Maria Reyes Beltran Valls (AC); Xanne Janssen; A. Farooq; Ashley J. Adamson; Mark Pearce; Jessica K. Reilly; Laura Basterfield; John J. Reilly. 2019. Longitudinal changes in vigorous intensity physical activity from childhood to adolescence: Gateshead Millennium Study. *Journal of Science and Medicine in Sport*. Elsevier. 22-4, pp.450-455. ISSN 1440-2440. WOS (13) <https://doi.org/10.1016/j.jsams.2018.10.010>.

- 23 Artículo científico.** (1/5) Maria Reyes Beltran Valls; Mireia Adelantado Renau; Míriam Toledo Bonifás; Daniel Segura Ayala; Diego Molinero Urdiales. 2019. Maturational Development, Physical Activity and Sleep Quality in Adolescent Females: DADOS Project. Retos. Nuevas Perspectivas de Educación Física, Deporte y Recreación. FEADef. 35, pp.71-74. ISSN 1988-2041.
- 24 Artículo científico.** Mireia Adelantado Renau; Diego Moliner Urdiales; Ivan Cavero Redondo; (4/6) Maria Reyes Beltran Valls; Vicente Martínez Vizcaino; Celia Álvarez Bueno. 2019. Screen Media Usage and Academic Performance in Children and Adolescents: A Systematic Review and Meta-Analysis of Cross-Sectional Studies. JAMA Pediatrics. American Medical Association. 173-11, pp.1058-1067. ISSN 2168-6203. WOS (78) <https://doi.org/10.1001/jamapediatrics.2019.3176>.
- 25 Artículo científico.** Mireia Adelantado Renau; Dra.; (3/4) Dr.; Dr.2019. The effect of sleep quality on academic performance is mediated by Internet use time: DADOS study. Journal de Pediatria. Elsevier. 95-4, pp.410-418. ISSN 2255-5536. WOS (20) <https://doi.org/10.1016/j.jpmed.2018.03.006>
- 26 Artículo científico.** Mireia Adelantado Renau; (2/6) María Reyes Beltran Valls; Irene Esteban Cornejo; Vicente Martínez Vizcaino; Ana M. Santaliesra Pasías; Dr.2019. The influence of adherence to the Mediterranean diet on academic performance is mediated by sleep quality in adolescents. Acta Paediatrica. Wiley Online Library. 108-2, pp.339-346. ISSN 1651-2227. WOS (18) <https://doi.org/10.1111/apa.14472>

C.2. Congresos

- 1 Irene Monzonís Carda; Mireia Adelantado Renau; Maria Reyes Beltran Valls; Diego Moliner Urdiales. Longitudinal association between the adherence to the 24-hour movement guidelines and academic performance during adolescence. VIII Simposio EXERNET: Ejercicio físico para la salud a lo largo de la vida. Exernet, Red Española de Investigación en Ejercicio Físico y Salud. 2023. España. Participativo - Póster. Congreso.
- 2 Pablo Monteagudo Chiner; Mireia Adelantado Renau; Maria Reyes Beltran Valls; Diego Moliner Urdiales. Reallocating time spent in different physical activity intensities on psychological wellbeing during adolescence. VIII Simposio EXERNET: Ejercicio físico para la salud a lo largo de la vida. Exernet, Red Española de Investigación en Ejercicio Físico y Salud. 2023. España. Participativo - Póster. Congreso.
- 3 Mireia Adelantado Renau; Pablo Monteagudo Chiner; Irene Monzonís Carda; Diego Moliner Urdiales; Maria Reyes Beltran Valls. Physical activity intensities and cognitive abilities in adolescents: the role of cardiorespiratory fitness. 28th Annual Congress of the European College of Sports Science. European College of Sports Science. 2023. Francia. Participativo - Póster. Congreso.
- 4 Maria Reyes Beltran Valls; Mireia Adelantado Renau; Pablo Monteagudo Chiner; Irene Monzonís Carda; Diego Moliner Urdiales. The impact of cardiorespiratory fitness trajectories through adolescence in the association of BDNF with cognitive and academic performance. 28th Annual Congress of the European College of Sports Science. European College of Sports Science. 2023. Francia. Participativo - Póster. Congreso.
- 5 Pablo Monteagudo Chiner; Mireia Adelantado Renau; Maria Reyes Beltran Valls; Diego Moliner Urdiales. Reallocating time spent in different physical activity intensities on psychological distress in adolescents: DADOS study. 10th Exercise is Medicine Conference. Università degli Studi di Padova. 2022. Italia. Participativo - Póster. Congreso.
- 6 Irene Monzonís Carda; Mireia Adelantado Renau; Maria Reyes Beltran Valls; Diego Moliner Urdiales. The mediating role of emotional symptoms in the association between fitness and academic performance: DADOS study. 27th Annual Congress of the European College of Sports Science. European College of Sports Science. 2022. España. Participativo - Póster. Congreso.
- 7 Alba Solera Sánchez; Maria Reyes Beltran Valls; Diego Moliner Urdiales; Mireia Adelantado Renau. Is muscular strength associated with academic performance in adolescents? DADOS Study. International Congress "Promoting Brain Health Through Exercise across the Lifespan". PROFITH Research Group, Universidad de Granada. 2021. España. Participativo - Póster. Congreso.

- 8 Carlos Bou Sospedra; Alba Solera Sánchez; Mireia Adelantado Renau; Maria Reyes Beltran Valls; Diego Moliner Urdiales. Weight status influences the Association between Physical Fitness Components and Self-esteem in Adolescents: DADOS Study. International Congress "Promoting Brain Health Through Exercise across the Lifespan". PROFITH Research Group, Universidad de Granada. 2021. España. Participativo - Póster. Congreso.
- 9 Alba Solera Sánchez; Danielle Christian; Maria Reyes Beltran Valls; Rhona Martin Smith; Mhairi McDonald; Richard Tyler; Stuart Fairclough. Health-related quality of life in English primary school children: cross-sectional and longitudinal associations with cardiorespiratory fitness. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. International Society of Behavioral Nutrition and Physical Activity. 2021. Participativo - Ponencia oral (comunicación oral). Congreso.
- 10 Alba Solera Sánchez; Mireia Adelantado Renau; Diego Moliner Urdiales; Maria Reyes Beltran Valls. Longitudinal associations between physical fitness components and health-related quality of life during adolescence: DADOS study. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. International Society of Behavioral Nutrition and Physical Activity. 2021. Participativo - Ponencia oral (comunicación oral). Congreso.
- 11 Alba Solera Sánchez; Mireia Adelantado Renau; Carlos Bou Sospedra; Irene Monzonís Carda; Diego Moliner Urdiales; Maria Reyes Beltran Valls. Combined influence of healthy lifestyle habits on health-related quality of life in adolescents: DADOS Study. 25 th Annual Congress of the European College of Sports Science. European College of Sports Science. 2020. Participativo - Ponencia oral (comunicación oral). Congreso.
- 12 Carlos Bou Sospedra; Mireia Adelantado Renau; Maria Reyes Beltran Valls; Diego Moliner Urdiales. Association of physical activity, sedentary time and sleep patterns with social stress in adolescents: DADOS Study. International Workshop: A focus on statistical methods to analyse accelerometer-measured physical activity. Universidad de Granada. 2019. España. Participativo - Póster. Congreso.
- 13 Mireia Adelantado Renau; Maria Reyes Beltran Valls; Carlos Bou Sospedra; Diego Moliner Urdiales. Longitudinal association between physical activity and academic abilities in adolescents.. International Workshop: A focus on statistical methods to analyse accelerometer-measured physical activity. Universidad de Granada. 2019. España. Participativo - Póster. Congreso.
- 14 Maria Reyes Beltran Valls; Mireia Adelantado Renau; Carlos Bou Sospedra; Diego Moliner Urdiales. Replacing light and moderate physical activity with vigorous physical activity is positively associated with fitness 24 months later in adolescents: an isotemporal substitution analyses. International Workshop: A focus on statistical methods to analyse accelerometer-measured physical activity. Universidad de Granada. 2019. España. Participativo - Póster. Congreso.

C.3. Proyectos y Contratos

- 1 **Proyecto**. UJI-B2022-37, Efectos de los descansos activos en el aula sobre la cognición, las emociones y la actividad física diaria del alumnado universitario: proyecto ACTIVCLASS2UJI. Universidad Jaime I. Maria Reyes Beltran Valls. (Universitat Jaume I). 01/01/2023-31/12/2025. 15.879,6 €. Investigador principal.
- 2 **Proyecto**. CIGE/2021/053, Efectos agudos de la actividad física sobre la cognición y la actividad cerebral en adolescentes (Act4Brain).. Generalitat Valenciana. Mireia Adelantado Renau. (Universitat Jaume I). 01/01/2022-31/12/2023. 19.500 €. Miembro de equipo.
- 3 **Proyecto**. UJI-A2019-12, Rendimiento académico y cognición: relación con los hábitos activos en alumnado de Bachillerato. Universidad Jaime I. Maria Reyes Beltran Valls. (Universitat Jaume I). 01/01/2020-31/12/2022. 27.772,5 €. Investigador principal.
- 4 **Proyecto**. SOLCIF/2020/0006, El huerto ecodidáctico como contexto para favorecer la EODS: un laboratorio vivo promotor de estilos de vida sostenibles. Generalitat Valenciana. Mireia Adelantado Renau. (Universitat Jaume I). 01/04/2022-31/07/2022. 4.400 €. Miembro de equipo.

C.5. Estancias en centros de I+D+i públicos o privados

- 1 Universidad Autónoma de Madrid. España. Madrid. 01/02/2021-31/05/2021. 4 meses. Posdoctoral.
- 2 Universidade do Porto. Grupo de Investigación CIAFEL. Portugal. Oporto. 01/02/2020-31/07/2020. 6 meses. Posdoctoral.