

LISTĂ DE LUCRĂRI

Prof.univ.dr.habil. DANA BĂDĂU

a. 10 publicații relevante

1. Olteanu M, Oancea BM, **Badau D**. Improving Effectiveness of Basketball Free Throws through the Implementation of Technologies in the Technical Training Process. *Applied Sciences*. 2023; 13(4):2650. <https://doi.org/10.3390/app13042650>, WOS:000938212600001, FI (2021)= 2,838
2. **Badau D**, Badau A. Optimizing Reaction Time in Relation to Manual and Foot Laterality in Children Using the Fitlight Technological Systems. *Sensors*. 2022; 22(22):8785. <https://doi.org/10.3390/s22228785>, WOS:000887608900001, FI=3.847
3. **Badau D**, Badau A, Ene-Voiculescu C, Larion A, Ene-Voiculescu V, Mihaila I, Fleancu JL, Tudor V, Tifrea C, Cotovanu AS, Abramiuc A. The Impact of Implementing an Exergame Program on the Level of Reaction Time Optimization in Handball, Volleyball, and Basketball Players. *International Journal of Environmental Research and Public Health*. 2022; 19(9):5598. <https://doi.org/10.3390/ijerph19095598>, WOS:000794413000001, IF (2021) 4,614
4. Stoica, Leonard; **Badau, Dana**. The Use of Polyamide Slaklines in Evaluating the Moving Speed in the Dynamic Balance and the Effort Capacity During the Education through Adventure Programs. *Materiale Plastice*, 2019, 56.4: 852. WOS:000509920700025, FI (2019) = 1.517
5. Jankauskiene, R.; Baceviciene, M.; Pajaujiene, S.; **Badau, D**. Are Adolescent Body Image Concerns Associated with Health-Compromising Physical Activity Behaviours? *Int. J. Environ. Res. Public Health* 2019, 16, 1225. WOS:000465595800138, IF (2018) 2.469
6. Gurses V.V, Ceylan B.; Sakir M.; Baydil B.; Al Hussein H.; **Badau D**. Dehydration and Acute Weight Gain of Athletes Before Sport Competitions, *REV.CHIM.(Bucharest)*, 2018; 69(11):3196-3198, FI=1.412 (2017), WOS:000451931500049, FI=1.605 (2018)
7. **Badau, D.**; Badau, A. Identifying the Incidence of Exercise Dependence Attitudes, Levels of Body Perception, and Preferences for Use of Fitness Technology Monitoring. *Int. J. Environ. Res. Public Health* 2018, 15, 2614., WOS:000456527000005, IF (2018) 2.468
8. **Badau D**, Badau A - The motric, Educational, Recreational and Satisfaction Impact of Adventure Education Activities in the Urban Tourism Environment, *Sustainability* 2018, 10(6), 2106; 1-13. WOS:000436570100418, FI=2,592 (2018)
9. Badau A.; **Badau D.**; Serban C., Tarcea M.; Rus V. Wellness integrative profile 10 (WIP10) — an integrative educational tool of nutrition, fitness and health, *JPak Med Assoc.*, 2018; 68 (6):882-887. WOS:000432457500011, FI = 0.642 (2018)
10. **Badau D.**, Ungur R.N, Bădău A, Martoma A - Biochemical and functional modifications in biathlon athletes at medium altitude training, *Revista Romane de Medicina de Laborator*, DOI: 10.15 15/rrlm-2016-0008, 2016; 24 (3): 327-335, WOS:000386921700006, IF (2016) = 0,325

b. Teza de doctorat

- T1. Teza de doctorat "Ambidextria în jocul de handbal, o posibilă strategie în creșterea eficienței acțiunilor de joc" (susținerea publică a tezei: 20 octombrie 2006)
- conducător de doctorat: Prof.univ.dr. Bota Ioan, IOSUD - Academia Națională de Educație Fizică și Sport, București



c. Cărți de specialitate

1. **Badau Dana**– Implicatiile psihomotricității și kinetoterapiei în sindromul Down, Ed. Risoprint, Cluj-Napoca, ISBN 978-973-53-2837-5, 2022, nr. pag: 223
2. **Badau Dana**, Badau Adela, Grancea Marius – *Fitness. Postură și mișcare*, Ed. Universității „Transilvania” din Brașov, 2018, ISBN 978-606-19-0964-3
3. Bădău Adela, Ungur Natalia Ramona, **Bădău Dana** – *Activitățile fizice acvatice indoor*, Ed. Universității „Transilvania” din Brașov 2016, ISBN 978-973-169-465-8
4. **Bădău Dana**, Dusa Flaviu, Bădău Adela – *Educația fizică și sportul: teste grila*, Edit University Press, Tirgu Mures, 2015, ISBN 978-973-169-416-0
5. Bădău Adela, **Bădău Dana** - *Aqua-pullpush-gym. O metoda inovatoare de gimnastica în apă*, Edit. Universității "Transilvania" din Brasov, 2011, ISBN 978-973-598-865-1
6. **Bădău Dana** - *Metodica disciplinei sportive – Handbal*, Ediția a II-a revizuită și adăugită; Edit. Universității "Transilvania" din Brasov, 2010, ISBN 978-973-598-711-4
7. **Bădău Dana** - *Evaluare motrică și somato-funcțională*; Edit. Universității "Transilvania" din Brașov, 2010, ISBN 978-973-598-712-1
8. **Bădău Dana** - *Metodica disciplinelor sportive jocuri de echipă - handbal* Edit. Universității "Transilvania" din Brașov, 2007, ISBN 978-973-598-179-2
9. **Bădău Dana** - *Handbal*, Edit. Universității "Transilvania" din Brasov, 2007, ISBN 978-973-598-190-
Bădău Dana, Paraschiv Florin - *Jocurile sportive. Teorie și metodică*; Edit. Universității "Transilvania" din Brasov, 2007, ISBN 978-973-598-191-4
10. **Bădău Dana** - *Teoria și metodica disciplinelor sportive gimnice*, Edit. Universității "Transilvania" din Brașov, 2007, ISBN 978-973-635-871-5
11. **Bădău Dana** - *Ambidextria în activitatea motrică*; Edit. Universității "Transilvania" din Brașov, 2006, ISBN 978-973-635-817-3

e. Articole publicate în reviste din fluxul științific

Articole în extenso indexate WoS cu factor de impact

1. Kryeziu AR, Iseni A, Teodor DF, Croitoru H, **Badau D**. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents. *Applied Sciences*. 2023; 13(5):2776. <https://doi.org/10.3390/app13052776>, WOS:000909312900001. FI (2021)= 2,838
2. Olteanu M, Oancea BM, **Badau D**. Improving Effectiveness of Basketball Free Throws through the Implementation of Technologies in the Technical Training Process. *Applied Sciences*. 2023; 13(4):2650. <https://doi.org/10.3390/app13042650>, WOS:000938212600001. FI (2021)= 2,838
3. **Badau D**, Badau A. Optimizing Reaction Time in Relation to Manual and Foot Laterality in Children Using the Fitlight Technological Systems. *Sensors*. 2022; 22(22):8785. <https://doi.org/10.3390/s22228785>, WOS:000887608900001, FI=3.847
4. Cotrobas-Dascalu VT, **Badau D**, Stoica M, Dreve AA, Predescu CML, Gherghel CL, Bratu M, Raducu P, Oltean A, Badau A. Impact of Kinesiotherapy and Hydrokinetic Therapy on the Rehabilitation of Balance, Gait and Functional Capacity in Patients with Lower Limb Amputation: A Pilot Study. *J Clin Med*. 2022 Jul 15;11(14):4108. doi: 10.3390/jcm11144108. , WOS:000831915600001, IF (2021) 4,964 (autor de corespondenta)
5. **Badau D**, Badau A, Ene-Voiculescu C, Larion A, Ene-Voiculescu V, Mihaila I, Fleancu JL, Tudor V, Tifrea C, Cotovanu AS, Abramiuc A. The Impact of Implementing an Exergame Program on the Level of Reaction Time Optimization in Handball, Volleyball, and Basketball Players. *International Journal of Environmental Research and Public Health*. 2022; 19(9):5598. <https://doi.org/10.3390/ijerph19095598>, , WOS:000794413000001, IF (2021) 4,614
6. Gidu DV, Badau D, Stoica M, Aron A, Focan G, Monea D, Stoica AM, Calota ND. The Effects of Proprioceptive Training on Balance, Strength, Agility and Dribbling in Adolescent Male Soccer

- Players. *International Journal of Environmental Research and Public Health*. 2022; 19(4):2028. <https://doi.org/10.3390/ijerph19042028>, WOS:000769095200001, IF (2021) 4,964 (autor de corespondenta)
7. Badau A, Szabo-Csifo B, Ciulea L, Alexandrescu R, **Badau D**. The Effects Induced by a Specific Program on the Development of Segmental Flexibility in Athletes Aged 7–14 in Synchronized Swimming. *Children*. 2022; 9(1):17. <https://doi.org/10.3390/children9010017>, WOS:000747181900001, IF (2021) 2,835
 8. Gherghel A, **Badau D**, Badau A, Moraru L, Manolache GM, Oancea BM, Tifrea C, Tudor V, Costache RM. Optimizing the Explosive Force of the Elite Level Football-Tennis Players through Plyometric and Specific Exercises. *International Journal of Environmental Research and Public Health*. 2021; 18(15):8228. <https://doi.org/10.3390/ijerph18158228>, WOS:000681825200001, IF (2021) 4,614 (autor de corespondenta)
 9. **Badau D**, Badau A, Trambitas C, Trambitas-Miron D, Moraru R, Stan AA, Oancea BM, Turcu I, Grosu EF, Grosu VT, Daina LG, Daina CM, Suteu CL, Moraru L. Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies. *International Journal of Environmental Research and Public Health*. 2021; 18(15):7906. <https://doi.org/10.3390/ijerph18157906>, WOS:000681876200001, IF (2021) 4,614
 10. **Badau D**, Badau A, Manolache G, Ene MI, Neofit A, Grosu VT, Tudor V, Sasu R, Moraru R, Moraru L. The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students. *International Journal of Environmental Research and Public Health*. 2021; 18(4):2043. <https://doi.org/10.3390/ijerph18042043>, WOS:000623581400001, IF (2021) 4,614
 11. Jankauskiene, R.; Baceviciene, M.; Pajaujiene, S.; **Badau, D**. Are Adolescent Body Image Concerns Associated with Health-Compromising Physical Activity Behaviours? *Int. J. Environ. Res. Public Health* **2019**, *16*, 1225. WOS:000465595800138, IF (2018) 2.469
 12. Stoica, Leonard; **Badau, Dana**. The Use of Polyamide Slaklines in Evaluating the Moving Speed in the Dynamic Balance and the Effort Capacity During the Education through Adventure Programs. *Materiale Plastice*, 2019, 56.4: 852. WOS:000509920700025, FI (2018) = 1.393
 13. **Badau, D.**; Badau, A., Enoiu RS. Evaluation of Stable Balance Capacity by Using Bosu Ball Surfaces on Different Pressure Levels, *Materiale Plastice*, 2019; 56(1): 216-219, WOS:000464604100043, FI (2018) = 1.393
 14. Gurses V.V, Ceylan B.; Sakir M.; Baydil B.; Al Hussein H.; **Badau D**. Dehydration and Acute Weight Gain of Athletes Before Sport Competitions, *REV.CHIM.(Bucharest)*, 2018; 69(11):3196-3198, FI=1.412 (2017), WOS:000451931500049, FI=1.605 (2018)
 15. **Badau, D.**; Badau, A. Identifying the Incidence of Exercise Dependence Attitudes, Levels of Body Perception, and Preferences for Use of Fitness Technology Monitoring. *Int. J. Environ. Res. Public Health* **2018**, *15*, 2614., WOS:000456527000005, IF (2018) 2.468
 16. **Badau, D.**; Badau, A. Clipa A. Interaction Between Values of Anthropometric Body and Static Balance Related to the Characteristics of the Three Plastic Fitness Equipment, *MATERIALE PLASTICE*, 2018; 55(4): 600-602, WOS:000454987400029, FI (2018) = 1.393
 17. **Badau D**, Badau A - The motric, Educational, Recreational and Satisfaction Impact of Adventure Education Activities in the Urban Tourism Environment, *Sustainability* 2018, *10*(6), 2106; 1-13. WOS:000436570100418, FI=2,592 (2018)
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 19. **Badau D**, Badau A, Paraschiv F, Rogozea L, Al Hussein H, Brinzaniuc K. Influences of Vitamin A and E Supplementation on Haematological, Functional and Oxidative Balance Parameters on Handball Players. *Rev.Chim.(Bucharest)*, 2018;69(2): 332-336, WOS:000427327700010, FI=1.605 (2018)



20. Dusa F, Badau A, **Badau D**, Trambitas C, Brinzaniuc K. Investigating the Deformation Parameters of PVC Fitness Balls in Relation to the Height and Body Mass Index of the users, *Revista Materiale plastice*, 2017;54(4):606-609, WOS:000427327700010, FI (2017) = 1.248
21. **Badau D.**, Ungur R.N, Bădău A, Martoma A - Biochemical and functional modifications in biathlon athletes at medium altitude training, *Revista Romane de Medicina de Laborator*, DOI: 10.15 15/rrlm-2016-0008, 2016; 24 (3): 327-335, WOS:000386921700006, IF (2016) = 0,325

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1. Morina B, Miftari F, Badau D. Fitness Level Differences between Students in Kosovo and Montenegro. *Education Sciences*. 2021; 11(3):140. <https://doi.org/10.3390/educsci11030140> <https://www.mdpi.com/2227-7102/11/3/140>, WOS:000633588000001
2. Miftari, F., Selimi, M., Badau, D., & Kelmendi, D. (2021). Identifying differences between basketball, handball and volleyball players in increasing explosive force and agility. *Человек. Спорт. Медицина*, 21(2), 144-154. WOS:000672355700018
3. Ionescu, A.; **Badau, D.** *Student Perceptions of Motor, Mental and Social Benefits and the Impact of Practicing Recreational Figure Skating*. *Behav. Sci.* **2018**, 8, 110. <https://doi.org/10.3390/bs8120110>. WOS:000455149800002
4. **Badau, D.**; Baydil, B.; Badau, A. *Differences among Three Measures of Reaction Time Based on Hand Laterality in Individual Sports*. *Sports*. 2018;6(2):45; doi: 10.3390/sports6020045. WOS:000436282300021
5. **Badau, D.**; Talaghir, L.G.; Rus, V.; Badau, A. *The impact of the needs and roles of nutrition counselling in sport*. *Human Sport Medicine*, 2018; 18(2): 88-96. DOI: 10.14529/hsm180208. WOS:000437542200008
6. **Badau D.** *The educational impact of implementation the education through adventure discipline in physical education and sports academic curriculum*. *Physical education of students*, 2017;21(3):108–115. doi:10.15561/20755279.2017.0302. WOS:000404187600002
7. **Badau, Dana**; Camarda, A.; Serbanoiu, S.; Virgil, T., Bondoc-Ionescu, D. - *Modern methods of performance management implementation in sports for all*, Conference: 8th International Conference on Management, Marketing And Finances Location: Penang, malaysia Date: MAR 23-25, 2010, Recent Advances In Management, Marketing, Finances: Proceedings Of The 8th Wseas International Conference (MMF 10) Book Series: Recent Advances in Electrical Engineering Pages: 149-154 Published: 2010, Accession Number: WOS:000284993300021
8. **Badau, Dana**; Badau, A.; Paraschiv, F.; Manolache G., Talaghir L.G., Neagu N.- *Level Determination of Space Orientation Depending on Manual Laterality and Using Artificial Intelligence Techniques*, , Conference: 9th WSEAS International Conference on Artificial Intelligence, Knowledge Engineering and Data Bases Location: Univ. Cambridge, Cambridge, ENGLAND Date: FEB 20-22, 2010, Book Series: Artificial Intelligence Series-WSEAS Pages: 108-113 Published: 2010, Accession Number: WOS:000276785100017
9. Camarda, A.; Plesa, D; **Badau, Dana** - *Changing the attitudes of the factors involved in the tourism industry*, Conference: 8th International Conference on Management, marketing and finances Location: Penang, Malaysia Date: MAR 23-25, 2010, Recent Advances In Management, Marketing, Finances: Proceedings Of The 8th Wseas International Conference (MMF 10) Book Series: Recent Advances in Electrical Engineering Pages: 155-160 Published: 2010, Accession Number: WOS:000284993300022

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1. Kryeziu, A. R., Lenjani, N., Iseni, A., & **Badau, D.** (2023). The effects of curriculum change programs in physical education according with the hours of teaching on the fitness level of children. *Journal of Physical Education & Sport*, 23(2), 545-554. DOI:10.7752/jpes.2023.02068.



2. Olteanu, M., Oancea, B. M., & **Badau, D.** (2022). A Study on the Dynamic of Heart Rate when Executing Free Throws in Basketball. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 29-36. <https://doi.org/10.31926/but.shk.2022.15.64.2.3https://www.proquest.com/openview/c702773f3e3c64bbeac8f5c5b1bb60ee/1?pq-origsite=gscholar&cbl=2045982>
3. Bădău, A., Alexandrescu, R., & Bădău, D. (2021). Perception regarding the Acquiring of Didactic Competences of the Students from the Final Year at the Specialization Physical and Sports Education, in the Online Educational Process. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 14, 1, 125-134. https://webbut.unitbv.ro/index.php/Series_IX/article/view/396
4. Epure, M., **Badau, D.** (2021). Study on improving coordination skills in women's basketball game. *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, Volume 60, Issue 2, 93-106. <https://doi.org/10.35189/dpeskj.2021.60.2.2>
5. Epure, M., & **Badau, D.** (2021). The Importance of the Selection Process in Basketball. The Analysis of the Specialists' Opinion. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 14, 2, 55-62. https://webbut.unitbv.ro/index.php/Series_IX/article/view/750
6. **Badau, D.**; **Badau, A.** Ranking of the education and social benefits, the responsibilities, the professional competencies of sport counseling process in the opinion of sports and physical education experts. *International Journal of Sport Exercise and Training Sciences-IJSETS*, 6(4), 129-137. <https://dergipark.org.tr/en/pub/useeabd/issue/58417/815406> Stoica I, Enoiu RS, **Bădău D.** *Functions of outdoor adventure education programs*, *Journal of Health, Sports & Rehabilitation Medicine*; 2019;20(1):35-38, <http://jhsrm.org/>, <https://doi.org/10.26659/pm3.2019.20.1.35>, EBSCO-full-text <https://www.ebscohost.com/titleLists/a9h-journals.htm>
7. Neofit A, **Bădău D**, Ion-Ene M, Bădău A. *Study on the development of spatial orientation and segmental coordination through judo-specific means in children*, *Journal of Health, Sports & Rehabilitation Medicine*, 2019; 20(1): 18-21 <http://jhsrm.org/>, <https://doi.org/10.26659/pm3.2019.20.1.18>, EBSCO-full-text <https://www.ebscohost.com/titleLists/a9h-journals.htm>
8. Ionescu, A.; **Badau, D.** *Student Perceptions of Motor, Mental and Social Benefits and the Impact of Practicing Recreational Figure Skating*. *Behav. Sci.* **2018**, 8, 110. <https://doi.org/10.3390/bs8120110>. WOS:000455149800002
9. **Badau, D.**; Baydil, B.; **Badau, A.** *Differences among Three Measures of Reaction Time Based on Hand Laterality in Individual Sports*. *Sports*. 2018;6(2):45; doi: 10.3390/sports6020045. WOS:000436282300021
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11. **Badau D.** *The educational impact of implementation the education through adventure discipline in physical education and sports academic curriculum*. *Physical education of students*, 2017;21(3):108–115. doi:10.15561/20755279.2017.0302. WOS:000404187600002
12. Bădău D, Papp E., Duşa FS, Macovei I, Mălăncrăvean PM, Ion-Ene M, Neofit N, Ungur RN, Bădău A. *Improving balance by experimenting through animal-assisted therapies*, *Palestrica of the third millennium – Civilization and Sport* Vol. 18, no. 3, July-September 2017, pag. 139–143, <https://doi.org/10.26659/pm3.2017.18.3.139>, <http://pm3.ro/pdf/69/08%20-%20badau%20%20%20%20139-143.pdf>, Indexare: CrossRef: <https://doi.org/10.26659/pm3.2017.18.3.139>, Doaj full-text: https://doaj.org/toc/2247-7322?source=%7B%22query%22%3A%7B%22filtered%22%3A%7B%22filter%22%3A%7B%22bol%22%3A%7B%22must%22%3A%5B%7B%22term%22%3A%7B%22index.issn.exact%22%3A%222247-7322%22%7D%7D%2C%7B%22term%22%3A%7B%22_type%22%3A%22article%22%7D%7D%5D%7D%7D%2C%22query%22%3A%7B%22match_all%22%3A%7B%7D%7D%7D%2C%22



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13. **Badau D**, Tomescu V, Badau A, Martin SA- *Differences among Elite Female Rowers Regarding Carbohydrate Consumption at Rest*, International Journal of Science Culture and Sport, June 2016: 4(2) ISSN: 2148-1148 Doi: 10.14486/IntJSCS518, pag. 230-239, http://www.iscsjournal.com/Makaleler/2002572430_4c2s_10.pdf , Indexare: Doaj: <https://doaj.org/toc/2148-1148> , CrossRef- full-text: <https://doi.org/10.14486/intjscs518>
 14. Dana BĂDĂU, **Adela BĂDĂU**, Ramona Natalia UNGUR, Flaviu Stelian DUȘA, Veronica MINDRESCU - *Using Computer-Gaming Tests to Evaluate Hand Simple Reaction time to Visual Stimulus*, Sport și Societate. Revista de Educație Fizică, Sport și Științe conexe. 2016, Vol. 16, Issue 1, pag. 29-35, [file:///C:/Users/Adela/Downloads/BADAU%20\(3\).pdf](file:///C:/Users/Adela/Downloads/BADAU%20(3).pdf) Indexare: Ebsco - abstract: <http://web.a.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=15822168&AN=119299786&h=12q3R4BLBhl%2b5bC2hLfbb06vGkhnt5jQ9muDjX%2bMCn7aqlzienplcY5vlUATokvJniRWcS6ucBqJL%2b1EdFD1%2fw%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlNotAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d15822168%26AN%3d119299786>
 15. **Bădău Dana**; Bădău A. - The influence of various types of water gymnastics upon the exercise capacity, International Journal of Science Culture and Sport (IntJSCS), Vol 3, No 4 (2015): Number: 14(94-102), CrossRef Doi:10.14486/IntJSCS463, http://www.iscsjournal.com/Makaleler/1092031960_3c4s_8.pdf , Doaj <https://doaj.org/toc/2148-1148>, CiteFactor <http://www.citefactor.org/journal/index/11977/international-journal-of-science-culture-and-sport-intjscs#.VNd4OvmsXW4>
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 17. **Bădău Dana**, Prebeg G., Bădău A., Dusan M.– *Fitness Index And Vo_{2max} Of Physical Education Students*, Ovidius Univeristy Annals, Series Physical Education and Sport, Science, Movement and health, acceptat spre publicare in vol. XV, Issue 2, ISSN: 1224-7359, Ovidius University Press, Constanta 2015, <http://www.analefeffs.ro/anale-feffs/arhiva.php>, Ebsco <https://www.ebscohost.com/titleLists/s4h-coverage.pdf>, DOAJ <https://doaj.org/toc/1224-7359>,
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