

2023

Management Report

CHRC.

COMPREHENSIVE HEALTH
RESEARCH CENTRE



CHRC is funded by



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EXECUTIVE SUMMARY

Comprehensive Health Research Centre (CHRC) is a new, national centre of excellence providing a unifying environment for innovation and education in public health, lifestyles, nursing, rehabilitation, and clinical research.

CHRC gathered in 2023 a total of 220 integrated PhD Researchers, 128 PhD students, and 55 integrated non-PhD researchers and technicians. CHRC grew in the number of people involved, presenting an increase of 15,8% in integrated PhD researchers and 16,4% in PhD students.

Regarding scientific impact indicators in 2023, CHRC presented a total of 540 publications. More than a half of this number (304) are scientific articles published in high-impact journals.

The CHRC PhD integrated researchers are involved, as principal investigators or participants, in 108 national and international projects, equivalent globally to 80M €.

Integrated members of the CHRC are involved with several networks and working groups, as well as been performing numerous activities initiatives, actions, and activities in collaboration with international consortia, at European and global levels, related to all CHRC thematic lines.

In 2023, CHRC researchers keep and improved their participation civil societies or scientific organizations, carried out many activities that contribute to disseminating scientific knowledge in civil society, and provided services to the community.

CHRC has defined its strategy around three main strings: platforms for technical and administrative assistance, platforms for scientific support and training, and annual structural initiatives. In 2023 all these initiatives were in place and fulfilling their mission supporting CHRC researchers and is promoting the enhancement of collaborative and interdisciplinary research for better outcomes in health.

1. STRATEGY EXECUTION

CHRC is committed to producing innovative, preventive, and treatment strategies and healthcare delivery based on robust evidence to improve individual and public health, around five principal fields, each comprising the following subthemes:

- ✚ Health Promotion, led by Professor Sónia Dias:
 - Environmental and occupational health
 - Addictions and smoking
 - Health promotion in vulnerable populations

- ✚ Lifestyles in healthcare, led by Professor Manuel Lopes:
 - Healthy and active ageing
 - Exercise, sports sciences and human development
 - Nutrition
 - Sleep, chronobiology and sleep disorders

- ✚ High burden and high mortality diseases, led by Professor Nuno Neuparth:
 - Cardiovascular and respiratory
 - Musculoskeletal
 - Mental health determinants, needs and interventions
 - Sensation and hearing disorders
 - Clinical studies in immune dysregulation from pregnancy to adulthood
 - Infection, sepsis and antibiotics resistance

- ✚ Health policies and healthcare services research, led by Professor Julian Perelman:
 - Patient-centered care research
 - Efficiency, incentives and sustainability
 - Health services research and equity
 - Global and population mental health

- ✚ Health Innovation, led by Professor Ana Maria Rodrigues:
 - Validation of digital health tools in healthcare
 - Innovation in value-based Healthcare

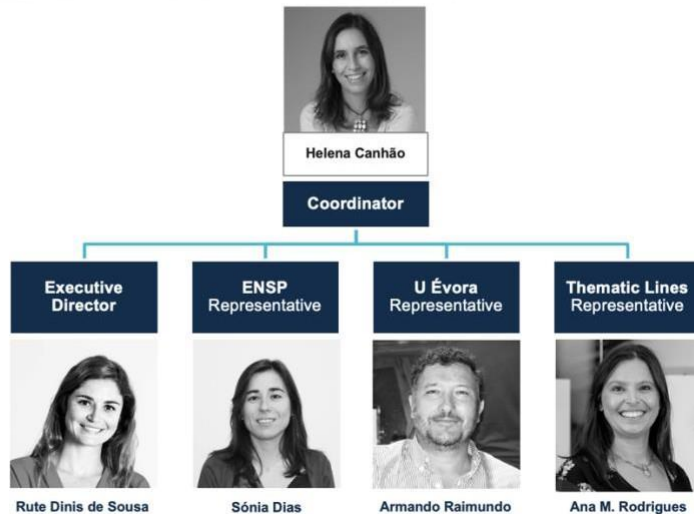
- Patient innovation and health innovation & entrepreneurship
- TeleHealth

Thematic lines



CHRC was established to capacitate researchers and give them all means necessary to provide the best multidisciplinary environment to achieve the best outcomes. To pursue this broad objective, the CHRC strategy was designed by its Executive Committee:

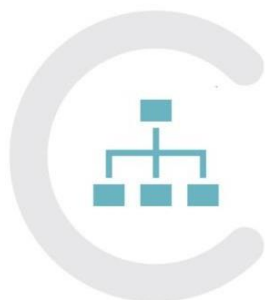
CHRC Executive Committee



CHRC strategy is grounded on three strings:

1.1. Platforms for technical and administrative assistance

Platforms for technical and administrative assistance



Executive and Management Office



Funding Office



Communication Office

Executive and management office

Aims: To manage day-to-day operations, coordinate and manage technical and administrative teams; control costs; prepare regular performance reports; supervise communication and dissemination initiatives and implement best management practices; develop and disseminate the Unit's strategy and mission to all members and technical and administrative teams, and promote fundraising.

In addition to the objectives described above, during 2023 this department participated in the preparation, implementation and later submission of the new application for the Multiannual Programme for Financing R&D Units 2023/2024 of the Fundação para a Ciência e a Tecnologia (FCT).

Funding office

Aim: To boost researchers fundraising by helping them to know and prepare proposals for applying for national, international, and structural funding.

The Funding Office (FO) was created to help CHRC researchers fundraise for their projects, by increasing their chances to get highly competitive R&D funding, either at the national or international level, in all the thematic lines of CHRC.

In 2023 the Funding Office (FO) continued to support researchers in their project applications. This year CHRC support 98 applications for funding, 18 national and 80 international: 21 approved, 46 not approved and 31 in evaluation process.



Considering the 9 national applications approved, four were financed by FCT, I.P, one by Fundação Calouste Gulbenkian, one by Instituto Português do Desporto e Juventude I.P, one by Programa Ciência Viva no Laboratório - Ocupação Científica de Jovens nas Férias, one by Merck Sharp & Dohme - Prémio MSD de Investigação em Saúde 2023 and another one by the Portuguese Ministry of Health.

Regarding the 12 international applications approved, 10 were financed by the European Commission, 1 by the European Food and Safety Authority and another one by the European Centre for Disease Prevention and Control (ECDC).

Considering the needs of CHRC members, in 2023 CHRC contributed to scientific dissemination by conducting eight activities. These included the presentation of the session titled "Untangling Funding Applications for European Opportunities: Brainstorming of Ideas, Management, and Consortia" held in February at the University of Évora, and a presentation at the Eugénio de Almeida Foundation, sponsored by the Alzheimer Foundation, focusing on European funding for mental health initiatives. Additionally, CHRC coordinated the production of six videos showcasing various internal projects under the CHRC Research Grants program.

Furthermore, during 2023, CHRC played a key role in organizing scientific events, hosting one international event and participating in the organization of two other international events and one national event. The international event organized by CHRC was the fourth edition of the Comprehensive Health Research Centre Annual Summit. Additionally, CHRC contributed to organizing the International Seminar on Technology in Sport and the International Congress of the International Graphonomics Society (IGS),

held at the University of Évora, as well as a national event titled 'Mental Health of Higher Education Students,' aimed at raising awareness about the importance of promoting mental health.

1

Edition of “Untangling Funding Applications for European Opportunities”.

1

Presentation at the Eugénio de Almeida Foundation

6

Videos showcasing CHRC’s Grants

- **Communication office**

Aims: To ensure the communication and dissemination of information between the management units of CHRC, and all external stakeholders – partners and peers from scientific community, as well as civil society (initiated in 2023); to provide visual support (image and video) for various initiatives, delivering a strong and attractive image to the targeted public.

INTRODUCTION

In 2023, compared to 2022, there was a sharp increase in requests for support from the CHRC Communication, allowing for the maximization of the dissemination of CHRC investigators' work, achievements, and events. Furthermore, the Communication Office expanded its focus from primarily internal communication to also actively engaging with civil society. This expansion aims to enhance public understanding of science and health and to keep citizens informed about developments in health research in Portugal. To achieve this, the language was simplified, and additional channels were opened, such as CHRC's monthly newsletter, to ensure that ordinary citizens have access to information.

In line with CHRC's expansion on social media to further disseminate its mission, new platforms were introduced to engage a wider audience. Consequently, an Instagram account and a YouTube channel were launched, reaching 531 and 263 individuals, respectively. Moreover, by the conclusion of December 2023, the Instagram account had amassed 132 followers, while the YouTube channel had garnered 56 subscribers and 157 streaming views.

A new initiative, known as 'CHRC Talks,' was launched by a team of CHRC researchers. Its primary objective was to foster interaction and scientific exchange among CHRC members, with the aim of enhancing collaboration networks, including the efforts of all CHRC Research Groups. As an internal initiative, its target audience comprised researchers within the Centre.

The CHRC Communication office also gave support in several events. The most important events that required full attention and presence were the 4th CHRC Annual Summit and IGS2023. Support was provided in various areas, including website management (such as news updates, abstract submissions, and program details), creation of videos and images for the new branding of both editions, and live reporting during these events.

- **Monthly Newsletters**

In 2023, the monthly Newsletter comprised two editions: the primary edition for integrated members and another for CHRC collaborators and subscribers of the CHRC Newsletter. The second edition was released on the same day, featuring content focused on the latest news from CHRC, enabling collaborators and subscribers to stay updated on the center's progress and initiatives. The newsletters included information about opportunities/events open to the general public, as well as publications by CHRC researchers. Throughout the year, the list of subscriptions on the website steadily increased, reaching 30 subscriptions by the end of 2023. A total of 11 CHRC Newsletters were sent.

- **Internal and Events communications**

Besides the Newsletter, 73 internal email communications were sent for the list of integrated members of our Centre. As dissemination requests grew rapidly throughout the year and as Communication has strict rules regarding the number of internal Communications to be sent to avoid spam or lack of interest on the part of integrated members, it was necessary to filter the topics in order of importance. All emails are identified by categories: [Information], [Important information], [Opportunities], [SAVE THE DATE], [Action needed].

In terms of disseminating events and initiatives, a total of 21 communications were sent out, with the primary highlights being the 4th CHRC Annual Summit and the International Graphonomics Society.

- **CHRC TALKS**

CHRC TALKS was an initiative from several researchers from the Comprehensive Health Research Centre, with the aim to promote interaction and scientific sharing among CHRC members, with a view to strengthening collaborative networks.

The CHRC Talks premiered on June 30, 2023, and subsequently occurred once a month on Fridays, totalling 6 sessions in an online format. Each session was hosted in rotation by one of the CHRC Research Groups, which comprise 21 groups belonging to the 5 thematic lines of CHRC.

These sessions had a free format and included presentations and discussion of projects in competitions/applications for funding and showcases of projects from CHRC thematic lines. Furthermore, an exclusive section of CHRC Talks was launched on the CHRC's website. This section disseminated information about the dates, themes, and summaries of each internal talk, and provided streaming access for visitors.

- **Overview of online communications**

In 2023, a total of 560 online communications were published through the CHRC's website and social media channels. This total includes repeated dissemination across multiple channels, with 173 of these communications containing unique content.

- CHRC News: 140 news items were published, including information about awarded, funded, and ongoing projects, partnerships and consortia, high-impact research publications, highlights of CHRC events, interviews about CHRC projects/work, "SAVE THE DATE" notices, and significant achievements by CHRC researchers.
- Events: 21 events were promoted, such as the 4th CHRC Annual Summit, CHRC Talks, IGS2023, and various international and national seminars, webinars, and workshops on health-related topics like challenges, digital tools and innovation, the impact of external factors and policies, etc.
- Opportunities: 12 training opportunities were advertised, including CHRC and other institutions' grants (e.g., CHRC Grant - Call for Financial and Logistic Support for the Organization of Training Activities: regulation available on the CHRC website: CHRC Website), invitations to significant international and national conferences

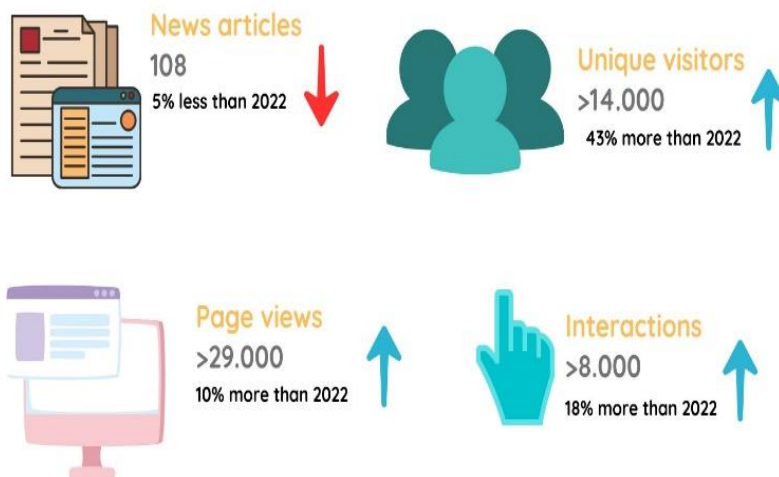
and events, special issue opportunities, calls for papers, work submissions, and training sessions.

- **CHRC website**

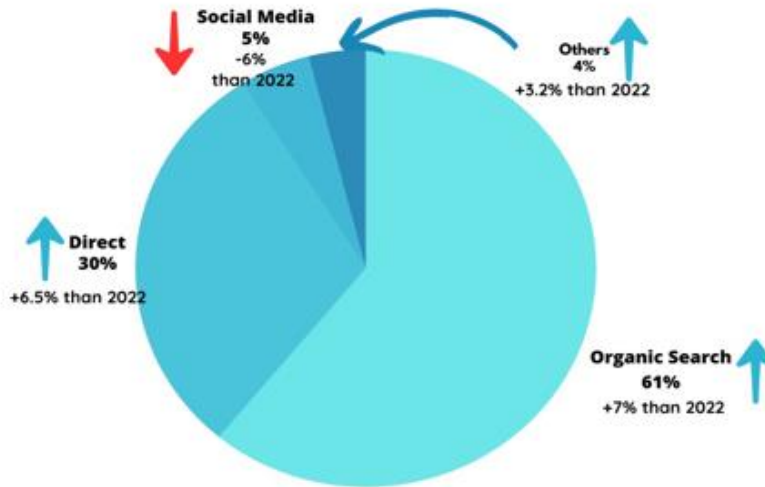
The CHRC website is an important platform to centralize all news content and information about the Research Centre, its structure, its mission and all its research work.

To optimize the numbers of visitors on the website, Communication department kept it updated with fresh content and news, using keywords related to the main target (research institutions and professionals) with the aim of increasing traffic on the website through organic search and sharing its content on the social media networks to facilitate the “spread the word” concept. Also, every month was released a set of news about the centre through the Newsletter that redirects the readers to the complete information on the website. The success of this strategy was confirmed by the increase in website traffic - a marked growth of 43% compared to 2022 in visits/followers on the website. Additionally, the CHRC website was primarily accessed through organic search (search engines), with an increase of 7% compared to 2022, followed by direct search (access to direct URLs shared on social media channels and articles shared by partners/media). In terms of visitor location, Portugal leads with over 12,000 users accessing the website through a Portuguese IP address. Following closely are Spain, with numbers nearly matching those of the USA, Brazil, China, the United Kingdom, Germany, France, and Italy, ranking as the 8th top countries for website visits, totaling over 1,000 users.

CHRC website Insights - 2023



Forms of access to the CHRC website



- CHRC on Social Media

In 2023, despite a 16% decrease in overall social media reach, CHRC observed an increase in interactions. The increased of CHRC website visits and the expansion to Instagram and Youtube contributed to this, bolstering the existing social media presence. Additionally, CHRC's social channels experienced a remarkable 46% growth in follower count.

However, there was a notable decline in reach on Facebook, possibly due to the platform's preference for professional accounts with advertising investment. Moreover, a significant migration of followers to platforms like Instagram likely contributed to the decline. Twitter's transition to Social Network X also resulted in a decrease in active accounts and loss of reach. To overcome these challenges and stabilize social media reach, CHRC must implement new approaches and creative strategies.

CHRC Social Media Insights

5

Social Media Channels

Facebook, Twitter, LinkedIn, Instagram and Youtube

FINAL

560

Publications

-2%
2022

2134

Total followers

+46%
2022

83 286

People reached

-16%
2022

CONCLUSIONS

- CHRC continues to grow on online platforms and keep gaining a good position in search engines;
- Although reach was compromised in 2023, we saw a marked growth in visits/followers on the website (+43% than in 2022) and on social channels (+46%);
- There has been a sharp increase in requests for support and collaboration from CHRC researchers, whether in terms of initiatives, events or even news;
- In 2023, the Communications Office officially began engaging with civil society by offering subscriptions to the CHRC Newsletter. However, much work remains to be done, considering the distinct communication strategies required for research audiences compared to those for the general public;
- Communication was involved in three organizing committees, providing support in organization and communication – 4th CHRC Annual Summit, IGS2023 and CHRC Talks.

FUTUTE IMPROVEMENTS

- More availability for the Communication Office to look for resources to create and implement new strategies, initiatives and test new support platforms;
- Invest in support platforms to make the workflow more fluid, which may involve dedicating more time and/or improving time management;
- Implement future changes to the website, both to accommodate the new structures of the next stage of the CHRC and to optimize and facilitate the discovery of important information for visitors.

[1.2. Platforms for scientific support and training](#)

Platforms for scientific support and training



**Center of Education
and Training**



**Methods and Data
Analysis Office**



CHAIN Biobank

- Centre of training and education

Aims: To support the creation of teaching and advanced training opportunities for researchers and students at the CHRC.

The Education and Training (E&T) Office is a specialized office at CHRC. First, it aims to build a community of practice among CHRC members. Second, it aims to create opportunities for lifelong development of CHRC members. Third, it supports the development of innovative, competitive post-graduate training programmes, streamlining the cooperation among involved institutions and international institutions. In 2023, the core team consisted of Sílvia Lopes (ENSP), Jorge Bravo (UÉvora) and Bruno Heleno (NMS, who coordinated) with the close support of the CHRC Executive Director Rute Sousa and from Nadiya Bocharova who provides clerical support.

Main activities

- Following a training needs assessment survey that was emailed to CHRC researchers' and staff, the E&T Office developed the following training actions in 2023:
 - Training in Teamwork and conflict management (June 28, 2023). This was a 4 hours' course (4 hours of contact, 0 hours of autonomous work), without formal summative assessment, organized by Raquel Santos. Twenty-five (25) students successfully completed the online course.
- In 2023, the E&T launched a call for "Financial and logistic support to the organisation of training activities". This initiative aimed at empowering CHRC members to organise seminars, workshops and conferences within topics relevant for CHRC thematic lines.
 - Six applications were received, five were selected for funding and four took place (due to unforeseen circumstances of several key presenters, one did not take place).
 - Interoception: Advanced assessment and intervention in health (September 19, 2023): this workshop invited Prof. Cynthia Price (Washington University; Center for Mindful Body Awareness) and there were 21 participants. The WS included roundtables for the discussion and feedback to CHRC's research projects.
 - International Graphonomics Society 2023 Conference (IGS23) (October 17-19, 2023). This was a conference dedicated to research and practice of fine motor control of the hand. The programme included sessions of feedback to CHRC's researchers' projects and "scientific dates" to foster

collaboration between CHRC's and international researchers. There were 57 participants.

- Systematic Reviews and Meta-analysis workshop (November 29, 2023) was a workshop about advanced methods in systematic reviews. The session included lectures by Tom Looney (Mohammed Bin Rashid University of Medicine and Health Sciences, UAE) and Susanna Lagorio (Department of Oncology and Molecular Medicine, Istituto Superiore di Sanità, Rome, Italy). There was also hands-on practice with dedicated software for systematic reviews. Finally, there were presentations of CHRC research projects and networking sessions. This workshop had 9 participants.
- Pets as Sentinels of Human Exposure to Environmental Contaminants (December 15-16, 2023) was a conference discussing research about pets as sources of data about human exposure to environmental contaminants, both in the outdoors and home and the role of pets as promoters of health. The conference included drafting a consensus paper about ONE HEALTH approach as the linchpin of human/pet environmental exposure and training of researchers on epidemiological designs applied to One Health. In the programme, CHRC research was presented and there were several opportunities for networking. There were 39 participants.

Main challenges

During 2021, the E&T Office had implemented very little of its action plan. In 2022, with the help of Rute Sousa, the Executive Director, we discussed challenges, barriers, and strategies to overcome them. This helped the Office to plan, organize, coordinate and control training actions in that year based on the results of a survey to CHRC members.

In 2023, the scope of training activities was broadened with the call for "Financial and logistic support to the organisation of training activities". This call allowed to organise training that was relevant to CHRC research groups and reinforced the internationalization strategy of CHRC. This partially addressed one of the challenges identified in our previous report – the low participation of CHRC members in training actions.

The current challenges faced by the training office include a lower –than expected number of applications for the Call.

- **Methods and data analysis office**

Aims: To assist with quantitative and qualitative methods of data analysis.

The area dedicated to **quantitative methods** within the Methods and Data Analysis Office of the CHRC developed the following activities in 2023:

- I. Support for Research Projects: Provided validation and analysis of quantitative data for CHRC research projects, resulting in the writing and revising of manuscripts, reports, and books and contributing to publishing articles.
- II. Event Participation: Disseminated CHRC projects at events, including those organized by the National School of Public Health, NOVA University of Lisbon.
- III. Training Activities: Conducted training on designing and implementing quantitative studies and validating and cleaning health data in the Homogeneous Diagnosis Groups database. These activities led to one oral presentation, one abstract submission for an international conference, and one article in preparation.
- IV. Biostatistical Techniques: Various biostatistical techniques were applied using R, SPSS, and JAMOVI software. Techniques included data preparation, validation, cleaning, descriptive analysis, bivariate analysis (t-tests, ANOVA, correlation, chi-square), multivariate analysis and modeling (generalized linear models, distributed lag non-linear models, excess mortality and morbidity estimation), and factor analysis (exploratory and confirmatory).
- V. Collaborations in projects.
- VI. Climate Change and Health: Participation in activities related to the impact of climate change on health, including literature review and data analysis.

The area dedicated to **qualitative methods** within the Methods and Data Analysis Office of the CHRC developed the following activities in 2023:

1. Support in teaching the Course on Advanced Research Methodologies I for the PhD in Health and Wellbeing Sciences and Technologies.
2. Methodological support for various projects (e.g., Organizational Health Literacy Responsiveness for Diabetes Care; LOng Covid – Understanding Symptoms, events and use of services in Portugal (LOCUS); Capabilities, Opportunities, Places and Engagement (COPE); Leading the Way to a Healthy Future, White Paper; Fast Track Cities Cascais), including study design, data collection, data analysis, report writing, scientific manuscripts writing.

3. Methodological consultancy for students, including designing and implementing data collection instruments, qualitative data analysis, using qualitative tools for systematic reviews.
4. Support in the use and optimization of MaxQDA software, including basic (e.g., importing/exporting data, coding, data synthesis) and advanced use (e.g., data visualization) and selection of best tools to enrich the analysis and reporting.
5. Support in the utilization of Taguette software (i.e., importing/exporting data, coding).
6. Development of tutorials to support students and researchers using qualitative methods.
7. Management of MaxQDA licences.
8. Support in projects activities, including moderation in events (e.g., ACAD, PAFSE).

- **Biobank**

Aims: to support biomedical research, addressing all its facets, such as prevention, diagnosis, treatment, and monitoring of specific characteristics of a disease.

The Comprehensive Health Biobank (**CHAIN**) is located at NOVA Medical School and is powered by the Comprehensive Health Research Centre (CHRC) research Unit. It is part of Portuguese Roadmap of Research Infrastructures (RNIE) as a member of the National Biobanks Infrastructure (www.biobanco.pt). The full report with the annexes can be consulted [here](#).

Its **main mission** is to provide the most trusted biological samples available (serum, DNA, organoids, bone, cell lines) to support biomedical, clinical, epidemiological, and translational research activities, especially in the areas of health promotion and chronic and high burden diseases, thus allowing to strengthen research quality and outcome as well as encouraging national and international research collaborations.

The specific objectives of this infrastructure are:

1. To develop a large-scale biomedical database with a wide range of human samples (solid and fluid) containing health information, globally accessible to approved researchers with the research fields into the most common chronic diseases with a significant impact on public health.
2. To collect and process a variety of state-of-the-art samples, usually

unavailable in most biobanks such as organoids, cell lines and bone.

3. To manage, complying with the standard procedures, the existing collections of NMS researchers for use in their research projects and boost their works.

As biomedical research, particularly in precision medicine, advances rapidly, it is crucial for research institutes to invest in robust infrastructures like biobanks. These infrastructures provide a solid foundation for the research community, enabling successful and reliable research outcomes that can be effectively translated back into clinical practice. Thus, leveraging the NMS Research ecosystem and the collaborative efforts of CHRC in 2023, we successfully implemented the CHAIN biobank at NOVA Medical School.

I. Chain BIOBANK implementation activities

In the year 2023 CHAIN biobank had a significant investment from Nova Medical school and by creating 3 labs for the biobank: BLS2 biosafety lab; freezers rooms with 3 freezers; sample processing and quality control lab that offer services of DNA and RNA extraction and analysis. by PCR/qPCR. CHAIN also offers services available at NMS, such as cell culture, flow cytometry and microscopy. Furthermore, it was acquired a LIMS software – LabCollector for sample and data management, a bench centrifuge for biological samples and other consumables needed to collect and process the samples expected. The biobank was integrated in the NMS Research Infrastructures (RI) Office to work collaboratively with the other RI that can also provide knowledge and support services. NMS recruited a new CHAIN Biobank Technical Coordinator and nominated a Scientific Committee (annex 1 – [full report](#)). With these human resources and with the support and collaboration with the scientific research support structures from NMS we were able to effectively implement the CHAIN biobank at NMS.

In 2023 several activities were developed to effectively implement the chain biobank:

1. An internal regulation with CHAIN governance and organogram were developed and approved by NMS board and by CHRC board (Annex 1 – [full report](#)) All samples and their respective informed consents were stored at - 80°C were screened and annotated in the LIMS software. Presently it stores more than 30000 samples from 11000 participants, including blood, serum, plasma, urine and bones (table 1).
2. Standard Operating Procedures (SOPs) were established to prepare all procedures, from documents management to samples collection, transportation, processing and storage. These SOPs and FORMS were

developed based on the best international practices of ISBER and ISO 20387 for biobanking. These documents are all available and in the internal regulation (annex 1- page 23 table 4 – [full report](#)). Furthermore, CHAIN Biobank follows all the current Nacional and International legislation like the General Data Protection Regulation (GDPR), Law No. 58/2019, of August 8, which transposes Regulation (EU) No. 679/2016, of April 2 and of Law 12/2005, of January 26 for personal genetic information and health information, having approval by the NMS|FCM-UNL Ethics Committee (CEFCM) and the National Data Protection Commission (CNPD).

3. A Material Deposit Agreement (MDA) ([annex 2 – full report](#)), Material Transfer Agreement (MTA) ([annex 3 – full report](#)) and Informed Consent ([annex 4 – full report](#)) were prepared and approved in compliance with the just mention ethical and legal regulations.
4. A CHAIN website was created - <https://www.nms.unl.pt/pt-pt/investigacao/servicos-e-infraestruturas/servicos-a-comunidade/detalhe/facilityid/12307>
5. A video promoting CHAIN Biobank was recorded - <https://www.youtube.com/watch?v=J5MyBDupKag>
6. Interviews with various media outlets promoting the CHAIN Biobank launch.

Table 1 - Current Collections at CHAIN Biobank

Collection	Sample Type	Population, n participants (total aliquots)	Principal Investigator
AIJ	Blood, serum, plasma, DNA, RNA	Juvenile idiopathic arthritis, n=38 (1149)	Dr ^a Ana Filipa Mourão
Saude.come	Blood, DNA, serum	Elderly general population, n=46 (439)	Dr ^a Ana Rodrigues
EpidocCohort	Blood, DNA, serum	General Population Representative of Portuguese population, n=3650 (24791)	Dr ^a Ana Rodrigues

Bone	Blood, serum, bone powder, cartilage, DNA, RNA, femoral head	Total hip prosthesis surgery, n=500 (1551)	Dr ^a Ana Rodrigues
NOVA Serology	Serum, PBMC	NOVA collaborators, n=1645(1985)	Dr ^o Jaime Branco
iNOVA4Health	Urine, urine + protease, inhibitor, plasma, serum, PBMC, RBCS	Arthritis Spondylosis, Lupus, Rheumatoid Arthritis, and healthy controls, n=121 (3230)	Dr ^o Fernando Pimentel
COVID TF	Swabs, Saliva, RNA	General Population positive, and negative for SARSCoV-2 and Influenza A/B, n=5324 (9439)	Dr ^o Paulo Pereira

II. DEPOSITS REQUEST

During this year of 2023, six active contacts for deposit were made, with approval of four of them that resulted in research protocols already submitted to a Competent Ethical Committee for sample storage in the Biobank. The beginning of these projects is expected to happen in 2024.

Table 2. List of Collections to be deposited in the Biobank.

Collection	PI responsible	Expected participants (type samples)
2024D01_Meniere	Dr ^o Diogo Ribeiro (CHRC)	75 (Blood and derivatives)
2024D02_Eyes	Dr ^a Cristina Santos (NMS – ULS S. José)	200 (Blood and derivatives, DNA)
2024D03_iPROLEPSIS	Dr ^a Ana Rodrigues (NMS – Multicentric - European project)	80 (hair, stool, saliva)

2024D04_ BeyOndCrossroadS	Drº André Borges (NMS – ULS S.100 José)	(Blood and derivatives)
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III. SAMPLE REQUEST

CHAIN-Biobank was contacted for sample requests via email or phone. From these, the majority were redirected to other biobanks, as we didn't have the samples required, mainly cancer samples. One request for samples has already been approved and is expected to happen in the beginning of 2024.

IV. COLLABORATIONS

18. Co-applicant in the TWINNING project: Development SOP procedures for EV preparation, isolation, and preservation to strengthen the capacity of the CHAIN biobank.
19. Application to a Marie Skłodowska-Curie Actions of Staff Exchange no EVEREST CONSORTIUM H-EU MSCA SE 2023 Call: Proposal of 1 month exchange to bring knowledge to the Biobank in the collection and storage of Bronchoalveolar lavage in the Prof Cliff Taggart's Research group at the Wellcome-Wolfson Institute for Experimental Medicine, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast.

V. NETWORKS

- Member of the International Society for Biological and Environmental Repositories (ISBER) (<https://www.isber.org/>)
- Member of the national network of biobanks - Biobanco.pt (www.biobanco.pt)
- Collaboration with the Global Health and Tropical Medicine Center (GHTM-IHMT) biobank - Biotropical Resource (<https://www.ihmt.unl.pt/investigacao/biobanco/>)

VI. DISSIMINATIONS ACITIVITIES

- **Oral communications**
 - Oral Presentation and participation of CHAIN BIOBANK at the meeting "Os biobancos na Lusofonia" in Instituto de Higiene e Medicina Tropical. 19th April 2023.
 - Core methodologies of Research: Biobanks, Nova Medical School doctoral program. Oral presentation 24th November 2023.
- **Posters**

- Building a Network of Biobanks and Biological Resource Centres Across Portuguese-Speaking Countries: Collaborative Efforts for Global Sustainability. Poster presented in Congress of Microbiology and Biotechnology 2023, University of Beira Interior, Covilhã, 7-9th December 2023.
- Research Infrastructures @ NMS Research. Poster presented in LS4FUTURE - 1st General Meeting - Services & Infrastructures, Oeiras, 8th February 2023
- **CHAIN Video:** <https://www.youtube.com/watch?v=J5MyBDupKag>

VII. EDUCATION AND TRAINING

The Biobank invest in the continuous development and growth of the staff, recognizing that their expertise is fundamental to the CHAIN Biobanks success. Therefore, during the year of 2023 the technical coordinator participated in 4 four technical courses.

1. Advanced Excel Training Course - NMS online course. 11, 12, 16 and 18th May 2023.
2. Advanced Workshops: Biobanks Enhancing Health Research – Presential course at Instituto de Medicina Molecular. 13 -15th September.
3. CCQL-PLP – Congresso de Controlo da Qualidade Laboratorial para Países de Língua Portuguesa – online course 9th March - 25th May (one session/week)
4. Workshop “Research data repositories and tools for human genomics data sharing” - Instituto Superior Técnico – presential. 31st May 2022.

VIII. GRANT APPLICATIONS IN COLLABORATION

1. Co-applicant in the HORIZON-HLTH-2023-TOOL-05 Call: [101137282- HD4STARS](#): Health Data integration to improve clinical outcomes for stroke, Alzheimer, and immune mediated chronic inflammatory diseases. (Application unsuccessful)
2. Application to a Marie Skłodowska-Curie Actions of Staff Exchange - EVEREST CONSORTIUM H-EU MSCA SE 2023 Call: Proposal of 1 month exchange to bring knowledge to the Biobank in the collection and storage of Bronchoalveolar lavage in the Prof Cliff Taggart’s Research group at the Wellcome-Wolfson Institute for Experimental Medicine, School of Medicine, Dentistry and Biomedical Sciences, Queen’s University Belfast. (Applications submitted).

IX. NATIONAL AND INTERNATIONAL NETWORKS

- I. Member of the International Society for Biological and Environmental Repositories (ISBER) (<https://www.isber.org/>)
- II. Member of the national network of biobanks -

Biobanco.pt(www.biobanco.pt)

- III. Collaboration with the Global Health and Tropical Medicine Center (GHTM-IHMT) biobank – Biotropical Resource (<https://www.ihmt.unl.pt/investigacao/biobanco/>)

X. FINANCIAL EXECUTION

- Reagents and Consumables: €2,168.29
- Investment in Equipment: €20,711.73
- Human Resources: €32,195.25
- Service and Maintenance Contracts: €387.84

1.3. Annual structural initiatives

- **CHRC Research Grants**
- **CHRC Annual Summit**
- **Financial support for scientific publication**
- **CHRC PhD scholarships**

CHRC Research Grants

CHRC Research Grants is a yearly initiative awarding collaborative and multidisciplinary projects, with a total endowment of 320.000€;

In 2020, two collaborative projects were awarded with the amount of 40.000€/each. Projects “PROOF- PReventing OsteoporOtic Fractures” and “COVID-19 pandemic: the social distance at the school playground and its effects on children’s social-emotional competence and physical activity” are still ongoing and will be concluded by the end of 2022.

In 2021, three collaborative and multidisciplinary projects proposed by integrated members of the CHRC were awarded the amount of € 80,000. Projects “Reforming the reform: an evidence-based financing model for the Portuguese primary care (REF2PRIM)” - 30.000€; “The effects of whole-body vibration (WBV) on the management of osteoporosis in early menopausal women” - 25.000€; “KneeCare@Home: Home exercise-based rehabilitation program following surgical reconstruction of the anterior cruciate ligament” - 25.000€.

In 2022, eight collaborative and multidisciplinary projects proposed by integrated members of the CHRC were awarded the amount of € 20,000/each. The call for

proposals was launched in October, with a specific regulation that can be consulted. The jury was composed of 4 elements external to the R&D unit. The results were as follows:

1st – The COGCARE Project – Cognitive disorders and impact on caregivers - 20.000€;

2nd – Self-care in the person with chronic disease - 20.000€;

3rd – Multimorbidity in Primary healthcare: developing an intervention to support patients and primary healthcare clinicians to better manage complex multimorbidity - 20.000€;

4th – Advancing Digital Health Behavior Change Precision: Development of a framework of personalization of behavior change techniques - 20.000€;

5th – [HE@RT.FIT](#) – Sustainability of traditional and live-streaming exercise-based cardiac rehabilitation in low-risk patients with cardiovascular disease - 20.000€;

6th – Improving physical function in older adults: exploring the interaction between protein intake and physical activity - 20.000€;

7th – HERO: Impact of Artificial Habitats and Environmental contaminants on Chronic Respiratory Diseases - 20.000€;

8th – Assessing Risk from exposure To Environmental contaminants in Portuguese Mother-Infant pairs - 20.000€.

No grants were awarded in 2023 because the funding allocated for project grants had already been distributed. The decision to award grants only until 2022 was made strategically, considering the need for time to implement and execute the projects.

CHRC Annual Summit

Aims: enhancing communication between members and management units to boost and promote clinical, public health, and health services research of a collaborative and multidisciplinary character.

The fourth CHRC Annual Summit took place face-to-face in Évora on the 25th and 26th of May, 2023, joining 162 CHRC members on both days. Six distinguished speakers presented four high-level keynote speeches. Of the submitted scientific works, 31 oral communications were also presented, with the works best quoted by the Scientific Committee of the event, 38 posters were exhibited and more than 24kg of the leftover food was given to ReFood, as the CHRC Annual Summit, in addition to health, is committed to sustainability and the fight against waste. The complete program can be

consulted here: <https://www.chrc.pt/en/communication/artigos/sejam-bem-vindos-a-evora-ao-4th-chrc-annual-summit>

Financial support for scientific publication

CHRC financially support the payment of the papers' publication costs with the main objective of stimulating the scientific production of the integrated members. The general guidelines for this support regarding authorship and affiliation are that the body of authors must include, at least, two integrated members of the CHRC; Or the body of authors must include only one integrated member of the CHRC, within an international consortium of authors; The first or last author of the article should be a full member of the CHRC. Regarding the scientific journals, the article must be published in Q1 or Q2 journals in their respective areas.

In 2023, NOVA Medical School supported the payment of 11 paper publications, National School of Public Health supported 20 and Évora University supported 22.

CHRC PhD scholarships

CHRC PhD scholarships (15 positions) within CHRC management institutions and thematic lines, funded by FCT, IP. So far, a total of 15 PhD scholarships was awarded to PhD students included in different doctoral programmes: Doctoral Programme in Public Health, Global Public Health, Health Sciences, Human Kinetics, and Health and Wellbeing Sciences and Technologies. One PhD student dropped out of her PhD, and the CHRC was unable to re-allocate the respective scholarship. thus, there are 14 awarded PhD scholarships whose study plans are ongoing.

2. CHRC PEOPLE

220

Integrated PhD
researchers

403

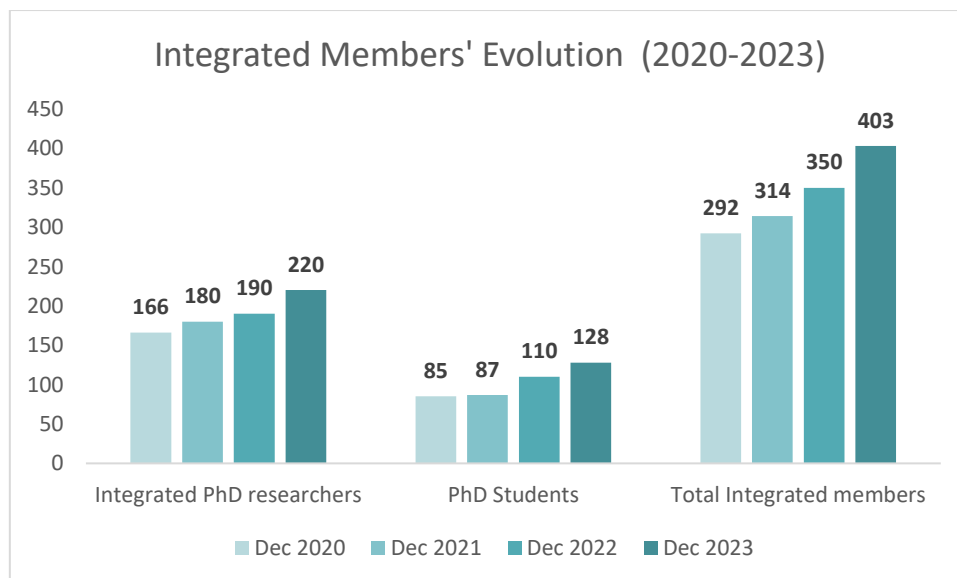
Total integrated
members

128

PhD students

Up to December 2023, CHRC gathered a total of 220 integrated PhD Researchers, 128 PhD students, and 55 integrated non-PhD researchers and technicians. In addition, as a result of the potential and work developed within CHRC, 102 researchers, integrated in other national research units, joined the CHRC as collaborating members.

A comparison exercise between the December 2022 and December 2023 shows that CHRC grew in number of people involved, presenting an increase of 15,8% in integrated PhD researchers and 16,4% in the number of PhD students.



2.1. People by management institutions



3. SCIENTIFIC INDICATORS

3.1. Publications

In 2023, CHRC presented a total of 540 publications, of which 382 were in open access. More than a half of this number (304) corresponds to scientific articles published in high impact journals (Q1 or Q2 - SCOPUS index).

CHCR researchers published 35 Articles in peer-reviewed journals Q3 and Q4 (SCOPUS index). Regarding books, book chapters, articles in other journals (not indexed) and other publications, CHRC registered 201 existences.

540

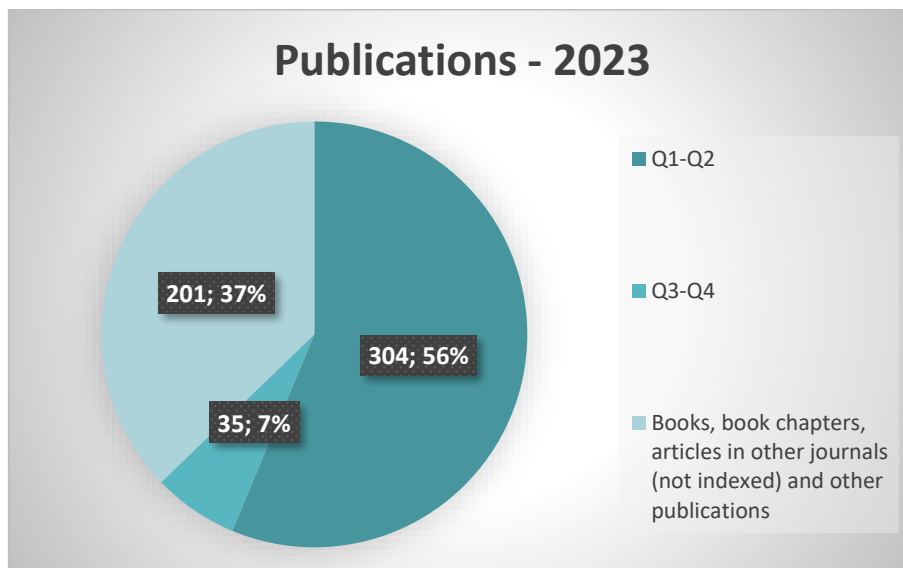
Publications i.e., papers, books, book chapters, etc

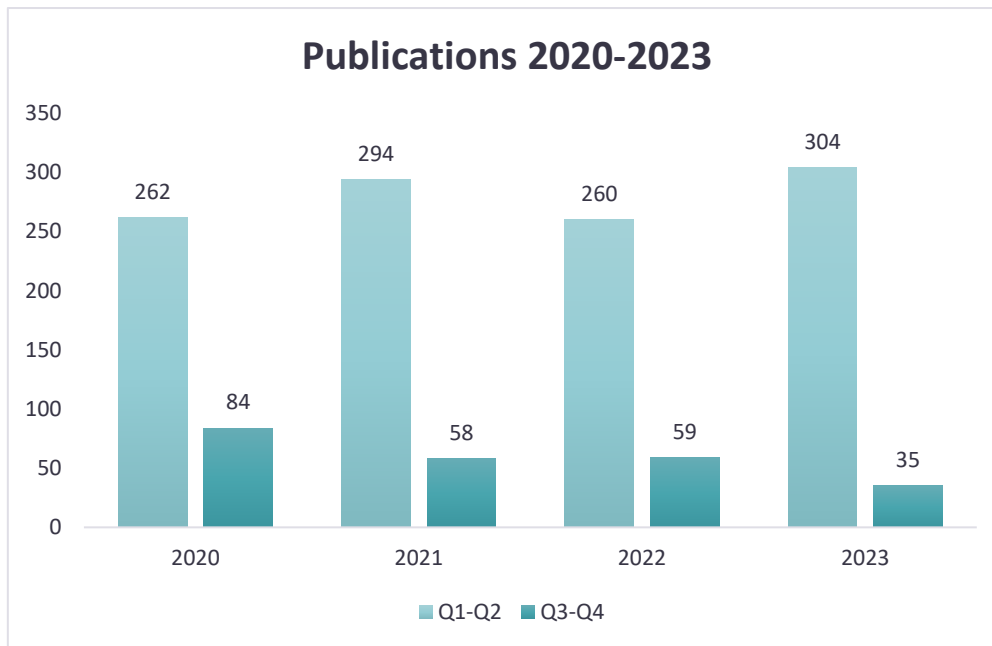
304

Papers published in high impact journals (Q1, Q2)


382

Publications in open access





3.1.1. Articles in peer-reviewed journals - SCOPUS index - Q1 and Q2ⁱ

 You can check the journals' quartile [here](#).

A

TOTAL: 304

Abreu, R., Oliveira, C. B., Brito, J., & Teixeira, V. H. (2023). Perspectives and practices of nutritionists on dietary supplements for elite soccer teams: a cross-sectional survey study. *Frontiers in Sports and Active Living*, 5.

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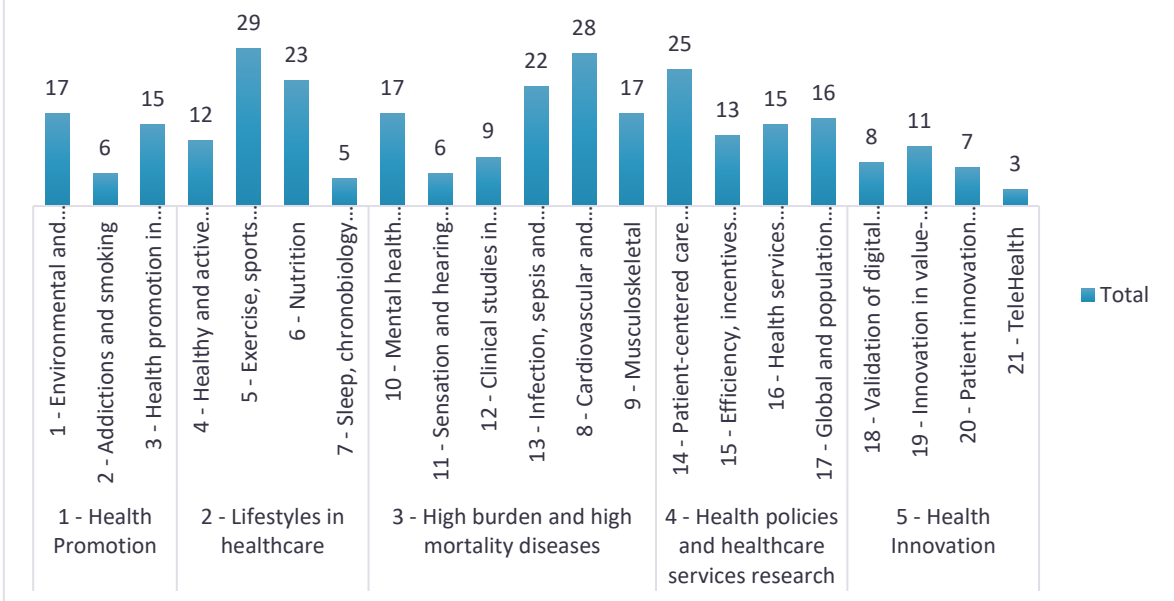
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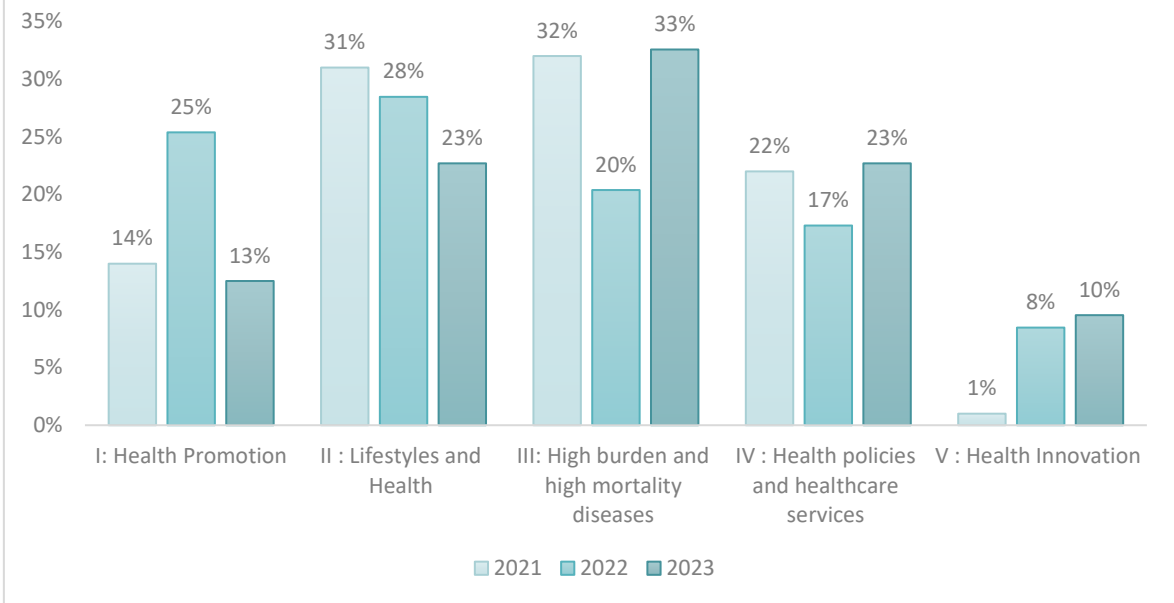
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Publications Q1-Q2 by Thematic Line and Research Group - 2023



Publications Q1-Q2 by Thematic Line 2021-2023



3.1.2. Articles in peer-reviewed journals - SCOPUS index – Q3 and Q4ⁱ

 You can check the journals' quartile [here](#).

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3.2. Funded projects active in 2023

The CHRC PhD integrated researchers are involved, as principal investigators or participants, in 108 projects, equivalent globally to almost 80M€.

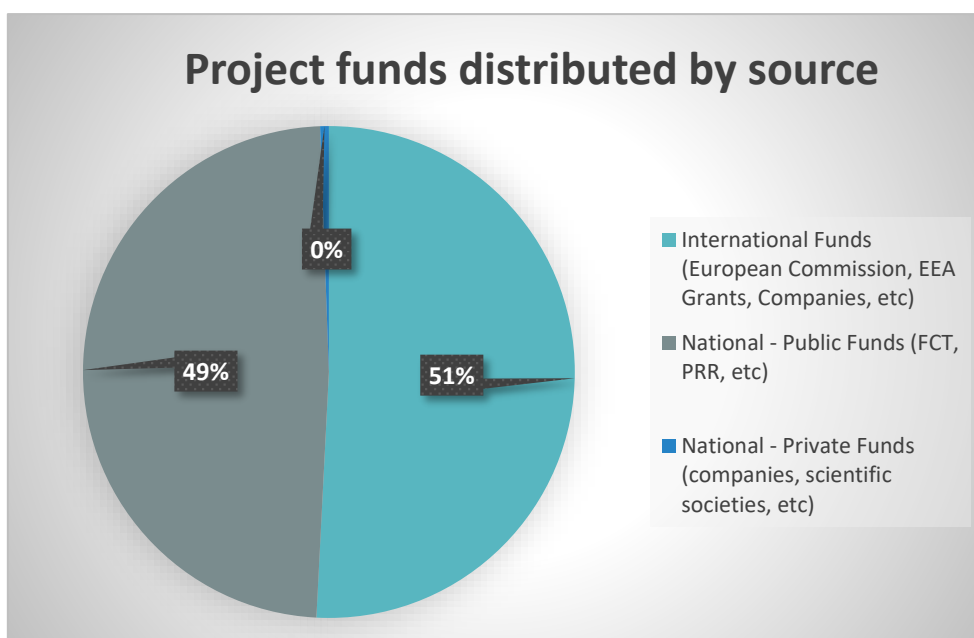
108

Active projects

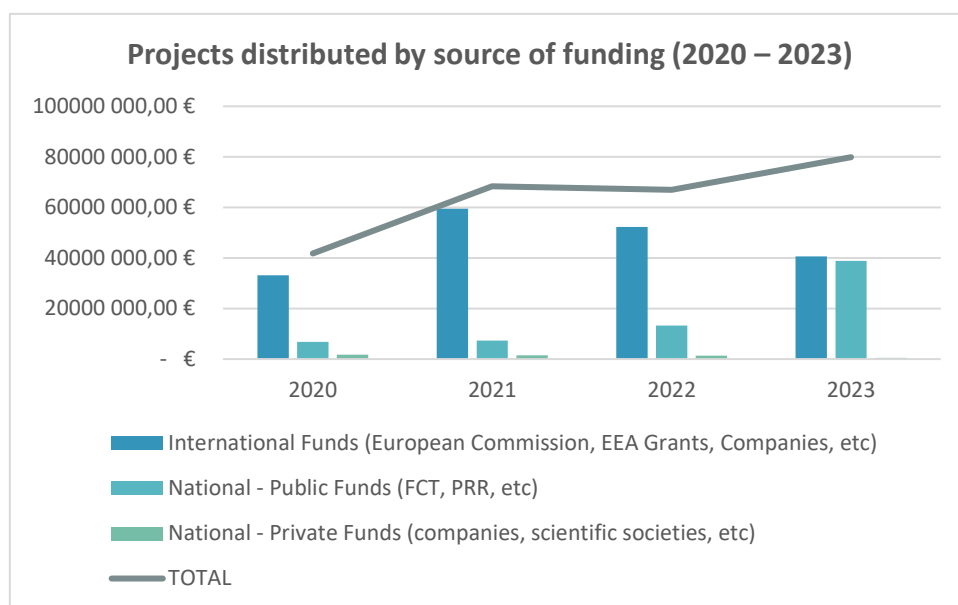
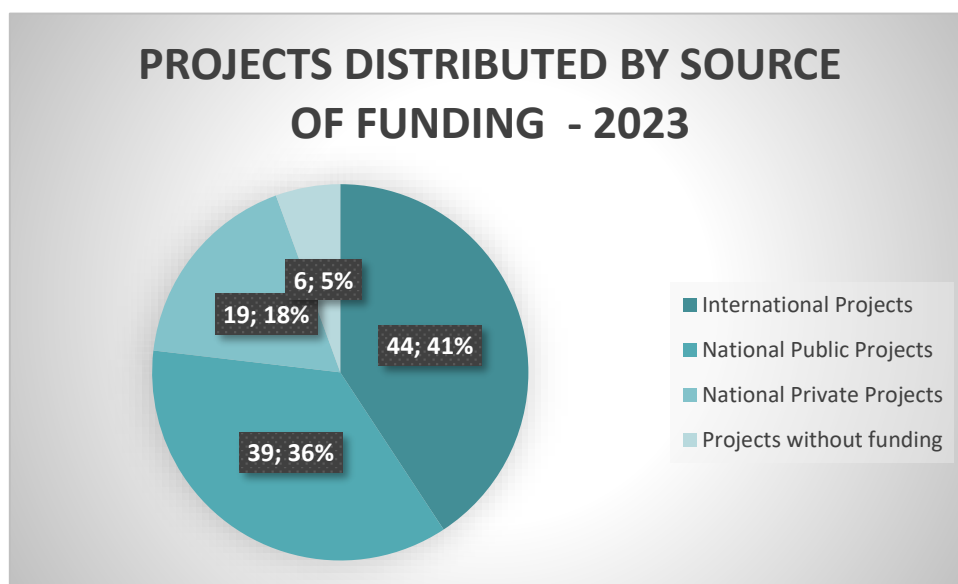
80M€

TOTAL AMOUNT OF FUNDING

Research projects' total funding is distributed by source of funding as follows:



Comparing projects distributed by source of funding (2023; and 2020-2023):



Project Title	Funding Entity	Amount of Funding
2022.01888.PTDC - MEAOW@SolarUV	FCT, I.P - National Public	24 674,38 €
2022.02969.PTDC-VAPrevention	FCT, I.P - National Public	62 482,96 €
AAL/0008/2020 - COTIDIANA	FCT, I.P + AAL - International	21 462,75 €
AI4HealthyCities	Novartis - National Private	29 889,13 €

AI-Prognosis: Artificial intelligence-based Parkinson's disease risk assessment and prognosis	European Commission - International	1 185 725,00 €
ARCO	Portugal 2020 - National Public	74 994,38 €
Assessment of the disease burden and economic impact of cardiovascular diseases in Portugal attributed to exposure to PM2.5	FCT, I.P - National Public	24 973,00 €
Assist Project	EIT Health - International	500 000,00 €
ASUMIE	European Commission - International	97 447,00 €
b-Able2: personalised hybrid intervention programme to support self-management after stroke	FCT, I.P - National Public	16 663,26 €
B-active: an integrative platform for children with rheumatic diseases	Novartis; Sociedade Portuguesa de Reumatologia - National Private	1 666,67 €
Basics of Digital Health Course_2. ^a Edição	EIT - European Institute of Innovation & Technology - International	30 000,00 €
BEST	Portugal 2020 - National Public	228 482,90 €
BioBreast Study	AstraZeneca - National Private	29 333,33 €
Blockchain.PT	PRR - National Public	19 618 238,52 €
Building Organ Crosstalk predictive models in Shock patients	Without Funding	- €
C.O.P.E	European Commission - International	399 346,19 €
CA19133- EU Cost Action FOSTREN - Fostering a Collaborative Strengths-based Approach to Eliminating Coercion in European Mental Health Services (2020-2024)	European Commission - International	6 900,00 €
CANTE	PRR - National Public	106 679,61 €
CAP4ie	INTERREG - International	186 069,32 €
CardioFollow.AI	FCT, I.P - National Public	37 317,08 €
CERCA (Role of CERuloplamin in progression and instability of Coronary Atherosclerotic plaques) Study	Centro Hospitalar Universitário Lisboa Central - National Public	428,57 €
CHiLDLiMaR	FCT, I.P - National Public	56 814,53 €
CHILI	European Commission - International	499 948,13 €
cLabel+	Agência Nacional de Inovação - ANI - National Public	1 160 255,11 €
C-mo System 1.0's Validation - Cough Monitoring (C-mo_01)	Cough Monitoring Medical Solutions - National Private	20 237,33 €
Coagumonitor	Roche Diagnostics - International	8 666,67 €
COGCARE – Cognitive Disorders and Impact on Caregivers	CHRC (FCT) - National Public	6 666,67 €
COMPUSEL	European Commission - International	64 455,00 €
Concilia.UE	Portugal 2020 - National Public	28 770,71 €
Dementia in Primary Care: The Patient, the Carer and the Doctor in the Medical Encounter'	Bolsa Bayer / NOVASAÚDE AGEING 2018 - National Private	1 250,00 €
Desigualdades sócio-espaciais na demência	FCT, I.P - National Public	62 486,72 €
DigiHealthPT	PRR - National Public	1 579 830,34 €
DISCOVERY	ECRIN (EU-Response) - International	2 500 116,67 €
DRIVE-MAS - Implementation of a behavioural and indicator-based antimicrobial stewardship strategy and expert advice for a more appropriate use of antimicrobials in Europe	EU4Health - International	316 866,06 €

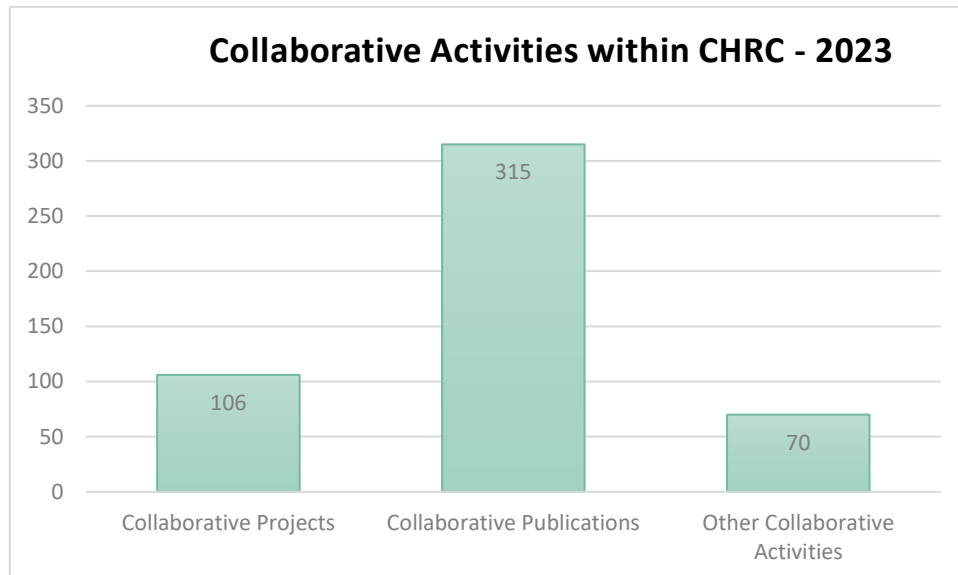
Dynamic monitoring of autonomic nervous system function in traumatic brain injury	Without Funding	- €
E3UDRES2 - Engaged and Entrepreneurial European University as Driver for European Smart and Sustainable Regions (Project 101004069)	Erasmus + - International	1 248 333,48 €
E3UDRES2 Ent-r-e-novators: Cooperating for excellence and impact in research and innovation (Project 101071317)	European Research Executive Agency - International	476 483,59 €
Effectiveness of the Critical Time Intervention-Task Shifting (CTI-TS) model for persons with serious mental illness discharged from Inpatient psychiatric treatment facilities In Portugal"	Federação Luso-Americana para o Desenvolvimento (FLAD) - National Private	75 000,00 €
ELEVATE - Early detection of cervical cancer in hard-to-reach populations of women through portable and point-of-care HPV testing	European Commission - International	550 331,67 €
EOLinplace	European Commission - International	16 250,00 €
EPICOUGHT.PT	Merck Sharp & Dohme, Lda - National Private	12 000,00 €
Equity-Cancer - Improving equity in access to early diagnosis of cancer: implementation research in different healthcare systems of Latin America	European Commission - International	499 781,46 €
EU GREEN	European Commission - International	3 599 998,75 €
Expression of NK cell inhibitory receptors in women with endometriosis	Learning Health - Hospital da Luz - National Private	5 000,00 €
FORMA-SPORT	Instituto do Desporto e Juventude - National Public	900,00 €
Genomic and metabolomic profiling of soft tissue sarcomas (Study ID: SG44174)	Roche and PharmaMar - International	116 666,67 €
HealthyW8	European Commission - International	1 666 666,67 €
Heart bAlt	H2020 - HOSMARTAI - International	11 250,00 €
HORIZON-CL6-2022-FARM2FORK-01 - WHEATBIOME	European Comission (REA) - International	1 265 136,81 €
HORIZON-EIE-2022-SCALEUP-01 - HealthEConnect	EISMEA - International	333 333,33 €
Immunomodulation in Acute Pancreatitis	Learning Health - Hospital da Luz - National Private	5 000,00 €
Improving Health Service Management in Romania	World Health Organization (WHO) - International	620 320,00 €
Improving physical function in older adults: exploring the interaction between protein intake and physical activity	CHRC (FCT) - National Public	10 000,00 €
INTERCAMBIO	European Commission - International	716 013,81 €
INV 90 - OSTEOARTICULAR INFECTIONS IN PEDIATRIC PATIENTS: CHANGES IN EPIDEMIOLOGY AND TREATMENT?	Without Funding	- €
IPHUNCTION	FCT, I.P - National Public	39 478,33 €
JACARDI	European Commission - International	13 249 706,24 €
Jadecare	European Health and Digital Executive Agency (HaDEA) - International	1 249 758,13 €
JC-BIRD-1776269	Janssen-Cilag Farmacêutica, Lda. - National Private	54 663,34 €
K-HEALTHinAIR	European Commission - International	1 596 896,80 €

LEAVES: optimizing the mental health and resilience of older Adults that have lost their spouse via blended, online therapy	FCT, I.P + AAL - International	316 785,00 €
Legionella Gene Expression	SPDIMC - National Private	500,00 €
LH.INV.F2019036	Learning Health - Hospital da Luz - National Private	2 800,00 €
LOCUS	PFIZER - National Private	37 694,76 €
MACUSTAR – Intermediate AMD:Development of Novel Clinical Endpoints for Clinical Trials in Patients with a Regulatory and Patient Access Intention	ECRIN (European Commission) - International	2 027 364,75 €
Matter	Fundação Calouste Gulbenkian - National Private	56 542,46 €
MCT-Silver	FCT, I.P - National Public	1 000,00 €
METHIS - Multimorbidity in Primary healthcare: developing an intervention to support patients and primary healthcare clinicians to better manage complex multimorbidity	CHRC (FCT) - National Public	10 000,00 €
MicroSpA & MicroRA	Biocodex - National Private	5 000,00 €
MoveONParkison- motivational solution for personalised exercise using the ONParkinson computer platform	Instituto Politécnico de Setúbal - National Public	16 663,26 €
MSD #60687 - Persistence of specific humoral and cellular immunity in children after SARS-CoV-2 infection	Merck Sharp & Dohme, Lda - National Private	16 850,00 €
MyBack- Effectiveness and implementation of a tailored self-management programme to prevent recurrences and disability and promote musculoskeletal health in Low Back Pain patients (PTDC/SAU-SER/7406/2020)	FCT, I.P - National Public	62 422,45 €
Network of Ciência Viva Clubs at School (Agrupamento de Escolas D. Afonso III in Faro)	PRR - National Public	2 500,00 €
NeuroTarget	CaixaImpulse - International	16 333,33 €
New predictive models for delayed cerebral ischemia and prognosis in spontaneous subarachnoid hemorrhage – an exploratory study on metabolomics and autonomous nervous system analysis	Without Funding	- €
NOiSyS: Neuroadaptive Systems for Brain Restoration based on Virtual Reality and Brain-Computer Interfaces	FCT, I.P - National Public	62 387,44 €
PAFSE	European Commission - International	363 768,75 €
PARC	European Health and Digital Executive Agency (HaDEA) - International	102 725,94 €
PHIRI	European Commission - International	1 245 081,88 €
PHORTOS	AstraZeneca - National Private	91 498,24 €
PLAY/ACT	European Commission - International	91 865,33 €
PREMO - Predictive Models of COVID-19 Outcomes for Higher Risk Patients Towards a Precision Medicine	FCT, I.P - National Public	47 992,75 €
PREVENTABLE	European Commission (HORIZON-HADEA) - International	1 547 416,58 €

PrevOccupAI - Artificial Intelligence Applied to the Prevention of Work-related Diseases in Public Administration	FCT, I.P - National Public	58 715,96 €
PRO.VITA	Portugal 2020 - National Public	227 346,33 €
Proteomic Analysis of Nasopharyngeal Carcinoma	IPOLFG UIC901 - National Public	1 111,11 €
PRR - Vertical Algae	PRR - IAPMEI - National Public	14 664 656,00 €
PTDC/BAA-ARG/7419/2020-MONET	FCT, I.P - National Public	62 458,13 €
Quality of life in patients with myocardial infarction (QOL-MI) Study	Without Funding	- €
REAL	FCT, I.P - National Public	135 078,60 €
Reforming the reform: an evidence-based financing model for the Portuguese primary care (REF2PRIM).	CHRC (FCT) - National Public	9 000,00 €
RIGHTPLAY	FCT, I.P - National Public	24 985,06 €
SAFEST	European Commission - International	999 755,75 €
SaveCor	EIT Health - International	37 500,00 €
ScreenTech Project	FCT, I.P - National Public	24 846,88 €
Stop Infeção Hospitalar 2.0	Fundação Calouste Gulbenkian - National Private	7 680,00 €
SumMed: helping patients to understand medical information in the prevention of breast and prostate cancer	LPCC/AICIB - National Private	3 000,00 €
SUMO	PRR - National Public	229 861,14 €
TB-MED – BIOCERAMED	ECRIN (TBMED Call) - International	133 333,33 €
TETRA-S	European Commission - International	82 021,67 €
THINK4JOBS	European Commission - International	97 609,50 €
Trainr4U	EIT Health - International	15 175,36 €
Translation and Innovation for Global Health	FCT, I.P - National Public	23 762,40 €
TRANSVACDS	H2020 - International	469 804,00 €
Using Machine learning in prediction of ARDS severity and lung recruitability using	Without Funding	- €
VEBINASO - Clinical usefulness of DNA quantification and messenger RNA expression of the Epstein-Barr virus oncogenic protein BARF-1 as predictors of response and monitoring of therapy for undifferentiated nasopharyngeal carcinoma	IPOLFG UIC911 - National Public	1 250,00 €
Vo(i)ces	Alto Comissariado das Migrações - National Public	21 958,85 €

3.3. Collaborative activities within the CHRC

The integrated members of the CHRC are involved in several collaborative activities between the CHRC management institutions (NMS, ESNP, UÉ, LIGMH and HSEIT), with more 106 collaborative projects, 315 collaborative publications and almost 70 other collaborative activities.



3.4. Internationalization

Integrated members of the CHRC are involved with a total of 58 networks and working groups, as well as 57 initiatives, actions and activities in collaboration with international consortia, at European and global levels, related to all CHRC thematic lines.

3.4.1. International Networks

total: 58

TL I: Health promotion

Network



ECDC - European Centre for Disease Prevention and Control



EITHealth



ERNST - European Researchers' Network Working in Second Victim



EU GREEN- European University alliance for sustainability: responsible Growth, inclusive Education and Environment



EUPHA - European Public Health Association



EUTOPIA Alliance



ICPHR - International Collaboration for Participatory Health Research



International Behavioural Trial Network



International Society of Exposure Science - European Chapter



IUPHE - International Union for Health Promotion and Education



NEOH (Network for Evaluation of One Health | NEOH)

NHLPD (National Health Literacy Demonstration Projects) Community of Practice

OHL-ALL (Organizational Health Literacy as an equity-oriented approach)



PARC – European Partnership for Chemical Risk Assessment

Red Comunitaria - Artes Expresivas y Terapia

Rede Aleitamento Materno da CPLP

Rede Internacional QualiSaúde

TL II: Lifestyles in healthcare

Network



COST action PROMoting Geriatric Medicine IN countries where it is still eMerGing (CA21122)



EIP-on-AHA: European Innovation Partnership on Active and Healthy Ageing

European Union Geriatric Medicine Society - special interest group in nutrition



International Human Motricity Network



RED DE INVESTIGAÇÃO HEALTHY-AGE

Rede Internacional de pesquisa sobre vulnerabilidade em Saúde, Segurança e qualidade de vida do idoso



World Health Organization (WHO)



The Nutrition Society

TL III: High burden and high mortality diseases

Network

AMOCAPE - Atlas de Mortalidade por Cancro em Portugal e Espanha (Atlas of Cancer Mortality in Portugal and Spain)

CAESAR - The Central Asian and European Surveillance of Antimicrobial Resistance network



Cost Action CA18218 - European Burden of Disease Network



Cost Action CA18225 - Taste and Odor in early diagnosis of source and drinking Water Problems



Cost Action CA20121 - Bench to bedside transition for pharmacological regulation of NRF2 in noncommunicable diseases

ENPEN - European non-polio enterovirus network



European Health Psychology Society



INTERDEM – ‘early and timely INTERventions in DEMentia, the European network of dementia care researchers’

Myopia Risk Calculator Consortium (MRC)



NCD-RisC: NCD Risk Factor Collaboration



WORLD MENTAL HEALTH SURVEYS

TL IV: Health policies and healthcare services research

Network



The Society for Epidemiologic Research



ISBER - International Society for Biological and Environmental Repositories



Organisation for Economic Co-operation and Development - PaRIS, Patient-Reported Indicator Surveys



Organisation for Economic Co-operation and Development - HEALTH CARE QUALITY AND OUTCOMES



ANSER - Academic Network for Sexual and Reproductive Health and Rights Policy



Bandim Health Project



CLSI - The Clinical & Laboratory Standards Institute



Critical Time Intervention



EGPRN - European General Practice Research Network



ENMESH - the European Network for Mental Health Service Evaluation

EU ImpleMental Joint Action



European Health Management Association



European Mental Health Services

European Observatory on Health Systems and Policies



GeoTB - Grupo de Estudios Epidemiológico-Operacional em Tuberculose



Observatorio del Derecho a la Alimentación de España



POCTEP - Programa Operacional de Cooperação Transfronteiriça Espanha-Portugal



RIPRES - Rede Internacional de Pesquisa em Representações Sociais em Saúde

TL V: Health innovation

Network



4PCAN - Personalised Cancer Primary Prevention Research through Citizen Participation and Digitally Enabled Social Innovation



Dutch Research Council

EU RD Platform - European Platform on Rare Disease Registration

3.4.2. Initiatives, actions, and activities in collaboration with international consortia

total: 57

- 2023 – Review the research proposal submitted by prof. dr. A.J. van Opstal – NOW (Dutch Research Council)- “OtoControl-2.0: the Next Step”, The Netherlands.

- "3rd International Sports Sciences Congress" que decorreu nos dias 8 a 10 de Maio de 2023 em Constantine (Argelia).
- AgaKhan course.
- Basics of Digital Health Course.
- Center for Clinical Epidemiology and Research Unit of Clinical Epidemiology, OUH Odense University Hospital, Denmark.
- CHOLESTEROL ROADMAP. Collaboration between the World Heart Federation and SPC. Lisbon, January 2023.
- CLINICAL INVESTIGATORS TRAINING PROGRAMME (CITP). Collaboration between FCM|NMS-UNL and the Aga Khan University. Lisbon, January 2023 (co-director of the course).
- Collaboration with the Euroflow Consortium in the field of Immunodeficiencies.
- Collaboration in the implementation of clinical research studies through the European Clinical Research Infrastructure Network (ECRIN).
- Collaboration in the NCD-RisC project. The NCD Risk Factor Collaboration (NCD-RisC) is a network of health researchers coordinated by the World Health Organisation's Collaborating Centre for the Surveillance and Epidemiology of Non-Communicable Diseases at Imperial College in the United Kingdom.
- Collaboration on the project "Comparative Health Systems Research for equitable Diabetes care". This project, led by the University of Michigan, is part of the "Global Health and Population Project on Access to Care for Cardiometabolic Diseases" (HPACC) consortium.
- Collaboration with Fiocruz.
- Consortium ASSIST - AI Scalable Solution for ST Myocardial Infarction.
- Coordination of 1 consortium that submitted 1 proposal for European funding.
- COST Action BenBEDPHAR -WG1.
- Course with MIT innovation / Healthconnect.
- Course: Advanced Topics in Economic Evaluation of Health Technologies. National School of Public Health - FIOCRUZ.
- CoVAPID, ENIRRI.
- CPLP Breastfeeding Network: regular meetings to share practices and plan joint actions.
- Development of a Survey on Mental Health Laws, Policies and Services in Europe.
- Development of research into digital competences.
- Envejecimiento Activo, ejercicio y salud / Healthy-Age.
- EUPATI Fellow Course.
- EVCA twinning project - WP5.
- HEROES - HEalth woRkforce to meet healht challEngeS EU4H 2021 JA2 IBA.
- IDOR - Instituto D'Or de Pesquisa e Ensino.
- III Congreso Internacional de Innovación Docente was held from 16 to 18 May at the University of Extremadura in Cáceres, Spain.
- Improving equity in access to early diagnosis of cancer: implementation research in different healthcare systems of Latin America (EquityCancer LA).
- Innovations in diversity and Equity in Social health research in Dementia – INTEREST: 2023 – 2024.
- International Graphonomics Society Conference 2023 in collaboration with the International Graphonomics Society.
- Introductory Course in 'Expressive Arts Therapy, Trauma and Embodiment' held in collaboration with the Poiesis Institute (Barcelona).
- Lisbon AHA meeting.
- Macvia Air.

- Member of the "Cancer Prevention Literacy Advisory Group" led by the International Agency for Research on Cancer (IARC) of the World Health Organisation.
- Member of the scientific committee (2023). Sixth International Workshop on Gerontechnology. University of Évora, Portugal.
- Mobility under the ERASMUS Programme, for a period of 5 days (2 to 9 May 2023), to the Faculty of Health and Occupational Studies, University of Gavle, Sweden (C20.3.2).
- Observatorio del Derecho a la Alimentación de España - members meeting.
- Organisation of and participation in ERNST group meetings in Lisbon and the Training School in Frankfurt.
- Organisation of and participation in SAFEST group working meetings in Lisbon, Brussels and Barcelona.
- Organisation of the 2nd Commemorative Meeting of the Breastfeeding Support Network.
- Organisation of the Summer School 2023 "Ageing: Perspectives and Challenges", developed by the International Institute for Research and Innovation on Ageing (4IE+), Évora, 30 March and 1 April 2023.
- Organization and promotion of the collaboration between the University of Evora and following institutions: the University of Leipzig (Germany), the University of Gdansk (Poland), Western Saxonian University of Applied Sciences, Zwickau (Germany), Universidad Veracruzana (Mexico) and Gdansk University of Physical Education and Sports (Poland).
- Participation in 11 consortia that submitted proposals for European funding.
- Participation in the ANSER Webinar "Monitoring the impact of scientific research in policy and practice".
- Participation in the Asumie Summer School, Voss, Norway, 2-7 July 2023.
- Participation in the course MOOC on Implementation Research (IR) with a focus on Infectious Diseases of Poverty (IDP) (TDR/WHO).
- Participation in the European Implementation Event.
- Participation in the Global behavioural & Implementation Science insights on HPV testing and HPV self-sampling Webinar (International Papillomavirus Society).
- Participation in the symposium "Organizational Health Literacy as an equity oriented approach".
- Poster submission to the XVI ENAM (National Breastfeeding Meeting, IBFAN Brazil Network).
- SumMed.
- Technical consultation on Building Capacity in the Health Systems to deliver services to prevent and manage obesity and Intercountry Dialogues.
- Termômetro Social COVID-19 : Fatores associados à percepção de risco, aos padrões de comportamento e à adesão às medidas de proteção que influenciam no combate à pandemia no Brasil (FAPESP 2021/08263-7).
- The Consortium's goals include non-profit research and development activities aimed at developing artificial intelligence / machine learning / data science models that will effectively support automated measurable myopia risk analysis and assessment.
- Transnational meeting: IT-challenges; quality of life of all citizens (4th - 7th of September 2023).
- Trials@Home - Patient Advisory Panel and member of WP3 PILOT (To design, set-up and run a pan-EU pilot, comparing traditional clinical trial approaches to fully and hybrid RDCT approaches).
- Visit and short term stay at CMES, Ehime University, Japan.

3.5. Scientific knowledge transfer

Patents

6 + 5

Prototypes & software

3.5.1. Patents

Number of the patent	Authors - CHRC researchers	CHRC management institutions involved	Brief description
EP3744246 - PT	Jorge Bravo	University of Évora	<i>Multidimensional tool for assessing the risk of falling in older people</i>
EP3744246 - ES	Jorge Bravo	University of Évora	<i>Multidimensional tool for assessing the risk of falling in older people</i>
EP3744246 - DE	Jorge Bravo	University of Évora	<i>Multidimensional tool for assessing the risk of falling in older people</i>
EP3744246 - FR	Jorge Bravo	University of Évora	<i>Multidimensional tool for assessing the risk of falling in older people</i>
EP3744246 - IT	Jorge Bravo	University of Évora	<i>Multidimensional tool for assessing the risk of falling in older people</i>
EP3744246 - GB	Jorge Bravo	University of Évora	<i>Multidimensional tool for assessing the risk of falling in older people</i>

3.5.2. Prototypes, software and products

Name of the Prototypes, software and products	Authors - CHRC researchers	CHRC management institutions involved	Brief description of the Prototypes, software and products
System for analysis of Chest-X-ray images	Márcio Navalho	NMS	<i>System for analysis of Chest-X-ray images</i>
WhortMed	Ana Rita Londral	NMS	<i>Value-based healthcare platform helps validate the effectiveness of digital healthcare solutions through real-world data and outcome collection (under development).</i>
<u>LowRisk@Site (Risk management tool for clinical trials)</u>	Catarina Madeira, Lúcia Domingues	NMS	<i>Risk management tool to be used by clinical teams in the risk management of clinical trials that are implemented in healthcare units</i>
Medical Device Classification Tool	Catarina Madeira	NMS	<i>Risk classification tool for medical device in accordance with the EU regulation 2017/745 on</i>

3.6. Postgraduate supervision

199

PhD Students

10

Post-Doc Researchers

3.6.1. PhD students

Ongoing - 180

Thesis Title	PhD Student Name
A machine learning approach for identification, monitoring and 2. Prevention of non-contact injuries in elite football	Alberto Cortez
Catastrophic health spending in Brazil. A question of health equity	Alejandra Carrillo Roa
Behaviour of physiological parameters and salivary biochemical markers in fibromyalgia patients after a neuromodulation programme	Alejandro Rubio Zarapuz
Effects of a strength training programme on health parameters in the elderly population: a longitudinal study	Alexandre António Ferreira Duarte Martin
Factors associated with tuberculosis treatment in the prison system	Aline Ferreira Placeres
Health Literacy and Immigrants: Contributions to Promoting the Health of Migrant Communities	Ana Catarina Maia
Obstetric Violence: Portrait of the Assistance during Labor in Portugal	Ana Cristina Canhoto Ferrão
Using Machine Learning in Prediction of ARDS Progression	Ana Cysneiros
Promoting Health and Well-being in Higher Education Students in the Alentejo Region: Contributions to a Model for Monitoring Consumption of Psychoactive Substances	Ana Dias
Non-communicable diseases in refugees, asylum seekers, beneficiaries of subsidiary protection relocated or resettled in Portugal	Ana Pinto de Oliveira
Occupational risk management in the production of metal coatings reinforced with graphene nanoparticles	Ana Rita Alberto
Challenges of Digital Tools Adoption Across European Seniors with Rheumatic and Musculoskeletal Diseases	Ana Rita Henriques
Effects of Psychomotor Programmes on Body Control and Awareness in Post-Stroke Patients: Pilot Study	Ana Rita Serrano Simeão
Evaluation of the effectiveness of a family bereavement support/intervention programme in Intensive Care Units	Ana Rosinhas

Health Literacy and Reducing Inequalities in Migrant Populations in Portugal	Ana Teresa Sá Machado
Prediction of Delirium in critically ill patients with SARS-CoV-2 infection	Ana Viegas
Osteoporosis and Fractures What is being done to prevent it?	Anabela Barcelos
BeyondCrossroads: Building Organ Crosstalk predictive models in Shock patients	André Borges
Rehabilitation Objectives in Physiotherapy after a Stroke: Perspectives, Practices and Associated Factors	André Vieira
Evaluation of soluble HLA-G plasma levels in COVID-19 patients	Angelo Ferreira Junior
Functional Profile of People Aged 65 and Over with Multimorbidity	António Lista
Cardiac telerehabilitation model for patients after acute myocardial infarction	António Pinheiro
Treatment protocol for Trochanteric Pain Syndrome	António Seco
Evaluation of the effectiveness of an intervention/intervention programme to promote spiritual well-being in patients admitted to an Intensive Care Unit	Aramid Gomes
Spontaneous behaviour, socio-emotional adjustment and psychomotor skills in primary school pupils: a multifactorial analysis	Augusto Albuquerque
Supported accommodations for people with mental disorders in Portugal: The influence of user characteristics, care provision and contextual factors on the quality of care	Bárbara Pedrosa
Community empowerment for mental health promotion	Beatriz Lourenço
Being deaf at the playground - The effect of a hearing loss on children's social participation	Brenda Sousa da Silva
New predictive models for delayed cerebral ischemia and prognosis in spontaneous subarachnoid hemorrhage – an exploratory study on metabolomics and autonomous nervous system analysis	Bruno Maia
Metacognitive Training for Older People with Depressive Symptoms: Evaluation of Effectiveness in the Portuguese Population	Bruno Morgado
Sacro-iliac Joint Dysfunction	Bruno Santiago
Double cortical fixation - semitendinosus construct in Anterior Cruciate Ligament (ACL) and Posterior Cruciate Ligament (PCL) reconstruction: biomechanical and histological evaluation. Clinical comparison with quadrupled hamstrings	Carla Madail
Contextualisation and indicators of success and failure of the game of rugby from the ordered formation. An offensive and defensive vision	Carlos Filipe Condeças Borrallheira
Quality and safety of proximity care centred on the person and their home	Carlos Martins
A contribution to improving antimicrobial stewardship activities and increasing knowledge about inappropriate antibiotic prescription prevalence and associated determinants in Portuguese hospitals	Carlos Palos
The influence of nature sports on the learning and development of soft skills: A comparative study between indoor and outdoor activities in young people of school age and adults	Carlos Silvério
Active retirement: Effects of a training programme on stimulating the sensory motor system	Carolina Mourata do Cabo
Supporting healthcare professionals in delivering personalised behaviour change care for patients with multimorbidity: A multiple behaviour approach	Carolina Silva
Beat the heat: unravelling and enhancing women's physiological response to football in hot environments	Catarina Batista de Oliveira
Sustained implementation of evidence-based practice in nursing: the contribution of a digital learning roadmap	Catarina Pinto
Metabolic Effects of a Phe-restricted diet: from amino acid biokinetics to microbiota modulation	Catarina Rodrigues
Promoting physical activity in primary health care in the National Health Service	Catarina Santos Silva
Occupational exposure to asbestos and mesothelioma	Cátia Santos

The practice of emergency nursing in remote locations: contributions to the development of a risk assessment framework for improving the quality of care	Célia Maria Lopes de Queirós
Centred care for older people with depression: diagnostic assessment and metacognitive training	Celso Filipe Silva
Promoting oral health literacy	Cláudia Corrêa
The dynamics of biomarkers as a predictive factor in the morbidity and mortality of critically ill patients	Cristiana Von Rekowski
Uncovering the foundations of social prescribing implementation in Portugal	Cristiano Figueiredo
The body-mind relationship in surviving breast cancer	Daniela Guerreiro
Decision making in a multimorbidity context	David Rodrigues
Tuberculosis in migrants in the border region between Venezuela and the state of Roraima in Brazil	Débora de Almeida Soares
Effects of contextual factors on coercion in mental health services in Portugal	Deborah Aluh
A pilot study of gut microbiota profile characterisation of patients with different molecular subtypes of newly diagnosed breast cancer – A case-control study	Diogo Alpuim Costa
Can physical/performance-based tests Predict Low Back Pain Recurrence?	Diogo Moço
Ménière's Disease in a Portuguese Population: Contribution to a Clinical, Epidemiological and Genomic Study	Diogo Ribeiro
Technological Development in Healthcare Organisations: Technological Competence as Nursing Care	Dulce Gonçalves
Co-designing and testing the feasibility of a person-centred training program for dementia in long-term care services	Elena Pimentel Fonseca
Experiences and feelings of parents whose children suffered burns and how these feelings influenced their parenting and family self-care. A phenomenological study	Elisabete Cioga
Active and Healthy Ageing: Factors and expectations in middle-aged adults	Eunice Maria Santos
Factors contributing to exclusive breastfeeding and association with child malnutrition in the African Lusophone context	Fancenil Balde
Proposal for a model of care centred on the person aged 65 and over living in an ERPI, based on their functional profile	Fátima Maria Cano
Canine breast cancer model: new tools for diagnosing and staging the disease	Filipa Branquinho
Assessment of occupational exposure to mycotoxins in residual coffee dust in processing plants in the state of Minas Gerais	Filipe Oliveira
Effectiveness and Mechanisms Associated with Neural Mobilization Delivered to Older Adults with Musculoskeletal Chronic Pain	Frederico Batista
The effect of blackberries in the prevention of obesity-related neurodysfunction: is the microbiota-gut- brain axis the key?	Gilberto Maia
Long-Term Predictors of Quality of Life in Spondyloarthritis	Helena Santos
Care pathways	Helena Temido
Implementing a Patient Safety Programme in Paediatric Intensive Care	Helga Oliveira
Games Based Learning Influence in Portuguese Referees Motivation to study Laws of the Game and Competition Rules	Iancu Vasilica
Oral health care as determinants of oral health, general health and quality of life	Ines Caetano Santos
Integrated Model of Self-Care in Nursing: Quality of Care Centred on the Elderly in Chronic Situations at Home	Inês Cardoso
Adherence to breast cancer screening	Inês Correia
Role of liver hemodynamics in fetal development in twin pregnancies	Jader Jesus Cruz
Prevalence of Sexually Transmitted Infections in the transgender population in the context of the covid-19 pandemic: challenges for health care	Jamille Guedes Argolo

Body and trauma: from comprehension to intervention in female victims of domestic violence	Joana Machorrinho
The Knee Care @ Home programme for patients recovering anterior cruciate ligament reconstruction	Joana Margarida Alegrete
Treating childhood obesity	Joana Mira
Cortical activation in REM dream recall in insomniacs. Correlations between dreams, hormones and neurophysiological variables	Joana Pires
Machine Learning Approach to Personalized Anticipation of Healthcare Needs from Patients with Multimorbidity	Joana Seringa
The trauma victim	João Barros
Analysing Writing and Gait Patterns in People With and Without Dementia	João Galrinho
Assessment of asthma, chronic obstructive pulmonary disease and overlap syndrome in the elderly	João Gaspar Marques
Optimization of diagnosis in Rheumatoid Arthritis using referral criteria and a diagnostic algorithm including musculoskeletal ultrasonography	João Madrugada Dias
Evaluating the Impact of a Pharmaceutical Consultation Model?	João Pedro Lavado Fernandes
An ecological dynamic approach in physical education environment. The effects of an interventional programme for team invasion sports on learners	João Teixeira
RemAb: Reshaping mAbs biomanufacturing with ionic liquids	João Valente
Creation of Value in Health after Cardiac surgery	Jorge Santos
Effectiveness of environmental measures in European Hospitals – towards green financing	José Chen
Medical Education in Times of Covid-19: perceptions of access, inequities and vulnerabilities among medical students in Mozambique	José Monjane
PROMs in rehabilitation	José Moreira
Contribution to the study of canine mastocytomas	José Mota Catarino
Expression of NK cell inhibitory receptors in women with endometriosis	José Reis
Development and implementation of a digital health programme for rural populations with knee osteoarthritis	Lara Campos
Relationship between motor competence (real and perceived) and parental factors, type of play and temperament in pre-school and school-age children	Liliana Filipa Cunha
Development and validation of a polyphenol food frequency questionnaire, and the association between polyphenols and neuroinflammation	Lizaveta Hilman
Social Prescribing in Portugal: Evaluation of impact and implementation in Family Health Units	Louíse Hoffmeister
Palliative Care Needs of Institutionalised Elderly People in Portugal: Proposal for a Person-Centred Care Model	Lucinda Maria da Silva Marques
Development of an evidence-based physiotherapy intervention programme with an implementation approach for patients with Hip and Knee Osteoarthritis	Luís Alexandre Moniz
Management of Low Back Pain in Portugal: A Novel Approach to reduce patients' persistent disability	Luís Gomes
Comparison of the effects of two cryodiluters on oxidative stress markers in ram semen	Luís Lourenço
Analysing the impact of the COVID-19 pandemic on hospital healthcare workers	Luís Mendonça Galaio
Evaluating the Risk of Infection in Health Service Users - Effectiveness Programme	Luís Todo Bom
Newborn screening for congenital Cytomegalovirus. A new approach	Madalena Tuna
High-performance women's swimming in Brazil: challenges, "possible futures" and action strategies	Marayl Caldas
Objective Evaluation of Knee (in)Stability in Anterior Cruciate Ligament Injuries	Marco Jardim

Pharmacovigilance - Evaluation of the effectiveness of an intervention in the Portuguese population	Margarida Perdigão
Scientific health research in Portuguese-speaking African countries	Maria da Luz Lima
Study of the association between Digital Fatigue Syndrome and binocular vision and ocular surface in higher education students in the field of health technologies	Maria João Barata
A person attending the Emergency Department: A Predictive Model for Clinical Risk Management	Maria João Rente
Mental health of migrant children and adolescents in Portugal: vulnerability to problems and challenges in accessing services	Maria Marques Gonçalves
Growth curves models for weight among infants	Marta Alves
Exposure to particles, fungi, bacteria and their metabolites in. Portuguese sawmills and possible health implications	Marta Dias
Development and Evaluation of a National Registry Platform of Outcomes in Physiotherapy Electronic Records (POPER)	Marta Fernandes
Can concept mapping methodology facilitate the integration of complex concepts and multimorbidity? - A qualitative and quantitative approach in Primary Care medical curriculum	Marta Fonseca
COVID-19 - Control of COVID-19 in Portugal from a space-time perspective: determinants, trends and forecasts of incidence in geographical units. Contribution to policy optimisation	Marta Moniz
The perception of financial, accounting and sports indicators by fans of brazilian football clubs in the period 2018-2021	Matheus Okawachi
Efficacy of Metacognitive Training in Older Adults with Depression	Merve Murat
Exploring B-cells in pregnancy: old players, new functions	Miguel Ângelo-Dias
Clinical and molecular epidemiology of Human Respiratory Syncytial virus in Portugal	Miguel Lança
Naval occupational context as a potential determinant of vitamin D levels: the case of the Portuguese Navy	Moisés Henriques
Maternal-fetal outcomes and vertical transmission of SARS-CoV-2 infection	Nadia Charepe
Health literacy in the Angolan population: analysis of the 2015 multiple indicators and health survey	Neida Neto Vicente Ramos
Factors associated with undergraduate nursing students' knowledge of cardiopulmonary resuscitation in hospitalised adults: a multicentre study	Nelito Barros
Feasibility of implementing Infant Vision Screening: Case study of the 25 de Setembro Health Centre, Nampula, Mozambique	Nelva Sixpene
The Impact of Implementing the National Automatic External Defibrillation Programme (PNDAE): An Analysis between 2009 and 2023	Nuno Filipe Pinto
Castanea sativa - from the tree to the gut: production, nutritional and functional characterization	Okta Pakpahan
Effects of Vitamin D on Health Promotion during Pregnancy and its Impact on Prematurity-Related Outcome Indicators in the Alentejo Region	Olívia Barbosa
Socio-emotional education: mind-body practices as a tool for promoting health in the school context and developing humanistic awareness in teachers and students	Pascoal Amaral
Loneliness in Older Adults with Cognitive Decline: From Experience to Meaning for Nursing Care	Patricia Balão
Characterization and evaluation of Public Sports Policies to promote Physical Activity in the municipalities of Central Alentejo	Patrícia Bernardo
HVITAL, an intelligent clinical decision support platform for healthcare-associated infections at São João Hospital Centre: effectiveness, costs, and contextual challenges	Patrícia Brito
Influence of work contexts on the mental health of professionals working in the field of addictive behaviours and addictions	Patrícia Domingos Belo

Innovative Medicines: Factors Determining Access	Paula Alexandra Ferreira Costa
Adult-Centred, Integrated Model of Self-Care in Nursing (45-64 years)	Paula Pimpão
Trauma, body experience and somatic intervention: a therapeutic protocol for adolescent victims of sexual abuse	Paulo Pelixo
Using multidimensional performance indicators to capture youth football players development: a longitudinal study	Paulo Pereira
Predictive morphological factors for the prescription of a mandibular advancement device in the therapeutic approach to obstructive sleep apnoea syndrome	Pedro Cebola
Hip contact force and pressure in cam-type femoroacetabular impingement syndrome	Pedro Dantas
Exploratory studies to develop an instrument to assess the ability to build and maintain social relationships in the Portuguese elderly population	Pedro Julião
Via Verde Stroke	Pedro Lavinha
Mental Health of Higher Education Students: Intervention Model	Pedro Miguel Amaro
Safety of the Critically Ill Patient during Intra- and Inter-hospital Transport	Pedro Vasconcelos
Cross-cultural adaptation of a cartoon for adolescents on basic life support	Phellype Kayyaã Da Luz
Invasive haemodynamic monitoring by thermodilution method in patients undergoing veno-venous respiratory support by extracorporeal membrane oxygenation	Philip Fortuna
Individual and social determinants of PrEP adherence among adult entertainment workers	Policardo Gonçalves da Silva
Listening to my body to listen to others: A Psychomotricity programme for the development of helping professionals	Rafaela Antunes Moreira
The promotion of socio-emotional competences in the context of vocational artistic education classes in the area of Dance	Raquel Nobre
Rectal cancer: surgical, oncological and functional outcomes	Ricardo Oliveira Rocha
Non-volatile Solvents as a Promising Strategy to Improve Indoor Air Quality	Ricardo Teles Pais
Evolution of cervical cancer screening in the Centre Region between January/2014 and December/2022	Rita Sousa
Association of neuropsychological functioning with driving (performance) proficiency and other activities of daily living in older adults	Rogério Paulo dos Santos Henriques
Diagnosis and Prognosis Disease Biomarkers on Critically Ill Patients With Covid-19 Towards a Precision Medicine – A Machine Learning Approach	Rúben Araújo
Effects of running training on volunteer firefighters	Rui Pedro Coelho
Predicting depression in adult Portuguese population: development and validation of a prognostic model	Rute Dinis de Sousa
Simulated Practice in the development of clinical reasoning in nursing students	Rute Pires
Loneliness in the transition from adult to elderly	Sandra Gomes
Effects of the Ashtanga-Vinyasa Yoga Supta practice on the performance of F16 aircraft pilots of the Portuguese Airforce	Sara Alexandra Santos
Prevalence of congenital anomalies and associated risk factors in São Tomé and Príncipe	Sara Pereira
Dynamic monitoring of autonomic nervous system function in traumatic brain injury	Sofia Dias
Support for second victims of adverse events: international and national context	Sofia Guerra-Paiva
The Clinical Context and the Development of Competences in Community Nursing: A Quasi-Experimental Study in Portugal	Sofia Militar
Promoting quality of life in Systemic Lupus Erythematosus patients: Development and testing of a theory-based digital intervention	Sofia Ribeiro
Model for managing nurses' competences in Advanced Life Support	Sónia Sousa

ADIPOHSITE – ADvancing the obesogen hyPOtHeSIs Through biomonitring, observation, and Experimentation	Susana Coelho
Implementation of a Model of Care for Low Back Pain in Portuguese Primary Healthcare: A guide for improving healthcare delivery and outcomes	Susana Duarte
The Care Process for People with Inflammatory Bowel Disease as a Contribution to a Model that Promotes Health Well-Being	Tânia Raposo
Nursing Talent Management - A contribution to Care Excellence	Telma Quaresma
Self-care behaviour management model for people with heart failure at home	Telmo Pequito
PhAS – Physical Activity and Sedentary Behaviour in People with Chronic Stroke	Teresa Luis Dia
Promoting Mental Health in Preschoolers	Teresa Rodrigues
Contribution of ramp and lateral meniscus posterior root repair for additional knee stability during anterior cruciate ligament reconstruction	Thiago Aguiar
Predicting Organ Dysfunction in Critically Ill Patients using Serum Metabolomics	Tiago Fonseca
Responses to Mental Health Care Needs of Survivors of Intimate Partner Violence by Mental Health Services in Lithuania and Portugal: Gaps in Practice and Recommendations for the Future	Ugne Grigaitė
Profile of the dependent elderly person and their carer at home: Proposal for a care model	Vânia Dias Nascimento
Peri-ungual Capillaroscopy and Gestational Diabetes	Vera Bernardino
Effects of a combined training programme on obese adults. Face-to-face vs online format	Vitor João Ramalho Bilro
Comparison of the effects of an integrated neuromuscular training warm-up programme vs. FIFA 11+ (modified) on the motor skills of young footballers	Vitor Padinha
Cervical Cancer Preventive Interventions Among Hard-to-Reach Women: A Contribution to Improve Uptake of Cervical Cancer Screening	Walaa Kinaan
Responsiveness in health literacy and intercultural communication practices: An analysis of immigrant populations in primary healthcare in Portugal	Yilian Machado Pérez
Responsiveness in health literacy and intercultural communication practices in migrant populations	Yilian Perez

Concluded: 19

Thesis Title	PhD Student Name
In vitro investigations of antigestagen-mediated effects in decidualized dog uterine stromal (DUS) cells: decidualization markers and global transcriptomic changes	Ali Kazemian
Accounting for Doctors' and Patients perceptions in telehealth services implementation	Ana Rita Maria
Expansion of Natural Killer cells as a complementary approach for adoptive cell therapy in advanced Colorectal and Pancreatic Cancer (NKAT-CRC-PDAC)	Andreia Filipa Garrido Maia
Social-emotional competence in preschool Education: contributions of body oriented practices	Andreia Rodrigues
The art of childbirth in the midwife of al-Andalus: social assessment, legal implication and health assistance in the cultural diversity of the 10th-14th centuries	Blanca Espina-Jerez
Safety and Risk Prevention in Nature Sports	Carlos Gomes Mata
Comparison of the effects of high-intensity interval training (HIIT), traditional continuous training and home-based training programs in phases II and III of cardiac rehabilitation	Catarina Gonçalves

Prevalence, burden and healthcare needs of people living with Osteoarthritis in Portugal: contribution to the development of a Model of Care	Daniela Costa
Immunomodulation in Acute Pancreatitis	Filipa Malheiro
Lateral Ankle Instability: from pathology to Prognosis	Francisco Guerra Pinto
Elucidating the role of selenium in musculoskeletal ageing using three different study designs	Giorgia Perri
Fall prevention in elderly people living in the community. Effects of two programs: singular psychomotor intervention versus combined with vibratory exercise. A randomized controlled trial	Hugo Rosado
Therapeutic futility in adult intensive care nursing	João Vítor da Silva Vieira
Endoscopic Spine Surgery – Transforaminal access to the lower lumbar spine	José Miguel Sousa
Pre-malignant lesions and carcinomas of the cervix in women infected with the Human Immunodeficiency Virus (HIV) - importance of the local lymphoid population and combined antiretroviral therapy (cART)	Maria José Brito
Mobility-promoting affordances in the pre-school environment and their relationship with children's motor and socio-emotional skills	Mariana Moreira
Upper! Limb! Musculoskeletal! Symptoms! in!Assembly! Line!Workers	Marisa Guerreiro
Antimicrobial Resistance and Zoonotic Bacteria: Assessing interventions, risk factors and the occurrence of antimicrobial resistance in the food chain production in Portugal	Miguel Costa
Adaptation of the Professional Training of Physiotherapists in Function of the Technological Impact in their Clinical Practice: Formative Realities in the Iberian Peninsula	Tarciano Batista e Siqueira

3.6.2. Postdoctoral Researchers

Postdoctoral researchers: 10

Thesis Title	Postdoctoral Researcher Name
Prevalence and prognosis of covid-19 and sexually transmitted infections among sex and adult entertainment workers: immunological and biochemical biomarkers	Adriana Lopes Vilela
Implications of parenting styles on children's aquatic competence	Alexandre Rezende
Loneliness in institutionalised elderly people in the Brazilian and Portuguese contexts	Ana Maria Ribeiro dos Santos
Personal Training in Psychomotricity: the beginning of the experiential process	Celso Mastrascusa
Psychological and social vulnerability and family mental health	Gustavo Felix
Prevention of repetitive strain injuries/work-related musculoskeletal disorders (RSI/WMSDs) or work-related musculoskeletal disorders (WMSDs)	Maria do Carmo Baracho
Migration and health	Rianne Carvalho Peruhype
Migration and health	Roxana Paola Cartagena
Impact of Fibromyalgia on isokinetic strength and oxidative stress	Santos Villafaina Dominguez
Preferences about place of care and death of patients with life-threatening illnesses and their families: an umbrella review	Sara Oliveira Pinto

3.7. Interface with civil society

The CHRC is strongly committed to the tangible impact of the research in its translation into public policies and civil society, as well as in the provision of services to the community.

In 2023, CHRC researchers participated actively in 203 civil societies or scientific organizations, carried out 218 activities that contribute to the dissemination of scientific knowledge in civil society, and 55 provided services to the community. Finally, CHRC integrated members made more than 500 contributions to *media*.

3.7.1. Activities that contribute to the dissemination and / or application of scientific knowledge in the civil society

Total: 218

- International Workshop "My bestfriend, my surrogate: pets as sentinels of human health". 15-16 December 2023, University of Évora, Portugal; <https://petsentinel.weebly.com/> (Chair)
- Participation in the science outreach activity "Utilização de animais como sentinelas" at Amato Lusitano highschool (Castelo Branco, Portugal), 3 July 2023
- Participation in the Summer School – "Mostra de Projetos na área da Saúde e envelhecimento" with the project HERO. Palácio D. Manuel, 30 April 2023, Évora, Portugal.
- In 2023, participation in the programme "8 MIL MILHÕES" broadcast on 2 JANUARY 2023 at 2pm on RTP2.
- In 2023, participation in the Radio PAX programme "Alentejo_ Clima em Escassez Hídrica", where he developed the topic of Climate Change and Public Health.
- In 2023, participation in the Conversations School of the Future with the theme: Public Health is much more than SDG 3, 28 February at ENSP-UNL.
- Participation in the "Scientist returns to school" programme, run by Native Scientists. The workshop took place at the Escola Básica Integrada dos Biscoitos on 24 May 2023. The aim of the activity was to introduce 4th grade students to what DNA is and how it is extracted.
- FPN "Multidisciplinary Teaching" Programme: diagnosis and future challenges. 46th APTN Scientific Technical Congress and 16th Iberian Swimming Congress. Viana do Castelo - Portugal
- The Multidisciplinary Teaching Model. Joint teaching of pure swimming, artistic swimming and water polo. Lagos.
- Portugal a nadar - Un proyecto de masificación y desarrollo de la Natación. 5th International Congress of Aquatic Activities. Monterrey - Mexico.
- Multidisciplinary model for teaching swimming. Improving teaching quality and increasing student retention. 5th International Congress of Aquatic Activities. Monterrey - Mexico.
- The FPN Multidisciplinary Model - Factor for increasing student/user retention. Swimming pool management seminar. Loures Aqua Conference. Loures - Lisbon
- The Multidisciplinary Model of the Portuguese Swimming Federation. Loures Aqua Conference. Loures. - Lisbon.
- Contract for specialised services with Decsis, Sistemas de Informação, SA, as part of the isALICE Project - Social Innovation Ageing Longer Intelligent Care Environment NIPC, and collaboration protocol with ESESJD. Research study to create digital technical content. Name or corporate name of the

organisation promoting/coordinating the ERI: 503230731. Collaboration from August 2022 to May 2023.

- Contract for specialised services with Decsis, Sistemas de Informação, SA, under the isALICE Project - Social Innovation Ageing Longer Intelligent Care Environment NIPC, and collaboration protocol with ESESJD. Research study to create digital technical content. Name or corporate name of the organisation promoting/coordinating the ERI: 503230731. Collaboration from August 2022 to May 2023.
- Presentation of the GesCon-Dependência project: Knowledge Management Platform (CNIS) at Counter 2 - Caring for People with Dependence, as part of the university extension activity organised by Évora City Council, the Comprehensive Health Research Centre (CHRC) and the University of Évora, on 30 March 2023, from 4pm to 10pm, which took place at the D. Manuel Palace in Évora, lasting 6 hours.
- Lecture - Challenge for Health 2023 - "First Aid in Mental Health", which took place on 21 April 2023, at Galeria | INATEL, in Évora.
- Teaching Session - "AEGP - Pensa Saúde" Week on 13 October, in the Great Hall of the Rectory of the University of Porto, in Porto.
- Nurse Communication Strategies in Caring for the Person/Family During the COVID-19 Pandemic: Scoping Review. - Oral communication presented at the XIV ASPESM INTERNATIONAL CONGRESS and VI International Seminar on Mental Health Research on the theme "Mental Health - A Priority for All", held in Évora on 19 and 20 October in Évora, Portugal.
- The Healthy Environment of Nursing Practice and the Quality of Care. - Poster presented at the 1st International Meeting of Doctoral Students in Nursing (1stEIDE)
- Oral communication presented at the "VI International Health Research Conference: global health research and collaborative networks" held in the auditorium of the Portuguese Red Cross Higher School of Health, in Oliveira de Azeméis, 21 April 2023.
- Member of the Local Organising Committee - XIV ASPESM International Congress "Mental Health - A Priority for All" from 18 to 20 October 2023, in the Auditorium of the Colégio do Espírito Santo, at the University of Évora, in Evora, Portugal.
- XIV ASPESM International Congress "Mental Health A Priority For All" from 18 to 20 October 2023, at the Colégio do Espírito Santo Auditorium, at the University of Évora, in Evora, Portugal.
- Participation in "Oncological Disease-Educate to Prevent"
- Participation in "I Burned Myself: What Now?"
- 6th meeting of ARS LVT PC technicians - oral presentation - THE CARDIOPNEUMOLOGIST'S ROLE IN TEACHING, TRAINING AND MONITORING THERAPY: THE CASE OF AN ASMATIC
- 12th Lisbon Immunoallergology meeting - Gut health and well-being
- 12th Immunoallergology meeting in Lisbon - Gut health and well-being
- American Academy of Allergy, Asthma and Immunology 2024 - poster presentation: Asthma and chronic cough: two related conditions.
- Participation in the "Meet the Expert" course on chronic cough promoted by MSD in Madrid (17 November 2023).
- Poster presentation at EAACI - ERS/ATS interpretative strategies for routine lung function tests: weak agreement between the 2005 and 2021 criteria for bronchodilator response.
- Trainer on the NMS Physiopathology teacher training course (13 February 2023)
- Member of the discussion panel on pollution and cardiovascular disease at the invitation of SPCardiologia (10 February 2023).
- Workshop "How to measure respiration" at iMed conference 15.0 (18 October 2023) on respiratory function tests: what they are, what they are used for, when they are used and what information they provide.
- Participation in the panel of experts on chronic cough at the invitation of MSD, which took place online on 13 December 2023.
- Conference in the context of the CUF | NMS academic partnership on "The contribution of NMS" - CUF Tejo hospital auditorium 20 March 2023.
- Participation as an expert in the "Patient Innovation Bootcamp" held at NOVA SBE on 31 August 2023.
- Conference "Obesity and respiratory function" as part of a round table at the SPAIC 2023 congress.

- Scientific Committee Member in XXIII National Congress of Orthoptists, Orthoptics Portuguese Association, April 2023 (13, 14 and 15), Évora, Portugal.
- Scientific Committee Member in Public Health Congress 2023, 15 and 16 June, Portuguese society of public health, Lisbon Portugal.
- Scientific Committee Member in 4th Comprehensive Health Research Center (CHRC) Annual Summit 2023, 25 and 26 May, Évora, Portugal.
- Scientific Committee Member in 5th International Meeting of the Academic Network of Health Sciences of Lusophony, Mindelo, São Vicente, Cape Verde, 3, 4 and 5 of May 2023.
- As European Educational Advisor of the AOSPINE Europe I have been performing spine course supervision and scientific orientation
- Reviewer for several journals in ageing, nutrition, epidemiology and public health
- Invited talks to scientific events open to the public, such as, Nutrition and Ageing, what do we know? 2nd Cycle of Webinars of Gerontology, Health, and Well-Being – Universidade de Évora, 1st of June 2023, Évora, Portugal.
- Comitê dos Países de Língua Portuguesa: A Evolução da Pesquisa e da Prática em Ergonomia;
- Teleworking and Health - CMLoures
- Health and wellbeing of medical imaging professionals - Vienna
- Identification of risk factors and assessment of the risk of LMELT; practical applicability in risk management - Coimbra
- Participation, as an interviewee, in the weekly programme Laços que curam" (dedicated to mental health issues) on Rádio Borba, which aired on 9 and 10 February, with the theme "Suicide and suicidal behaviour".
- Sexuality in the climacteric: nursing care. Paper presented at the 5th Silver Economy International Congress. Zamora, 23, 24 and 25 November 2023.
- Women's quality of life: the role of nurses in the climacteric. Poster presented at the V Silver Economy International Congress. Zamora, 23, 24 and 25 November 2023.
- Assistance to women in the pregnancy-puerperium cycle: a case report". Nursing Research Paths - International Congress, 26-27 May.
- Pre-Eclampsia in the Puerperium: A descriptive case study. Nursing Research Paths. International Congress May 26-27 | 2023, Nursing, Setúbal, Portugal.
- Golden Hour: a sua importância e contributos do enfermeiro de saúde materna e Obstétrica, poster. XXIV Encontro Nacional; VIII Congresso Internacional da Associação Portuguesa dos Enfermeiros Obstetras. 4 de maio de 2023, Lisboa, Portugal.
- Analysis of anthropometry and body composition in a sample of patients with head and neck cancer: utilities for university teaching innovation. Communication. XXVII Jornadas internacionais de nutrición práctica; XVI Congreso Internacional SEDCA, 15 e 16 Março. Madrid. Espanha.
- The Diet by Portions in People with Diabetes Mellitus: Planning and Preparation from Undergraduate University Teaching Innovation. Communication. XXVII International Practical Nutrition Days; XVI International SEDCA Congress, March 15 and 16. Madrid, Spain.
- The training and practice of women dedicated to care in the figure of Luísa Rosado: 18th century. Communication at the VI International Meeting on the History of Nursing "Between Montemor-o-Novo and Granada: St. John of God, the reformer of hospitals and patron of nurses"; March 9 and 10, 2023, at the Municipal Archive of Montemor-o-Novo, Portugal.
- Sexuality education in Nursing - dimensions and meanings. Communication. II International Congress CIEQV-Life Quality Research Centre. February 23 and 24, 2023. Leiria, Portugal.
- Webinar organized by WHO: World Diabetes Day. November 8, 2023. Co-moderator.
- Lecture: Forensic Chemistry. October 20, 2023. Augusto Cabrita Gathering. Augusto Cabrita School Group, Barreiro.
- Mission Science & Art Conference Cycle, organized by the University of Évora and the Municipality of Évora. June 15, 2023. Conference: The case of the barracks robbery, or, the art of catching criminals and bandits.
- Webinar organized by WHO: Short guide on therapeutic patient education. November 15, 2023. "Personal perspective."

- Participation in Café Memória Lisboa/Colombo (commemorative session of the first 10 years of Café Memória / Alzheimer Portugal) in Lisbon with a lecture on 'Families and Dementia'. Lisbon, Colombo Shopping Center, April 1, 2023.
- Postgraduate Course in Advanced Therapeutics in Neurology (FM-UL, CHLN; Egas Moniz Study Center).
- STEP by STEP Psychiatry Course (Dioscope©, sponsored by the Portuguese Society of Psychiatry and Mental Health).
- Clinical Research Training Course (coordinated by the Institute of Hygiene and Tropical Medicine, IHMT NOVA, with the collaboration of FCM-UNL, ENSP-UNL, and the Calouste Gulbenkian Foundation).
- "One Medicine in practice, the Humanimal Trust pledge." International Workshop - My best friend, my surrogate: pets as sentinels of human exposure.
- Enterovirus D68 upsurge in Europe during 2021: highlights of a collaborative effort. Epidemiological and clinical insights into the enterovirus-D68 upsurge in Europe 2021/22 and the emergence of novel B3-derived lineages, ENPEN multicenter study. ECCMID, April 15–18, 2023, Copenhagen, Denmark [ePoster with six-minute flash presentation].
- In silico analysis-based identification of novel biomarkers for the serological diagnosis of brucellosis. Scientific Spring Meeting KNVM NVMM 2023, Papendal, Netherlands. April 5, 2023 [poster on-site].
- Enhanced laboratory surveillance of HBV infections in The Netherlands, 2023. Presentation at the Project Review Module, session 8; Lisbon, Portugal, August 31, 2023.
- Infodemics 101 and Preparedness. Seminar format presentation at RIVM, Bilthoven, the Netherlands, April 24, 2023 [hybrid format]. EUPHEM C2021 – overview of the ECDC fellowship programme and developed projects. Presentation at RIVM, Bilthoven, the Netherlands, June 22, 2023 [hybrid format].
- EV-D68; a new public health threat on the brink of poliovirus eradication. ECCMID, 2023 April 15–18, 2023, Copenhagen, Denmark.
- "My Heart Beats Healthy" - health literacy project for cardiovascular health in school age promoted by the Portuguese Society of Cardiology. Pilot educational project in public schools in Lisbon and Coimbra, applied to 4th-grade students.
- Article in Público newspaper - "Communicating Mental Health" - published on May 22, 2023.
- Communication - "Physical Activity for the Prevention and Control of Chronic Diseases" integrated into the VI APPSP Webinar – Public Health: Global Issues, Local Actions. Online, May 24, 2023.
- Participation in a round table - "How do you do it? How to work with stakeholders," integrated into the final conference of the European project "EUPAP – European Physical Activity on Prescription," Public Health Agency of Sweden, February 14, 2023.
- National Index of Access to Hospital Medications Edition 2023. National Index of Access to Hospital Medications – Edition 2023. Portugal; 2023.
- CLSI: development and revision of guideline documents for best practices in medical laboratories.
- National Accreditation Bodies (IPAC - Portugal; INAB - Ireland; EIAC - United Arab Emirates; SloAkre - Slovenia): auditing and evaluation of laboratory quality for accreditation and international recognition purposes.
- Interview on the "Viva Saúde" program on RTP Africa - March 2023: <https://www.publico.pt/2023/04/01/azul/noticia/epoca-alergias-ficar-agressiva-mudanca-clima-culpa-2044154>
- Communication at the Capacitar e Crescer Days at Hospital Fernando da Fonseca.
- Communication at the Forum of the Incluir Project.
- Communication at the Palmela Social Network Forum.
- Communication at the GSK Living with Disease in Portugal Meeting.
- Participation in the podcast "What Voice is This?"
- Organization of the Cycle I of Webinars in Gerontology, Health, and Well-being, February - March 2023.
- Organization of the Cycle II of Webinars in Gerontology, Health, and Well-being, April - June 2023.
- KAIS Demoday BfK INNOV@Rise Alentejo Edition - Public pitch presentation on the fall risk assessment kit (patented product); Alentejo Science and Technology Park in Évora, February 16, 2023.
- "KAIS Senior Interactive Assessment Kit;" Demoday BfK INNOV@Rise Alentejo Edition. Poster presentation; Alentejo Science and Technology Park in Évora, February 16, 2023.
- Portuguese Association for the Promotion of Public Health.

- Clinical research in communities. Thematic session on the Importance of Clinical Research in the context of scientific development. Science 2023, July 7, Aveiro (speaker).
- Translation of scientific evidence and communication of public policies. Public Health Congress 23 – a new era. June 15, 2023 (presenter).
- Resilience in healthcare post COVID-19. Coriolano Ferreira Auditorium, National School of Public Health, May 31, 2023 (moderator).
- "Experience in conducting scientific research in the field of nursing and midwifery". International Conference «New approaches to the organization of nursing and midwifery in the countries of Central Asia» May 30 – June 1, 2023 (online, presenter).
- Health Services and Policies. 4th CHRC Annual Summit. Évora, May 25 and 26, 2023 (moderator).
- Parallel session Health workforce response during COVID-19: impacts, challenges, and opportunities. 5th Global Forum on Human Resources for Health. April 3, 2023 (online, presenter).
- "Cycle of Webinars in Gerontology, Health, and Well-being - Scientific Meeting in Health Sciences and Psychology, University of Applied Sciences - Zwickau & University of Évora.
- Prevalence of self-reported common mental health disorders in the 2015 resident population in Portugal. SEE Meeting and XVII APE Congress. Porto, 2023.
- Estimation of Cardiovascular Risk in the Portuguese Population: Application of the New Score2. Public Health Congress, Lisbon, 2023.
- Socioeconomic deprivation of the area of residence and the occurrence of cerebral palsy in Portugal. SEE Meeting and XVII APE Congress. Porto, 2023.
- Evaluation of the European Health Information Training Programme (EHITP): Results from the InfAct Joint Action. SEE Meeting and XVII APE Congress. Porto, 2023.
- Prevalence of abdominal obesity in the Portuguese population. XVII National Meeting of the Portuguese Association for the Promotion of Public Health. Lisbon, 2023.
- Anthropometric Indices and Cardiovascular Risk: A Cross-Sectional Study in Portugal. XVII National Meeting of the Portuguese Association for the Promotion of Public Health. Lisbon, 2023.
- Association between area-level walkability and glycated hemoglobin: a Portuguese population-based study. (2023). Workshop, 16th European Public Health Conference, Dublin.
- Evaluation plan for the SCOPE dashboard prototype for epidemic/pandemic event risk management. Project seminar. Department of Epidemiology of the National Institute of Health Doutor Ricardo Jorge. Lisbon, 2023.
- Measuring opinion and behavior concerning European Code Against Cancer recommendations: what to assess and with which methods and instruments. 4PCAN project kick-off meeting. Teleconference, 2023.
- Questionnaire development and validation to measure opinion and behavior concerning European Code Against Cancer recommendations. Workshop "Surveys Methodology for cancer primary prevention" promoted by the International Agency for Research on Cancer (IARC)/World Health Organization (WHO). Teleconference, 2023.
- Webinar for the dissemination of results from the PMCardImpact project; held on 10/02/2023.
- Burden of Disease and Economic impact of PM2.5 in Portugal: results of the national project PMCardImpact. 103 participants from 16 countries and different areas of activity (e.g., academia, health, public health, statistics, health economics).
- Organization of a Seminar on reducing coercion in mental health services, in Lisbon, on February 9 and 10, with the aim of disseminating information about research in this area and its application in practice. The seminar featured foreign speakers and the participation of researchers and professionals from various parts of the country.
- Participation in the Relational Cities project, promoted by the Father António Vieira Foundation, through collaboration in data collection on the impact of Covid on mental health.
- Scientific consultant for a podcast dedicated to disseminating knowledge about mental health: Podcast "What Voice is This?" by Expresso newspaper.
- Text in the Practical Health Psychology Blog: "Bringing behavior change techniques into practice: Making use of available tools."
- Participation as a guest on TSF's "Ministry of the Future" program to talk about tobacco legislation proposals.

- Participation in the Summer School Program - Lifestyle (2023), promoted by NMS
- Co-founder of the Cardio da Vida® platform (<https://cardiodavida.pt>)
- “Cholesterol Roundtable in Portugal,” an initiative proposed by the World Heart Federation.
- “SPC Forum 2023 - Climate change, pollution, and cardiovascular disease - call to action” held at the Belém Cultural Center in Lisbon, in February 2023
- First author of a book on Gerontomotricity, which includes psychomotor rehabilitation activities to promote the independence of elderly people.
- Oral presentation: Perspectives on Research in Aging. II Webinar Series on Gerontology, Health, and Well-being. University of Évora.
- Oral presentation: Dancing for the Mind: How Dance and Movement Stimulate Cognition and Challenge Dementia. Café Memória. Festival Desdobra-te. Évora.
- Participation in the European Researchers' Night on September 29, 2023.
- Reviewer of the Portuguese Journal of Public Health (PJPH) since 2014.
- Reviewer for Springer Nature: Scientific Reports.
- Invited Professor: Telemedicine and e-health. Faculty of Medicine, University of Porto, Porto, January and July 2023.
- Invited Assistant Professor at the National School of Public Health, Universidade Nova de Lisboa, since 2017.
- Coordinator of Digital Health Executive Course.
- Coordinator of Basics on Digital Health Course at EIT-Health RIS Academy.
- Coordinator of the disciplines of Health Information Management, Hospital Technologies and Equipment, Information Systems Used in Health, and Logistic and Operations Management.
- 45 Graus - José Maria Pimentel – Episode 152. Teresa Paiva – The Science of Sleep - 31-10-2023
- We're All Crazy, António Raminhos, 2-11-2023
- Extra Guest live on Rádio Observador Teresa Paiva, 25 July 2023
- Oral Examination – Fernando Alvim – My Sleep and I – 15 May 2023
- Sleep Day – Manhãzitos – 17 March 2023
- PODCAST GOOD FOR HEALTH | MÉDIS: Season 2 | Episode 2: THE IMPORTANCE OF SLEEP IN HEALTH, interview with Patricia Figueiredo 23 Jan 2023
- "Rehabilitation Technologies in Clinical Practice and Training of Young Physiotherapy Students in the Iberian Peninsula: A Delphi Study on Trainees' Vision". VI Iberian Seminar on Youth Research. Instituto de Lenguas Modernas (ILM) 24 and 25 March 2023. Cáceres, Spain.
- "Inclusion of new rehabilitation technologies in the training of physiotherapists in the Iberian Peninsula: an observational study". June 1, 2023. V National Congress on Health Education. Colégio Pedro da Fonseca, University of Évora. May 31, June 1-2, 2023. Évora, Portugal.
- "Heutagogy in the transformation of physiotherapy educational content: a systematic review from the perspective of innovations in higher health education". May 31, 2023. V National Congress on Health Education. Colégio Pedro da Fonseca, University of Évora. May 31, June 1-2, 2023. Évora, Portugal.
- "Rehabilitation technologies with the potential to be incorporated into physiotherapists' clinical practice: a systematic review". 4th Annual Summit of the Comprehensive Health Research Centre. University of Évora. May 25-26, 2023. Évora, Portugal.
- "Adaptation of Professional Training of Physiotherapists in Response to Technological Impact on Clinical Practice: Educational Realities in the Iberian Peninsula". 4th Annual Summit of the Comprehensive Health Research Centre. University of Évora. May 25-26, 2023. Évora, Portugal.
- "Implementation of the Knee Care @Home Programme for Patients Recovering from Anterior Cruciate Ligament Reconstruction: Protocol for a Randomised Feasibility Trial". 4th Annual Summit of the Comprehensive Health Research Centre. University of Évora. May 25-26, 2023. Évora, Portugal.
- "Effectiveness of the Knee Care @Home Programme compared to patients following anterior cruciate ligament reconstruction: a trial protocol". 4th Annual Summit of the Comprehensive Health Research Centre. University of Évora. May 25-26, 2023. Évora, Portugal.
- Participation in a Television Report - CNN Portugal
- Participation in a Television Report - SIC Notícias Online

- Participation in a Television Report - RTP1 - Portugal em Direto
- Participation in a Television Report - Canal Saúde Mais
- Participation in a Television Report - TVI - TVI Jornal
- Radio Appearances: On Antena 1 - News: 01-06-2023 - 15:06H
- Oral presentation: VII Conference on Education and Research in Health 2023 IPG - March 2, 2023
- Oral presentation: Sixth International Workshop on Gerontechnology, Évora (Portugal (Spain) - March 31, 2023
- Oral presentation: I Integrated Response Sessions on Healthcare Nursing, where we are and where we are going, Gaia - June 2, 2023
- Oral presentation: V International Congress of Family Health Nursing, IV Iberian Congress of Family Health, Azores - October 26-28, 2023
- Oral presentation: At the 7th International Conference on Global Advanced Nursing, Patient Safety and Healthcare - September 07-08, 2023
- Oral presentation: 3rd International Congress Client-Centered Care and Quality Standards, Lisbon - November 23, 2023
- Participation in a Radio Diana program to promote the Aquamentia program (aquatic psychomotor intervention for people with dementia).
- Podcast recording at the University of Évora to promote the aforementioned program.
- Psychomotricity and intervention in Breast Cancer - Breast Cancer Seminar: Contexts and Challenges - University of Évora; National School of Public Health, 2023, October 30.
- PSYCHOMOTRICITY AS AN ADJUVANT TREATMENT IN BREAST CANCER, Mental Health Seminar: Contexts and Challenges - University of Évora 2023, October 10.
- Strengthening the body against violence. [Workshop]. Summer School: Showcase of Projects in Health and Aging. Évora, Portugal.
- RECONNECT with yourself: experience of a psychomotricity session [Workshop]. Summer School: Showcase of Projects in Health and Aging. Évora, Portugal.
- Psychomotricity in Adjuvant Treatment of Breast Cancer. [Oral communication]. X World Congress of Psychomotricity. Verona, Italy.
- Imaginary and artistic mediation: resources towards listening in Psychomotricity. [Workshop]. X World Congress of Psychomotricity. Verona, Italy.
- Feel-Own-Move: A Psychomotor therapeutic approach to violence-related trauma. [Workshop]. X World Congress of Psychomotricity. Verona, Italy.
- Tracing the body: qualitative analysis of the body maps of victims of intimate partner violence in the context of Psychomotor Therapy. [Workshop]. X World Congress of Psychomotricity. Verona, Italy.
- Thinking (about us) in the Relationship in Psychomotor Praxis. [Workshop]. X World Congress of Psychomotricity. Verona, Italy.
- Evaluation of manual coordination and visuospatial attention using the adapted Fitts test. [Poster presentation]. CHRC 4th Summit. CHRC, Évora, Portugal.
- Aquamentia®: an innovative intervention in dementia. [Oral communication]. CHRC 4th Summit. CHRC, Évora, Portugal.
- Effects of the Feel-Own-Move psychomotor intervention on the experience of the body, sleep quality and physical activity of female victims of violence. A mixed-methods study. CHRC 4th Summit. CHRC, Évora, Portugal.
- Psychomotor relaxation and psychosomatic - Soubiran® Method, Conference by Alexandrine Saint-Cast, I.S.R.P. Paris (2023, October 25).
- Body Expressions: a neuropsychomotor perspective, Conference by Prof. Vitor da Fonseca, International Honoris Causa in Psychomotricity (2023, September 27).
- Graphomotority as a mediator in psychomotor disorders - Conference by Franco Boscaini, Director of CISERPP -Scuola Professionale di Psicomotricità, Verona -Italy; (2023, September 28).
- Proprioceptive approach: a central concept in Psychomotor Intervention in Mental Health - Conference by Anne Gatecel, Director of Formation en Psychomotricité -Université Sorbonne– Paris VI. (2023, May 12).

- Working with refugee children through Expressive Arts – Master Class by Ellen Levine CREATE Institute, Toronto. (2023, April 20).
- World Mental Health Day - School of Health and Human Development, University of Évora (2023, October 10) (co-organized).
- European Psychomotricity Day - School of Health and Human Development, University of Évora (2023, September 19) (co-organized).
- Participation in a "world cafe" methodology session on the theme of suicidal behavior.
- Creation of a folder entitled "Mental Health: Evaluation Project of the Elderly from Évora's Day Centers" (Appendix IV). Partnership between University of Évora and ACES Alentejo Central. Disclosure at the "Feira Meia de Évora" on November 24, 2023.
- Presentation of the project "Functional Profile Assessment Data" at Counter 1 - Institutionalized Elderly Versus Non-Institutionalized, at the university extension activity "Showcase of Projects in Health and Aging" held at the D. Manuel Palace in Évora, on March 30, 2023.
- Conducting informative sessions on cervical cancer and screening in community contexts.
- Development of brochures on cervical cancer and screening.
- Interview for SIC and SIC Notícias on the ELEVATE project, as part of the International HPV Awareness Day.
- Digital Poster entitled "Prevalence and trends in tobacco, alcohol and drugs consumption among adolescents: findings from the AlenRiscos Observatory" at the 4th Comprehensive Health Research Centre Annual Summit, held on May 25th & 26th 2023 at the University of Évora.
- Diagnosis of informal caregivers, funded by APPACDM Évora - Portuguese Association of Parents and Friends of the Mentally Disabled Citizen. Member of the research team. - Presentation and discussion of final results.
- Gender Differences in Adolescents' Self-Knowledge Organization: The Moderating Role of Adolescence Phase. Poster presented at the 4th CHRC Annual Summit, University of Évora, Évora, Portugal, May 25-26, 2023.
- Old Adults Perspectives on Aging Related Changes, Gains and Losses. Communication presented at the VI Leipzig-Evora-Zwickau Scientific Meeting in Psychology and Health Sciences: "New Horizons, New Paradigms in Health and Human Development". Western Saxonian University of Applied Sciences, Zwickau, Germany, October 19-20, 2023.
- Lecture of the course "Basic Life Support/AED" for students and staff of the University and for public and private entities.
- Participation as Speaker in the webinar "Fast Track Cities: Regional Dialogue on Optimizing HIV Responses for Migrant Populations", promoted by the IAPAC - International Association of Providers of AIDS Care, with the presentation "HIV among Migrants: A Reflection on Vulnerability and Opportunities for Action in the Age of Mobility" (18 September 2023).
- Summer School 2023, "Aging: Perspectives and Challenges", developed by the International Institute for Research and Innovation on Ageing (4IE+), organizes one summer school in 2023.
- SIXTH INTERNATIONAL WORKSHOP ON GERONTECHNOLOGY Évora (Portugal) and Spain.
- Participation in the program "90 seconds of science" (Antena 1).
- Participation in a report by TVI on the use of GPSs in studying children's outdoor play.
- Promotion of Training for Teachers from the School Groupings of Évora on the importance of "Active and Creative Play" in school.
- Construction of the website <https://www.out-to-in.uevora.pt/atividades-para-familias/> offering resources for educators and families on the importance of active play for children's health and development.
- Participation in CHRC Talks "Technology at the service of health, sports, and human development" with the theme "The use of RFID sensors in studying interpersonal relationships in childhood". Online, June 30, 2023.
- Podcast "What voice is this": <https://expresso.pt/podcasts/que-voz-e-esta/2023-07-27-Um-surto-psicotico-e-uma-coisa-muito-muito-muito-muito-avassaladora-e-o-resultado-e-sempre-medo-e-vontade-de-tirar-a-propria-vida-c47ae3d8>

- Lead Researcher for the Selfie Project - Supported self-management of fibromyalgia. Implementation of a hybrid program for supported self-management of fibromyalgia, in partnership with Myos - National Association for Fighting Fibromyalgia and Chronic Fatigue Syndrome.
- Trainer in the training action "Ethics in research - how to prepare the project for ethical review", integrated into the Teacher Training and Professional Development Program of the Polytechnic Institute of Setúbal.
- Trainer for the SPLIT Course Stratified physiotherapy intervention for people with low back pain, aimed at physiotherapists. The training is a micro-credential/short course promoted by the Polytechnic Institute of Setúbal.
- Participation in the European Researchers' Night 2023 - Building Bridges: Dialogue between Science and Society, organized by IPS on September 29, 2023, at Casa da Baía in Setúbal, aiming to present the research work carried out under the b-Able2 project to the general public.
- Participation in creating content for the mobile application ComVida, aimed at people with stroke and their informal caregivers.
- Moderator at the IV National Mental Health Forum: Cooperation between Responses | Health and Social Security: Employability, in the Panel entitled Mental Health Policies Activities "Psychomotricity, Aging and Dementias" at the European Researchers' Night.
- Café Memória - Role of the body in the identity of people with dementia;
- Communication about the mental health of older people, as part of the celebrations of Mental Health Day at the University of Évora
- Activities "Psychomotricity, Aging and Dementias" at the European Researchers' Night.
- Technical Team Member - Café Memória Évora (monthly periodicity, 4th Saturday)
- Quarterly Newsletter of the Department of Sports and Health of the University of Évora, N3 & N4 of 2022 - Exhibition to the community of scientific works, communications, and representations produced by teachers and researchers from the Department of Sports and Health.
- Moderator of Panel V - Innovation in Health (2023). III Congress of the Master's Degree in Nursing. Polytechnic Institute of Beja - School of Health, Beja.
- Moderator of Oral Communications 3. II International Convention of Nurses (2023). Arts and Shows Center, Figueira da Foz, Portugal
- Open Day, training at JF Arroios
- Trainer in the "Head & Neck" Course promoted by ATARP - Portuguese Association of Radiology Technicians, Radiotherapy and Nuclear Medicine.
- Conducting Awareness Actions for the General Population in the Algarve Region (Saber+AlgarRad). Preparation and distribution of leaflets to raise awareness among the general population about imaging procedures involving ionizing radiation, aiming to increase awareness and literacy in this area. Leaflets elaborated and distributed by Hospital Units, Imaging and Radiotherapy Clinic, and SOS Oncológico Association.
- Writing an article in the newspaper Público, as part of the celebrations of World Patient Safety Day - September 17.
- Oral presentation by Ana Margarida Alho at the European Public Health Congress, and publication of the abstract: Effectiveness of antimicrobial interventions in animal production: systematic review & meta-analysis. 16th European Public Health Conference 2023. Dublin, Ireland.
- Participation in the television program "Sociedade Civil" and podcast by Expresso "What voice is this?"
- Training activity within humanitarian missions to the population of São Tomé and Príncipe in hospital settings or sessions organized for this purpose.
- Interviews in the media aimed at educating and promoting health for the population in Portugal and São Tomé and Príncipe during each mission.
- 41st Rheumatic Patient Support Forum - presentation of the COTIDIANA project

3.7.2. Provision of services to the community / civil society

- Member of the Risk Assessment Committee - European Chemicals Agency representing the country and making recommendations to the European Commission on chemical safety regulations.
- "Specialized Services Provision Contract with Decsis, Sistemas de Informação, SA, under the isALICE Project - Social Innovation Ageing Longer Intelligent Care Environment NIPC, and collaboration protocol with ESESJD. Research study to create digital technical content. Name or corporate name of the Promoting/Coordinating Organization of the IIES: 503230731. Collaborated from August 2022 to May 2023."
- Laboratory of Pathophysiology of NMS - Evaluation of respiratory function in outpatient settings
- 2nd CEMT in collaboration with CSE de Luanda-Angola
- "Member of the Advisory Board of Casa do Alecrim Academy, a specialized facility in care for people with dementia - Alzheimer Portugal (since 2023)."
- Responsible at FCM-UNL for liaison with Alzheimer Portugal under the protocol signed in 2019 for the provision of technical and scientific consulting, collaboration in teaching activities, and research activities.
- "Cities for Better Health" Project - NovoNordisk - Joint definition of a community intervention project to promote healthy eating.
- "Active Break" Project - CML - Definition of a study protocol to evaluate a physical activity promotion intervention among Lisbon City Council workers.
- Collaboration protocol and provision of services with APAH - Portuguese Association of Hospital Administrators (since 2019) - conducting the Innovative Medicine Access Index - annual service provision project.
- Protocol for scientific services with INFARMED: elimination of regulatory backlog lasting 12 months - 7 interns, concerning changes to MAAs and national and European MA processes.
- Laboratory of Immunology and Primary Immunodeficiencies of NMS: conducting laboratory tests for the diagnosis of immune disorders.
- Laboratory of Immunology and Primary Immunodeficiencies of NMS - provision of community services with laboratory tests for the diagnosis of immune-related diseases.
- Integrated Functional Assessment (PSC-AFI), integrated into the Respiratory Functional Study Laboratory of the Faculty of Medical Sciences of the Universidade Nova de Lisboa.
- Academy for the Empowerment of Patient Associations: project aimed at strengthening the action of patient associations through a training program and various initiatives aimed at promoting the capacity for action and advocacy of patient associations.
- Pereira C. (2023) Gerontomotricity Training. Provision of services to BIZPOINT - Management Consulting, Lda., under the Sports Training project.
- Dissemination of the existence and mission of the CHAIN Biobank.
- Veterinary Hospital of the University of Évora; 24-hour service for pets and livestock located in the Évora area; open to the general public.
- "OECD State of Health in the EU PORTUGAL 2023"
- Responsible for organizing the SCOPE project workshop to test a dashboard for managing the risk of epidemic/pandemic events by its future users: public health doctors and representatives of the Regional Health Administrations ARS) nationwide.
- Member of the organizing team of INSA-Convida seminars, which are monthly scientific meetings held by the National Institute of Health Dr. Ricardo Jorge, as a representative member in the INSA Epidemiology Department.
- Participation in the Working Group activities tasked with developing a new Mental Health Law, which was approved in 2023.
- Clinical activity (Medicine - Cardiology).
- Trainer in the training "Elderly Person Training Cycle", held by "Formação Desportiva" company.
- Open Session for Parents - March 2023 - The importance of sleep in Infanto Juvenile development - Padre Alberto Neto School - Queluz
- "Healthy Central" App: Coordination of the research and R&D team in providing design and customization services for an app to assess the well-being of healthcare professionals.
- Provision of pro-bono services to members and partners for the design and planning of clinical studies and the Regulatory Roadmap for medical devices and ATMPs.
- Regional Pharmacovigilance Unit of Centro and Norte Alentejano (University of Évora - INFARMED, I.P.)

- Member of the team of the "Assessment of the Social Prescription Project in Family Health Units in Lisbon".
- Member of the monitoring and evaluation team of the Municipal Strategy "Local Pact to End the HIV/AIDS Epidemic in Amadora - Fast-Track Cities Amadora".
- Member of the technical-scientific support team for the Municipal Strategy Coordination Group "Cascais on the Fast Track to End the HIV and Viral Hepatitis Epidemic - Fast-Track Cities Cascais".
- Member of the project team "Development of a Roadmap for Action for Advancing Aggregate Exposure to Chemicals in EU (ExpoAdvance)", in the Knowledge Translation and Communication component.
- Researcher in the service acquisition project for the study "Diagnosis of Informal Caregivers - Process CCp-13/2020".
- Consulting on projects for promoting socio-emotional skills in school-age youth.
- Scientific coordinator of the monitoring and evaluation component of the Municipal Strategy "Local Pact to End the HIV/AIDS Epidemic in Amadora - Fast-Track Cities Amadora" (Amadora City Council).
- Coordinator of the technical-scientific support team for the Municipal Strategy Coordination Group "Cascais on the Fast Track to End the HIV and Viral Hepatitis Epidemic - Fast-Track Cities Cascais", focusing on municipal strategy monitoring and evaluation (Cascais City Council and Ser+ Association).
- Member of the Advisory Committee of the "Lisbon City Without AIDS - Fast-Track Cities" Strategy, a municipal strategy that emerged following cities' adherence to the Paris Declaration, aiming to mitigate the epidemic as a public health issue (Lisbon City Council).
- Scientific supervision in the Stigma Index study: Index of Stigma of People Living with HIV - a study aimed at generating evidence on stigma, discrimination, and rights of people with HIV in Portugal (HIV/AIDS Anti-Discrimination Center, Ser+ Associations, and GAT).
- Coordinator of the project "Evaluation of the Social Prescription Project in Family Health Units in Lisbon" (Lisbon City Council).
- "Talking with children about health" - a project aimed at formalizing community outreach activities primarily for preschool and elementary school students.
- "Showcase of projects in the Health and Aging Area" - took place at the D. Manuel Palace in Évora on March 30, 2023.
- Responsible and consultant for the project "Playing Outside," formalized with the Évora City Council, aimed at promoting physically active play in Évora.
- "Abandonment in old age". Program Sociedade Civil (RTP). 30/04/2023.
- Course Gerontomotricity and dementia: Sessions and materials in Gerontomotricity; The importance of time and routines in intervention; Intervention with people with moderate and advanced dementia (strategies, etc.); Intervention with the caregiver of the person with dementia.
- Instructor at the Basic Life Support Core of the University of Évora.
- Provision of specialized services in sports science and technology for the assessment and monitoring of young football players for the Mango Football Club. Assessment of performance indicators and production of reports for the international training club.
- Introduction to Quantitative Research and SPSS Analysis. Conversation with the Pedagogical Council. School of Nursing São João de Deus, Évora, Portugal.
- Challenges in Nursing: A gender issue? Webinar promoted by the Association of Specialist Nurses in Medical-Surgical Nursing (AEEEMC). Online.
- Speaker at the Thematic Workshops 2023. "New care models: Centrality, Integration, and Continuity of Care – Moral sustainability: the crossroads that separate conflict from workplace harassment." School of Nursing São João de Deus, Évora, Portugal.
- Lecture on the topic "Antimicrobial resistance in animal production" at the "II Postgraduate Course One Health: Human Health, Animal Health, Environmental Health" at the Faculty of Medicine of the University of Lisbon, on December 15, 2023, lasting one hour and thirty minutes.
- Work carried out at ARIA, an IPSS dedicated to the rehabilitation of people with mental health problems.
- Participation in the project "MenstruAction and chat head."
- Clinical analysis - diagnosis of congenital cytomegalovirus infections, analysis of Guthrie cards using the nested PCR technique.
- "Clinical analysis: diagnosis of cytomegalovirus infections, analysis of blood, urine, amniotic fluid, biopsies, among other samples, using real-time PCR."
- Provision of clinical research consulting services, including study design and protocol development, development and submission of studies to competent authorities, monitoring, project management, and quality plan within clinical studies.

- Coordination with Municipal Services and Parish Councils in the mentioned areas to improve and increase devices that can promote the rehabilitation of people with experience of mental illness and their integration into the community.

3.7.3. Participation as an active member of a civil society and scientific organization

Total: 203

- Chair of the "Special session: Pet Animals' Exposure to Chemicals and Health Effects of Relevance for Humans - One Health", SETAC Europe 33rd Annual Meeting, April 30-May 4, Dublin, Ireland.
- Member of the Scientific Council of the European Environment Agency.
- Member of the WHO Technical Advisory Group on Occupational Burden of Disease Estimation.
- Coordinator of the Center for Public Health Research (CISP) at ENSP-UNL and the Environmental and Occupational Health Research Group of said center.
- Vice-President of the Scientific Council of ENSP since September 2022.
- Member of the Scientific Committee of the Doctoral Program in Public Health since the academic year 2020/2021.
- Portuguese Swimming Federation - Vice-President (Board member).
- Researcher - Integrated PhD Member at CHRC.
- Collaborating researcher at NursID: Innovation and Development in Nursing of CINTESIS - Center for Research in Health Technologies and Services and Associated Laboratory: RISE approved by FCT.
- Member No. 22 of the Portuguese Association of Mental Health and Psychiatric Nursing (A'ASPESM).
- Member No. 00032 of the Portuguese Association of Clinical Supervision in Nursing (APoSCE).
- CEIC - Ethics Committee for Clinical Research - INFARMED.
- ESICM - European Society of Intensive Care Medicine - Chair of the Clinical and Training Committee.
- ICM - Editor of Intensive Care Medicine.
- II Ibero-American Colloquium on Health, Education and Social Representations - Member of the Scientific Committee.
- Competition for the João Cidade Award - President of the Jury.
- APE - Portuguese Nurses Association - Member of the General Assembly Bureau.
- Member of SPAIC.
- Member of SPPneumology.
- Member of ERS.
- Member of the Advisory Board of the Portuguese Society of Orthopedics and Traumatology.
- Member of the Scientific Council of NMS (2021-Present).
- Co-chair of the Health Promotion and Care Strategic Area of NMS (2023-Present).
- Member of the interim executive committee of the Associated Laboratory of Translation and Innovation for Global Health (LA REAL) (2023-Present).
- Member of the Portuguese Order of Nutritionists, No. 5372N (2022-Present).
- Myos Association - Member of the scientific committee.
- "APERGO" - President of the Fiscal Council.
- INFARMED - Member of the Health Technology Assessment Committee.
- CHULC / Nutritionist.
- Secretary of the Board of the Ibero-American Association of Psychological Assessment and Evaluation, from November 2023.
- Member of the Scientific Committee of the XI Ibero-American Congress of Psychological Assessment.
- University of Évora - School of Nursing: President of the Pedagogical Council (until June 2023).

- University of Évora - School of Nursing: Member of the School Assembly.
- University of Évora - School of Nursing: Member of the Technical-Scientific Committee.
- University of Évora - School of Nursing: Member of the Senate (until June 2023).
- University of Évora - School of Nursing: Member of the Nursing Department.
- University of Évora - School of Nursing: Member of the Course Committee of the Master's in Maternal and Obstetric Health Nursing.
- Member of the Editorial Board of the Digital Scientific Publisher - since January 2021.
- Member of the Editorial Board of Atena Publisher - since March 2021.
- Member of the international commission of the editorial team of the Nufen journal: phenomenology and interdisciplinarity.
- Vice-President of the International Diabetes Federation.
- Member of the Ethics Committee for Clinical Research (CEIC).
- Member of the Advisory Council of the Health Regulatory Authority.
- Representative of the International Diabetes Federation, European Region, in the Patients' and Consumers' Working Party (PCWP) of the European Medicines Agency.
- Member of the Regional Mental Health Coordination of the Lisbon and Tagus Valley Regional Health Administration, under the leadership of Professor Teresa Maia Correia, responsible for overseeing the Regional Health Plan for Dementias. Deliberation No. 306/2022 of ARSLVT, published in Diário da República 2nd series, No. 48, part C, p. 42, March 9, 2022.
- Member of the Regional Health Committee for Dementias of the Lisbon and Tagus Valley Regional Health Administration, led by Professor Ana Verdelho. Deliberation No. 275/2022 of ARSLVT, April 8, 2022.
- Expert Panel for the revision of Clinical Guideline No. 53/2011 of the Directorate-General of Health on 'Therapeutic Approach to Cognitive Changes', coordinated by Professor Alexandre de Mendonça (2022-2023).
- Vice-President of the Portuguese Society of Cardiology.
- President of the Portuguese Congress of Cardiology.
- Member of the Board of the Specialty College of Cardiology of the Medical Association.
- Deputy Director of the National Program for the Promotion of Physical Activity at the Directorate-General of Health.
- Associate Editor of the Portuguese Journal of Public Health.
- Co-Chair of the Organizing Committee of the 38th European Conference on Health Psychology of the European Health Psychology Society.
- Chair of the 7th Conference of the Health Network of the University of Lisbon, themed "Living in Quality: Value in Health and Well-being". Organized by the Health Network of the University of Lisbon, November 14, 2023.
- Member of the Scientific Committee of the 10th Ibero-American Congress of Pharmaceutical Sciences, responsible for evaluating the thematic area "Pharmaceutical Education, Legislation, and Ethics", organized at the University of Coimbra, October 26-28, 2023.
- Organization of the Leipzig-Evora-Zwickau Scientific Meeting in Psychology and Health Science, held yearly since 2017.
- President of the International Human Motricity Network.
- Member of the Scientific Council of NMS.
- Member of the Sustainability Council of NMS.
- Coordinator of the Biosafety Committee of NMS.
- Member of the Board of Directors of the Iberian Society of Cytometry (SIC).
- Member of the Measurement Uncertainty Working Group of the European Society for Clinical Cell Analysis (ESCCA).
- Member of Committee H42 of the Clinical and Laboratory Standards Institute (CLSI) - Enumeration of Immunologically Defined Cell Populations by Flow Cytometry.
- Vice-President of the Ethics Committee of NMS.
- Member of several electoral committees of NMS.
- Coordinator of the 2nd Cycle of Studies (Master's Degrees) at NMS.
- Secretary General of the Portuguese Society of Allergology and Clinical Immunology.

- "Society of Medical Sciences of Lisbon - board member."
- President AG SPR (General Assembly of the Portuguese Society of Rheumatology)
- President Advisory Board AICIB (Portuguese Association of Critical and Intensive Care Medicine)
- President Advisory Board Value for Health Colab
- President CEMP (Portuguese College of Pneumology)
- Director of NOVA Medical School
- European Federation of Psychologists' Associations - Psychology in Health Group - Nominated Member
- University of Évora; Vacancy in the Scientific Council of the School of Health and Human Development.
- University of Évora; Evaluator of Teaching Performance - School of Health and Human Development.
- University of Évora; Representative of Teachers and Researchers in the Assembly of the School of Health and Human Development.
- University of Évora; Assistant to the Course Committee of the Postgraduate Course in Gerontology and Health.
- University of Évora; Counselor of the Department Assembly of Sports and Health.
- NOVA Medical School - Technical Coordinator of the CHAIN Biobank.
- Portuguese Association for the Promotion of Public Health - Board Member.
- Veterinary Hospital of the University of Évora; holds the position of Clinical Director.
- Animal Welfare Body - University of Évora (ORBEA-UE) - member.
- Scientific Council of the Veterinary Hospital of the University of Évora (HVUE) - member.
- Order of Physiotherapists - Coordinator of the Studies and Planning Office.
- I International Multidisciplinary Symposium of the Brazilian Researchers Collective in Portugal (CPBP). May 10-12, 2023 (member of the Scientific Committee).
- II International Conference NOVA Health - Health Systems and Policies - DIGITAL TRANSITION IN HEALTH February 28, 2023 - NOVA University Lisbon Rectorate (Member of the Organizing Committee).
- Member of the Committee for the Preparation of the Proposal for the Organization and Functioning of Public Health Services (government appointment).
- Member of the Scientific Council of the National School of Public Health, NOVA University Lisbon.
- Member of the Scientific Advisory Committee of the European Health Management Association (by election).
- Advisor to the National Council of Ethics for the Life Sciences.
- Portuguese Psychomotricity Association/Chair of the Ethics Committee.
- National Association for the Study and Intervention in Giftedness (ANEIS) - Member of the Fiscal Council, Regional Delegate for Évora, Supervision of the Psychological Assessment and Diagnostic Consultation.
- National Institute of Health - Member of the Scientific Council.
- Portuguese Council for Health and Environment - Member of the Scientific Council.
- Portuguese Association of Clinical Analysis and Public Health Technicians - Member of the Social Bodies.
- Society for Mycotoxin Research - Member.
- Working Group tasked with drafting the new Mental Health Act - Member.
- European Health Psychology Society - Member of the Scientific Committee and Chair of the Organizing Committee for conferences; International Behavioural Trial Network - Member of the Scientific Committee for activities.
- Portuguese Society of Cardiology - Member of the Board - Secretary General.
- Portuguese Society of Sports Medicine - President of the General Assembly.
- University of Évora - Member of the Ethics Committee.
- University of Évora - Member of ORBEA (Animal Welfare Body).
- University of Évora - PhD student in Human Motricity.
- Polytechnic Institute of Setúbal - Member of the Ethics Committee.
- Order of Physiotherapists - Member of the Musculoskeletal Physiotherapy Working Group.

- Portuguese Association of Hospital Administrators (APAH) - Member / Substitute member of the General Assembly.
- New Public Health Association - President of the Board.
- CENC. Center for Medicine and Sleep - Clinical Director.
- University of Évora - Contact for the Digital Repository of the Department of Sports and Health.
- University of Évora - Contact for the Digital Repository of the Comprehensive Health Research Center (University of Évora Campus).
- Member of the Fiscal Council of ASPESM - Portuguese Society of Mental Health Nursing (since 2021).
- Secretary of the Assembly of the Social, Cultural, and Sports Association Unidos de Rossas.
- National and Regional Leader of the Portuguese Nurses' Union.
- Portuguese Society of Family Health Nursing, Scientific Society - Regional Secretary (Center).
- Order of Nurses - Member.
- Specialty College of Community Nursing - Member.
- Covilhã Teachers' Club - Member.
- Association of Community Care Units - Member.
- Andalusian Agency for Healthcare Quality - Consultant.
- Member of the Office of Studies and Planning of the Order of Physiotherapists.
- Ibero-American Association of Special Aquatic Education and Hydrotherapy - Associate Editor.
- International Graphonomics Society - Scientific Committee.
- Born From Knowledge: Jury - Semi-Finals (Health), Annual Conference of the CoLABs, CTI, TTOs (11 - Lisbon).
- Ministry of Health - Member of the National Committee for Reference Centers.
- Order of Physicians - Member of the National Council for Prevention of Medical Errors and Serious Adverse Events.
- Polytechnic Institute of Beja - Coordinator Professor.
- National School of Public Health - Member of the Ethics Committee.
- National School of Public Health - Member of the Scientific Council.
- Order of Nurses - Member of the Regional Governing Council of the Southern Regional Section.
- Portuguese Society of Sciences in Laboratory Animals (SPCAL) - Member of the Board.
- Portuguese Society of Sciences in Laboratory Animals (SPCAL) - Vice-President of the General Assembly.
- Lisbon School of Nursing (ESEL) - President of the General Council.
- National School of Public Health (ENSP) - Member of the Scientific Council.
- National School of Public Health (ENSP) - Vice-President of the Pedagogical Council.
- National School of Public Health (ENSP) - Member of the School Council 2013-2023.
- National School of Public Health (ENSP) - Member of the Ethics Committee.
- National School of Public Health (ENSP) - Member of the Scientific Committee of the Public Health Doctoral Program (PDSP).
- National Association of Public Health Physicians - Substitute Member of the Board.
- Member of the Physiotherapy in Pain Working Group - Institution: Order of Physiotherapists; Date: 2023 – Present.
- Coordinator of the "Occupational Medicine in Hospitals and Other Health Establishments" Committee of the Portuguese Society of Occupational Medicine.
- Central Alentejo Local Health Unit (ULSAC) - Internal Quality Auditor.
- National School of Public Health - Director.
- National School of Public Health - President of the Scientific Council.
- Vice-President of the Pedagogical Council of ESESJD at the University of Évora.
- International Play Association - Member of the Portuguese Delegation Board.

- Psychiatry Specialty Board of the Order of Physicians - President of the Board since October 2023; in the previous triennium, was a member of the board of the Psychiatry Specialty Board of the Order of Physicians.
- Member of the Ethics Committee of the Polytechnic Institute of Setúbal.
- Member of the Portuguese Society of Clinical Communication in Healthcare.
- Polytechnic Institute of Setúbal - Member of the Technical-Scientific Council of the School of Health Sciences.
- Polytechnic Institute of Setúbal - Member of the School Representatives Council of the School of Health Sciences.
- Polytechnic Institute of Setúbal - Member of the Ethics Committee of IPS.
- Polytechnic Institute of Setúbal - Coordinator of the Master's Degree Program in Advanced Neurological Physiotherapy Practice.
- A3ES - National expert for the evaluation of study cycles in the rehabilitation area.
- Order of Physiotherapists - Member of the Admission Technical Committee.
- Order of Physiotherapists - Member of the thematic Working Group in the area of neurology.
- Portuguese Society of Clinical Communication in Healthcare - Member.
- World Physiotherapy - Representative Member at the International Neurological Physical Therapy Association (INPA).
- Portuguese Association of Psychomotricity - Member of the editorial team of the journal "A Psicomotricidade".
- Member of the Ethics Committee of the University of Évora.
- University of Évora - Director of the Master's Degree Program in Sports Direction and Management at the University of Évora.
- University of Évora - Advisor to the Scientific Council of the School of Health and Human Development, by nomination.
- Member of the Regional Nursing Council of the Southern Regional Section of the Order of Nurses.
- Order of Physicians. Subspecialty in Maternal-Fetal Medicine - President.
- Member of the Technical-Scientific Council and the Pedagogical Council of the School of Health Sciences of the University of Algarve (ESSUALG).
- Member of the College of Evaluators for the Evaluation of Teaching Performance at ESSUALG.
- Member of the Editorial Board of the University of Algarve Publisher.
- Coordinator of the Peer Mentoring Program at UAlg in the School of Health Sciences.
- Responsible for the Body Composition Assessment / DXA Laboratory and the Direct Digital Radiography Laboratory at ESSUALG.
- Director of the Bachelor's Degree Program in Medical Imaging and Radiotherapy (IMR) and member of the Accreditation Committee for the Bachelor's Degree Program in IMR.
- Member of the UALG Team.
- Member of the National Council of the National Union of Higher Education (Union Delegate) - Union of Teachers and Researchers, representing the ESSUALG Union.
- Secretary of the Portuguese Association of Medical Imaging and Radiotherapy.
- Member of the YC Committee of EuSoMII (European Society of Medical Imaging Informatics) for the term 2023-2025.
- NMS - Member of the Ethics Committee of NMS.
- Association for the Promotion of Public Health - Vice-President.
- Nova Saúde Pública Association - Member of the Board.
- President of the Board of the IPSS ARIA, on a voluntary basis.
- Member of the Board of the Psychiatry College of the Order of Physicians.
- Director of the Psychiatry Service at CHLO.
- UNAIDS - Coordinator of the Agreement between the University of São Paulo and the Joint United Nations Programme on HIV/AIDS (UNAIDS).
- EERP - Vice-President of the Culture and Extension Commission of the Ribeirão Preto School of Nursing at the University of São Paulo.
- Directorate-General of Health - National Coordinator of the Legionnaires' Disease Surveillance Program.

- Portuguese Society of Infectious Diseases and Clinical Microbiology - Member.
- Portuguese Society of Microbiology - Member.
- Order of Biologists - Member.
- 2023 - Jury for the PecliCUF 11th Edition Congress.
- 2023 - Scientific Committee for the Scientific Meetings of ABC of Otorhinolaryngology in Children and Adults.
- 2023 - Scientific Committee for the Practical Course of Otoscopy.
- 2023 - Scientific Committee for the 3rd CUF Sleep Days - Performance Sleep.
- 2023 - Organization of Scientific Meetings of ABC of Otorhinolaryngology in Children and Adults (5 sessions).
- 2023 - Organization of Practical Course of Otoscopy (5 sessions).
- 2023 - Forum Gazeta Médica (panel moderation).
- 2023 - 3rd CUF Sleep Days - Performance & Sleep (panel moderation).
- 2023 - Chairing session - Orofacial Dysphagia. Role of Multidisciplinarity. 70th National Congress of Otorhinolaryngology and Head and Neck Surgery (panel moderation).
- University of Évora - President of the Ethics Committee.
- Portuguese League Against Rheumatic Diseases - President of the Board.
- AICIB - Member of the Working Group for the Promotion of Clinical Research with Medical Devices.
- BMC Musculoskeletal Disorders - Scientific Article Reviewer.
- Journal of Orthopaedic Surgery and Research - Scientific Article Reviewer.
- Scientific Reports - Scientific Article Reviewer.
- "Recomeço - Association for Rehabilitation and Social Integration Amadora/Sintra," IPSS - President of the Board in 2023.
- "GIRA - Grupo de Intervenção e Reabilitação Ativa," IPSS - Clinical Supervisor of GIRA teams in 2023.



This report was elaborated based on information collected from 121 questionnaires on the scientific indicators filled by CHRC integrated members. This questionnaire was launched by email in 13th May. For the purposes of the management report, data received up to 24th May was considered. The research support services of all management institutions were also consulted, with respect to applications prepared, projects funded, and scientific publications.

This report was delivered in 06th August, 2024. The delay in delivering this year's management report was due to the fact that the management team and executive committee were extensively occupied with the preparation of the CHRC proposal for the period 2025-2029, which required significant time and resources.

This management report was approved by CHRC Executive Committee.