

CURRICULUM VITAE

(Synthesis, 2000 - 2017)

Lisbon, July, 2017



I. PERSONAL DATA

Name

Maria João Alvarez

Birth Date

23rd January 1963

Nationality

Portuguese

Institution

Faculdade de Psicologia, Universidade
de Lisboa

Alameda da Universidade, 1649-013

Lisboa

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Professional Category

Tenure-track Assistant Professor

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2. ACADEMIC TRAINING

- 2002 – PhD in Psychology, Social Psychology by the Faculty of Psychology and Educational Sciences, University of Lisbon (FPCEUL), “Summa cum laude”
- 1992 – Master in Educational Sciences, Educational Psychology by FPCEUL, “Summa cum laude”
- 1987 – Graduation in Psychology, by FPCEUL, 15 (15/20)

3. CURRENT STATUS

2007- Assistant Professor with tenure at the Faculty of Psychology, University of Lisbon (FPUL)

2008- Co-coordinator of the Interuniversity PhD Programme of Psychology, Educational Psychology, University of Coimbra and University of Lisbon

2014- Member of the Scientific Council of the FPUL

4. PREVIOUS POSITIONS

2002-2007 Assistant Professor without tenure

1992-2002 Senior Assistant

1987-1992 Junior Assistant

5. AREA OF SCIENTIFIC ACTIVITY

Health Education (e.g., healthy eating, oral hygiene, physical activity)

Sexual Risk Behaviors (HIV/AIDS)

6. RESEARCH AND DEVELOPMENT ACTIVITIES

Member of the *Instituto de Psicologia Cognitiva, Desenvolvimento Vocacional e Social* [Institute of Cognitive Psychology, Vocational and Social Development] of the University of Coimbra.

International Projects

Impact of body image related variables on the psycho-physiological indicators of human sexual response: Comparative study with a clinical and non-clinical sample. Main Coordinator M.J. Alvarez, funded by BIAL Foundation, Project no. 167/12 (for 2013-14).

Self-regulation in health behavior: the role of emotion regulation in the HAPA Model. Coordination: Alvarez, M.J. & Schwarzer, R.. Agreement FCT /DAAD for the period 2012-13, within the scope of Transnational Cooperation.

Complementary Action: Survey and analysis of prevention campaigns against gender violence in Spain and Portugal 2000-2010, funded by the *Instituto de la Mujer* [Spanish Institute for Women], team member, (2011-0001-ACT-00089).

National Projects

Programme for the development of social-emotional skills for the promotion of global health and citizenship. Programa Cidadania Activa, Fundação Calouste Gulbenkian (EEA Grants) funded to ARISCO, team member, (2015-2016).

Design, implementation and evaluation of health education programs in educational settings (pro-social behaviors, sexual protective behaviors, and

healthy eating behaviors), Research Center in Psychology of the University of Lisbon, (2007-2013).

Evaluation of the Integrated Project of Sexual Abuse Prevention (PIPAS) developed by Casa Pia de Lisboa, in collaboration with Novos Alvos, as an FPCEUL team member, (2007-09).

Evaluation of a Project-Based Learning intervention in Escolas da Apelação, supported by the Ministry of Education, as an FPCEUL team member ,(2007-09).

Programme for the Promotion of Adaptation and Risk Prevention in College Students, Program design and participation in a team from FPCEUL, (2004).

7. SCIENTIFIC SOCIETIES

Full member of the European Health Psychology Society.

Associate of the *Sociedade Portuguesa de Sexologia Clínica* [Portuguese Association for Clinical Sexology].

8. EDITORIAL ACTIVITY

Member of the Editorial board of the journal *Applied Psychology: Health and Well-being*, 2014-2015.

Reviewer in Health Education and Promotion, Program Evaluation, HIV-AIDS, Sex Education in ISI journals, such as *AIDS Care*, *Health Promotion International*, *Psychology, Health, & Medicine*, *Journal of Health Psychology*, *Health Education & Behavior*, *International Journal of Sexual Health*.

9. COORDINATION EXPERIENCE

Co-organization and co-coordination of the Inter-University PhD Doctoral Program, in the specialized area of Educational Psychology, within the scope of a partnership between the University of Coimbra and the University of Lisbon (2008-).

Co-organization and co-coordination of the Postgraduate Course in Psychology, in the specialized area of Sexual and Relational Education (2010-2011).

Co-organization and co-coordination of the Postgraduate Course in Psychology, in the specialized area of Psychology and Health Education (2007-2008).

Coordination of the task force of HIV/AIDS Prevention in the Portuguese Association for Clinical Sexology (2011-).

Erasmus Coordination at the Faculty of Psychology, University of Lisbon (2003-2006).

Coordination of Integrated Master courses in Psychology at FPUL and of the Inter-University PhD Doctoral Program in Psychology of FPUL/FPCEUC.

10. TEACHING ACTIVITIES

Coordination and teaching of subjects in doctoral programs: Seminário de Doutoramento Optativo Temático I e II, Seminário de Acompanhamento do Plano de Tese in the Inter-University PhD Program in Psychology, Educational Psychology (2008-).

Coordination and teaching of subjects in the Postgraduate courses in Psychology: in the specialization domain of Sexual and Relational Education: Promoção da Saúde e do Bem-estar, Desenvolvimento Psicossexual e Saúde Sexual e Reprodutiva e Temas de Educação Sexual (2010-2011); in the specialization domain of Psychological Evaluation and Intervention in Educational Settings: Promoção de Competências Emocionais, Aconselhamento Psico-Educacional, Desenvolvimento Pessoal e Profissional (2006-2008).

Coordination and teaching of subjects in the Integrated Master course in Psychology, UL: Adaptação e Prevenção do Risco, Educação para a Saúde e para o Bem-estar; Áreas de Intervenção da Psicologia Educacional; Psicologia Educacional; Seminário de Dissertação (2006-) e Introdução à Sexualidade Humana (2013-).

Coordination and teaching of subjects in the Psychology degree course: Educação e Prevenção para o VIH/SIDA (2002-2007).

Teaching of Educational Psychology in Teaching Training at Faculdade de Letras da Universidade de Lisboa (2000-2006).

11. PUBLICATIONS

Pascoal, P. M., **Alvarez, M.-J.**, Pereira, C., & Nobre, P. (2017). Development and initial validation of the Beliefs About Sexual Functioning Scale: A gender invariant measure. *Journal of Sexual Medicine*, *14*, 613-623. doi: 10.1016/j.jsxm.2017.01.021

Araújo, M., **Alvarez, M.-J.**, Godinho, C., & Pereira, C. (2016). Psychological, behavioral and clinical effects of Intra Oral Camera: A randomized control trial on adults with gingivitis. *Community Dentistry and Oral Epidemiology*, *44*, 523-530. Doi: 10.1111/cdoe.12245

Carvalho, T., **Alvarez, M.-J.**, Pereira, C., & Schwarzer, R. (2016). Stage-based computer-delivered interventions to increase condom use in young men. *International Journal of Sexual Health*, 28, 176-186. Doi: 10.1080/19317611.2016.1158764

Godinho, C., **Alvarez, M.-J.**, & Lima, L. (2016). Emphasizing the losses or the gains: Comparing situational and individual moderators of framed messages to promote fruit and vegetable intake. *Appetite*, 96, 416-425. Doi: 10.1016/j.appet.2015.10.001

Godinho, C., Araújo, M., & **Alvarez, M.-J.** (2016). The role of tailoring in E-health and ICT-based interventions in different contexts and populations. In M.-M. Cruz Serra, I. M. Miranda, R. Martinho, & R. Rijo (Eds.), *Encyclopedia of E-health and telemedicine* (pp. 1028-1040). Hershey, PA: Medical Information Science Reference. Doi: 10.4018/978-1-4666-9978-6.ch080

Marques, T., Marques Pinto, A., & **Alvarez, M.-J.** (2016). Estudo psicométrico da escala de avaliação dos riscos e oportunidades dos jovens utilizadores do Facebook. *Revista Iberoamericana de Diagnóstico e Avaliação Psicológica*, 41(1), 145-158.

Marques Pinto, A., & **Alvarez, M.-J.** (2016). Promoção da saúde ocupacional em contexto escolar: da saúde física ao bem-estar profissional dos professores. In M. J. Chambel (Coord.), *Psicologia da saúde ocupacional* (pp.135-166). Lisboa: Pactor Editora.

Marques Pinto, A., & **Alvarez, M.-J.** (2016). Avaliação de programas: Modelos e aplicações aos programas de Aprendizagem Sócio Emocional. In A. Marques Pinto & R. Raimundo (Eds.), *Avaliação e promoção de competências sócio-emocionais em Portugal* (pp. 199-226). Lisboa: Coisas de Ler.

Carvalho, T., **Alvarez, M.-J.**, Barz, M., & Schwarzer, R. (2015). Preparatory behavior for condom use among heterosexual young men: A longitudinal mediation model. *Health Education & Behavior, 42*, 92-99. DOI: 10.1177/1090198114537066

Carvalho, T., & **Alvarez, M.-J.** (2015). Preparing for male condom use: The importance of volitional predictors. *International Journal of Sexual Health, 27*, 303-315. DOI: 10.1080/19317611.2014.982264

Godinho, C., **Alvarez, M.-J.**, Lima, L., & Schwarzer, R. (2015). Health messages to promote fruit and vegetable consumption at different stages: A match-mismatch design. *Psychology & Health, 30*, 1410-1432. DOI: 10.1080/08870446.2015.1054827

Alvarez, M.-J., & Godinho, C. (2015). With a little help of a nudge: Environmental health regulation. *Sensos, V(2)*, 153-168.

Godinho, C., **Alvarez, M.-J.**, Lima, L., & Schwarzer, R. (2014). Will is not enough: Coping planning and action control as predictors of fruit and vegetable intake. *British Journal of Health Psychology, 19*, 856-870. doi:10.1111/bjhp.12084

Godinho, C.A., **Alvarez, M.J.**, & Lima, L. (2014). Psicologia da alimentação saudável: Recomendações, preditores e promoção do consumo de frutas e vegetais [The psychology of healthy eating: Recommendations, predictors and promotion of fruit and vegetable intake]. L. Lima, S. Bernardes, & S. Marques (Eds.), in *Psicologia Social da Saúde* (pp. 43-67). Lisboa: Ed. Sílabo.

Godinho, C. A., **Alvarez, M.-J.**, & Lima, L. (2013). Formative research on HAPA model determinants for fruit and vegetable intake: Target beliefs for audiences at different stages of change. *Health Education Research, 28*, 1014-1028. doi: 10.1093/her/cyt076

Alvarez, M.J., & Marques Pinto, A. (2012). Educação sexual: Atitudes, conhecimentos, conforto e disponibilidade de professores portugueses [Sexuality education: Attitudes, knowledge, comfort, and availability of Portuguese teachers]. *Aletheia*, 38-39, 8-24.

Alvarez, M.-J., & Garcia-Marques, L. (2011). Cognitive and contextual variables in sexual partner and relationship perception. *Archives of Sexual Behavior*, 40, 407-417.

Alvarez, M.J., Marques-Pinto, A., Miranda, G., Melo, R., Baptista, V., Duarte, B., Raimundo, R., & Marôco, J. (2010). Avaliação do Projecto Integrado para a Prevenção do Abuso Sexual (PIPAS): Estudo preliminar [Evaluation of the Comprehensive Project of Sexual Abuse Prevention (PIPAS): Preliminary study]. *Psychologica*, 52, 231-252.

Alvarez, M.J., & Garcia-Marques, L (2008). Condom inclusion in cognitive representations of sexual encounters. *Journal of Sex Research*, 45, 358-370.

Alvarez, M.J., & Nogueira, J. (2008). Como definem os estudantes ter sexo, parceiro sexual e infidelidade [How students define sex, sexual partner and infidelity]. *Psicologia*, XXII (1), 59-76.

Alvarez, M.J., & Oliveira, M. (2007). Programa de prevenção do HIV/SIDA para estudantes universitários: Um estudo piloto [HIV/AIDS prevention program for university students: A pilot study]. *Revista Portuguesa de Educação*, 21 (1), 183-211.

Marques Pinto, A., **Alvarez, M.J.,** Gonçalves, D., Bahia, S. e Duarte, A. (2007). Programa de promoção da adaptação e prevenção do risco no ensino superior: Primeira aplicação [Program for the promotion of adaptation and the prevention of risk in university students: First application]. *Psychologica*, 45, 257-278.

Alvarez, M.J. (2005). *Representações cognitivas e comportamentos sexuais de risco: O guião e as teorias implícitas da personalidade nos comportamentos de protecção sexual* [Cognitive Representations of Sexual Risk Behaviours: The Condom and the Implicit Theories of Personality in Sexual Protective Behaviours]. Lisboa FCT/FCG.

Alvarez, M.J. (2002). *Representações cognitivas e comportamentos sexuais de risco: O guião e as teorias implícitas da personalidade nos comportamentos de protecção sexual*. Tese de doutoramento. Faculdade de Psicologia e de Ciências da Educação da Universidade de Lisboa.

12. EXPERIENCE AS SCIENTIFIC ADVISER

PhD

“Condom use among heterosexual young men: An examination of volitional predictors and a stage-based intervention”, Telma Carvalho, 2015 (Supervisor, PhD) (concluded July 2015).

“To whom do we communicate? Stage tailoring and framing of health messages in the promotion of fruit and vegetable intake”, Cristina Godinho, 2014 (Supervisor, PhD) (concluded July 2014).

“Physical activity promotion in breast cancer survivors”, Margarida Sequeira, 2017- (Supervisor, PhD.)

“Motivation and volition in reading practice among middle and high school students, 2017- Tania Almeida (Co-Supervisor, PhD.)

“The use of new technologies in self-regulatory processes in oral health promotion”, Mário Araújo, 2014- (Co-Supervisor, PhD).

“Current state of sexual double standards and their consequences in sexual satisfaction and protection in college students”, Helena Amaro, 2014- (Co-Supervisor, PhD).

“Decisiveness: decision taking development in college students”, Luís Filipe, 2014- (Co-Supervisor, PhD)

“To be online, to live offline”, Teresa Marques, 2009- (Co-Supervisor, PhD).

Master

“A study of sexual double standard in male university students”, Carolina Campos Rocha, 2016 (Supervisor Master thesis).

“Programme for the promotion of social-emotional and attentional skills: Conception, implementation and evaluation of the Perlimpimpim programme in children of the 3 grade of schooling”, Carla Santos, 2016 (Supervisor Master thesis).

“Promotion of fruit and vegetable consumption: an intervention with adults through SMS based on regulatory focus”, de Cristina Monteiro Santos, 2015 (Supervisor Master thesis).

“The contribution of sport in the development of social-emotional skills in children between 10 and 13 years old”, Isabel Cabacinho, 2015 (Supervisor Master thesis).

“Implicit and explicit attitudes as predictors of condom use”, Marina Pesca, 2015 (Supervisor Master thesis).

“The HAPA model in moderate intensity physical exercise in adults”, Liliana Alves, 2014 (Supervisor Master thesis).

“The HAPA model as a predictor of dental flossing”, Mafalda Nunes, 2014, (Supervisor Master thesis).

“The role of beliefs on ageing in self-efficacy, well-being and autonomy of the elderly”, Ana Filipa Pegado, 2013 (Supervisor Master thesis).

“Students perspective on sexuality education”, Cláudia Leitão, 2013 (Master thesis)

“Beliefs of gender violence legitimation and its effects in prevention campaigns: An exploratory study”, Dora Félix, 2012 (Supervisor Master thesis).

“Parental perspectives on sexuality education”, Marlene Quintal, 2012 (Supervisor Master thesis).

“Positive emotional experiences and savoring in children”, Vanessa Oliveira, 2012 (Supervisor Master thesis).

“Sexuality education: formal vs. ludic/emotional methodology”, Andreia Jesus, 2011 (Supervisor Master thesis).

“Gender violence prevention in young people and in school setting: The CIG intervention”, Rita Borges, 2011 (Supervisor Master thesis).

“Social Networking Sites: An age of opportunities for teenagers”, Diogo Nunes, 2010 (Supervisor Master thesis).

“Adaptation of a brief educational program focused on preparing for ageing, "In anticipation of the golden years"", Diana Teixeira, 2009 (Supervisor Master thesis).

“Implementation of intentions in fruit and vegetable consumption by Portuguese teenagers - the parental effect”, Susana Lavado, 2009 (Supervisor Master thesis).