

CURRICULUM VITAE

ANA ISABEL PEREIRA

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Faculdade de Psicologia

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EDUCATION

- 2007: *PhD* in Clinical Psychology – University of Coimbra (Cristina Canavarro, PhD adviser)
- 2001: Master in Clinical Psychology (Cognitive-Behavioral and Systemic) – University of Coimbra
- 1997: BA (5 years)– University of Lisbon

ACADEMIC POSITIONS

- 2017: Associate Professor – Faculty of Psychology -University of Lisbon
- 2014: Assistant Professor – Faculty of Psychology -University of Lisbon
- 2013: Invited Assistant Professor – Faculty of Psychology- University of Lisbon
- 2007-2012: Invited Assistant Professor – Family Sciences Institute- Faculty of Human Sciences- Universidade Católica Portuguesa; ISCSP- University of Lisbon (2010-2012)

CURRENT RESEARCH INTERESTS

I am interested in studying parenting determinants (cognitions, parenting practices and self-regulation) of children's psychopathology, adaptive behaviour and health.

More recently, I have been studying psychological interventions informed by evidence. In this respect, I have been developing and studying psychological interventions that promote child's mental (e.g. decreasing anxiety problems) or physical health (e.g. increasing healthy eating behaviours). Additionally, I am interested in studying processes of therapeutic change. For example, studying the factors that explain individual's motivation to engage in the interventions; examining the processes that explain why these interventions work, and in what circumstances they work best. The clinical studies are carried out in conjunction with health and educational institutions, but also within the context of the Community Service of the Faculty of Psychology/ULisbon where I coordinate the Paediatric Psychology Consultation.

RESEARCH GRANTS

2016-... (**Co-Principal Investigator**). **Project:** Projeto P. **Agency:** Calouste Gulbenkian Foundation. Principal Investigator: Luísa Barros. (5.498 Euros)

2012/2015 (**Principal Investigator**). **Project:** Processes of change in the treatment of anxiety disorders in school aged children: the role of cognitions and coping. **Agency:** Foundation for Science and Technology- PTDC/PSI-PCL/122007/2010. **Budget:** 100.000 Euros.

2013/2015 (**Member of team**). **Project:** Development of tools for assessment of psychosocial risk for the Program Escolhas. **Agency:** European Social Fund Operational Program POAT/FSE (Nº 000859402013). Principal Investigator: João Moreira. **Budget:** 66.743 Euros

2010/20013- (**Post-Doctoral Scholarship**). **Project:** Parenting and cognitive vulnerabilities for childhood anxiety disorders. **Agency:** Foundation for Science and Technology

2002/2007 – (**Doctoral Scholarship**). **Project:** Relational dimensions in childhood and emotional and academic adjustment: prospective study with children during a school transition. **Agency:** Foundation for Science and Technology

2002-2005 (**Member of team**): School parental involvement and emotional and academic adjustment in childhood - a longitudinal study with elementary children. Research funded by Fundação Calouste Gulbenkian - Inv. 56575; **Agency:** Calouste Gulbenkian Foundation. Principal Investigator: José Canavarro.

PUBLICATIONS

Journal articles (peer-reviewed) (International)

Gomes, A. I., Barros, L., **Pereira, A.I.**, Roberto, M.S. (in press). Effectiveness of a parental school-based intervention to improve young children's eating patterns: a pilot study. *Public Health Nutrition*

- Gomes, A. I., Barros, L., **Pereira, A.I.**, Roberto, M.S., Mendonça, M. (2018). Assessing children's willingness to try new foods: Validation of a Portuguese version of the child's food neophobia scale for parents of young children. *Food Quality and Preference*, 63, 151-158 10.1016/j.foodqual.2017.09.002
- Tasha, R. H., Knox, M., Altafim, E.R.P., Linhares, M-B-M., Nishizawa, N. Fu, T. J., Camargo, A.P.L., Ormeno G. I. R., Marques, T., Barros, L., **Pereira, A.I.**, (2017). International child abuse prevention: insights from ACT Raising Safe Kids. *Child and Adolescent Mental Health*, 22, 194–200. 10.1111/camh.12238
- Pereira, A. I.**, Barros, L., Roberto, M. & Marques, T. (2017) Development of The Parent Emotion Regulation Scale (PERS): Factor Structure and psychometric qualities. *Journal of Child and Family Studies*, 26, 3327–3338. <https://doi.org/10.1007/s10826-017-0847-9>
- Pereira, A. I.**, Muris, P, Roberto, M. S., Marques, T., Goes, R., & Barros, L. (2017). Examining the Mechanisms of Therapeutic Change in a Cognitive-Behavioral Intervention for Anxious Children: The Role of Interpretation Bias, Perceived Control, and Coping Strategies. Published Online, *Child Psychiatry and Human Development* doi: 10.1007/s10578-017-0731-2
- Gomes, A. I., Barros, L. **Pereira, A. I.** (2017). Predictors of parental concerns about kindergarten healthy weight and overweight children. *Appetite*, 108, 491-497.
- Muris, P., Simon, E., Lijphart, H., Bos, A., Hale, W. 3rd, Schmeitz, K.; **International Child and Adolescent Anxiety Assessment Expert Group (ICAAAEG)**. (2016). The Youth Anxiety Measure for DSM-5 (YAM-5): Development and First Psychometric Evidence of a New Scale for Assessing Anxiety Disorders Symptoms of Children and Adolescents. *Child Psychiatry Hum Dev.*, 48,1-17 doi:10.1007/s10578-016-0648-1
- Beato, A., **Pereira, A. I.**, Barros, L. (2016). Parenting strategies to deal with children's anxiety: Do parents do what they say they do? *Child Psychiatry and Human Development*, 48, 423-433. doi:10.1007/s10578-016-0670-3
- Beato, A., **Pereira, A. I.**, Barros, L., Muris, P. (2016). The relationship between different parenting typologies in fathers and mothers and children's anxiety. *Journal of Child and Family Studies*, 25, 1691–1701. <http://dx.doi.org/10.1007/s10826-015-0337-x>
- Pereira, A.I.**, Muris. P., Mendonça, D., Barros, L., Goes, A. R., & Marques (2016). Parental involvement in cognitive-behavioral intervention for anxious children: Parents' in-session and out-session activities and their relationship with treatment outcome, *Child Psychiatry and Human Development*, 47, 113–123. DOI 10.1007/s10578-015-0549-8
- Pedro, H., Barros, L., **Pereira, A.I.** (2016). Pediatric Immunization Distress: A Cluster Analyses of Children's, Parents', and Nurses' Behaviors During the Anticipatory Phase. *The Clinical Journal of Pain*, 35, 394-403. doi: 10.1097/AJP.0000000000000287
- Marques, T., **Pereira, A.I.**, Russo, V., Goes, A. and Barros, L. (2015). Understanding childhood anxiety disorders: Preliminary Examination of the Portuguese version of the Children Anxiety Interference Scale – Parent and Child versions. *Psicologia Reflexão e Crítica*, 28, 454-462
- Barros, L, Goes, A.R. & **Pereira, A.I.** (2015). Parental self-regulation, emotional regulation and temperament: Implications for intervention. *Estudos de Psicologia*, 32(2), 295-306. <http://dx.doi.org/10.1590/0103-166X2015000200013>

- Carapito, E., Ribeiro, T., & **Pereira, A. I.** (2015). Preschool Parent Involvement Questionnaire: Validation Study of the Parent Version. *Revista Iberoamericana de Diagnostico Y Evaluacion-Psicologica* , 40, 83-93.
- Pereira, A. I.**, Muris, P., Barros, L., Goes, R., Marques, T., Russo, V. (2014). Agreement and discrepancy between mother and child in the evaluation of children's anxiety symptoms and anxiety life interference. *European Child & Adolescent Psychiatry*, 24, 327-37. DOI 10.1007/s00787-014-0583-2
- Pereira, A. I.**, Barros, Marques, T., Russo, V. & Barrett, P. (2014). Effectiveness of the FRIENDS for Life Program in Portuguese Schools: Study with a Sample of Highly Anxious Children. *Psychology in the Schools*, 51, 647–657. DOI 10.1002/pits.21767
- Pereira, A. I.**, Barros, L, Mendonça, D., & Muris, P. (2013). The Relationships Among Parental Anxiety, Parenting, and Children's Anxiety: The Mediating Effects of Children's Cognitive Vulnerabilities. *Journal of Child and Family Studies*, 23, 399-409. DOI 10.1007/s10826-013-9767-5
- Marques, T., **Pereira, A. I.**, Barros, L. & Muris, P. (2013). Cognitive vulnerability profiles of highly anxious and nonanxious children. *Child Psychiatry and Human Development*, 44, 777-785 DOI 10.1007/s10578-013-0370-1
- Pereira, A. I.**, Barros, L., & Beato, A. (2013). Escala de avaliação da ansiedade e superprotecção parentais: estudo psicométrico numa amostra de pais e mães de crianças em idade escolar [Parental anxiety and overprotection scale: A psychometric study with a sample of parents of school age-children]. *Revista Ibero- Americana de Diagnóstico Y Evaluación*, 35, 35–55.
- Pereira, A.I.**, Barros, L. & Mendonça, D. (2012). Cognitive errors and anxiety in school aged children. *Psicologia, Reflexão e Crítica*, 25, 400-406. <http://dx.doi.org/10.1590/S0102-79722012000400022>
- Pereira, A.I.**, Barros, L. & Mendonça, D. (2012) Perceived control and anxiety in school aged children. *The Spanish Journal of Psychology*, 15, 631-637. http://dx.doi.org/10.5209/rev_SJOP.2012.v15.n2.38874.
- Raimundo, R. ,Carapito, E., **Pereira, A. I.**, Pinto, A. M., Lima, M. L. & Ribeiro, M. T. (2012) School Social Behavior Scales: An adaptation study of the Portuguese version of the Social Competence scale from SSBS-2. *The Spanish Journal of Psychology*, 15, 1473-1484 DOI: 10.5209/rev_SJOP.2012.v15.n3.39431
- Pereira, A.I.**, Canavarro, M.C., Mendonça, D.V., Cardoso, M.F. (2009). Patterns of parental rearing styles and adjustment among school-aged Portuguese children. *Journal of Child and Family Studies*, 4, 454-464. <http://dx.doi.org/10.1007/s10826-008-9249-3> [IF DOI: 10.5209/rev_SJOP.2012.v15.n3.39431
- Canavarro, M. C. & **Pereira, A. I.** (2007). A percepção dos filhos sobre os estilos parentais educativos: A versão portuguesa do EMBU-C. [Child's perception of parentig rearing Styles: The portuguese version of EMBU-C.] *Revista Ibero-Americana de Diagnóstico Y Evaluación* , 24, 193-210.
- Pereira, A.I.**, Canavarro, M.C., Mendonça, D.V., Cardoso, M.F. (2005). Relational Factors of Vulnerability and Protection for Adolescent Pregnancy: a cross-sectional comparative study between Portuguese pregnant and nonpregnant adolescents of low socioeconomic status. *Adolescence*, 40, 655-671.

Pereira, A.I., Canavarro, M.C., Mendonça, D.V., Cardoso, M.F. (2005). Validação de um instrumento de avaliação do apoio social em crianças – a versão portuguesa do My Family and Friends. *Revista Ibero-Americana de Diagnóstico Y Evaluación*, 20, 105-131

PUBLICATIONS

Journal articles (peer-reviewed) (in Portuguese Journals)

Russo, V., **Pereira, A.I.**, & Barros, L. (2016). Atribuições parentais em relação à ansiedade dos filhos: Estudo exploratório com pais de crianças ansiosas [Parental attributions for the child's anxiety problems: Exploratory study with parents of anxious children]. *Revista Portuguesa de Psicologia*, 45, 3-19. http://dx.doi.org/10.21631/rpp45_3

Homem, T. C., Canavarro, M. C., **Pereira, A. I.** (2009). Factores protectores e de vulnerabilidade na adaptação emocional e académica dos filhos ao divórcio dos pais [Protection and vulnerability factors in children's emotional and academic adaptation to parents divorce]. *Revista Psicologia*, 23, 1, 7 - 25.

Pereira, A.I., Canavarro, J.M., Cardoso, M.F., Mendonça, D.V. (2008). Envolvimento parental na escola e ajustamento em crianças do 1º ciclo do ensino básico [School parental involvement and adjustment in elementary school children]. *Revista Portuguesa de Pedagogia*, 42 (1), 91-110.

Canavarro, M. C. & **Pereira, A. I.** (2007). A avaliação dos estilos parentais educativos na perspectiva dos pais: A versão portuguesa do EMBU-P [Parenting style evaluation in the parents perspective: The portuguese version of EMBU-P]. *Psicologia: Teoria, Investigação e Prática*, 2, 271-286.

Pereira, A.I., & Mendonça, D.V. (2005). O Stresse Escolar na transição de escolas do 1º para o 2º ciclo do Ensino Básico: a versão portuguesa do Questionário de Avaliação do Stresse Escolar [School stress in the context of a school transition: the portuguese version of school stress evaluation questionnaire]. *Psicologia, Educação e Cultura*, 9 (1), 89-106.

Pereira, A.I., Canavarro, M.C., Mendonça, D.V., Cardoso, M.F. (2003). Factores promotores do ajustamento emocional em jovens durante a gravidez [Factors promoting emotional adjustment in adolescents during pregnancy], *Revista Psychologica*, 33, 33-46.

Pereira, A.I., Canavarro, M.C., Mendonça, D.V., Cardoso, M.F., (2002). O mundo interpessoal da grávida adolescente [The interpersonal world of the pregnant adolescent]. *Psicologia, Teoria, Investigação e Prática*, 7 (2), 19-36.

Pereira, A.I., Canavarro, M.C., Cardoso, M.F., Mendonça, D.V. (2001/2002). Cenários Familiares da Gravidez na Adolescência [Family context in adolescent pregnancy]. *Cadernos de Consulta Psicológica*, 17/18, 135-144.

Pereira, A.I., Canavarro, J.M., Cardoso, M.F., Mendonça, D.V. (2003). Desenvolvimento da versão para professores do Questionário de Envolvimento Parental na Escola (QEPE-VPr) [Development of the teachers version of the school parental involvement questionnaire, QEPE-VPr]. *Revista Portuguesa de Pedagogia*, 2, 109-132.

Books and Book Chapters (Portuguese Publications)

Pereira, A.I., Goes, A.R., & Barros, L. (Eds., 2015). *Promoção da parentalidade positiva: Intervenções psicológicas com pais de crianças e adolescentes. [Promoting positive parenting: Psychological interventions with parents of children and adolescents]*. Vialonga: Coisas de Ler. ISBN 978-98-98659-60-6

Pereira, A.I. (2015). Intervenções com os pais nas perturbações de ansiedade em crianças e adolescentes [Parenting interventions with parents of anxious youth]. In Pereira, A. I., Goes, A. R. Barros, L. (Eds.), *Promoção da parentalidade positiva: Intervenções psicológicas com pais de crianças e adolescentes*. Vialonga: Coisas de Ler. ISBN 978-98-98659-60-6

Verças, A. R., Francisco, R., & **Pereira, A. I.** (2014). Coparentalidade, apoio social e ajustamento dos filhos em situação de rutura conjugal: Um estudo com famílias em contextos de pobreza com filhos em idade pré-escolar [Co-parenting, social support and adjustment of children in situations of marital rupture: A study of families in poverty with preschool age children]. In M. T. Ribeiro, P. T. Matos, & H. R. Pinto (Eds.). *Mediação Familiar: Contributo de investigações realizadas em Portugal*. Lisboa: UCP Editora.

Pereira, A.I & Canavarro, M. C. (2011). A minha família e os meus amigos. Entrevista para a avaliação do apoio social em crianças e jovens. [My family and friends: an interview for the evaluation of social support in youth] In M. Gonçalves; M. R. Simões; L. S. Almeida; C. Machado (Orgs.), *Avaliação psicológica: instrumentos validados para a população portuguesa*, Vol. IV. Coimbra: Editora Quarteto.

Pereira, A. I. (2010). *Crescer em relação: Estilos parentais educativos, apoio social e ajustamento. Estudo longitudinal com crianças em idade escolar. [Growing in relation: parenting styles, social support and adjustment: longitudinal study with school aged children]* Lisboa: Fundação Calouste Gulbenkian.

Pereira, A.I., Goes, A. R., Ferreira, A. J., Silva, C.F., Rijo, D., Barros, L., & Nossa, P. (2008). *Trabalhar para o sucesso escolar. Manual para técnicos. [Working for school success: manual for professionals]*. Lisboa: Texto Editora/Empresários pela Inclusão Social.

Barros, L., **Pereira, A. I.**, Goes, A. R. (2007). *Educar com sucesso: manual para técnicos e pais. [Educating children with success]* Lisboa: Empresários pela Inclusão Social.

Canavarro, M.C. & **Pereira, A.I.F.** (2001). Gravidez e Maternidade na Adolescência: Perspectivas Teóricas [Pregnancy and maternity in adolescence: theoretical perspectives], In M. C. Canavarro (Ed.), *Psicologia da Gravidez e da Maternidade* (pp. 323-357). Coimbra: Editora Quarteto

Development and validation of Instruments and Interventions

- Development and validation of more than twenty scales to evaluate individual (e.g. Anxiety Control Questionnaire; School Stress Questionnaire), family (e.g. The Parent Emotion Regulation Scale; Parental anxiety and overprotection scale) and relational (e.g. My Family and Friends) dimensions

- Development (e.g. Between Parents; Apple program) and validation for the Portuguese Population (e.g. My Family and Friends; ACT- Raising Safe Kids) of psychological interventions informed by evidence.

INVITED TALKS AND SYMPOSIUMS (A selection)

Pereira, A. I. (2017). Anxiety in school aged children: Contributions to its understanding and treatment. *Ciclo de Conferências ISPA*, 13 de março, Lisboa.

Pereira, A. I. (coord.invited simposium, 2016). Parental self-regulation and children's adaptation. *II Congress of Clinical and Health Psychology on children and adolescents*. 15, 16 November. Barcelona , Spain.

Marques, T. Pereira, A. I., Barros, L. (2016). ACT: International Reports: ACT in Portugal. *ACT 2016 Leadership Meeting*. 6 e 7 de Maio. American Psychological Association, Washington DC.

Pereira., A. I. (2016). Promoting resilience in children with anxiety problems: Results form the Firends for Life program. *Jornadas de Investigação em Psicologia Clínica e da Saúde*. 19 de Abril. Universidade Lusófona

Pereira, A. I. (2013). Research with children and adolescents: examples of the effectiveness study of the Friends for life Program. *Primeiras Jornadas de Reflexão sobre Investigação e Intervenção com Crianças e Jovens*, 4-5 Dezembro, ISCSP.

Pereira, A. I. (2013) Research with Friends for Life Program in Portugal. *International Friends for Life Program Training Conference Week*. Brisbane, Queensland, Australia April 29th – May 3rd 2013

AWARDS

2008 - monographs in the areas of Social Sciences and the Humanities. Calouste Gulbenkian Foundation/ Foundation for Science and Technology

MEMBERSHIP IN PROFESSIONAL, SCIENTIFIC ORGANIZATIONS AND INTERNATIONAL NETWORKS

- Portuguese Association of Behavioral Therapy (Associação Portuguesa de Terapia do Comportamento), member of the European Association for Behavioural and Cognitive Therapies. Accredited cognitive-behavioural psychotherapist and supervisor.

- Professional College of Psychologists (Ordem dos Psicólogos Portugueses). Speciality in Clinical and Health Psychology. Advanced Speciality Psychotherapy.
- International Child and Adolescent Anxiety Assessment Expert Group (ICAAAEG) (Maastricht University)
- ACT Parents Raising Safe Kids, Violence Office of the American Psychological Association (APA)

SERVICE

Scientific Management positions

- Panel member for the call of Doctoral and Post-Doctoral Scholarships of the Foundation for Science and Technology - 2016
- Panel member for Doctoral Scholarships of the Doctoral Program in Psychology- Faculty of Psychology of Oporto University funded by the Foundation for Science and Technology - 2017

Editorial positions

- Associate Editor of BMC Psychology (2018-...)

Ad Hoc Reviewer (2007-Present):

- Journal of Anxiety Disorders;
- Child Psychiatry and Human Development;
- Depression and Anxiety;
- Journal of Child and Family Studies;
- The Journal of Early Adolescence;
- Journal of Spanish Psychology;
- Revista Latinoamericana de Psicología;
- Swiss Journal of Psychology,
- Journal of Experimental Psychopathology;
- Revista Iberoamericana de Diagnostico Y Evaluacion Psicologica

Other research related functions

Coordinator of the Paediatric Psychology Consultation (clinical service with more than 500 clinical acts per year) of the Community Service of the Faculty of Psychology which works in close coordination with the research activities. Supervision of the professionals, PhD internships, and clinical practicum of the Professional College of Psychologists.

Co-chair of the scientific committee of the Seminar of Psychological Interventions informed by evidence with Children and Parents

TEACHING

Child and Adolescent Psychopathology (BA level)

Developmental Psychology (BA level)

Paediatric Clinical Psychology (Graduate Level)

Parenting and Attachment (Graduate Level)

Intervention in Specific Crisis Contexts (Graduate Level)

STUDENT SUPERVISION

Advisor for PhD Students

Ana Raquel (started in 2017)

Maria Teresa Marques (started in 2016)

Ana Isabel Gomes (concluded in 2018)

Elsa Carapito (concluded in 2017)

Ana Beato (concluded in 2016)

Adviser for Master Students (21 concluded and 4 in progress)