

The logo for the Comprehensive Health Research Centre (CHRC) is displayed in white text on a dark blue square background. The letters 'CHRC' are in a large, bold, sans-serif font, with a stylized human figure icon integrated into the letter 'C'.

**CHRC.**

COMPREHENSIVE HEALTH  
RESEARCH CENTRE

The cover features a dynamic design with diagonal stripes in dark blue, teal, and light grey. The text '2024 MANAGEMENT REPORT' is centered in the lower half in a bold, dark blue font.

**2024**

**MANAGEMENT  
REPORT**



**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 2024 a total of 236 integrated PhD Researchers, 214 PhD students, and 61 integrated non-PhD researchers and technicians. CHRC grew in the number of people involved, presenting an increase of 7,3% in integrated PhD researchers and 67,2% in PhD students.

Regarding scientific impact indicators in 2024, CHRC presented a total of 623 publications. More than a half of this number (400) are scientific articles published in high-impact journals.

The CHRC PhD integrated researchers are involved, as principal investigators or participants, in 76 national and international projects, equivalent globally to 92M €.

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 2024, 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 2024 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.

As the 2024 cycle reaches its conclusion, CHRC is actively preparing for the 2025-2029 funding period, aligning its efforts with key objectives and strategies to enhance its impact. The next phase will emphasize research excellence, funding diversification, and the expansion of collaborative networks. Efforts will also focus on developing




research-based products, strengthening global influence, and fostering education and career development through new training programs and research positions. Additionally, CHRC aims to drive entrepreneurship and innovation, promote high-profile scientific events, and deepen its commitment to health equity and community engagement. By reinforcing partnerships, investing in infrastructure, and advancing intellectual property and commercialization efforts, CHRC is set to consolidate its role as a leader in interdisciplinary research with meaningful societal contributions.

# 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

## CHRC Thematic Lines



Figure 1 - CHRC Thematic Lines and Coordinators

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



Figure 2 - CHRC Executive Committee

CHRC strategy is grounded on three strings:

## 1.1 Platforms for technical and administrative assistance

The CHRC is supported by three main platforms for technical and administrative assistance, which are distributed across the consortium: 1) Executive and Management Office, 2) Funding Office, and 3) Communication Office. These offices play a vital role in providing researchers with administrative, funding, and communication support, while also ensuring the effective management and strategic coordination of the centre.



Figure 3 - Platforms for technical and administrative assistance

### 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 2024 this department participated in the preparation and later submission (16<sup>th</sup> of April of 2024) 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).

In addition, as part of this programme, the department supported the organisation of the CHRC's remote evaluation (7 October 2024) and face-to-face evaluation (3 December 2024).

This event brought together 60 CHRC members, whose contributions highlighted the essence and achievements of the CHRC over the past five years, while also presenting perspectives and ambitions for the next five years.

The face-to-face evaluation, which once again welcomed the 12 international jury members, was structured into six key moments:

- i. **Welcome and Overview** at the MMM Auditorium of NOVA Medical School (NMS).
- ii. **Start of Guided Tour** at the NMS Research Grey Building.
- iii. **Visit to the Innovation Bordeaux Building.**
- iv. **Visit to the Clinical and Translational Research Yellow Building.**
- v. **Visit to the Main Headquarters Building**, including a **Q&A session** between the evaluators and the CHRC community.
- vi. **Coffee Break and Farewell**, concluding the evaluation with an informal opportunity for networking and final reflections.

This well-coordinated effort demonstrated the department's commitment to ensuring a seamless and impactful evaluation process.

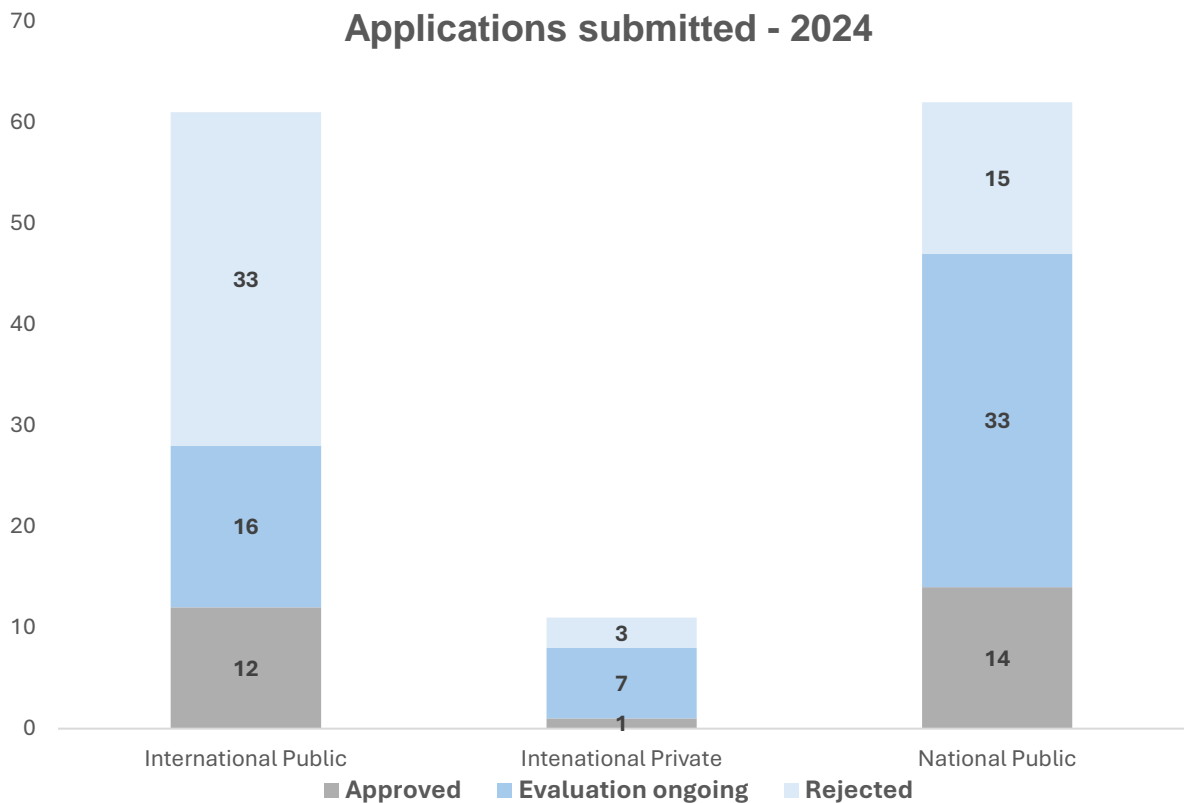
Finally, during 2024, the management office, with support from the NMS Communication Department in terms of design, developed two strategic documents: the [CHRC Report | 2020–2023](#) and the [Presentation of CHRC | 2025–2029](#).

- [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 2024, the Funding Office (FO) continued to support researchers in their project applications. This year, CHRC supported 115 applications for funding—an increase of 17% compared to



*Chart 1 - Applications Submitted in 2024 by Category and Evaluation Status*

2023—including 52 national and 63 international applications. Of these, 23 were approved, 46 were not approved, and 46 remain under evaluation.

Considering the 14 national applications approved, seven were financed by FCT, I.P, one by LISBOA2030, one by Agencia de Investigação Clínica e Inovação Biomédica, one by Portugal2030, one by PRR - Plano de Recuperação e Resiliência, one by Programa Ciência Viva no Laboratório - Ocupação Científica de Jovens nas Férias, one by Direção Geral do Ensino Superior and another one by the National Coordination for Mental Health Policies.

Regarding the 13 international applications approved, 10 were financed by the European Commission, one by European Society for Clinical Investigation, one by Secretaria-Geral Ibero-Americana, and another one by the Fundação BPI La Caixa.

In 2024, considering the needs of CHRC members and leveraging overheads from projects gathered at Évora’s office, along with funding from dedicated projects, CHRC successfully established a new service: UNITECHealth.

This new infrastructure, embedded within CHRC-UÉ, was established with the aim of developing a centre of technological excellence and is currently seeking to qualify and expand

its scope. This unit aspires to establish itself as a reference centre in the Alentejo region, fostering technological innovation in support of sports performance, physical exercise, health, and human development, in alignment with the priorities of the Regional Smart Specialisation Strategy (RIS3).

UNITECHHealth will focus to enhance the development of customised solutions within its five key areas of intervention:

1. **Sport:** Expansion and qualification of service provision in the assessment of athletes' physical fitness and behaviour in competitions, using advanced methods and techniques powered by Artificial Intelligence (AI) to prescribe personalised training programmes, injury prevention strategies, and continuous professional development—enhancing the development of evidence-based sports practices.
2. **Exercise and Health:** Enhancement of service provision to promote health, with a focus on assessment, prescription, and training. The unit aims to refine detailed diagnostics of strength, flexibility, and cardiorespiratory capacity, developing tailored programmes for the elderly, individuals with chronic illnesses, and young adults—promoting autonomy and quality of life. Continuous professional training will also be expanded, encouraging healthy practices.
3. **Psychomotricity:** Qualification of psychomotricity services through digital technology to conduct detailed assessments and therapeutic interventions, prevent developmental difficulties in children, support elderly rehabilitation, and promote mental health and well-being. The unit will offer personalised programmes that enhance the autonomy and emotional and social skills of children, adults, and older people, with AI-supported reports.
4. **Nursing:** Expansion and qualification of self-care and health literacy services, applying advanced care practices and promoting capacity-building in health. The unit will integrate AI to personalise interventions and monitor outcomes.
5. **Public Health:** Qualification of human biomonitoring services through the analysis of mercury in biological samples in hospitals, laboratories, and industries, integrating into the European reference network, supporting research, training specialists, and identifying at-risk groups to prevent diseases associated with environmental toxins.

As of January 2025, UNITECHHealth became active in assessment and diagnosis, prescription, treatment, therapeutic intervention, rehabilitation, and the monitoring of physical and psychomotor capacities. Moving forward, it aims to enhance these areas through advanced

data analysis and AI technologies, expanding its capacity to address the needs of children, young people, adults, and older people in the Alentejo region.

UNITECHHealth's services will be developed using new equipment distributed across three physical facilities that already operate in synergy: the Laboratory at the UÉvora Gymnasium Pavilion, EnSoLab – Environment, Health, and Sustainability Lab, located at Colégio Luís António Verney, and the Self-Care Clinic at the São João de Deus School of Nursing (which is officially established and recognised by the Health Regulatory Authority).

- **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**

Closing the 2020-2024 cycle of the CHRC, 2024 saw a sharp increase in proposed tasks and challenges compared to the early stages of the Communications Office. This growth aligned with the exponential rise in CHRC's activities, expanding its presence across various communication channels, supporting numerous initiatives throughout the year, and preparing for another FCT grant application. This process engaged the Communications Office in laying the groundwork for the 2025-2029 cycle.

In 2024, the Communications Office played a key role in supporting internal dissemination, enabling researchers to engage in new challenges, training, and events. It also strengthened connections with renowned institutions and high-impact events such as the BIAL Foundation, HSRCongress2025, NPSE International Conference, and DIGITAL HEALTH SUMMIT 2024, broadening opportunities for training, paper submissions, and grant participation.

CHRC's media presence grew significantly, with researchers and projects gaining wider visibility. In 2024, the Communications Office was even more involved in several initiatives and events, organized not only within CHRC but also as a supporting institution.

### **Monthly Newsletters**

In 2024, the CHRC Newsletter was structured into three editions: one for integrated members, another for CHRC collaborators, and a third for external subscribers. The second and third editions were released simultaneously, featuring updates on CHRC's latest news, progress,



and initiatives. They also included information on opportunities, public events, and researcher publications, ensuring that collaborators and subscribers remained informed and engaged. Throughout the year, the newsletter's reach expanded, with website subscriptions increasing to 36 by the end of 2024, compared to 30 in 2023.

### **Internal and Events communications**

Besides the Newsletter, 75 internal email communications were sent to CHRC's integrated members. As dissemination requests increased, the Communications Office prioritized topics based on importance to maintain engagement and avoid overload. To streamline communication, all emails were categorized as [Information], [Important Information], [Opportunities], [SAVE THE DATE], or [Action Needed], ensuring that recipients could quickly identify relevant updates.

### **CHRC on the Media**

In 2024, the CHRC Communication Office tracked an increase in the presence of CHRC members, projects, and works across various media channels, such as TV channels, podcasts, online and printed journals.

- TV channels: *TVI, RTP, RTP Notícias, RTP3, Sociedade Civil (RTP2), SIC, SIC Notícias;*
- Podcasts: *90 Segundos de Ciência, Consulta Aberta (SIC Notícias);*
- Radio: *Rádio Voz da Planície, DianaFM;*
- Online and printed journals: *News Farma, Rádio Campanário, Diário do Sul.*

### **Events and initiatives**

The Communications Office supported the dissemination, coverage, and organization of various events and initiatives organized or supported by CHRC. This included creating the visual identity from scratch for each event, internal dissemination, social media promotion, website updates, and back-office management of the online presence for certain initiatives and conferences.

#### **Main involvements of the Communications Office in 2024:**

- 5<sup>th</sup> CHRC Annual Summit
- CIAA2024 – International Congress of Aquatic Activities
- Launch of the Project Matter – Perinatal Mental Health
- RunUp Study

- European Researchers' Night 2024

**Overview of online Communications**

**CHRC News**

Fifty news articles were published on the website and shared across social media channels, resulting in a total of 200 CHRC-related posts. These included updates on awarded, funded, and ongoing projects, partnerships and consortia, high-impact research publications, CHRC event highlights, media interviews about CHRC projects and work, community intervention initiatives, "SAVE THE DATE" announcements, and significant achievements by CHRC researchers.

**CHRC website**

The CHRC website remained a central platform for disseminating news and information. To enhance visibility and engagement, the Communications Department consistently updated the site with fresh content, strategically using targeted keywords to improve organic search traffic. In 2024, the website saw a 43% increase in new unique visitors compared to 2023, exceeding 20 000. Additionally:

- +17 000 organic visits (via search engines)
- 6 400 direct visits (traffic classified as direct, which may include social media, referrals, or organic search)
- 960 referral visits (external platforms referencing CHRC)
- 467 visits via social media

**Evolution of CHRC website activity 2022-2024**

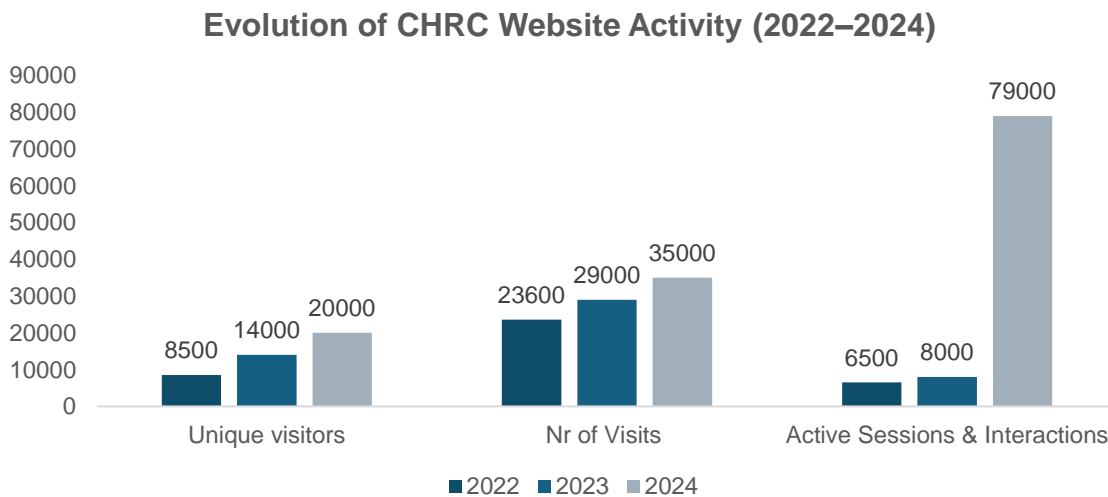


Chart 2 - Evolution of CHRC Website Activity (2022–2024)

## TOP 10 content & information access in 2024

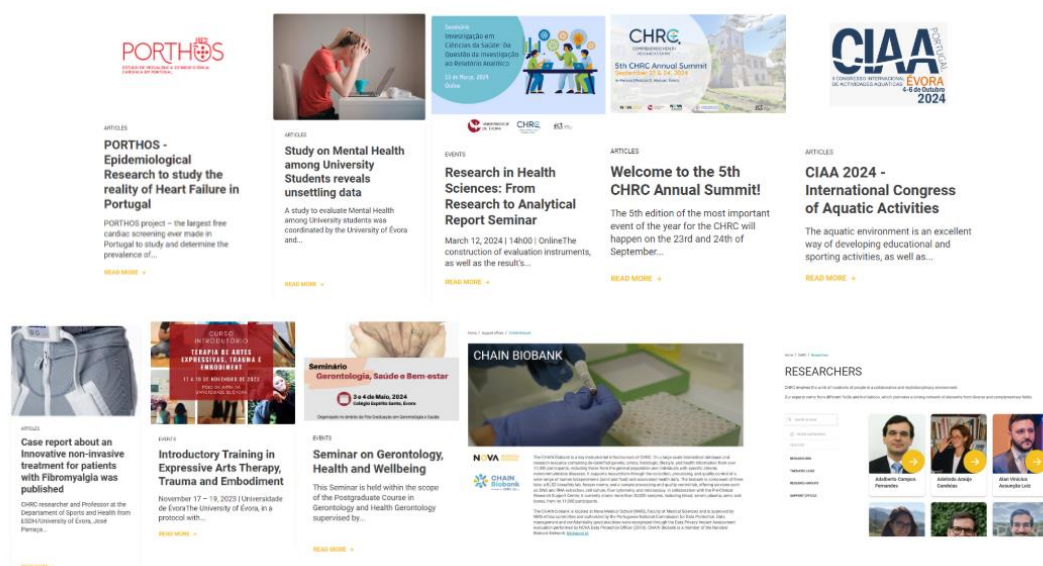


Figure 4 - TOP 10 content & information access in 2024

The top 10 most accessed content and information in 2024 generated over 7,000 page views, contributing to a total of 9,000+ visits to the website's homepage. Most sessions came from news and event articles, followed by researcher profile searches and Technical Support. Keeping the website updated with high-impact news and researcher profiles remains crucial.

Despite a decline in Organic Search compared to 2023, CHRC's visibility continues to grow through referrals, social media, institutional networks, and media presence. The strong dissemination strategy, close monitoring of initiatives, and engaging content creation by the Communications Office—alongside researcher contributions and media exposure—have driven excellent results in 2024. As the central hub for all CHRC-related information, the website remains a key communication tool.

### **CHRC on Social Media**

In 2024, CHRC's social media channels experienced a 25% growth in total followers and increased engagement. However, overall reach declined by 10%, reflecting platform algorithm changes that favor professional accounts with advertising investment. As organic reach becomes more challenging each year, growth in followers has also slowed compared to 2023.

Additionally, X (formerly Twitter) is not included in these results, as full analytics and business tools require a professional account with associated fees. Given the platform's declining

relevance among CHRC's target audience and minimal engagement in recent months, its continuation is under review.

To reverse this trend in 2025, CHRC will explore new creative strategies, diversify content formats, and strengthen collaborations to enhance organic reach and expand its social media community.

5

Social Media Channels  
Facebook, X, LinkedIn, Instagram and Youtube

2 839

Total Followers

+25%<sub>2023</sub>

1 191

New followers 2024

75 182

Total Reach

-10%<sub>2023</sub>

### **Final Conclusions**

In 2024, CHRC continued to grow across online platforms, maintaining a strong position in search engines, external referrals, and media presence despite the decrease in social media reach. There was a notable increase in support and collaboration requests from CHRC researchers, particularly for initiatives, events, and news dissemination.

The Communications Office prioritized on-site engagement, covering projects, events, and conferences to better showcase researchers' work and enhance audience understanding, while also establishing direct connections with key institutions and conferences.

To counteract the decline in reach, CHRC will explore new strategies to enhance organic engagement. Additionally, X (formerly Twitter) is under review due to its decreasing relevance and limited interaction with the target audience.

### **Future 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.
- Create a clipping file with the help of interviewed researchers and make an effort to build a contact list of various press outlets. It is essential to maintain an archive documenting all researchers' media appearances (e.g., TV interviews, radio, podcasts, etc.) to track our presence in the press. This also facilitates the Communication Office's work in sharing these instances with other members and creating news based on these contributions. In communication, this is known as a "Clipping File." This will be achieved by distributing a form among CHRC members.

## 1.2 Platforms for scientific support and training

CHRC provides researchers and students with four main platforms for scientific support and training: 1) Centre of Education and Training, 2) Methods and Data Analysis Office, 3) CHAIN Biobank, and 4) NOVA CRU. These offices play a vital role in equipping researchers with essential resources, expertise, and infrastructure to enhance the quality and impact of their scientific work.

### Platforms for scientific support and training



Figure 5 – Platforms for scientific support and training

- **Centre of Education and Training**

**Aims: to support the creation of teaching and advanced training opportunities for researchers and students.**

In 2024, the Centre of Education and Training remained committed to its mission of supporting the development of teaching and advanced training opportunities for researchers and students. It offered 9 PhD programs, 22 master's degrees, and 50 advanced courses across the three CHRC academic institutions (NMS, ENSP, and UÉ).

Additionally, it fostered collaboration between the three institutions through 9 CHRC Collaborative Pre- and Postgraduate Training Programs:

- Bachelor in Public Health - NMS and ENSP
- Digital Health Executive Course - ENSP and NMS
- Master in Clinical Research Management (MEGIC) – NMS and ENSP
- Master in One Health: Human and Animal Public Health - UÉ and NMS
- Master in Physiotherapy – Musculoskeletal Conditions - ENSP and NMS
- Master in Epidemiology, Biostatistics, and Health Research (EPIBIS) – ENSP and NMS
- PhD in Global Public Health - ENSP and NMS
- PhD in Health and Wellness Sciences and Technologies - NMS, ENSP and UÉ
- PhD in Erasmus Mundus PHOENIX EM JDP Dynamics of Health and Welfare – ENSP and UÉ.

Finally, in 2024, efforts were also focused on assessing evolving educational needs and aligning strategic priorities within CHRC's funding application for the 2025–2029 period. This preparatory work aimed to ensure that future training initiatives were effectively structured to meet the research community's needs and support CHRC's long-term objectives.

- **Methods and Data Analysis Office**

**Aims: to assist with quantitative and qualitative methods of data analysis, ensuring methodological rigor and enhancing the quality and impact of research conducted at CHRC. This support extends to study design, data collection, analysis, and reporting, fostering high-quality scientific output and evidence-based decision-making.**

The area dedicated to **quantitative methods** within the Methods and Data Analysis Office of the CHRC developed the following activities in 2024:

- 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 2024:

- i. Support in teaching the Course on Advanced Research Methodologies I for the PhD in Health and Wellbeing Sciences and Technologies.
- ii. Methodological support for various projects (e.g. 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; Partnership for the Assessment of Risks from Chemicals | PARC; Cultural Prescribing in Alentejo Central; Fast Track Cities), including study design, data collection, data analysis, report writing, scientific manuscripts writing.
- iii. Methodological consultancy for students, including designing and implementing data collection instruments, qualitative data analysis, using qualitative tools for systematic reviews.

- iv. 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.
- v. Support in the utilization of Taguette software (i.e., importing/exporting data, coding).
- vi. Improvement of tutorials to support students and researchers using qualitative methods.
- vii. Management of MaxQDA licences.
- viii. Support in projects activities, including moderation in events (e.g., ACAD; Science Day).

- **CHAIN Biobank**

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

## **INTRODUCTION**

The Comprehensive Health Biobank (**CHAIN**) is a research infrastructure of the Comprehensive Health Research Centre (CHRC) research Unit and is located at Nova medical school. It is composed by 3 labs: BLS2 biosafety lab; freezers rooms with 3 freezers; sample processing and quality control lab that offer services of DNA and RNA extraction, as cell culture, flow cytometry and microscopy working in collaboration and in coordination with the CHRC pre-clinical research support Center. CHAIN biobank is part of Portuguese Roadmap of Research Infrastructures (RNIE) as a member of the National Biobanks Infrastructure (<http://www.biobanco.pt>). 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.

## **2024 CHAIN BIOBANK GOVERNANCE, REGULATION, POLICIES AND PROCEDURES**

CHAIN Biobank regulation, governance, procedures and policies were developed and approved on 11<sup>th</sup> January 2024 ([annex 1](#) and [annex 2](#)) by the NMS and CHRC board. The Scientific commission was officially nominated on 2<sup>nd</sup> July 2024 for four years ([annex 3](#)) and met twice to discuss biobank portfolio expansion strategies and sustainability strategies.

Biobank procedures in terms of **collection, processing, storage, and distribution** of biological samples and health data to ethical, legal, and scientific integrity were defined ([annex](#)



1). Material Deposit Agreements (MDAs) and Material Transfer Agreements (MTAs) were finished and reviewed by the NMS juridic office. ([annex 4](#) and [annex 5](#)). Quality control measures, audits, and **Standard Operating Procedures (SOPs) were established ([annex 1](#))**. A Data Protection Impact Assessment (DPIA) was requested to the Data Protection Office of Universidade Nova de Lisboa. Some minor revisions on the Policies and Informed consent were made to increase data protection. The final DPIA, from 18th December 2024 qualifies CHAIN Biobank as having globally low risk and some medium risk. Medium risk factors refer to reuse of Biobank data for other scientific research projects, which naturally results from the objectives of the Biobank; as well as physical security and digital of the information that is stored by the Biobank, which is intrinsically of a high degree of sensitivity ([annex 6](#)).

CHAIN Biobank has two fully dedicated staff members, one technical coordinator and one technician hired in December 2024.

## **2024 MAIN ACHIEVEMENTS OF CHAIN BIOBANK**

CHAIN launching event at NOVA Medical School occurred on the 12<sup>th</sup> January 2024 (<https://www.nms.unl.pt/pt-pt/faculdade/noticias-e-eventos/noticias/detalhe/newsid/12697>).

During 2024 sample portfolio continue to expand and CHAIN biobank collected samples and health related data to study septic shock, meniere disease and eye diseases. The current collections stored at CHAIN Biobank are listed in table 1 ([annex 7](#)).

CHAIN Biobank prepared six more study protocols to collect samples to study Chronic Kidney diseases, Psoriatic Arthritis, Cancer, and Sclerosis, 2 are still under revision and 4 have already been sent to the Ethics Committee approval.

In 2024, the CHAIN Biobank provided access to a sample collection in accordance with a study protocol and in compliance with GDPR regulations for one external researcher. The samples were successfully transferred in April 2024.

CHAIN had two contacts by the industry/start-ups that were interested in CHAINs services request/deposit, but without any development during the current year.

### **1. DEPOSITS**

During this year of 2024, four material deposit agreements MDAs were signed. Only three started in 2024. The number of patients and type of samples collected are presented in table 1. In sum, 79 new donors were registered in the Biobank, with a total of 789 new samples and 5471 aliquots. Six contacts for deposit services are ongoing, two are still under revision and 4

have already been sent to a Competent Ethical Committee for sample storage in the Biobank and hopefully they will start in 2025.

## 2. SAMPLE REQUEST

In 2024, the CHAIN Biobank provided access to a sample collection in accordance with a study protocol and in compliance with GDPR regulations for one external researcher. The samples were successfully transferred in April 2024.

CHAIN-Biobank was contacted for other sample requests via email/ phone. The majority were redirected to other biobanks, as we didn't have the samples required, mainly cancer samples. One of the contacts was made by a Portuguese health biomarker research company and although no request has been made this year they were interested in our portfolio.

## 3. COLLABORATIONS

- Development of SOPs for storage and processing of human samples for extracellular vesicle analysis within the EVCA Twinning Project (Horizon GA n° 101079264) (<https://www.nms.unl.pt/en-us/evca-news/about-evca-twinning-project>)
- Member of the working group for translation of the 1st Portuguese version of the ISBER International Manual of Good Practices for the management and operation of Biobanks and biorepositories (ISBER Best Practices, 5th Edition 2023) with the members of the "Lusophone Biobank Network" initiative, led by Fiocruz partners
- Centralization and sending of samples from Portuguese centers within the scope of the European iPROLEPSIS project (<https://www.iprolepsis.eu/>)

## 4. 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](http://www.biobanco.pt));
- Collaboration with the Global Health and Tropical Medicine Center (GHTM-IHMT) biobank – **Biotropical Resources** (BIOTROP) (<https://www.ihmt.unl.pt/investigacao/biobanco/>);
- Member of the initiative “**Rede Lusófona de Biobancos e Centros de recursos Biológicos**”. Members: **Angola** (Instituto Nacional de Investigação em Saúde (INIS) e Faculdade de Medicina da Universidade Agostinho Neto (UAN), **Brasil** Coleções Biológicas Fiocruz e BC19-Fiocruz da Fundação Oswaldo Cruz (Fiocruz), **Cabo Verde** (Centro de Investigação em Ciências da Vida, Faculdade de Ciências e Tecnologia da

Universidade de Cabo Verde (Uni-CV), (Instituto Nacional de Saúde Pública, Praia), **Moçambique** Centro de Investigação em Saúde de Manhiça (CISM), Instituto Nacional de Saúde (INS), Universidade Eduardo Mondlane (UEM), **Portugal** Biotropical Resources do Instituto de Higiene e Medicina Tropical (IHMT-NOVA), MIRRI-PT/ Micoteca Universidade do Minho, Biobanco.pt/ Instituto de Medicina Molecular, CHAIN Biobank da NOVA Medical School |Faculdade de Ciências Médicas (NMS|FCM - NOVA) , Instituto Nacional de Saúde Dr Ricardo Jorge (INSA);

- Comprehensive Centre for Precision Oncology of Universidade de São Paulo e Biobanco da Rede Acadêmica de Pesquisa sobre o Câncer, Universidade de Medicina de São Paulo – Fiocruz;
- Centro Clínico Académico de Lisboa (CCAL) – creation of support mechanisms for the use of CHAIN by the entire CCAL community. (<https://ccal.pt/apoio-a-investigacao/>)

## 5. DISSEMINATION ACTIVITIES

### General public

The CHAIN launching event and the celebration of the Retina day at NOVA medical School had a press coverage with many articles published in the media, as listed in table 2 ([annex 8](#)).

- Opinion article published by Patrícia Calado in Observador: <https://observador.pt/opiniao/biobancos-os-herois-silenciosos-na-investigacao-e-inovacao-em-saude/>
- Participation in the European Researchers' Night, 27 September 2024 | 17:00-24:00  
LOCATION: National Museum of Natural History and Science - Rua da Escola Politécnica 56, 1250- 102 Lisbon.

### Oral Communications

- Oral presentation and round table participation in “Conferência “Integração/Sinergias” na Semana da Investigação na ULS São José”, Hospital Dona Estefânia. 14th October 2024,
- Oral presentation “Participação ativa do doente na investigação: A relevância dos Biobancos.” In DIA MUNDIAL DA RETINA: rumo a uma investigação centrada no doente, NOVA Medical School. 27<sup>th</sup> September 2024 (<https://www.nms.unl.pt/pt-pt/faculdade/noticias-e-eventos/eventos/detalhe/eventid/14245> )
- Oral presentation “Biobanks” in Core methodologies of Research: Nova Medical School doctoral program. 22<sup>th</sup> November 2024.

- Oral presentation "Biobancos e as suas aplicações" in Seminários em Saúde e Tecnologias, Programa de Doutoramento em Ciências e Tecnologias da Saúde e Bem-Estar, NOVA Medical School, Escola Nacional de Saúde Pública e Universidade de Évora. NOVA Medical School, 1<sup>st</sup> March 2024.

## 6. EDUCATION AND TRAINING

The Biobank invest in the continuous development and growth of the staff, recognizing that their expertise is fundamental to the CHAIN Biobank success. Therefore, during the year of 2024 the technical coordinator participated in 3 technical courses.

- Short-term Visit to the Institute Curie to identify best practices to transfer to UNL. Powered by EVCA twining project (HORIZON GA n° 101079264 under the WP5, deliverable D9 D5.1. 25<sup>th</sup> and 26<sup>th</sup> March 2024, Institute Curie, Paris.
- EVCA Summer School 2024. Theoretical and practical sessions on the guidelines and methods for purification and identification of extracellular. 11th and 12th July 2024, NOVA Medical School
- PowerBI course (20hours online practical course) 5-29<sup>th</sup> November 2024

## 7. GRANT APPLICATIONS

- HORIZON-WIDERA-2023-TALENTS-01 Call: 101186341\_PORTiSScl: Portuguese Obesity Research: Translating Sympathetic neuroScience into Innovation CHAIR Chairs, Application unsuccessful.
- LISBOA2030-2024-15 Infraestruturas e equipamentos científicos: Rede Nacional de Biobancos - Nó Lisboa (LISBOA2030- FEDER01317100), Application successful.
- LISBOA2030-2024-15 Infraestruturas e equipamentos científicos: Hub de Inovação Pré - clínica - para Clínica da NOVA Medical School (LISBOA2030- FEDER01317200), Application successful.
- 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. Application successful.

 [NOVA Clinical Research Unit](#)

**Aims: to support investigator-initiated clinical trials and to operate within CHRC as a Specialized Support Office for Clinical Research Management and Study Coordination in Healthcare Institutions.**

NOVA Clinical Research Unit (NOVA CRU) is the Contract Research Organization (Clinical Research Management Unit) of NOVA Medical School (NMS), established as a joint venture with NOVA Information and Management School (NOVA IMS), leveraging their combined expertise.

NOVA CRU's mission is to enhance the execution of clinical studies, both investigator-initiated and industry-sponsored, always in compliance with Good Clinical Practices (GCP). Additionally, it fosters the creation of support infrastructures for companies and researchers, contributing to the generation of relevant scientific evidence with a direct impact on clinical practice.

Areas of Expertise:

- Development of clinical research protocols;
- Submission of clinical trials (CTs) and clinical investigations involving medical devices to the relevant authorities;
- Study monitoring and management;
- Data analysis;
- Development of customized software solutions tailored to the specific needs of clinical research.

NOVA CRU places this set of capabilities and expertise at the service of the academic, medical, MedTech, and pharmaceutical communities.

Core Business Areas - NOVA CRU operates in three main areas:

- Clinical Study Management
- Study Coordination in Healthcare Units
- Software Development and Data Management for Clinical Research (*joint venture with NOVA IMS*)

**Operational Results – 2024**

**1. Clinical Study Management**

In 2024, NOVA CRU provided services in Clinical Study Management, supporting studies at various stages of their lifecycle, from research question planning and development to

regulatory submission, monitoring, and closure. Given the nature and diversity of activities involved in research study management, NOVA CRU offers a tailored collaboration model, discussed and negotiated with the study sponsor and/or investigator, ensuring that each project receives a customized plan based on its specific requirements.

One of the key achievements of the year was securing the national management of multicenter studies sponsored by international entities, particularly from the Netherlands and Germany, strengthening NOVA CRU's position as a leading academic CRO in Portugal. These studies, promoted by universities and leading pharmaceutical and MedTech companies, covered fields such as oncology, infectious diseases, and innovative medical devices.

Each collaboration was tailored to the specific needs of each project, ensuring compliance with Good Clinical Practices (GCP), operational efficiency, and service personalization. NOVA CRU's role as a strategic partner guarantees high-quality study execution aligned with the highest international standards.

## **2. Study Coordination in Healthcare Units**

In the field of study coordination, NOVA CRU provided consulting and operational support to institutions such as:

- Unidade Local de Saúde Lisboa Ocidental
- Unidade Local de Saúde da Arrábida

Services included:

- Allocation of qualified human resources stationed within hospital units;
- Strategic consultancy for developing and implementing study coordination models tailored to the specificities of each institution.

## **3. National Capacity Building for Clinical Research with Medical Devices**

NOVA CRU contributed to national initiatives in the field of medical devices, integrating the Working Group for the Promotion of Clinical Research with Medical Devices in Portugal, promoted by AICIB. This group includes representatives from AICIB, APORMED, CEIC, INFARMED, and NOVA Medical School (NOVA CRU).

One of its key contributions was the organization and facilitation of a series of seven training sessions, which attracted 1,100 participants from across the country, covering a diverse range of professional roles. According to participant satisfaction surveys, the initiative received an overall rating of EXCELLENT.

## **Global Impact**

Throughout 2024, NOVA CRU collaborated on 615 clinical studies, spanning different phases of their lifecycle, including feasibility analyses, regulatory submission support, study execution, monitoring, and closure.

Of these 615 studies, 68% were international and included 30% investigator-driven studies and 70% industry-sponsored trials, reflecting NOVA CRU's strong focus on both academic and industry-led research.

In terms of capacity building, the unit contributed to the training of 1,100 participants, representing various clinical research stakeholders, further enhancing qualifications and alignment with best practices in the field.

Overall, NOVA CRU generated a service volume exceeding €400,000, benefiting the academic community and strengthening strategic collaborations with research projects at NOVA Medical School.

## **1.3 Annual Structural Initiatives**

The CHRC has established a set of Annual Structural Initiatives aimed at fostering research excellence and supporting the academic community. These include the **CHRC Research Grants**, which provide funding for innovative projects, the **CHRC Annual Summit**, a key gathering for knowledge exchange and collaboration, **financial support for scientific publication**, ensuring broader dissemination of high-quality research, and **CHRC PhD scholarships**, dedicated to nurturing the next generation of researchers.

### **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 ad 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:

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

2<sup>nd</sup> – Self-care in the person with chronic disease - 20.000€;

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

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

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

6<sup>th</sup> – Protein intake and transitions between frailty states in middle-aged and older adults: a multi-state transition model in the UK Biobank (firstly named as “Improving physical function in older adults: exploring the interaction between protein intake and physical activity”) - 20.000€;

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

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

In 2023, as the project *The Effects of Whole-Body Vibration (WBV) on the Management of Osteoporosis in Early Menopausal Women* could not be carried out, the funds originally allocated for this project were redirected to three new grants:

- Handwriting as an objective tool in the Alzheimer’s disease early-stage diagnosis: a pilot study
- Unraveling the role of nutritional status on real and perceived motor competence and physical activity among Portuguese children: an interdisciplinarity cross-sectional study
- Violence towards Health Professionals in the Alentejo Region



These grants were funded by the reallocated budget from the previously mentioned project, along with an additional €35,000 from CHRC | Universidade de Évora funding.

Furthermore, due to internal reasons, the project *Assessing Risk from Exposure to Environmental Contaminants in Portuguese Mother-Infant Pairs* could not be completed.

No grants were awarded in 2024 because the funding allocated for project grants had already been distributed. The decision to award grants only until 2023 was made strategically, considering the necessary time for project implementation and execution.

In the [CHRC GRANTS FINAL REPORTS](#), within the annexes of this report, the final reports for each of the projects can be consulted.

#### **Project Summaries as of 31st December 2024:**

- **PROOF- PReventing OsteoporOtic Fractures**

- Background:** The Healthy Bone digital streaming platform, with small videos with physical exercise, nutrition tips, treatment reminders, and health education, was developed to promote the adoption of pharmacological and non-pharmacological treatment and behavior change among older adults with osteoporosis and osteoporosis-related fractures.
- Objective:** Evaluated the system usability and user experience of the desktop version of the Healthy Bone digital platform prototype from patients' perspectives.
- Methods:** A mixed-methods study was conducted to test the usability of Healthy Bone through in-person interviews with audio/screen recording. Participants were asked to complete a series of tasks representing the use of the digital platform, using a thinking-aloud approach. Satisfaction (After Scenario Questionnaire) and usability (System Usability Scale (SUS); eHealth Usability Benchmarking Instrument (HUBBI)) were measured. Semi-structured interviews were conducted to explore participants' use of the platform. Qualitative data was analysed through deductive content analysis (ontology of eHealth usability issues) and inductive thematic analysis (Braun and Clarke method). Descriptive statistics were performed for the quantitative analysis.
- Results:** Participants (n=7) reported high levels of task satisfaction. In total, 24 unique usability issues were found across 6 categories of the eHealth usability ontology. Overall, participants expressed positive perceptions and acceptability towards the digital platform. Barriers to using the digital platform included a lack of

skills, suitable equipment, and time. Facilitators included motivation for behavior change, health benefits, and the decrease of potential inequalities. High levels of usability according to the SUS were found ( $87.1 \pm 13.3$ ). Good usability was also reported for all categories of the HUBBI, except the Guidance & Support category, which presented moderate levels of usability ( $3.3 \pm 1.1$ ).

**e) Conclusions:** This study provided valuable insights into the usability and user experience of the desktop version of the Healthy Bone digital platform prototype. This information will be crucial to optimize the digital platform and ensure it is tailored to the intended population.

- **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.**

**a) Background:** One of the most important measures to prevent SARS-CoV-2 transmission through respiratory droplets and to decelerate the COVID-19 epidemic evolution was the interpersonal physical distance, commonly referred to as social distance. Social distancing led to the closure of schools, parks, and playgrounds, preventing populations from engaging in their regular activities outside their homes. These measures undoubtedly have implications for social development, particularly for children.

**b) Objectives:** This study aimed to investigate: 1) whether social distance was maintained during children's activities in the playground, even with schools implementing government preventive guidelines; and 2) whether limiting children from cohabiting and establishing social interactions freely adversely affects their social-emotional competence.

**c) Methods:** Sixty-one students from the 3rd and 4th grades across four different schools participated in the study (20 girls, 41 boys, age =  $9.4 \pm 1$  years). Individual GPS devices were utilized in the playground to analyze movement-related behavioral indicators derived from the positional data. The KTK (Körperkoordinations Test für Kinder) test, peer nomination, and mood questionnaires were employed to assess children's coordination and social-emotional competence, respectively.

**d) Results:** Children spent less than 6 minutes in social proximity of under 2 meters during a 30-minute playground period. Girls scoring higher in fear and sadness exhibited more irregular movements compared to their peers, while boys with

higher anger scores demonstrated less synchronized behavior relative to the group's center.

- **Reforming the reform: an evidence-based financing model for the Portuguese primary care (REF2PRIM)**
  - a) **Introduction:** Portugal's 2006 primary healthcare (PHC) reform introduced Family Health Units (FHUs), which operate with small multidisciplinary teams and a financing model combining capitation with pay-for-performance (P4P). P4P ties financial incentives to clinical performance, but international evidence on its impact is mixed, with concerns about neglect of non-incentivized services and discrimination of high-risk patients.
  - b) **Objectives:** The REF2PRIM project aimed to generate evidence to optimize PHC financing by analyzing FHU costs and productivity, evaluating the P4P indicator selection process, and assessing how incentives influence healthcare professionals.
  - c) **Methods:** Three work packages structured the project: the first analyzed consultation times, PHC burden, and productivity differences between FHUs and traditional units, combining a systematic review and an analysis of aggregated data from FHU; the second used qualitative methods to assess P4P indicator selection; the third conducted a scoping review on incentives for PHC workers.
  - d) **Results:** Socioeconomically disadvantaged populations had higher PHC use, supporting the need to adjust patient list sizes. Productivity analyses confirmed that FHUs outperform traditional PHC units, though the gap has narrowed. Interviews with the National Technical Commission revealed that indicator selection prioritizes validity, feasibility, and usability but is influenced by political tensions. Financial incentives alone had inconsistent effects, while intrinsic motivators such as job autonomy played a crucial role.
  - e) **Discussion:** The FHU model, characterized by small multidisciplinary teams and greater autonomy, has improved efficiency, but its expansion depends on maintaining key organizational features. The selection of performance indicators should be strengthened by incorporating robust scientific evidence and separating technical assessments from political considerations. The effectiveness of financial incentives is variable, requiring strategies that enhance job satisfaction and motivation.

- f) **Conclusions:** Optimizing PHC financing requires adjusting patient list sizes, expanding FHUs while preserving autonomy, refining P4P indicators with scientific evidence, and balancing financial and intrinsic incentives to enhance workforce satisfaction and quality.
- **KneeCare@Home: Home exercise-based rehabilitation program following surgical reconstruction of the anterior cruciate ligament**
    - a) **Background:** The adoption of digital health tools for consultations (telemedicine) and rehabilitation (telerehabilitation) is gaining popularity due to enhanced accessibility and the mitigation of travel and time restrictions. The implementation of digital health solutions to complement conventional healthcare is somewhat recent, particularly with respect to telerehabilitation after orthopaedic injury or surgery. Patients undergoing ACL reconstruction may benefit from remote sessions as a complement to conventional clinic-based rehabilitation sessions. These remote sessions offer therapeutic exercises that can be done at home, extending rehabilitation services to underserved areas and providing improved supervision and monitoring.
    - b) **Objectives:** This project aims to develop and implement a digital health solution for synchronous supervision and monitoring of a home-based exercise program (Knee Care at Home) for the recovery pathway of ACL reconstruction patients.
    - c) **Methods:** The intervention procedure is depicted in the figure 1. Several tasks were accomplished that included the protocol for clinical trial, a protocol for a pilot and feasibility study, the development of comprehensive Knee Care at Home programme manual, establishing a data collection hub, and planning an observational study on postoperative pain behavior and management around ACL reconstruction and other knee surgical interventions. The project involved the collaboration between three CHRC institutions and the Hospital da Misericórdia de Évora.
    - d) **Results:** The project has resulted in three scientific posters, two trial protocol publications, a programme manual in Portuguese and English, a digital data collection hub, and one master's degree. In the future, we expect a significant number of scientific outputs including another master and a doctorate degree.
    - e) **Keywords:** Anterior Cruciate Ligament Reconstruction, Effectiveness, Feasibility, Acceptability, Satisfaction, Motivation, Home-based Exercise Programme, Telehealth, Supervision, Monitoring, Patient-reported Outcome Measure, Clinician-

reported Outcome Measures, Physical Performance, Pain Behaviour, Pain Management, Knee Surgery.

- **The COGCARE Project – Cognitive disorders and impact on caregivers**

- a) Background and aims:** Dementia is associated with a high burden of disease. However, epidemiological data is becoming outdated, given the difficulties of implementing costly surveys; data is also hardly retrievable from information systems. We must improve the feasibility/validity of case-definition and caregivers' consequences assessments. The main part of our study builds on the 10/66 Dementia Research Group diagnostic algorithm, validated worldwide. Following the validation of an Italian version of its short version, we aimed to assess it in Portuguese samples, using mobile devices for data collection. Additionally, we aimed to assess caregivers' subjective burden and psychological distress. Eventually, the project was renamed "The Short 10/66 Dementia Diagnostic Schedule Validation/COGCARE Project".
- b) Methods:** We recruited participants aged 60+ years, in different clinical settings, including outpatient services and psychogeriatric long-term units. Close relatives (for community-dwellers) or staff (for institutionalised people) provided further information. The Short 10/66 Dementia Diagnostic Schedule was administered using REDcap (a browser-based, metadata-driven software). We also intended to use caregivers' data to test international cutoffs for the Zarit Burden Interview and the Self-Report Questionnaire, integrating the 10/66 Dementia Research Group protocol.
- c) Preliminary findings, discussion and dissemination:** The final sample was n=229; our workplan did not deviate substantially from the timeline. We are finalizing diagnostic accuracy estimates for this 'short 10/66' case-definition. Qualitative analyses and process evaluation are also under way, documenting acceptability and feasibility. Preliminary findings were presented (18th National Congress of Psychiatry, 34th Alzheimer Europe Conference; 2024). The protocol had been presented (2023 IPA-International Psychogeriatric Association Congress, poster; 37th 'Grupo de Estudos de Envelhecimento Cerebral e Demência' National Meeting, oral communication). Fieldwork is ongoing in a subsample of participants. We look forward to completing the study, which we hope will prove helpful for epidemiological, health service and clinical research. Concerning final results, two papers will be submitted in 2025.

- **Self-care in the person with chronic disease**
  - a) **Background:** Self-care plays a central role in the management of chronic diseases, directly influencing quality of life, reducing hospitalization and mortality rates. This study evaluated the psychometric properties of the questionnaire "*Self-Care Inventory for Chronic Diseases*", in its Portuguese version, focused on the subscales of maintenance, monitoring and management of self-care.
  - b) **Main Objective:** To determine the nursing care needs of the sample of the elderly population according to the self-care deficits identified using the "*Chronic Disease Self-Care Inventory - Patient Version (version 4)*" in the elderly population living in their own homes or in the homes of relatives or friends in the district of Évora.
  - c) **Development:** A scholarship holder was hired for 6 months, who ensured the collection of data from a sample of 200 participants. To record the data, its treatment and dissemination, specific equipment, computer and projector were acquired. An intervention activity was carried out on a group of 12 participants, a pilot study, and the participants were trained for self-care according to the evaluations carried out. For self-care activities, equipment was purchased, namely SimX - Stnd SimX Base License, which is integrated into the AR augmented reality simulation and VR virtual reality in overlay. Regarding the dissemination of the results, 3 articles were published, 2 are under review, 4 are under construction, we built and presented 2 posters and 1 oral communication.
  - d) **Conclusions:** This project allowed us to achieve the general objective defined. The Chronic Disease Self-Care Inventory demonstrated adequate psychometric properties in terms of validity and reliability in the Portuguese population. The results indicate that the questionnaire is a useful tool to assess self-care in patients with multiple chronic diseases, facilitating the identification of patients with needs and improving self-care education and management.
- **Multimorbidity in Primary healthcare: developing an intervention to support patients and primary healthcare clinicians to better manage complex multimorbidity**
  - a) **Background:** Multimorbidity and polypharmacy in aging populations present significant challenges to healthcare systems. Fragmented care models increase the burden on both patients and providers, often leading to suboptimal outcomes. A shift towards a patient-centred, goal-oriented care (GOC) model is needed to enhance care coordination and improve health outcomes.

- b) **Objectives:** This project aimed to refine a complex GOC intervention by integrating a digital platform with a practitioner training program. The goal was to assess its feasibility and acceptability in preparation for a future cluster-randomized trial.
  - c) **Methods:** The project was structured into six interlinked work packages. We explored patients' and carers' perspectives to contextualize the intervention and developed a blended-learning GOC training program for family physicians and nurses. The MeTHIS digital platform—originally designed for chronic disease management during the COVID-19 pandemic—was updated using Design Science Research principles and nudging theory. A comprehensive intervention description was developed using the Template for Intervention Description and Replication (TIDieR) framework. Dissemination efforts included open-access publications and presentations at national and international conferences.
  - d) **Results:** The intervention was found to be feasible and acceptable. The MeTHIS platform reached Technology Readiness Level 7, the postgraduate multimorbidity management course was deployed, and the protocol for a cluster-randomized trial was published. However, adoption and retention rates were lower than expected, highlighting the need for stronger behavioural change strategies and integration within existing primary care financial incentives.
  - e) **Conclusion:** The intervention is not yet mature for full-scale implementation in a cluster-randomized trial. To further refine its scalability and integration into routine care, we are preparing a smaller implementation trial of the intervention in two Local Health Units (Western Lisbon and Loures-Odivelas).
- **Advancing Digital Health Behavior Change Precision: Development of a framework of personalization of behavior change techniques**
  - a) **Background:** Digital Behaviour Change Interventions (BCIs) have become a promising way to promote health by delivering personalized, technology-driven approaches. However, the lack of consensus on definitions and formal classifications of personalized and tailored interventions poses significant challenges to their efficacy and consistency. Addressing these gaps is critical to unlocking greater precision and effectiveness in targeted health solutions.
  - b) **Methods:** This study follows a structured, three-phase approach to develop and validate the first ontology of tailoring for digital health BCIs. In Phase 1, a scoping review was conducted to map existing definitions and frameworks. Phase 2

involved the development of a prototype for the ontological framework, and phase 3 consists of expert consultation to validate the framework and refine its structure.

- c) Results:** In Phase 1, the scoping review analyzed 453 BCI papers, sourced from a rapid review (k=131), PubMed (k=84), the Human Behaviour-Change Project database (k=123), and additional references (k=115). Of these, 10% were systematic or scoping reviews, 8% were conceptual or theory papers, and 82% were research studies, with 59% being randomized trials. The findings highlighted a lack of clear and standardized definitions of tailoring, with existing definitions often being vague or inconsistent. In Phase 2, the study established a definition of tailoring and developed a prototype of the ontological framework, which includes 10 hierarchically structured entities (e.g., Static Tailoring and Dynamic Tailoring). Phase 3, which involves expert validation, is currently ongoing in collaboration with the APRICOT project (2024–2029, NIH-funded).
- d) Conclusion:** This study tackles key challenges in the field of digital health BCIs by creating a comprehensive framework for personalizing behaviour change techniques. The ontology provides a standardized, machine-readable structure that enhances the precision, consistency, and effectiveness of tailored interventions. As the validation phase continues through the APRICOT project, this work lays the foundation for future innovations in digital health BCIs, helping to develop more effective and scalable personalized health solutions.
- HE@RT.FIT – Sustainability of traditional and live-streaming exercise-based cardiac rehabilitation in low-risk patients with cardiovascular disease**

  - a)** The primary objective of the HE@RT.FIT project was to evaluate the effectiveness, adherence, and satisfaction of live-streaming exercise-based cardiac rehabilitation (CR) programs in low-risk patients with cardiovascular disease (CVD).
  - b)** A total of eleven CVD patients participated in this experimental study, undergoing follow-up assessments measuring key indicators of effectiveness, adherence, and satisfaction in both traditional and live-streaming supervised exercise programs. As a major outcome, the He@rt.Fit app was officially launched, alongside the publication of a scientific article validating its utility<sup>1</sup>. Several findings on the effects of the exercise interventions have already been disseminated<sup>2,3</sup>, and a second scientific article focusing on effectiveness, adherence, and satisfaction outcomes is currently under preparation.



- c) Results demonstrated a significant improvement in cardiorespiratory fitness in the Home-Based Live-Streaming Moderate Continuous Training (HBLS-MCT) group compared to the Control group ( $p = 0.002$ ), while no significant difference was found in the Traditional Moderate Continuous Training (T-MCT) group ( $p = 0.030$ ). Similar trends were observed for muscular endurance ( $p = 0.01$ ) and quality of life ( $p = 0.038$ ). Adherence levels were comparable between both intervention groups, whereas satisfaction levels were higher in the T-MCT group, indicating that in-person sessions provided greater perceived satisfaction, although the difference was not statistically significant ( $p = 0.089$ ).
  - d) A summary of the project's status highlights that 99.2% of the total budget (€19,846.08) was executed. The core tasks established for the project were successfully completed within the defined timeline.
- **Protein intake and transitions between frailty states in middle-aged and older adults: a multi-state transition model in the UK Biobank**
    - a) **Background:** Dietary protein may prevent or modulate the progression of frailty, by slowing down the decline of muscle mass, strength, and physical function with ageing.
    - b) **Methods:** The analytic sample included 27128 participants aged 50+ from the UK Biobank cohort study. Physical frailty at baseline and follow-up was based on slow walking speed, unintentional weight loss, exhaustion, low physical activity, and weakness. Protein intake was assessed with web-based 24h recalls on up to 5 occasions. The effect of protein intake on forward and backward transitions between frailty states (non-frailty, pre-frailty, and frailty) and to death over a mean of 5 (max 16) years was examined with multi-state models.
    - c) **Findings:** Middle-aged and older participants with higher protein intake (increments of 0.1 g/kg BW/day and protein categories of <0.8 (ref), 0.8 to <1.0, 1.0 to <1.2,  $\geq 1.2$  g/kg BW/day) were less likely to progress from pre-frailty to frailty, and more likely to recover from pre-frailty to non-frailty, with evidence of a dose-dependent relationship. E.g. For participants with protein intake of 0.8 to <1.0, 1.0 to <1.2 and  $\geq 1.2$ , hazard ratios (95%CI) for incident frailty were 0.80 (0.71-0.91), 0.72 (0.63-0.81) and 0.68 (0.60-0.78), respectively, compared to <0.8 g/kg BW/day. Higher protein intake had no effect on recovery from frailty to pre-frailty.

- d) Conclusions:** Higher protein intake moderately reduces the risk for frailty incidence and increases the likelihood of recovery from pre-frailty in a dose-dependent manner in middle-aged and older adults.
- **HERO: Impact of Artificial Habitats and Environmental contaminants on Chronic Respiratory Diseases**
    - a) Recent evidence proposes that the widespread exposure to environmental chemical and biological contaminants may be a contributing factor to the rising incidence of chronic respiratory diseases. However, the understanding of the impact of concurrent exposure to environmental contaminants (biological and chemical) on respiratory diseases, remains insufficiently explored.
    - b) The HERO project aimed to investigate the effects of continuous exposure to indoor biological (e.g., viruses, bacteria, and mites) and chemical contaminants (e.g., phenolic compounds and metals) on the respiratory health of individuals with chronic obstructive diseases (asthma and chronic obstructive pulmonary disease - COPD) alongside matched controls.
    - c) A cohort of 50 patients with COPD was recruited from the *Hospital do Espírito Santo de Évora*, while controls were recruited at outreach events. Additionally, 30 participants were recruited in Setúbal through the *Instituto Politécnico de Setúbal*. Participants filled a detailed questionnaire on the characteristics of their indoor environment. Alongside, urine (short-term exposure indicator), hair/nail (long-term exposure assessment), and a house dust sample (repositories of recurrent exposure assessment) were provided. Chemical contaminant levels will be determined in all matrices using LC-MS/MS for phenolic compounds and ICP-MS for metals. Biological contaminants (e.g., mites and respiratory viruses and bacteria), will be identified in dust samples using qPCR.
    - d) The HERO project seeks to describe contaminant levels in matched samples obtained from patients/controls and their indoor environments in Southern Portugal. Additionally, it will pioneer the characterization of the indoor microbiome within Alentejo households. These findings will facilitate comprehension of the impact of such exposures on respiratory health, notably by identifying potential triggers for exacerbations.
    - e) Under the HERO project two papers were already published in top 10% journals, four oral communications and three posters were presented at scientific meetings,

one special session at an international conference was organized and the project was disseminated in two science outreach events.

- **Handwriting as an objective tool in the Alzheimer's disease early-stage diagnosis: a pilot study**
  - a) Alzheimer's disease (AD) is a progressive clinical condition characterised by cognitive deterioration. Although motor disorders are less prominent, they are common in the advanced stages of the disease, and recent studies suggest that they may be present in the early stages. Handwriting has been used to study fine motor control or executive functioning in healthy and unhealthy populations, and changes in this skill are present at different stages of the clinical course of dementia.
  - b) This research involved a multidisciplinary team from various organisations (belonging to the CHRC and external) to study the handwriting assessment protocol's suitability for differentiating the handwriting characteristics of people with and without AD. The aim was to contribute to a more in-depth knowledge of this subject to help professionals with potential (and future) early detection and preparation for intervention.
- **Unraveling the role of nutritional status on real and perceived motor competence and physical activity among Portuguese children: an interdisciplinarity cross-sectional study**
  - a) Motor competence (MC) plays a crucial role in children's overall health, being positively associated with physical activity (PA), cardiorespiratory fitness, muscular strength and endurance, and a healthy weight status (WS). In turn, PA and WS contribute to MC development, reinforcing a dynamic and reciprocal relationship. From a health perspective, promoting PA is an effective strategy for addressing overweight and obesity in children, with MC serving as a foundational element for PA engagement. The RUN-UP Study explored the relationships between children's WS, nutritional status, MC, PA, screen time, sleep quality, health-related fitness, mental health, social acceptance, and health biomarkers. A total of 940 school-aged children (54% boys, Mage = 8.46 years, range: 6.31–11.44 years) from the municipalities of Évora and Viana do Alentejo participated in this study. A multidimensional and multi-informant approach was used to assess different health domains, including health-related physical fitness, motor competence, psychosocial factors, health-related behaviors, health biomarkers, environmental exposure, and nutritional status. Key findings indicate that 48% of children had low MC, and 28%

exhibited socioemotional development problems, with hyperactivity, conduct, and emotional issues being the most prevalent. Additionally, 61% of children did not meet the recommended 2 hours of active play per day, and 18% failed to achieve the minimum recommended sleep duration of 9–12 hours per night. Excessive screen time was another concern, as 55% of children spent more than 1 hour per day in front of screens. Furthermore, 27% of children were classified as overweight or obese. These findings are crucial for shaping health promotion strategies in childhood. Enhancing MC supports obesity prevention and improves health-related fitness. School-based interventions and public policies promoting PA and healthy habits should be prioritized to ensure long-term health benefits.

- **Violence towards Health Professionals in the Alentejo Region**

- a) **Background:** Violence in the health sector is a growing phenomenon that affects not only health professionals, but also the quality of care offered to patients. It is a global problem that directly compromises the safety and well-being of both health workers and users of medical services.
- b) **Objectives:** To analyze the context of violence against health professionals in the Alentejo region.
- c) **Methods: Descriptive and exploratory study, with methodological triangulation.**

#### Quantitative Study - Study 1 and 2

- Simple Random Probabilistic Sampling of 440 nurses and doctors from health institutions in the Alentejo region.
- A structured questionnaire was applied via electronic link.
- Data analysis was carried out using IBM SPSS Statistic version 28.

#### Qualitative Study - Study 3 and 4

- Qualitative study on the “perceptions and practices of regional, institutional and local focal points in the context of violence against health professionals”.
- 48 semi-structured interviews were conducted until saturation.
- Data analysis using IRaMuTeQ software version 0.7 alpha 2.
- d) **Results:** The survey revealed that the majority of health professionals were female (74.8%), between 34 and 55 years old (65.4%) and employed by the public sector. Nurses accounted for 80% of the sample, and 67.5% had worked for more than 11

years. Around 38.9% had suffered violence at work, with psychological violence (94.2%) being the most common, followed by physical violence (46.2%) and sexual violence (4.1%). Aggressions such as threats (50.9%) and psychological coercion (43.3%) were practiced mainly by men (60%), service users (37.4%) and family members (26.9%).

Violence affected more experienced professionals who worked shifts. However, 52% did not report it, for fear of reprisals or lack of knowledge of the process. Factors cited included lack of security (26.9%) and impunity (16.4%). Suggestions for mitigation included strengthening security (36.3%), better institutional management (34.5%) and punishing aggressors (22.2%).

The analysis of interviews with Focal Points generated categories such as Violence Management and Preventive Measures. They highlighted the need for prevention, reorganization of spaces, installation of panic buttons and training. Despite the difficulties, there has been progress in implementing strategies to combat violence in health services, with a focus on communication and a culture of reporting.

- e) **Conclusion:** Participants recognized the relevance of the topic and highlighted the importance of training to deal with violence. Violence against health professionals in Alentejo is a serious problem, requiring urgent measures, especially to combat under-reporting. They proposed investing in prevention, training and awareness-raising, involving professionals, managers and the community. In addition, they stressed the need to monitor and evaluate the actions implemented to ensure their effectiveness. The conclusion is that combating violence in healthcare must be a serious commitment, requiring a continuous and multidisciplinary effort to ensure a safe working environment in the region.
- f) **Outputs:** The results of the project have been presented at three international conferences. Resulting in five publications in international journals, two articles have been published (<https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-024-11949-2>; <https://doi.org/10.3390/nursrep14040233>), one article has been accepted for publication and is awaiting final production by the journal and, finally, two articles are in the peer review process.

**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 fifth CHRC Annual Summit was held in person in Évora on the 23rd and 24th of September 2024, bringing together 164 CHRC members over the course of two days. The primary objectives of this summit were the scientific reflection on the work conducted by CHRC researchers during the 2020-2023 period and to strategically prepare for the future, covering the 2025-2029 period, both in terms of scientific progress and institutional management. The event also featured two distinguished speakers, each delivering a high-level keynote address, along with enriching cultural moments and a morning jogging activity on the second day.

Of the submitted scientific works, 21 oral communications were also presented, with the works best quoted by the Scientific Committee of the event, 82 posters were exhibited. The complete program can be consulted here: <https://www.chrcam.uevora.pt/programa/>

#### **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 2024, NOVA Medical School supported the payment of 9 paper publications, National School of Public Health supported 14, Évora University supported 34 and Lisbon Institute of Global Mental Health supported 1.

#### **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



Up to December 2024, CHRC gathered a total of 236 integrated PhD Researchers, 214 PhD students, and 61 integrated non-PhD researchers and technicians. In addition, as a result of the potential and work developed within CHRC, 113 researchers, integrated in other national research units, joined the CHRC as collaborating members.

A comparison exercise between December 2023 and December 2024 shows that CHRC grew in the number of people involved, presenting an increase of 7,3% in integrated PhD researchers and 67,2% in the number of PhD students. This 67,2% growth is a significant milestone, reflecting CHRC's strategic focus on investing in PhD students.

Integrated Members' Evolution (2020-2024)

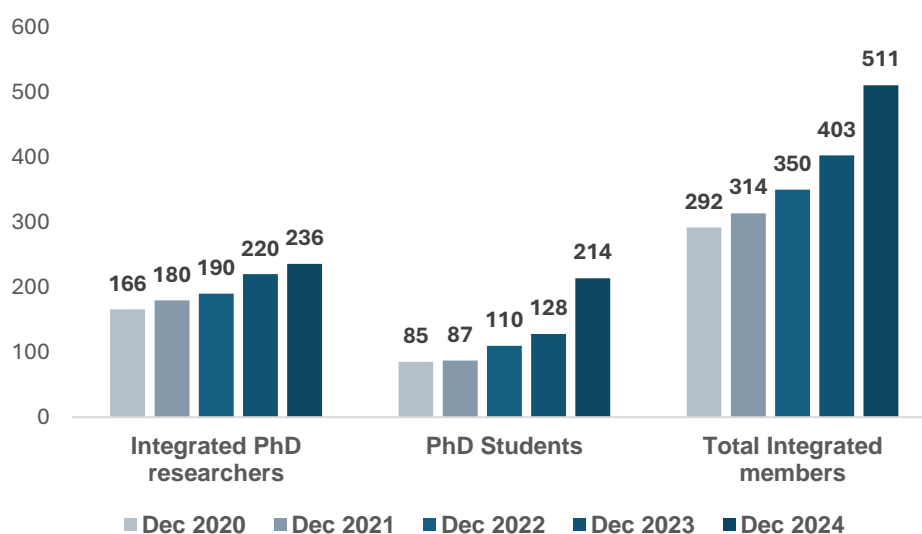


Chart 3 - Evolution of Integrated Members (2020–2024)

## 2.1 People by Management Institution



Figure 6 - Distribution of Integrated Members by Management Institution



### 3. SCIENTIFIC INDICATORS

#### 3.1 Publications

In 2024, CHRC reported a total of **623** publications, of which **480** were open access and 6 were in lay language. **More than half of this number – 56% (400)** corresponds to scientific articles published in high-impact journals (Q1 or Q2 – SCOPUS index), with **266** published in Q1.

CHCR researchers published **68** 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 **155** existences.

**623**

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

**400**

Papers published in high impact journals (Q1, Q2)

**480**

Publications in open access

**266**

Publications in Q1

**6**

Publications in lay language

Publications - 2024

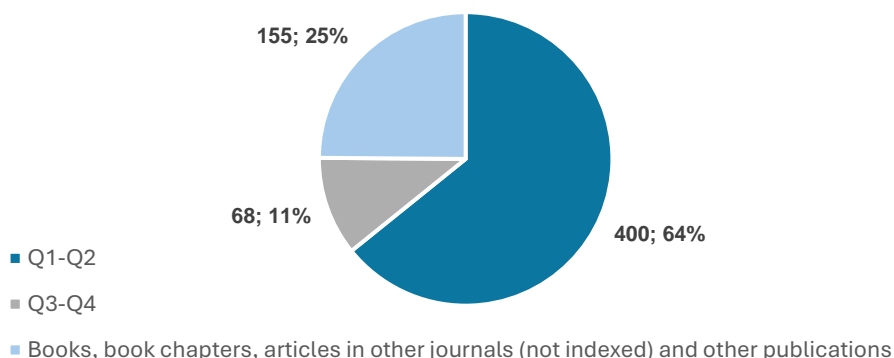
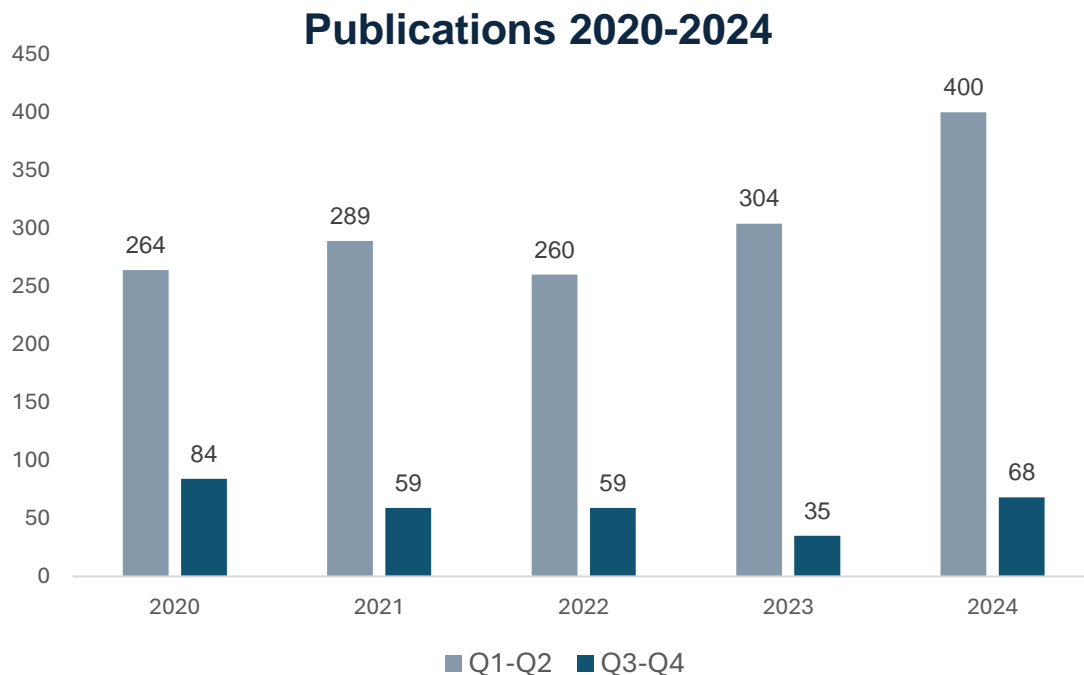


Chart 4 - Distribution of CHRC Publications in 2024 by Journal Ranking and Publication Type



*Chart 5 - Evolution of Publications by Journal Ranking (2020–2024)*

### 3.1.1 Articles in peer-reviewed journals - SCOPUS index - Q1 and Q2<sup>i</sup>

**TOTAL: 400**

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

*Table 1 – List of articles in peer-reviewed journals - SCOPUS index - Q1 and Q2<sup>i</sup>*

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### Publications Q1-Q2 by Thematic Line and Research Group - 2024

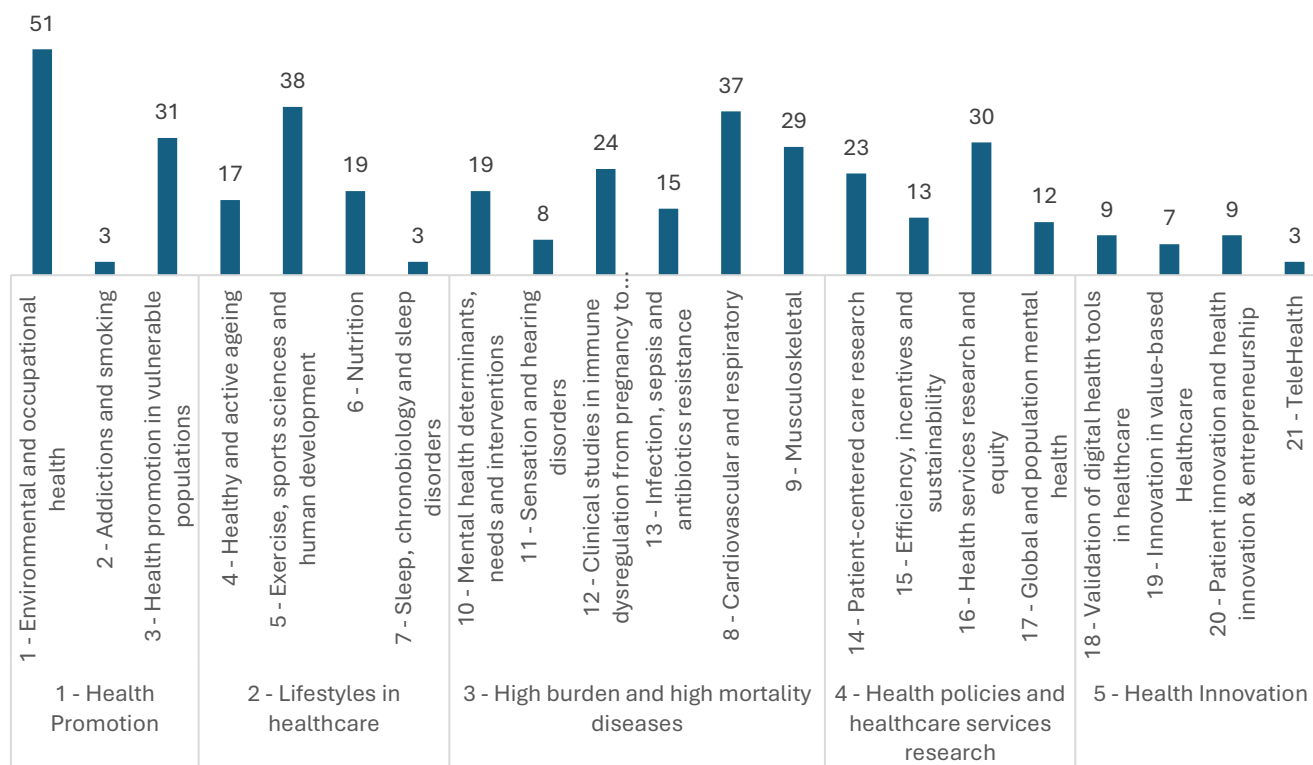


Chart 6 - Publications in Q1-Q2 Journals by Thematic Line and Research Group (2024)

### Publications Q1-Q2 by Thematic Line 2021-2024

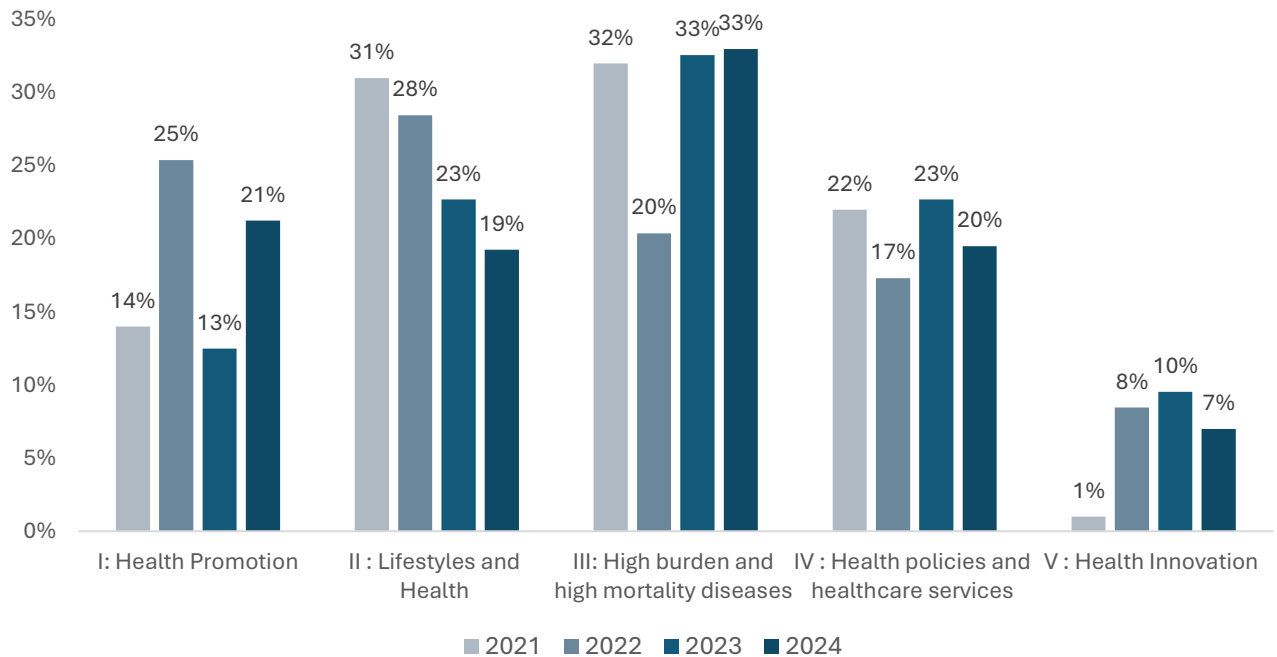


Chart 7 - Publications in Q1-Q2 Journals by Thematic Line (2021–2024)

### 3.1.2 Articles in peer-reviewed journals - SCOPUS index – Q3 and Q4

**TOTAL: 68**

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

Table 2 – List of articles in peer-reviewed journals - SCOPUS index – Q3 and Q4

**A**

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Alves, M., Seringa, J., Silvestre, T., & Magalhães, T. (2024). Use of Artificial Intelligence tools in supporting decision-making in hospital management. *Portuguese Journal of Public Health*, 42(suppl 2), 9

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### 3.1.3 Books, book chapters, articles in other journals (not indexed) and other publications

#### TOTAL: 155

*Table 3 – List of books, book chapters, articles in other journals (not indexed) and other publications*

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### 3.2 Funded Projects active in 2024

The CHRC PhD integrated researchers are involved, as principal investigators or participants, in 76 funded and active projects, equivalent globally to almost 92M€ - a 15% increase compared to 2023.

Regarding international projects, the amount of funding collected in 2024 increased by 113% compared to 2023.

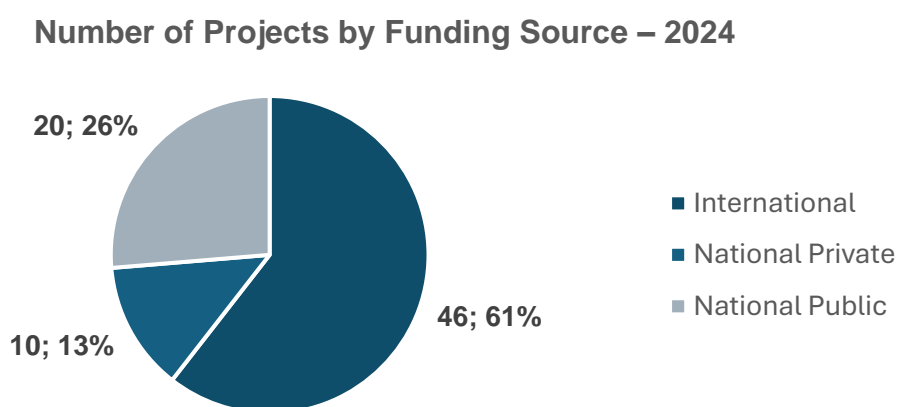


Chart 8 - Number of Projects by Funding Source (2024)

## Projects distributed by source of funding (2020 – 2024)

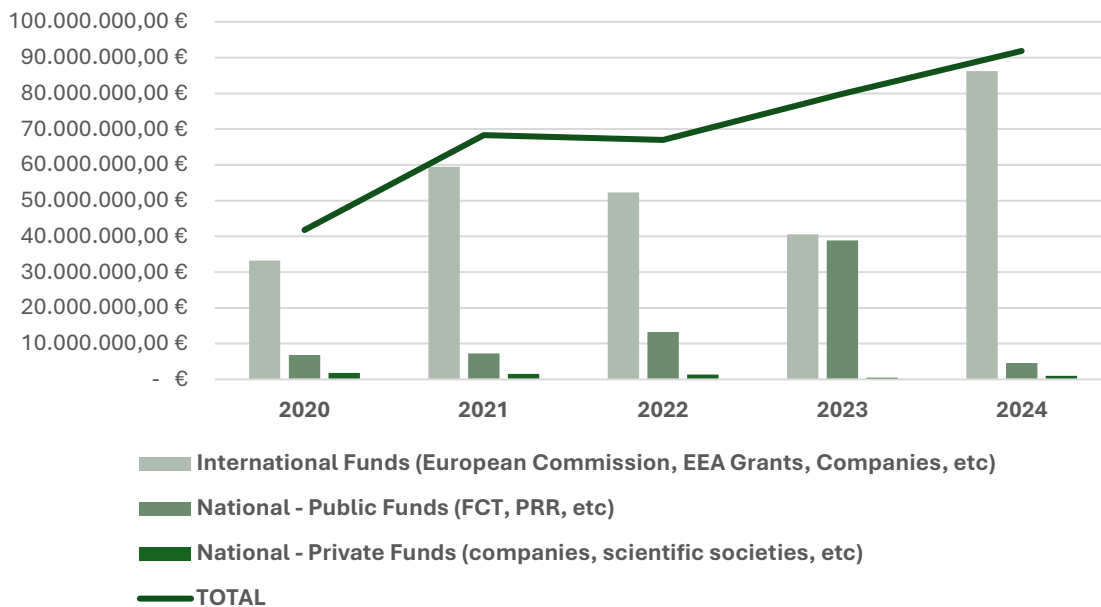


Chart 9 - Projects Distributed by Source of Funding (2020–2024)

## Number of International projects 2020-2024

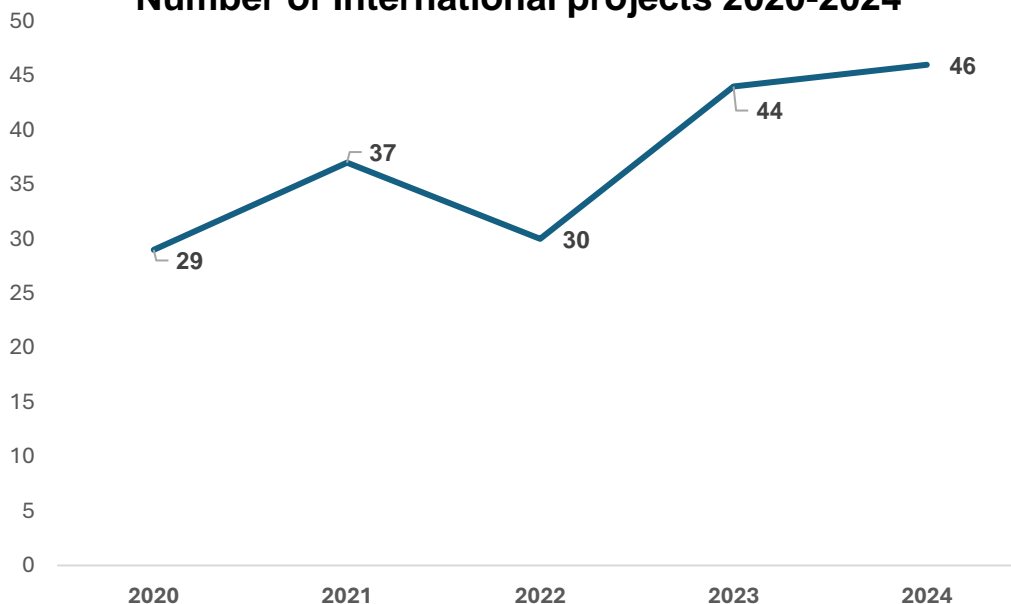


Chart 10 - Number of International Projects (2020–2024)

## Total Funding for International Projects (2020–2024)

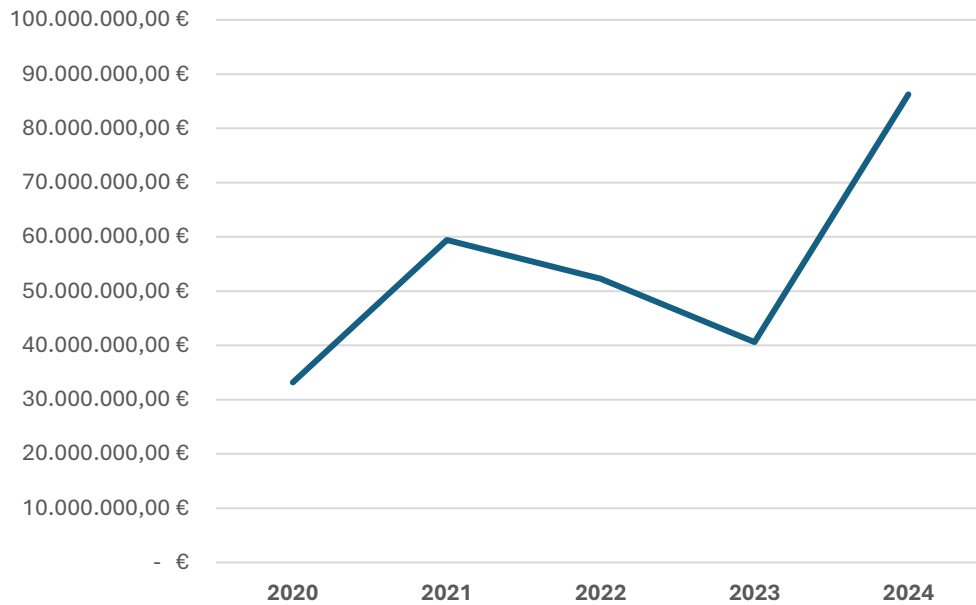


Chart 11 - Total Funding for International Projects (2020–2024)

Table 4 - Funded Projects by Source and Amount of Funding

Project Title	Funding Entity	Amount of Funding
2022.01888.PTDC - MEAOW@SolarUV	FCT, I.P-National Public	16.449,58 €
Active and Mindful -Using mind-body exercise as a strategy for enhancing the health and well-being of people with multiple sclerosis	CC - Horizonte Europa - International	20.000,00 €
Active human cytomegalovirus infection in acute coronary syndromes	Sociedade Portuguesa de Doenças Infecciosas e Microbiologia Clínica-National Private	10.000,00 €
ACTIVEPREGNANCY - Promoting an active and healthy lifestyle during pregnancy: Impact on maternal health and physical condition	FCT, I.P - Concurso de Proj Exploratórios em Todos os Domínios Científicos 2023-National Public	16.662,63 €



Agente de Suporte Interpares - A new professional role for people with mental illness	Prémio "Capacitar 2024" Fundação BPI La Caixa-National Private	31.280,00 €
AirBiD - Airborne biological diversity shaped and modelled by Urban Green Elements	CC - Biodiversa+ 2023- International	401.810,25 €
APW_Grecia - Strengthening Health Management Capacity in Greece	World Health Organization (WHO)-International	9.240,00 €
APW1, APW2, APW3 - Improving Health Service Management in Romania	World Health Organization (WHO)-International	465.240,00 €
ARI-SENIOR	Douglas Instruments Ltd- International	1.723,24 €
ASSIST	EIT Health-International	1.159.503,38 €
B active	Novartis-National Private	1.000,00 €
BactEradiX - Advanced nanomaterials to target genomic and Z-DNA for bacterial biofilm eradication	European Commission- International	599.262,50 €
C.O.P.E - Capabilities, Opportunities, Places and Engagement: Approach for Social Inclusion of Difficult to Reach Young People through a "Relational Proximity" Community Network	European Commission- International	266.230,79 €
CA19133- EU Cost Action FOSTREN - Fostering a Collaborative Strengths-based Approach to Eliminating Coercion in European Mental Health Services	EU Cost Action-International	6.900,00 €
CANTE - From Concept to One Health Approach: Integrated Perspectives and Experiences in the Alentejo, Networked for the World in a Top-Down Process	PRR REDE RURAL – “UMA SÓ SAÚDE” (AVISO: N°13/C05- i03/2022)-National Public	106.679,61 €
CHiLDLIMaR - Determinants and health needs of migrant children in a pandemic context: A longitudinal study for the Lisbon and Tagus Valley Region	FCT, I.P.-National Public	45.451,63 €

CHILI - A Community-based HPV screening implementation in Low-Income countries	European Commission- International	499.948,13 €
COMPUSEL - Computational Thinking in Enhancing Primary Students' Social-Emotional Learning Skills	CC - ERASMUS+-International	12.348,67 €
CT-Luso ID101145790 - Ethics and Regulatory Capacity Building Partnership for Clinical Trials in Portuguese-speaking African Countries	HORIZON -JU-CSA-International	249.378,44 €
DESERT - Diet and Exercise Strategies for Equity in Rural Territories	FCT, I.P - Parceria Europeia ERA4HEALTH-National Public	228.881,25 €
DIHM - Digital Innovation in Health Master	European Commission- International	20.000,00 €
EDEM - Ethics in Dementia	CC - Ações COST-International	500,00 €
EdSex - Educating in Sexuality: Progress for European Health	CC - ERASMUS+-International	92.044,67 €
Educational Aid Kits in the field of Rare Diseases: bringing the reality of rare diseases to vet education	CC - ERASMUS+-International	10.976,33 €
Effectiveness of the Critical Time Intervention-Peer Support (CTI-PS) model for persons with serious mental illness discharged from inpatient psychiatric treatment facilities in Portugal	Prémio FLAD - Fundação Luso- americana para o Desenvolvimento-National Private	750.000,00 €
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 - Choice of where we die: a classification reform to discern diversity in individual end of life pathways	European Commission- International	16.250,00 €
EPICOUGHT.PT	Merck Sharp & Dohme, Lda- National Private	12.000,00 €

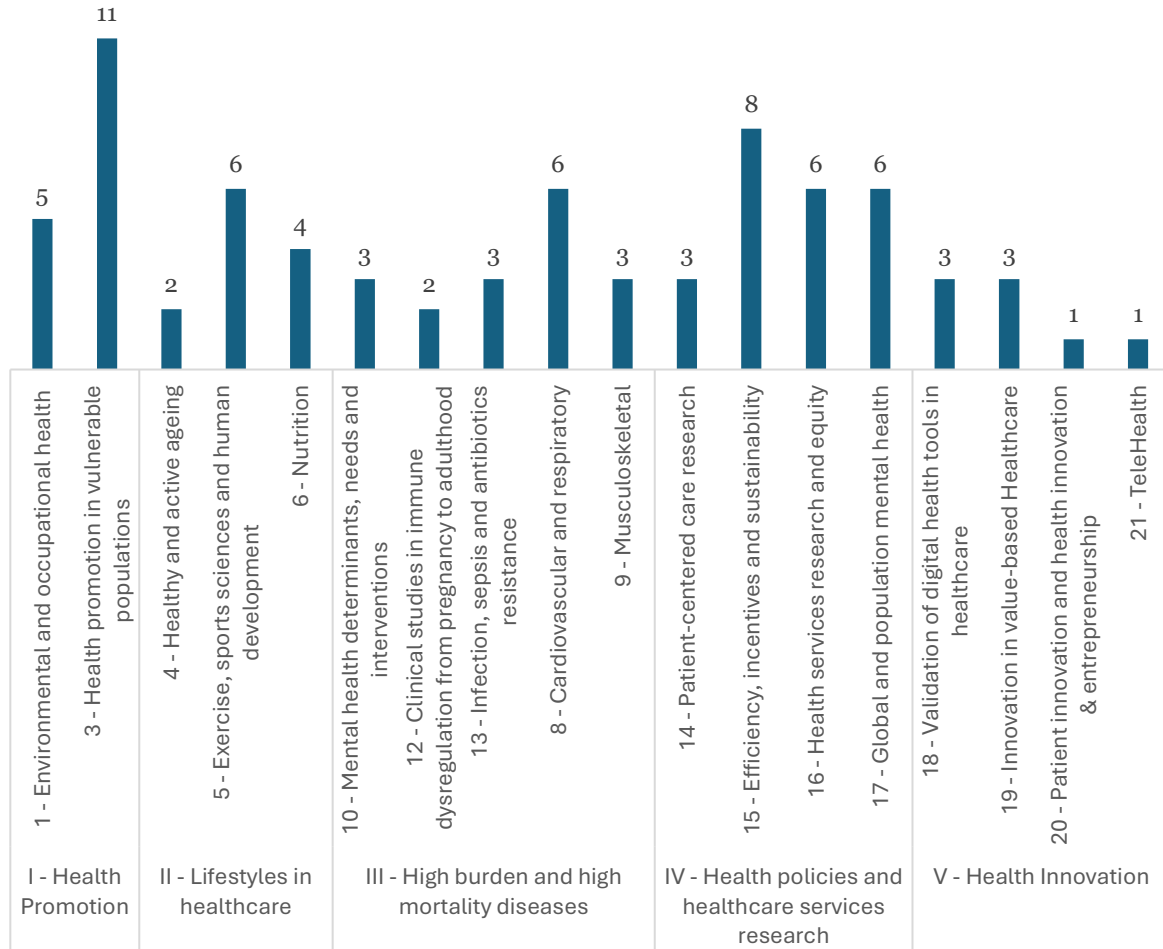
Equity-Cancer - Improving equity in access to early diagnosis of cancer: implementation research in different healthcare systems of Latin America	European Commission- International	499.781,46 €
EU GREEN - European University alliance for sustainability: responsible Growth, inclusive Education and Environment	CC - ERASMUS+-International	3.599.998,75 €
Expressão Genética da Legionella	GlaxoSmithKline-International	500,00 €
Harmonical - Human-guided collaborative multi-objective design of explainable, fair and privacy-preserving AI for digital health	CC - Horizonte Europa - International	27.600,00 €
HealthyW8 - Empowering healthy lifestyle behaviour through personalised intervention portfolios to prevent and control obesity during vulnerable stages of life	CC - Horizonte Europa - International	1.666.666,67 €
Heart Balt	European Commission- International	72.500,00 €
HORIZON-EIE-2022-SCALEUP-01 - HealthEConnect	European Commission- International	333.333,33 €
HUPEDCARE - Higher education as a driver in the humanisation of paediatric pain care.	CC - ERASMUS+-International	200.000,00 €
Improving physical frailty in older adults - ESCI Exploratory Research Grant 2024	ESCI-International	3.333,33 €
INTERCAMBIO - Interventions to promote mental and physical health in changing working environments due to climate change, sustainable work practices, and in green jobs	European Commission- International	1.145.622,25 €
IPI.Sucesso+ - Pedagogical innovation and integration to promote academic success and reduce dropout rates among first-year university students	PRR - Plano de Recuperação e Resiliência-National Public	161.900,75 €

JACARDI - Joint Action on CARdiovascular diseases and Dlabetes	European Commission- International	13.249.197,94 €
K-HEALTHinAIR - Knowledge for improving indoor AIR quality and HEALTH	European Commission- International	1.596.896,80 €
LOCUS - LOnG Covid – Understanding Symptoms, events and use of services in Portugal	PFIZER-National Private	37.694,76 €
MATTER - Transversal capacity-building project, screening, and early community intervention in perinatal mental health	Fundação CG - Growing Minds Desigualdades no acesso a cuidados Saúde Mental-National Private	56.542,46 €
MedTech NEXT - Medicine, Technology, and the Future	PRR - Plano de Recuperação e Resiliência-National Public	3.136.101,90 €
MicroSpA & MicroRA	Biocodex-National Private	5.000,00 €
MSD #59301 - Congenital CMV disease and infection in a sample of Portuguese newborns	Merck Sharp & Dohme, Lda- National Private	6.020,00 €
My Back - Effectiveness and implementation of a personalised self-management programme to prevent recurrences and disability and promote musculoskeletal health in patients with low back pain	FCT, I.P-National Public	62.422,45 €
NEMESIS - Novel Effect biomarkers for MEtabolic disruptorS: evidence on health Impacts to answer science and policy needS	European Commission- International	1.576.337,05 €
Neuroadaptive Systems for Brain Restoration based on Virtual-Reality and Brain-Computer-Interfaces_2022.02283.PTDC	FCT, I.P-National Public	83.183,26 €
Ocupação d ciência de Jevsn nas Férias	Programa Ciência Viva-National Public	984,00 €
Opportunistic Screening Programme for Helicobacter pylori	Mecenato; CONCURSO NCH-PT 2024 (AICIB )-National Public	67.678,76 €

PAFSE - Partnership for Science Education	European Commission- International	363.768,75 €
PARC - Partnership for the Assessment of Risks from Chemicals	European Health and Digital Executive Agency (HaDEA)- International	50.000.000,00 €
PHORTOS	Astrazeneca - Produtos Farmacêuticos, Lda-National Private	91.498,24 €
PLAY/ACT : Placemaking as Youth Activism	CC - ERASMUS+-International	91.865,33 €
PREVENTABLE	European Commission- International	1.547.416,58 €
Programa Nacional de Redução da Coerção em Portugal	Coordenação Nacional para as Políticas de Saúde Mental- National Public	37.340,00 €
PRO-PHY-EDU - Intervention programme to improve the promotion of school success in physical education	CC - ERASMUS+-International	217.363,40 €
PTDC/BAA-ARG/7419/2020-MONET	FCT, I.P-National Public	49.966,50 €
REAL	FCT, I.P-National Public	135.078,60 €
RECORVHABIT - Functional recovery and promotion of healthy habits in the elderly in rural areas.	INTERREG - POCTEP- International	271.285,56 €
RIGHTPLAY - A primary prevention mental health programs for preschoolers	FCT, I.P - Programa RESTART- National Public	16.656,71 €
SAFEST - Improving quality and patient SAFETy in surgical care through STandardisation and harmonisation of perioperative care in Europe	European Commission- International	999.755,75 €
Science Viva Clubs Network in Schools (D. Afonso III School Group in Faro)	Programa Impulso Jovens STEAM e Impulso Adultos- National Public	2.500,00 €

SCIGLO - Science for Global Challenges	CC - Horizonte Europa - International	99.673,00 €
SINDIA - Socio-spatial inequalities in dementia	FCT, I.P-National Public	62.486,72 €
SOSFood - HORIZON-CL6-2023-GOVERNANCE-01-17	HORIZON Research and Innovation Actions-International	790.439,25 €
SSAPI - Strategic Support for Accreditation of Programs and Internationalization at South Asian Higher Education Institutes (HEIs)	CC - ERASMUS+-International	219.051,50 €
SUMO - Sustainability of the Montado	PRR - Plano de Recuperação e Resiliência-National Public	229.861,14 €
TETRAS - Taring of educators for transversal skills	CC - ERASMUS+-International	82.021,67 €
The inclusion of youth with neuromuscular diseases, muscular dystrophies and other rare diseases in education	CC - ERASMUS+-International	7.543,33 €
TRAINR4U 2024	EIT Health-International	762.524,50 €
Vagar(mente) - Slow(ly) Mind(fully)	DGES- Direção-Geral de Ensino Superior - Programa para a Promoção da Saúde Mental no Ensino Superior-National Public	79.606,65 €
VAPrevention - Randomised controlled trial and economic evaluation of a person-centred digital intervention for diabetes prevention in high-risk adults.	FCT, I.P-National Public	62.482,96 €
WHEATBIOME	HORIZON Research and Innovation Actions-International	1.265.136,81 €
XR2ESILIENCE	CC - Horizonte Europa - International	1.190.435,60 €

## Projects by Thematic Line and Research Group - 2024



*Chart 12 - Distribution of CHRC Projects by Thematic Line and Research Group*

### 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 69 collaborative projects, 302 collaborative publications and almost 46 other collaborative activities.

### Collaborative Activities within CHRC - 2024

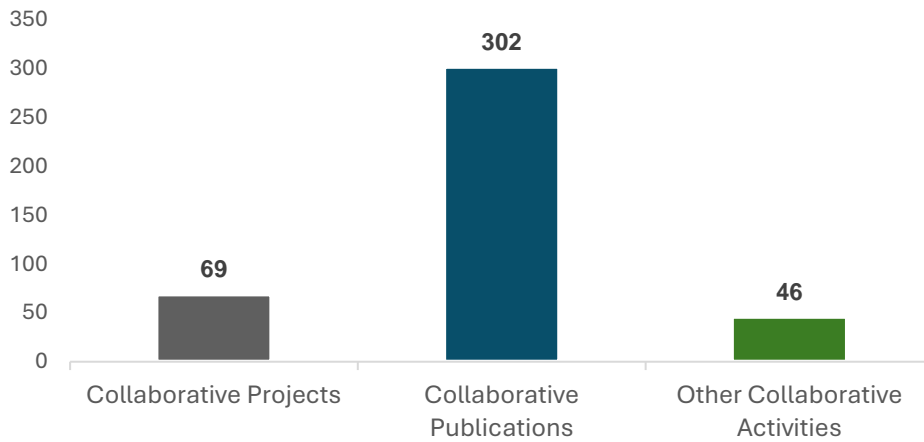


Chart 13 - Collaborative Activities within CHRC in 2024

## 3.4 Internationalization

### 3.4.1 Erasmus Plus e CHRC Scholarships

Throughout 2024, the integrated members of CHRC undertook 47 mobilities outside Portugal, 7 of which were to countries outside the European Union, including Brazil, Turkey, and Bosnia and Herzegovina, specifically Sarajevo. These mobilities reflect the unit’s strategic commitment to strengthening international collaboration, fostering knowledge exchange, enhancing research networks, and disseminating research outcomes on a global scale.

### CHRC International Mobility 2024

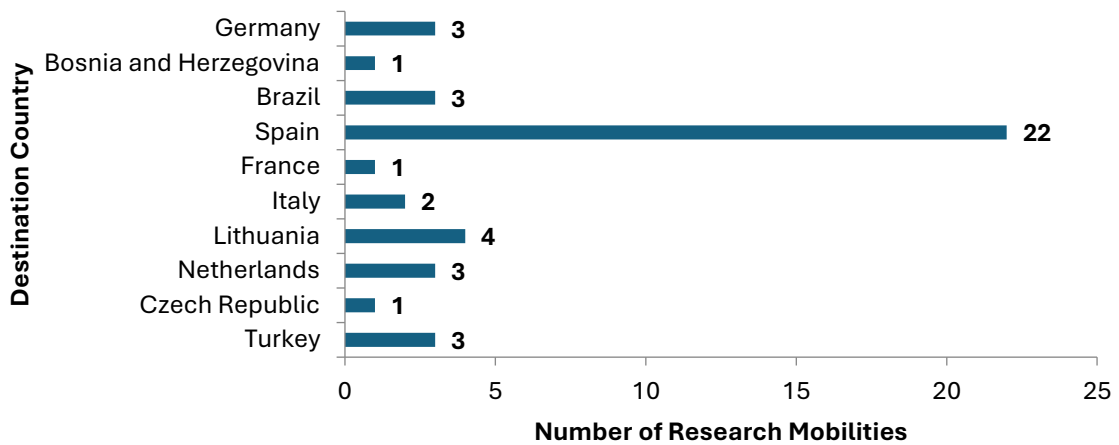


Chart 14 - Number of CHRC Research Mobilities by Destination Country (2024)



### 3.4.2 International Networks

In 2024, CHRC members were invited to join **51 international networks**, distributed across the thematic lines as follows:

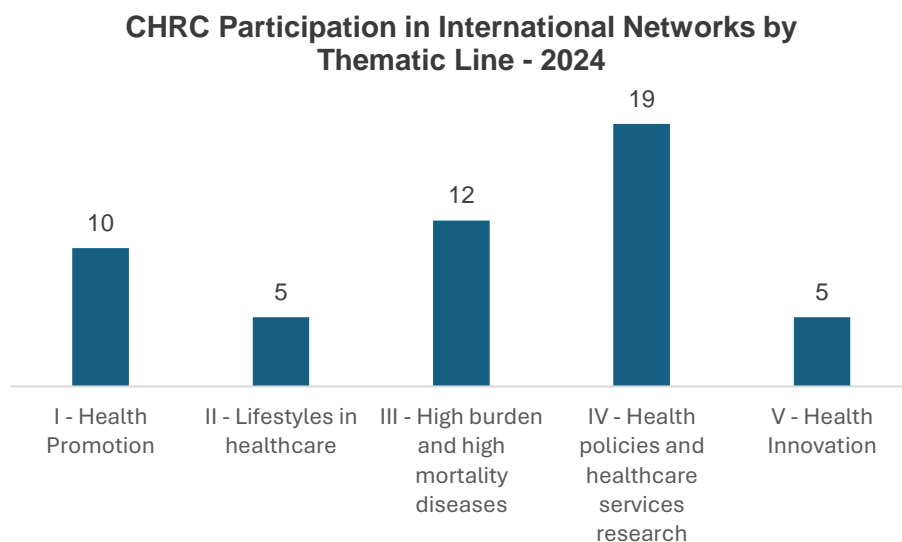


Chart 15 - CHRC Participation in International Networks by Thematic Line (2024)

Table 5 - International Networks by Thematic Line

#### TL I: Health Promotion

**TOTAL: 10**

#### **NETWORK**



Ibero-American Association for Special Aquatic Education and Hydrotherapy (AIDEA)



European General Practice Research Network



European Public Health Association (EUPHA)



Health Promotion Research Group (GEPS), School of Nursing, Federal University of Rio Grande do Sul.



International Collaboration for Participatory Health Research (ICPHR)



International Union for Health Promotion and Education (IUPHE)



PREZODE

Peer Learning Activity for Physical Activity - Organised by Cyprus Sport Organization and Funded by the European Commission

Ibero-American Network on Social Studies of Health (RIIESSAL - Red iberoamericana sobre Estudios sociales de la salud)



VSF-International

## TL II: Lifestyles in healthcare

**TOTAL: 5**

### **NETWORK**

Active Aging, Exercise and Health /HEALTHY-AGE



International Behavioural Trial Network (IBTN)

International Research Network on Vulnerability, Health, Safety, and Quality of Life of the Elderly: Brazil, Portugal, Spain, France, Chile, Mexico, United States of America, and Argentina.

**EUTOPIA**

EUTOPIA



XR2ESILIENCE

### TL III: High burden and high mortality diseases

TOTAL: 12

#### NETWORK



ASSIST - AI Scalable Solution for ST Myocardial Infarction



Cost Action CA18218 - European Burden of Disease Network

European Network for ICU-related respiratory infections - ENIRRI



EUGreen



Epidemiological-Operational Study Group on Tuberculosis – University of São Paulo (USP)



Operational Study Group on Neglected and Emerging Diseases – Federal University of São Carlos (UFSCAR)



INTERDEM



IDOR

Multicenter Dilemma Project - Universidade de Barcelona



Stronger Youth - Empowering Young People Social Competences & Soft Skills through Peer mentoring (Programa ERASMUS+. Referência: KA220-YOU-3BAF79FF)



University of Sussex - Institute of Development Studies



University of Southern Denmark

#### TL IV: Health policies and healthcare services research

TOTAL: 19

#### NETWORK



Associations of Schools of Public Health in Europe (ASPHER)



ANSER - Academic Network for Sexual and Re-productive Health and Rights Policy

Better Care Consortium

CALEIDOSCÓPIO: Research Laboratory on Education, Work, Health, and Nursing – Federal University of Rio Grande do Norte (UFRN)



Cochrane



Consortium SAFEST



European Network of Centres for Pharmacoepidemiology and Pharmacovigilance - (ENCePP)



European Health Psychology Society (EHPS)



E-COST



ERNST - Second victim phenomenon

Research Group on Global Health and Health Workforce – State University of Rio de Janeiro

Research Group on Epidemiology and Public Health – Federal Rural University of Pernambuco

Research Group on Public Policies, Inclusion, and Subject Formation – University of Santa Cruz do Sul

Advanced Study Group on Evaluation of Processes and Practices in Primary Health Care and Nursing (GAAPS) – University of São Paulo (USP)

Research Group on the Evaluation of Health Policies, Programs, and Services – Federal University of Rio Grande do Norte (UFRN)

International Collaboration for Participatory Health Re-search (ICPHR)

Management Committee da Academic Network for Sexual and Reproductive Health and Rights Policy (ANSER)

Ibero-American Network of Occupational Health Nursing (REDENSO)



VELUT - Verona-Lugano Tool Development Group

## **TL V: Health Innovation**

**TOTAL: 5**

## NETWORK



EIT HEALTH



European Network for Health Technology Assessment (EUnetHTA)



International Society for Biological and Environmental Repositories (ISBER)



International Graphonomics Society (IGS)

Ministerial Delegation for Digital Health (DNS)

### 3.4.3 Initiatives, actions, and activities in collaboration with international consortia

**TOTAL: 41**

*Table 6 - List of initiatives, actions, and activities in collaboration with international consortia*

#### **ASPHER Public Health Emergencies Task Force**

##### **BIP Protect course; Scientific and working meetings**

**Carapeto, M. J. & Grácio, L. (2024, January 31). Framework and guidelines for bibliographic research. Oral presentation delivered at the Stronger Youth Project Kick-Off Meeting in Évora, Portugal, 31 January – 1 February 2024.**

**Carapeto, M. J. & Grácio, L. (2024, October 29). Stronger Youth Project WP 2: Framework for the Online Skills Assessment Tool. Presentation delivered at the 2nd Stronger Youth Project Meeting in Valencia, Spain, 29–30 October 2024.**

**Carapeto, M. J. & Pires, I. (2024, January 31). Adolescents' mental health in our European countries. Presentation delivered at the Stronger Youth Project Kick-Off Meeting in Évora, Portugal, 31 January – 1 February 2024.**

Carapeto, M. J., Grácio, L., Martins, H. & Pires, H. (2024, February 1st). Framework and guidelines for the empirical research on adolescents' needs – the survey questionnaire. Presentation delivered at the Stronger Youth Project Kick-Off Meeting in Évora, Portugal, 31 January – 1 February 2024.

Collaboration CMES, Ehime Univesrity, Japan - Invited Scientist

Collaboration with HEVNet

Collaboration with PREZODE - Preventing Zoonotic Disease Emergence

Completion of the course "2024 International Summer School on Global Health" (ISGlobal).

Ethiopia; NURSING CARE IN COMPLEX CARE SITUATIONS; Erasmus+ KA2 PROPOSAL: Capacity Building in the Field of Higher Education (On Euthanasia and PAS).

European Health Psychology Conference (Cascais, 2024).

Evaluation of Digital Medical Devices: Pathway to Reimbursement in Portugal, NOVA MEDICAL SCHOOL (18/06/2024), organised by Value for Health COLAB, in collaboration with Tech4Health-France, the University of Luxembourg, and Bundesverband Internetmedizin.

FOSTREN

Grácio, L. & Carapeto, M. J. (2024, October 29). Stronger Youth Project WP 2: Main results and implications from the global report. Presentation delivered at the 2nd Stronger Youth Project Meeting in Valencia, Spain, 29–30 October 2024.

Grácio, L., Carapeto, M. J., Pires, H. & Martins, H. (2024, February 1st). General framework and guidelines for the Online Skill Assessment Tool (OSAT). Presentation delivered at the Stronger Youth Project Kick-Off Meeting in Évora, Portugal, 31 January – 1 February 2024.

International Congress on Aquatic Activities - Évora 2024.

Invited speaker at the conference "Citizen Lab Lisbon: Co-production", organised by the Involve-Democracy project consortium.

Meeting CA21137 - Ethics in Dementia (EDEM).

Member of the EuSoMII Committee (European Society of Medical Imaging Informatics).

Member of the organising committee for the Stronger Youth Project Kick-Off Meeting in Évora, Portugal, 31 January – 1 February 2024.

Member of the WHO NHLDP Community of Practice.

Moderation of a presentation panel - "A youth peer mentoring project in my country: Discussion and synthesis", Stronger Youth Project Kick-Off Meeting. Évora, Portugal, 31 January – 1 February 2024 (with Luísa Grácio).

**Myopia Risk Calculator Consortium (MRC):** an international consortium established in 2022, whose mission is to develop automated myopia risk assessment. 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.

**NIHR Global Health Research Centre on NCDs and Environmental Change**

**Organisation of the IV SIRVE (International Research Network Seminar on Vulnerability, Health, Safety, and Quality of Life of the Elderly)** at UÉ (June).

**Participant in the workshop “Culturally-responsive online teaching and learning”** (Karolinska Institutet).

**Participation in scientific meetings - Kick-Off Meeting of the European Stronger Youth Project (Erasmus+),** organised by the project team at the University of Évora, held at the University of Évora, Évora, Portugal, 31 January – 1 February 2024.

**Participation in scientific meetings - Meetings with the coordinator of the Multicenter Dilemma Project (Guillem Feixas, University of Barcelona).**

**Participation in scientific meetings - Monthly online meetings of the Stronger Youth project consortium.**

**Participation in scientific meetings- 2nd Partners Meeting of the European Stronger Youth Project (Erasmus+),** held in Valencia, Spain, 29–30 October 2024.

**Peer Learning Activity for Physical Activity - Meeting in Cyprus**

**President of the Section on Migrant and Ethnic Minority Health, European Public Health Association (EUPHA).**

**Severe CAP in LMIC: Evaluation of Clinical and Epidemiological Characteristics of HAP, VAT, VAP, and vHAP**

**Speaker at the Journal Club "Critical Reading and Analysing Skills" (ANSER).**

**Strengthening institutional teaching and research capacities in Health Economics in collaboration with the Federal University of Bahia and the National Institute for Pharmaceutical Assistance and Pharmacoeconomics, Brazil.**

**Translation, in collaboration with members of the "Lusophone Biobank Network" initiative, of the first Portuguese version of the ISBER International Best Practices Manual for the management and operation of biobanks and biorepositories (ISBER Best Practices, 5th Edition, 2023)**

**Variation in Healthcare - Presentation of the Atlas of Variation in Healthcare, Calouste Gulbenkian Foundation, organised by Value for Health COLAB, in collaboration with Oxford 3V Institute.**

**Verona-Lugano Tool Development Group Meeting.**

**Visit as a scholarship holder of the Deutscher Akademischer Austauschdienst (DAAD) at Westsächsische Hochschule Zwickau (Germany), October–November 2024.**

**Workgroup 'Innovations in diversity and Equity in Social health research in Dementia – INTEREST – 2023 - 2025**



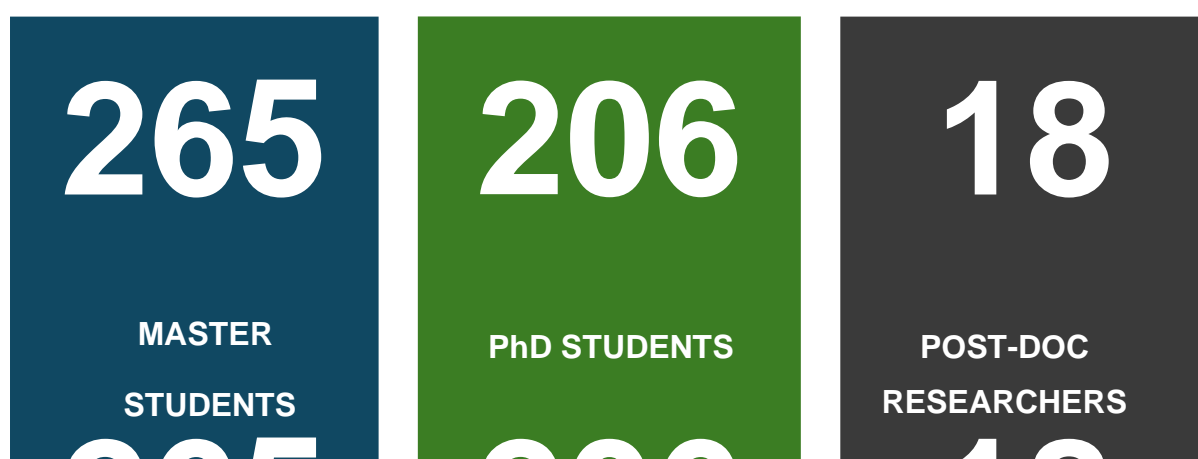
### 3.5 Scientific knowledge transfer

In 2024, the CHRC advanced scientific innovation by developing **three** distinct technologies spanning prototypes, software solutions, and product development, as described below.

Table 7 - Scientific Knowledge Transfer: Prototypes, Software, and Products Developed by CHRC (2024)

Name of the Prototypes, software and products	Authors - CHRC researchers	CHRC management institutions involved	Brief description
Telemonitoring platform for cardiac surgery	Ana Londral; Salomé Azevedo; Francisco Von Hafe	VOH COLAB; NMS	Developed under the project Cardiofollow.AI ( <a href="http://www.cardiofollowai.vohcolab.org">www.cardiofollowai.vohcolab.org</a> )
Conversational platform for telecare and value assessment	Ana Londral; Salomé Azevedo; Francisco Von Hafe	VOH COLAB; NMS	A platform that allows telecare and patient data remote collection through conversational interfaces, simple text messages, videos or images. Applied in several case studies)
WhortMed	Ana Londral; Salomé Azevedo; Francisco Von Hafe	VOH COLAB	A platform for collaborative development of digital health innovation - <a href="http://www.worthmed.com">www.worthmed.com</a>

### 3.6 Postgraduate supervision



### 3.6.1 Master Students

#### Ongoing - 161

Table 8 - Ongoing Master's Theses at CHRC (2024)

Master Student Name	Thesis Title
Admir Gomes Carvalho	Female Genital Mutilation in Guinea-Bissau
Albano José dos Santos Perdigão	PROMs in patients with suspected stable coronary artery disease scheduled for elective coronary angiography
Alberto Domingos Luis	Factor analysis of malaria recurrence in Malanje - Angola
Alexandra Manuela do Carmo Almeida Brandão	What are the factors influencing the decision-making process in the formulation of adult pneumococcal vaccination policies? A qualitative study investigating the perspectives of key stakeholders in Portugal
Alexandre Guilherme Carboila Luis	Problematic use of social networks among teenagers
Allan Alves Nogueira	Characterization of the nosological and sociodemographic profile of hyperfrequent emergency or primary care users in Lisbon
Ana Beatriz Batista Sêco	Operational procedures for health service managers
Ana Beatriz Ribeiro Madeira	Local strategies for promoting healthy eating: the case of the municipality of Tomar
Ana Caroline D'Oliveira Costa	Inequalities in Oral Health: a comparative analysis between Portugal and Ceará
Ana Catarina Fernandes Rodrigues	Inequality in the use of healthcare in Portugal
Ana Cristina Neves de Almeida	BETTER4ALL Pilot Study
Ana Filipa Correia de Carvalho	Factors influencing the follow-up of professional satisfaction surveys in Portuguese hospitals
Ana Luísa Coelho Magalhães da Fonseca	Psychiatric comorbidities and ADE hospitalization outcomes: integrating quantitative and qualitative perspectives
Ana Margarida Costa Pinto	Recertification of nurses' competences in Europe - a scoping review
Ana Margarida Pires Cota Canas	Acceptability of Social Prescribing (SP): Exploring the patient's perspective referred onto Social Prescribing by health professionals in Primary Healthcare Units in Lisbon
Ana Raquel da Silva Afonso	Nutritional comparison of school lunches versus home lunches for children in Europe

Ana Raquel Loureiro Sopa	From Data to Decision: The Role of Data Visualization in Enhancing Expert Decision Making for Mortality Prediction in Acute Myocardial Infarction
Ana Rita Campos Lopes	Consumer trends/Consumer profile of health services in a private health institution
Ana Rita Eufrásio Mendes	Satisfaction of people with Lupus with health care in Portugal: Translation and validation of an instrument
Ana Sofia Moura Bastos Sobral	The relationship between resilience and economic and sociodemographic factors among healthcare professionals at a tertiary hospital in the Lisbon and Tagus Valley region
André Filipe Leitão Mateus	Referral to HIV Pre-Exposure Prophylaxis between 2018-2023: analysis of routine data from a community-based organization in Portugal
Andreia Alexandra Tavares Alberto	Behavioral Analysis of the Responsible Use of Artificial Intelligence in Healthcare: Systematic Review of International Literature
Antónia da Conceição Antunes Fernandes	Patient satisfaction
Beatriz de Oliveira Marques	Use of preventive care in the elderly: the role of socio-economic status
Beatriz Ribeiro Neto	Promoting the Mediterranean Diet in a university canteen at the Polytechnic Institute of Lisbon
Beatriz Rodrigues Gonçalves	Health literacy in chronic kidney disease
Belisa de Jesus Reis Albertino	Validation of satisfaction questionnaire for users of emergency services
Bernardo Sousa Baptista	The relationship between the level of health literacy of pregnant women and their knowledge, perception and attitudes about Human Milk Banks and Human Milk Donation in PT
Bianca Ferreira Fonte	Second victim
Breyma Lucienne Gomes Franchini	Strategies for the Sustainability of Co-financed Health Projects in Portugal: Challenges and Solutions in Health Management
Bruno Miguel Abrantes Silva	Benchmarking home care provision in Portugal and worldwide
Cadafi da Silva Tê	Smoking and Cardiovascular Diseases: Analysis of the Impact on Morbidity and Mortality in Portugal
Carla Cristina Veloso Farinha Manaia Lucas Saraiva	Characterization of the digital literacy of the population in the municipalities of Amadora and Sintra
Carla Maria Pires Paçó	Future estimates of palliative care needs

Carolina Alves Maia Ferreira	Dashboard to support emergency department management
Carolina Barão de Sousa	Formal caregivers' perception of the impact of the Aquamentia© program on institutionalized elderly people: different views of three cases
Carolina Estefânia Figueira Rodrigues	Productivity in a central operating theater of the National Health Service
Catarina Corrula Falcão	Artificial Intelligence and the Sustainability of Health Systems
Catarina Ferreira Calado	Mapping the care path of Parkinson's Disease patients in Portugal
Catarina Inês Neto Rosa	Identifying the financial needs of cancer patients and how LPCC-NRS responds to them
Catarina Pereira da Silva Pais Rodrigues	Economic evaluation of the Critical Time Intervention-Task Shifting (CTI-TS) model in people with severe mental health disorders after discharge from psychiatric hospitalization
Cátia Andreia Paula Ferreira Santos	Building Bridges in Health: Factors that Promote Collaboration and Knowledge Transfer between the University and Society
Cláudia Filipa Antunes Beirante	Barriers, facilitators and strategies for implementing good practices in breastfeeding promotion in a maternity hospital in the Lisbon Metropolitan Area
Cláudia Vanessa Ferreira Carvalho	Translation and validation of the Primary Care Outcomes Questionnaire (PCOQ)
Cláudio Miguel Dias Correia	Validation of a panel of quality and performance indicators for professional football teams
Cristiana Morais Duarte	Demographic, Clinical and Epidemiological Characteristics of Patients Admitted to the Intensive Care Units of the ULS São José in the Pre-, During- and Post-COVID-19 Periods
Cristiana Ribeiro Almeida	Management of Syncope in a Private Health Unit: Evaluation of Clinical Practices and Economic Impact
Cristina Isabel Barros Tavares	Equity in health financing in Portugal
Dan Miloslavschi	Violence against health professionals. Reality and international measures.
David Emanuel do Nascimento Moreira	Psychosocial environment at work, job satisfaction, and impact on work stress and burnout
Denizia Cecilia Rocha Pinto	Effective approaches to resolving vaccine refusals or hesitancy: an analysis of the strategies implemented in Mozambique during the response to polio outbreaks (2022-2024)
Diana Sofia Rodrigues de Sousa	Analysis and planning of human resources in health

Dinis Bento Loyens	Estimating the dengue outbreak risk using mosquito population dynamics in Algarve, Portugal
Diogo Filipe Oliveira dos Santos	Estimate the costs and understand the methodology for implementing Law no. 30/2019, of April 23rd
Diogo Sousa Silva	Definition of strategic guidelines for healthy and active ageing in the municipality of Ribeira Brava
Duarte Vital Serrano	Analysis of the Food Supplement Consumption Patterns of Gym Attendees: A Descriptive Study Focusing on the Population of Évora, Portugal.
Edvane Regada Neto	Prenatal care for adolescents aged 14 to 17
Elsa Patrícia Vieira dos Santos Diogo	Behavior, knowledge and beliefs about oral health in mothers of infants
Ewa Barbara Krepa Cravidão da Veiga	LMELT prevalence in CF
Fátima Cristina Redondo Toubarro	Factors influencing the reporting of adverse events in hospitals.
Fernanda Maria de Sousa Conceição	Assessing quality of life after pancreatic surgery
Filipa Alexandra da Rocha Fortunato	Study of the Economic Impact of the New TSA Methodologies in Hospitals
Filipa Alexandra Nobre Garvão	Genomic literacy in breast cancer prevention
Filipa Lopes Polónio	Digital Health and Artificial Intelligence in Portugal - Ethical and social implications
Francisco de Matos Águas Mourão	Effectiveness of the influenza vaccine in primary and secondary health care in Portugal, between 2015 and 2024
Francisco Féria de Almeida Girão Antunes	The impact of Clinical Decision Support Tools and Systems on patient outcomes and patient safety
Gonçalo Salgado Lopes	How do operating room management teams see the integration of Artificial Intelligence improving efficiency in operating room management and the satisfaction of their professionals?
Guilherme José de Araújo Leal Pereira	Systematic review on the impact of sustainable food labels on public health
Humberto Bergamaschi Fonseca	Ethical Aspects of the Use of Artificial Intelligence in Occupational Health
Ilunga Beya	Perceptions and attitudes about cervical cancer screening at the Lucrecia PAim Maternity Hospital, February to March 2025

Inês Brito de Almeida Monteiro Guerra	Prevalence of oral cancer in the at-risk population of an ACES in Greater Lisbon
Inês Catarina Maçãs Subtil	Translation and cultural validation of the "Picker Patient Experience-15" questionnaire into Portuguese and for the pericirurgical context as part of the SAFEST project
Inês Margarida Rodrigues Miguel	Strategic Development Plan for Walking Football in the Beja Football Association
Isabel Maria Paleta do Carmo Palma	Evaluation of the App's usability and user experience by oral hygienists
Isabella Letycia Matos Messias	Randomized Clinical Trial: Panoramic Evaluation of the Applicability of Animal-Assisted Therapy in the Context of Women Victims of Gender Violence in Brazil and Portugal
Ivo Miguel Tavares da Silva	What impact has the increase in per diem funding had on the quality of life of men with mental illness admitted to IPSSs in the Lisbon district?
Jessica Isabel Ponte Costa	3rd cycle and secondary school teachers' perceptions of the Mediterranean Dietary Pattern
Joana Araújo da Silva	Hospitalizations due to the use of illicit psychoactive substances in Portugal: Evaluation of the impact of the 2008 economic crisis
Joana Carolina Oliveira da Silva	Applying the Lean methodology to the Neurosurgery Service at Dr. Nélcio Mendonça Hospital
Joana Catarina Martins Torres	Not defined / No information
Joana Catarina Santos Gonçalves	Identifying the needs for measuring food waste in hospitals
Joana Filipa Morais Baltazar	Choosing Wisely na escolha de biomarcadores cardíacos no S.U.G. de uma U.L.S.
Joana Filipa Paias Ferreira	The state of digital skills of health professionals providing healthcare in a digital environment in primary and secondary healthcare
Joana Fisico Venâncio Pereira	Health that counts: The contribution of health literacy to the problem of obesity: awareness and attitudes
Joana Miguel Costa Carvalho	Assessing the impact of teleconsultations on the quality of primary care during the COVID-19 pandemic: an international survey (inSIGHT)
Joana Rita Afonso Horta da Franca	Implementing wellness policies and actions in the workplace: a case study
Joana Teresa Canais Roque Freire	Adapting organizations to the demands of the AI Act: ethical and operational implications for health management from the manager's perspective
João Paulo Mendes Fernandes	Association between the use of dating apps and self-esteem and body image concerns in Portuguese residents

João Tomás Morgado	Morbidity from cerebrovascular disease associated with environmental exposure to nitrogen dioxide in Portugal
José Carlos Clímaco Pereira	Performance evaluation of the Case Management program at the Litoral Alentejano Local Health Unit
José Miguel Diniz Pereira Esteves de Oliveira	Differences between Stage of Diagnosis of Colon and Rectal Cancer, according to Compliance with the Screening Program, at ULS Santa Maria and ULS São José
José Paulo Santos Durão	Campylobacteriosis: epidemiological characterization in Portugal from a One Health perspective
Kamilla Gomes Bonifácio	Glioblastoma multiforme (GBM) xenotransplanted into rhesus monkeys (Macaca mulatta). Development of a pre-clinical platform to evaluate new treatments.
Kelly Fernandes	Conventional X-Ray in TB patients: impact on Diagnostic Accuracy and Patient Care
Laura Alexandre Fernandes Dias	Health literacy in the heart failure population
Leonardo Ferreira de Noronha Trancoso	Has the closure of public SUP's influenced the demand for a private SUP?
Livonilda da Luz Lopes Gomes	Social prescribing in primary health care
Lúcia Sofia Gaguinho Parreira Raposo	Oral health and aspiration pneumonia in institutionalized adults: a systematic literature review
Luciana Boyance Sancho	Health Professionals' Perspectives on the Barriers and Facilitators of Responsible AI Adoption: A Behavioral Science Approach
Luciana dos Reis Gomes	Occupational exposure to mercury in an electrical and electronic waste management company in Portugal: The relevance of biomonitoring as an exposure assessment tool
Luís Miguel da Silva Sousa	Waiting lists for first consultations: what explains the differences between hospitals? - A mixed methods study
Luís Miguel Serra de Sousa	Access to HIV pre-exposure prophylaxis (PrEP) in EU/EEA countries: an analysis using the framework of access to healthcare
Lumma Vitoria Avila Menezes de Souza	Provisional: impact of telemedicine technologies on the quality and accessibility of healthcare
Madalena de Sousa Santos Barbosa	Still to be confirmed, Migration and Health
Mafalda Fabrício de Almeida	Association between modifiable risk factors, health resources consumption and its costs in portuguese community-dwelling young-old adults: longitudinal analysis of the EpiDoC cohort
Mafalda Miguel Pizabarro Pinto	Digital Health tools and their influence on the Sustainable Development Goals: a scoping review

Manuel Roberto Malainho da Cunha	Lean management
Márcia Sofia Germano Lagareiro	Social Inequalities in Health in Portugal
Margarida Cravo Bertrand Pereira	Acceptability of implementing the Social Prescription among professionals in the social sector
Margarida de Albuquerque Marques Pimentel Cardigos	Waiting times for bariatric surgery
Maria Ana Portela dos Santos	Impact of the Tobacco Law on hospitalizations for cardiovascular and respiratory diseases in adults living in mainland Portugal between 2002 and 2015
Maria Carolina Martins Machado	Alcohol consumption and early predictors
Maria Celeste de Montes Lampreia	Vaccine Refusal: Causes, Consequences and Intervention Strategies
Maria Cristina dos Santos de Sousa Ferreira	Family health teams adhere to the guidelines and standards of the National Oral Health Promotion Program
Maria do Carmo Bernardes de Sousa Chichorro	Psychomotor Intervention in Child and Adolescent Mental Health: Group and individual approaches in a hospital setting
Maria Eva Cabral da Costa	Promoting well-being in higher education students: a photovoice study
Maria Inês Mourato Correia	Evolution of health inequalities in Portugal
Maria João Calaça Pereira	Individual and organizational skills in project management
Maria Malaguerra da Costa	Vaccination hesitancy in Europe: Analysis from the European Social Survey
Maria Manuel Dantas Guimarães da Costa de Freitas	Association between person-centered care and trust in the Portuguese health system
Mariana Almeida e Araújo Cobeña	Characterization of access to oral PrEP for HIV in the Lisbon metropolitan area
Mariana Cardoso Monteiro Taveira	Mental health in schools: the perceptions of primary and secondary school teachers
Mariana de Almeida Oliveira Frescata	Financing and health needs
Mariana Dinis Matos	To what extent does society/social networks influence the choice between a generic and a branded medicine?



Mariana Geitoeira Franco	Effects of implementing the Aquamentia© program on psychomotor, cognitive and functional domains in institutionalized elderly people: 3 case studies
Mariana Leite Firmino de Sousa	A comparison between the environmental sustainability measures implemented in the National Health Service in Portugal and the NHS in England
Mariana Miguel Santos Fonseca	Evaluation of the satisfaction and involvement of participants in the “Diabetes on the Move” community program
Mariana Ramos Caeiro	"Transition from pediatric chronic care to adulthood
Mariana Sofia Gomes Bessa Pinto	Tobacco and cannabis co-use among school-aged adolescents in seven European cities
Marta Silva Machado	OUT to IN: Effects of a psychomotor intervention program on emotional understanding and interoceptivity in preschool children
Matilde Corrêa Mendes de Lima Ourique	Comparative analysis of population-based screening strategies in ACES Lisboa Norte (2021-2023): Screening Center versus Conventional Methodology
Miguel Carmona Direito	Effects of a 10-week strength training program on muscle strength and body composition parameters in young adults
Mónica Alexandra Dias Gomes	Experiences of the Trans community in accessing primary health care
Mykhaylo Barchyshak	Health Needs Assessment in Low Population Density Areas
Neusa Paula Rodrigues da Silva Baptista	Health Promoting Schools in Angola: assessment of eating habits, physical activity and their determinants in adolescents
Nilva Mayara Évora Silva	Knowledge of women of childbearing age about HIV/AIDS: an analysis of the MICS 6 results Guné-Bissau
Paula Alexandra de Campos Figueiredo	Digital skills of health professionals: age as a factor in unequal access
Paulo Jorge Mantas Parreira	Perceptions of national and local leaders in the health sector and local authorities on the opportunities and challenges for health promotion of integrating PHC into the ULS
Pedro Eduardo Borges Pinto Ramos	Risk factors for the behavioral triad of gambling, smoking and alcohol consumption (ESPAD)
Pedro Valadas Machado	Training Nurses for Telemonitoring: A Systematic Literature Review
Rafaela Lourenço Lopes	Support programs for health professionals involved in adverse events - under the European ERNST project
Rafael da Silva Pinheiro	Knowledge and practices about electronic cigarettes among dental students

Raquel Inês Simões Gomes de Oliveira	Physiotherapy interventions for people with cardiovascular disease
Rita Bobela Mota Bruto da Costa	Cost analysis associated with the treatment of patients with acute myeloblastic leukemia
Rita Isabel Candeias Raimundo	Inequalities in the Use of Preventive Care in Portugal: Analysis of demographic, socioeconomic and geographic factors
Rita Maria Ferreira da Silva	Differences in perspectives between health professionals and people with chronic illnesses
Salomé Malila Soca Buio	Citizen involvement in the design of action strategies and health planning
Sandra Umeda Sasaki	Comparative analysis of the psychosocial risks of Emergency Department doctors. Telemedicine vs. face-to-face
Sara Daniela Pinto Moura	Retrospective cohort study on vaccine hesitancy against influenza and COVID-19 in the Portuguese population aged 60 and over
Sara Isabel Frade Cairrão	analyze the growth of private healthcare entities in Portugal and the reasons for this growth
Sara Raquel de Araújo Alves	leadership and the impact it has on retaining nursing professionals in their workplaces or even on their commitment to the profession
Susana Alexandra Duarte Capelo	The empowerment of organizational culture for the satisfaction of health professionals
Susana Cristina Pinto da Silva	The socio-economic implications of medical tourism for destination countries
Susana Marina Curado Pereira Banza	Evaluation of the patient safety culture in the TSDTs of ULS Arrábida
Tiago Gameiro Simões	What is the cost of an inpatient in a long-term care unit adjusted to their level of dependency?
Tomás Miguel Dourado Sardico	Effects of a psychomotor intervention mediated by relaxation on physiological and psychological indicators in formal caregivers: case studies
Undiga Mendes	HIV/AIDS knowledge among adult men: an analysis of the MICS 6 results from Guinea-Bissau
Válter Jorge Sousa Loureiro	Association between the level of walkability of the area of residence and the 10-year risk of a cardiovascular event in the Portuguese population
Vânia Amélia Gonçalves Leitão	Non-adherence to PRCCU: Retrospective cross-sectional study in the context of a Follow-up and Treatment Center in the Setúbal peninsula.
Verónica Sofia Sebastião Teixeira	The cost of patient safety

Victor Oliveira Santos	The impact on hospital administrations of integrating care
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## Concluded – 104

Table 9 - Concluded Master's Theses at CHRC (2024)

Master Student Name	Thesis Title
Adriano Seixas Vasconcelos	Existing evidence on the effects of tobacco consumption reduction policies over the past 20 years in European Union countries.
Amélia Maria Monteiro Fernandes Nunes	Prevalence, sociodemographic risk factors and coverage of myopia correction among adolescent students in the central region of Portugal
Ana Carolina Rei Nascimento	Real and perceived motor competence, socio-emotional development and anthropometric indicators: a comparative study between soccer-playing and non-practicing children
Ana Filipa da Costa Fernandes Gouveia	Antimicrobial resistance in livestock production for human consumption in Viana do Castelo - The importance of the 'One Health' approach in Health Promotion
Ana Luísa Abreu Alferes Lourido	Effects of respiratory muscle training on performance in pure sport swimming
Ana Margarida Ramalho Rasteiro Leitão	Phonological awareness, rhythm, auditory attention, musical perception and motor coordination in pre-school children: effects of a psychomotor intervention based on rhythmic activities and expressive movement.
Ana Maria Aires Sobral Loureiro	Psychomotor intervention in a child psychiatry unit: from childhood to adolescence
Ana Paula Souto Alvernaz	Internal marketing in managing the behavior of health professionals in the private sector - Case Study
Ana Rita Amaral Pereira	Internship Report on Clinical Study Coordination at the Western Lisbon Local Health Unit, E.P.E.
Ana Rita Filipe Pereira	Patient Safety Culture in the Emergency Department
Ana Sofia dos Santos Valério	Psychomotor intervention with institutionalized children in a residential care home
Anastasia Bolfaciu	Internship in Start-up, Monitoring, and Clinical Study Management at Novartis Farma
Andreia Cristina Moreira da Graça Abrantes dos Reis	Living with Heart Failure: perceived support needs and quality of life of patients followed at the Day Hospital of ULS de Santa Maria.

António Manuel Guimarães Meirim	Fraud and Corruption in the National Health Service - The Role of Internal Auditors
Beatriz Maria Soares Correia	The role of SGLT2i in the appetite-regulating hormones and its impact in a rat model of cardiometabolic syndrome
Carlos Miguel Nunes Vital	Cardiac signaling via EVs derived from CCBE1 human cardioids in response to cardiac injury
Carlota Margarida Castanheira Gonçalves	The Impact of Mental Health and Diet on Exclusive Breastfeeding Practices
Carolina Caeiro Martins Guerreiro	Characterization of physical activity levels in the population of southern Portugal - Relationship with cardiometabolic risk
Carolina Maria Carvalho Silveiro	Coordination of Clinical Studies at Hospital da Luz Learning Health
Carolina Oliveira Gomes	Characterization of occupational exposure risk to perfluorooctanesulfonic acid
Carolina Rodrigues Galinha	Internship in Clinical Study Coordination at CUF Academic Center, Hospital CUF Descobertas
Catarina Alexandra Nunes Martins	Influence of a combined exercise program on physical fitness, mobility, cognitive domain and quality of life in people with Multiple Sclerosis
Catarina Borges Baptista	Development of specialized multicellular 3D-Organotypic models to evaluate pathogenic mechanisms in non-alcoholic fatty liver disease (NAFLD)
Catarina Margarida Marques de Oliveira	Presence of Microplastics and Associated Contaminants in Seafood Used in the Restaurant Industry in Portugal
Cátia Sofia Barros Ribeiro	Emergency Service Users: characterization and relationship with the organization of Primary Health Care
Cíntia Das Neves Lopes	Health professionals' perception of the use of speech recognition technologies in healthcare: a qualitative study
Clarice de Paula Roriz Malta	Prebiotic Effect of Daily Consumption of Cloudy Fruit Juice in Healthy Individuals
Daniel Alexandre Palma da Silva	Effects of wearing a surgical mask on sports performance during intermittent efforts.
Daniel Saldanha Aguiar Resendes	Is residential greenness associated with individual levels of glycated haemoglobin in Portuguese population?
David Miguel Perdigão Antas	Comparison of the acute effects of aquatic and terrestrial exercise sessions in elderly people
Diana Alexandra Cardoso da Cruz	Prevalence of post-COVID-19 fatigue and its association with respiratory and non-respiratory comorbidities - A cross-sectional study in Lisbon and the Tagus Valley Region

Dinis Azevedo Silva	Factors for Referees Leaving a Sports Career in Futsal
Diogo André Grilo de Oliveira	Effects of an exercise-based cardiac rehabilitation program with moderate-intensity continuous training versus high-intensity interval training on the absolute and relative intensity of weekly physical activity in patients with cardiovascular disease.
Elmer N'diba Imbandu	Identification of LMELT symptoms in restaurant workers
Eva Vanessa Domingues Diogo	Consumption of certain food groups and TCPy concentration in the Portuguese population: a cross-sectional study
Evelyn de Cândia Pereira	Exposure to mycotoxins: challenges in health impact assessment
Fábio Michel da Costa	Perception of Occupational Stress in a Logistics Distribution Company
Fernando Gonçalves da Cruz	Prevalence of signs and symptoms of Noise-Induced Hearing Loss in workers at a waste recycling company
Flávia Bernadete Casini	Mercury exposure and health risk characterization in Portuguese and Brazilian populations
Francisco Miguel Correia Madeira	A direct economic burden analysis of Acute Coronary Syndromes (ACS) from the Portuguese National Health Service (NHS) perspective, 2002-2022
Gonçalo Alexandre Aguiar Mendes	Esports in the university context in Portugal: characterization of student gamers in higher education
Hélder Joaquim Alves Pinto	Influence of economic status on the intensity of chronic pain in patients receiving palliative care
Ícaro Nascimento de Pinho	Internship report at the Portuguese Swimming Federation: Evaluation of the satisfaction of schools certified by the "Portugal a Nadar" Program, organization of sporting events and training actions.
Igor Rodrigues da Silva	Workplace gymnastics practices and their effects on workers' health: A Scoping Review
Inês Alexandra Vasques do Souto	The Contribution of an Integrated Responsibility Center at a University Hospital - Case Study
Inês dos Santos Figueira	Impact of the COVID-19 pandemic: association between family socioeconomic factors, overweight and unhealthy eating habits in schoolchildren in Portugal
Inês Sofia Martins Ribeiro	Characterization and Impact of Complex Chronic Disease on Paediatric Hospitalization in Portugal in 2018
Inês Sofia Soares Gomes Lains Cardoso	European Landscape of Real-World Evidence in Lung Cancer Immunotherapy Treatment

Inês Verónica Coyacala António	Prevalence of musculoskeletal injury symptoms related to work in bottle packing and unpacking areas.
Jaiane Santos Silva	Effects of the Pilates Method on Physical and Psychophysiological Parameters of Primary and Secondary School Teachers in the Municipality of Évora
Jaime Alexandre Frutuoso Abreu	Internship Report on Clinical Study Coordination at Hospital CUF Tejo
Jéssica Vaz Velho Sebastião de Melo	Active Female Population's Adherence to Strength Training: Motivations, Barriers and Role in Self-Esteem and Body Satisfaction
Jesús David Cortés Gil	The well-being of children and youths during the COVID-19 pandemic: country factors analysis
Joana Cristina Pereira Estrela Lameiro	Psychomotor Intervention in Neurodevelopment in the Azores region
Joana da Silva Cruz Estrada	Knowledge regarding traveler's diarrhea: impact of conducting a travel consultation
Joana Daniela Tinoco Teixeira	The Effects of Selenium Supplementation in Patients on Hemodialysis: A Systematic Review
Joana Sofia Teixeira Brôa de Oliveira Araújo	Value Based Healthcare em Mulheres com Cancro de Mama
Joana Teresa Nunes Inocêncio	Estimation of years of life lost due to COVID-19 in Portugal
João André Lage Fernandes	Profile of the Frequent User of the Emergency Service - A Study at Loures Hospital, EPE
João Diogo Raimundo Mesquita	Impact on mortality due to heat waves in the European Union and the United Kingdom: Systematic Literature Review
João Miguel Tavares Rodrigues Pais	Socioeconomic inequalities in health in Portugal: a study based on the 2019 National Health Survey
José Chen Xu	Burden of disease as a tool for policymaking in Europe: baseline assessment and applications
José Miguel Carreira Revez Pereira Coucelo	Contribution to the study of antimicrobial resistance (AMR) in pets in the Lisbon Metropolitan Area
José Pedro Dinis Teixeira	Developing a Core Measurement Set for perioperative care safety in Europe within the SAFEST project: An international Delphi consensus study
Júlia Isabel Marques Martinho	Distribution of the West Nile virus vector, Culex pipiens, in mainland Portugal: a geospatial modeling study
Katharina Luisa Schroeter	Unraveling the Pressure: Exploring the Well-Being of Higher Education Students

Lara Rute Barreto Castanheira	Benefits associated with professional Burnout intervention programs - Telemedicine - a case study
Leslie Fonseca Carvalhosa	Perception of the Impact of the Choosing Wisely Portugal Program on Doctors' Behaviour Change: An Observational Study in a Portuguese Hospital
Lia Fialho Correia	Complementary feeding approaches and choking risk: a systematic review
Luciana Curado Coelho	Radiologists' perception of the use of Artificial Intelligence in diagnostic imaging
Luís Diogo de Bastos Pinheiro	Mental Health Indicators: Applicability and Use in Portugal
Luís Filomeno Kalembela	Prevalence of musculoskeletal injury symptoms related to work in chefs
Magui Rodrigues Dias	Teachers' perception of the impact of social media on children's and adolescents' mental health
Márcia Cristina Jaques Raposo Albino	Health Promotion for Children with Autism Spectrum Disorder at School - Teachers' and Non-Teachers' Perspective
Maria Inês Antunes da Conceição Perez	Heart Failure Symptom Tracker (HFaST): Translation, Cross-cultural Adaptation, and Psychometric Validation for the Portuguese Population
Maria Manuel de Almeida Santos	Oral health behavior associated with cardiometabolic outcomes: a nationally representative cross-sectional study in Portugal
Maria Miguel Castela Batista Dias Santos	Digital Dosimeter-Based Risk Analysis of Squamous Cell Carcinoma in Lisbon and its Implications for Outdoor Workers Across Portugal
Mariana Jacinto Cipriano	Psychomotor Intervention at a Development and Learning Center
Mariana Oliveira Corda	Mortality burden of cardiovascular disease attributable to ambient PM2.5 exposure in Portugal, 2011 to 2021
Marisa Alexandra Félix Santa Bárbara	Interventions with non-health sector for continuity of care after hospital discharge to home of children with medical complexity: a systematic review
Marlene Isabel Maurício Latas	Psychomotor practice in a residential care center with children aged 0-12.
Marta da Silva Félix	Bioavailability of EPA+DHA Enriched Canned Tuna and its Acute Effects on Cardiovascular Risk Markers, in Healthy Human Volunteers
Marta Gonçalves Carreira	Cross-sectional study on the association between distance to hospital and in patient health outcomes on episodes with high-prevalence cases (hip fractures, non-elective C-section deliveries, acute myocardial infarction, and stroke)
Marta Jacinto dos Santos Clemente	The burden of ischemic heart disease attributable to ambient nitrogen dioxide exposure in Portugal, 2011-2021

Marta Maria Vaz Saleiro da Silva Granate Louro	Knowledge, attitude and practice of Portuguese Family Doctors regarding Occupational Health
Marta Sofia de Enes Labucha	The impact of Transformational Leadership on Healthcare Professionals' Resilience: the mediating role of Intrinsic Motivation
Matilde Helena Lopes Barbosa	Health Literacy, COVID-19 and the Media: a study in Mindelo, Cape Verde
Matilde Kisker Ferreira Borges	Mental Health Act - Potential and Limitations of Digital Technologies in Involuntary Outpatient Treatment
Naia Ivo Ferreira Vasconcelos	The Role of Ethnicity in Reversing Hyperglycemia Following Weight Loss and its Long-Term Maintenance - The Preview Trial
Nuno Alexandre de Freitas Matos da Costa	Characterization of the relationship between the socio-economic characteristics of the population living in mainland Portugal, by municipality, and the level of adoption of hospital teleconsultations in the SNS between 2020 and 2022
Otilia Boghenco	Secondary economic impacts of Food Aid Programs: a systematic review
Patrícia Isabel Soares Arranja	Effectiveness of the COVID-19 vaccine in Portuguese Navy personnel
Raquel Amaral da Silva	Clinical Study Coordination at CUF Academic Center, Hospital CUF Tejo
Ricardo Miguel Mendes Rodrigues Alves	The socioeconomics of the Mediterranean diet: prices, inequalities, and policies
Rui Miguel Campos Azevedo	Microbiota-Mineral Interactions: Insights from Stool Analysis in Healthy Subjects
Salomé Palmeiro de Azevedo	Burnout, health and professional life characteristics of Portuguese psychomotricians: a quantitative cross-sectional study
Sofia Marques Jarreta	Analysis of sports management processes in the context of school sport in Alentejo
Solange Andrade Pinto	Psychomotor Intervention in a Public Hospital Psychiatry Department
Susana Isabel Roxo Pereira	Optimization strategies to reduce surgery cancellation rates in the last 24 hours
Susana Maria Alves Ferreira	Characterization and Distribution of Gastric Microbiota Obtained by Exfoliative Cytology in a Portuguese Cohort
Susana Maria Valeiro Inácio Gonçalves	Internship Report on Study Monitoring at Evidenze Portugal
Talita Costa Leite	Glycemic Response to Different Types of Food Processing of Fruit-Based Products in Healthy Individuals



Tânia Alexandra do Carmo Russo	Inequities in inpatient care among children: the role of socioeconomic determinants
Vanessa Dina Palomino Castillo	Study of Digestive Processes on the Bioaccessibility of Microplastics and Potential Toxic Effects

### 3.6.2 PhD Students

#### Ongoing - 153

Table 10 - Ongoing PhD Theses at CHRC (2024)

PhD Student Name	Thesis Title
Alanny Ferreira Moutinho	Reasons for Not Voluntarily Terminating a Pregnancy in Cases of Unwanted Pregnancy in Portugal
Alexandra Cristina De Belchior Dias	Does inflammation mediate the association between depression and prognosis in pancreatic cancer?
Alexandre Vaz Machado	Impact of Therapeutic Education on the Pharmaceutical Care Process for People with Diabetes in Primary Health Care.
Alzira Manuela Da Rocha Gomes Viegas	Fibrinogen Concentrate Safety for the Correction of Hypofibrinogenemia on Coagulopathic Surgical Patients(FICSAFE)
Ana Beatriz Rosa Nunes	Effectiveness of a Multicomponent Evidence-Based Perioperative Quality Improvement Collaborative: Na Outcomes research Perspective
Ana Catarina Da Costa Maia	Health literacy and migrants: contributions to health promotion in migrant communities
Ana Cristina Nunes Monteiro	Bacteriota from Heating, Ventilation and Air Conditioning (HVAC) Systems in Healthcare Facilities - Implications for Indoor Air Quality and Occupational Health
Ana Isabel Loureiro Viegas	Prediction of Delirium in critically ill patients with SARS-CoV-2 infection
Ana Maia Martins	Immune dysfunction in obsessive-compulsive disorder: from environmental risk factors to clinical and brain imaging correlates
Ana Margarida Do Vale Martins	Iron metabolism fingerprinting for risk stratification of Postoperative Neurocognitive Disorders and Sleep Disturbances
Ana Marta Feliciano Moniz	COVID-19 control in Portugal from a spatiotemporal perspective: incidence and severity. Contribution to strategy optimisation
Ana Rita Custódio Santos	Proposing a framework for the economic evaluation of digital health technologies in Portugal: design and application

Ana Rita Moura Alexandre	Human replay as a marker of pathological episodic memory decline
Ana Rita Soares Alberto	Occupational risk management in the production of metallic coatings reinforced with graphene nanoparticles as an alternative to hexavalent chromium
Ana Santos Dornellas Cysneiros	Using Machine learning in prediction of ARDS progression
Ana Teresa Sá Machado	Health literacy in migrant populations in Portugal
André Augusto Martins Vieira	Rehabilitation goals in physiotherapy after stroke: perspectives and practices
André Cordeiro Borges	BeyondCrossroadS: Building Organ Crosstalk predictive models in Shock patients
André Filipe Rosa Domingues Alexandre	Improving the assessment of microcirculatory dysfunction in septic shock patients using optical coherence tomography angiography (OCTA) at the bedside
Andreia Isabel Cabete Portulez	What is enough? A first step to estimate the amount and geographical distribution of psychologists to treat depression in mainland Portugal using National health Survey data of 2014 and 2019.
Andreia Isabel Capucho Dos Santos	Prognostic factors for response to intervention in musculoskeletal conditions: a hybrid model including neurobiological factors
António Joaquim Da Cruz Tomás	Ascending aortic aneurysms - progression factors
António Luís Rita Moreira	Prevalence of non-adherence and associated factors in cancer patients on targeted oral therapy
António Pinheiro Cumena Candjondjo	Home-based cardiac telerehabilitation model for post-myocardial infarction patients – Contribution to optimising an exercise and education programme
António Tavares Pereira Sousa Seco	Greater Trochanteric Pain Syndrome - Evaluation and Treatment
Bárbara Alexandra De Kong Cardoso	Accuracy and applicability of International Classification of Diseases ICD-10(CM) and ICD-11: improving registry of patients with allergic and hypersensitivity conditions.
Bárbara Pinheiro Machado De Castro	Cyber violence in adolescents interpersonal relationships in the digital age
Bárbara Sofia Mega Pedrosa	Supported accommodations for people with mental disorders in Portugal: The influence of user characteristics, care provision and contextual factors on the quality of care
Bruna Filipa Campos Correia	Exploring the role and therapeutic value of immunosuppressive low density neutrophils subsets in Breast Cancer

Bruno Da Cruz Maia	New predictive models for delayed cerebral ischemia and prognosis in spontaneous subarachnoid hemorrhage – an exploratory study on metabolomics and autonomous nervous system analysis
Carina Isabel Da Rocha Fernandes	Disruption of the circadian sleep-wake rhythm in submariners: the inter-mission period in recovery and identification of predictive and protective factors
Carla Alexandra Madaíl Coelho	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
Carlos Alberto André Palos	A contribution to improving antimicrobial stewardship activities and increasing knowledge about the prevalence of inappropriate antibiotic prescribing and associated determinants in Portuguese hospitals
Catarina Batista De Oliveira	Beat the Heat: Unravelling and Enhancing Women's Physiological Response to Football in Hot Environments
Catarina Isabel Dos Santos Rodrigues	Metabolic effects of a phenylalanine-restricted diet: from amino acid biokinetics to microbiota modulation
Cátia Alexandra Suzano Dos Santos	Occupational exposure to asbestos and malignant pleural mesothelioma in Portugal
Claudia Dolores Trierweiler Sampaio De Oliveira Corrêa	Strengthening oral health literacy: Building a model for improving and monitoring the implementation of the SOBE+ project
Cláudia Isabel Velez Janeiro	Health Literacy, Quality of Life and Functionality of the Elderly: a way forward
Cristiana Da Palma Von Rekowski	The dynamics of biomarkers as a predictive factor in the morbidity and mortality of critically ill patients
Cristiano Emanuel Marta De Figueiredo	How to optimise processes and outcomes of colorectal cancer screening in the Lisbon and Tagus Valley Health Region
Daniel Alexandre Rações Rodrigues Da Silva	Assessing freezing behavior and its physiological correlates in humans: from health to disease
Daniel Filipe Pinheiro Brás	Characterisation of sickle cell anaemia in Portugal: from a clinical perspective to economic impact
Diogo Alexandre Carvalho Pedroso	Clinical Research and Primary Healthcare in the Portuguese Landscape: Opportunities and Barriers
Diogo André Sequeira	Mesothelial-to-mesenchymal transition and membrane integrity in peritoneal dialysis: The role of EVs and AhR pathway
Diogo Filipe Pereira Marques	The European SARI surveillance system as a platform to monitor the burden disease and the impact of vaccination programmes in Europe
Diogo Luís Raposo Da Costa Ribeiro	Meniere's Disease in a Portuguese Population: Contribution to a Clinical, Epidemiological, and Genomic Study

Diogo Soares Melo	Learning from postingestive feedback to understand food-seeking
Dmitry Shamenkov	Development, Implementation and Evaluation of the Digital Mental Health Intervention and Online Peer Support Platform
Dorothy Adong Olet	Diversity of end-of-life care pathways among children with life-threatening conditions
Élia De Fatima Janes Quintas	Strategic Health Planning in the Alentejo Health Region - Study of key players' perceptions of its development
Esmael Francisco Tomás	Early warning scoring systems: adaptation and validation for the Angolan context
Fanceni Henriques Baldé	Contributing factors of exclusive breastfeeding and association with child malnutrition in the Lusophone African context
Filipa Marcelino Palma	Applicability of Optical Coherence Tomography in Parkinson's Disease
Filipa Nunes Ferreira Da Silva	BREATHE-OUT Study: BREath Analysis for Ovarian cancer oUtcome predicTion
Francisca Castelo Rodrigues De Melo Carvalheira	Health and well-being: a sociological approach to multiple sclerosis
Gilberto Maia Santos	The effect of blackberries in the prevention of obesity-related neurodysfunction: is the microbiota-gut- brain axis the key?
Inês André Correia	The role of screening adherence in breast cancer early diagnosis
Inês Caetano André Dos Santos	Oral health care of the Portuguese elderly: Influence on oral health status, self-perception, quality of life and on overall health
Inês Charrua Pires Dos Santos	Factors associated with functional decline and loss of quality of life in individuals with knee osteoarthritis
Inês Proule Dias Barreiros Mota	NI-SIBIOME Characterising the non-responders to a Nutritional Intervention in Small Intestinal Bacterial Overgrowth –a study focused on the microBIOME
Inês Simões Gomes	Metabolic Reprogramming in live cancer
Irene De Oliveira Coruche Cortes Verdasca	How does health literacy influence the self-management practices and healthcare experiences of individuals with diabetes in Alentejo, especially among older adults with low socioeconomic status?
Isabelle Giraudon	City level monitoring of acute drug-toxicity using a European network of sentinel hospital emergency departments. International comparisons and improved early warning system
Joana Andreia Da Silva Gonçalves Mira	The role of the family in treating childhood obesity

Joana Margarida Domingos Seringa	Machine Learning Approach to Personalized Anticipation of Healthcare Needs from Patients with Multimorbidity
Joana Tomás De Albuquerque Osório	A better understanding of prescription behaviors to improve the use of antimicrobials in Portugal
João Alexandre Costa Madruga Dias	Optimization of diagnosis in Rheumatoid Arthritis using referral criteria and a diagnostic algorithm including musculoskeletal ultrasonography
João Daniel Silvestre Dias De Brito	Hemodynamic Determinants of the Severity of Aortic Stenosis
João Eurico Navarro Martins Dos Reis	Mechanism of immune lung dysfunction after ex-vivo lung perfusion
João Miguel Casanova Gonçalves	High-grade Endometrioid Endometrial Carcinoma - Molecular and Proteomic Signature and its implications in the overall prognosis of this neoplasm
João Pedro Homem De Gouveia Dantas	Hip contact force and pressure in cam-type femoroacetabular impingement syndrome
Joao Sampaio Maciel Barbosa	Myasthenia Gravis after Thymectomy – clinical importance of patient selection and biological pathways
Jorge Manuel Barroso Dias	Alcohol, Tobacco and Obesity in Municipal Workers - A Cross-Sectional Study of Factors Associated with Public Health Determinants in the Workplace
Jorge Pinheiro Santos	Creation of Value in Health after Cardiac Surgery
José Manuel Afonso Moreira	Outcome-centred decision-making process: cardiac rehabilitation in patients with heart failure
José Manuel Espírito Santo De Paxiuta De Paiva	Covid-19 respiratory failure: beyond the bedside clinical phenotypes
José Miguel Martins Ribeiro De Almeida Oliveira	Bridging the Know-Do Gap in Portuguese Primary Healthcare: An Implementation Science Approach for Digital Interventions to Improve Evidence-Based Practices
Lara Gil Gomes De Campos	Development and implementation of a digital health program for rural populations with knee osteoarthritis
Liliana Alexandra Vieira Dinis	COVID-MI Development of Microbiota-based therapy for the management of COVID-19 in individuals with obesity and diabetes
Lizaveta Hilman	Development and validation of a polyphenol-specific food frequency questionnaire in Portuguese population
Louise Viecilli Hoffmeister	Social prescribing in Portugal: evaluation of its impact and implementation in family health units
Luís Alexandre Meneses Moniz	Development and implementation of an evidence-based physiotherapy programme for people with hip and knee Osteoarthritis

<b>Luís Carlos Pires Durães</b>	<b>Enhancing the implementation of mental health service deinstitutionalization in Portugal: contributions of Implementation Science to successful public policies</b>
<b>Luís Miguel Costa Mendonça Galaio</b>	<b>Analysis of the impact of the COVID-19 pandemic on hospital healthcare professionals</b>
<b>Luísa Maria Correia Martins</b>	<b>Hypoxic Ischemic Encephalopathy and the Hemodynamic Challenge: Could Enhanced Knowledge of Hemodynamics Help Us to Understand the Brain?</b>
<b>Madalena Onofre Lopes Moura Plácido</b>	<b>Effectiveness and implementation of an occupational health intervention for migraines</b>
<b>Margarida Brito Gonçalves</b>	<b>Assessment of disparities in breast cancer treatment and prognosis in Portugal</b>
<b>Maria Beatriz Baptista De Oliveira Mourato</b>	<b>Multigene Germline Panel Test and Endoscopic Screening for Gastric Cancer Strategies to improve the prognosis in intermediate-risk countries</b>
<b>Maria Carolina Vieira Júlio Paulino</b>	<b>Assessment of Delirium in Intensive Care Medicine: The Importance of Symptomatic and Temporal Classification in Outcome.</b>
<b>Maria Filomena Costa Horta Correia</b>	<b>The Influence of “Job Action Sheets” or Task Lists on the Actions of Pre-Hospital Medical Teams in the Initial Response Phase to Natural, Technological, or Man-Made Disasters</b>
<b>Maria Helena Fartura Braga Temido</b>	<b>The effectiveness of Care Pathways for hip fractures in the elderly: do they improve actual patient care and teamwork?</b>
<b>Maria João Da Costa Nunes Lobão</b>	<b>Infection by <i>Klebsiella pneumoniae</i> resistant to carbapenems: contributions to the characterization of the epidemiological burden and to the optimization of the prevention strategy in Portugal</b>
<b>Maria João Ferreira De Carvalho</b>	<b>Maturity of Local Health Units to Provide Integrated Care</b>
<b>Maria João Marques Dos Santos Batalha</b>	<b>The Role of Health, Food and Nutritional Literacy in the Behaviors and Lifestyles of Children and Adolescents</b>
<b>Maria Madalena Ravasco Mendes Lopo Tuna</b>	<b>Newborn Screening for Congenital Cytomegalovirus. A new approach</b>
<b>Maria Margarida Costa Ferreira Bandarra</b>	<b>Optimizing health value in the follow-up of women with breast cancer and men with prostate cancer in Portugal</b>
<b>Maria Rita Marques Gonçalves</b>	<b>Mental health of migrant children and adolescents in Portugal: vulnerability to problems and challenges in accessing services</b>
<b>Mariana De Miranda Lemos Donato Bento</b>	<b>Nasal congestion and intranasal trigeminal function</b>
<b>Marisa Silva Machado</b>	<b>Essays on the impact of economic evaluation methods for better medical decision making</b>
<b>Marta Sofia Forte Dias</b>	<b>Guidance for Microbial Occupational Exposure Assessment in Sawmills</b>

Matilde Isabel Ferraz Pacheco	The impact of BCG vaccination policy change on children's health in Portugal
Micaela Mestre Pereira Da Silva Lopes	Diabetic foot and hyperbaric oxygen therapy
Miguel Ângelo Simão Dias	Exploring B cells in pregnancy: old players, new functions
Moisés Alexandre Dos Santos Henriques	Naval occupational context as a potential determinant of vitamin D levels: the case of the Portuguese Navy
Nádia Borges Charepe	Maternal-fetal outcomes and vertical transmission of SARS-CoV-2 infection
Nelson Filipe Fernandes Descalço	Unravelling functional connectivity patterns in patients with obsessive compulsive disorder
Nelva De Luísa David Sixpene	Feasibility of implementing child visual screening: a case study of the 25 de Setembro Health Centre, Nampula, Mozambique
Patricia Domingos Belo	The influence of work contexts on the mental health of professionals working in prevention and reduction of addictive behaviors and dependencies
Patrícia Isabel Serote Lopes	Spending and health outcomes: links across time and across level of development
Patricia Ribeiro Brito	HViTAL, an intelligent clinical decision support platform for healthcare-associated infections at São João Hospital Centre: effectiveness, costs, and contextual challenges.
Paulo Ney Solari Fernando	Survival and mortality predictors in children with HIV followed at the David Bernardino Paediatric Hospital: a retrospective cohort study
Pedro Centeio Ferraz Gameiro	Care in Home Hospitalization: an approach to the well-being and satisfaction experienced by patients
Pedro Frias Gonçalves	Work Alienation and its Impact on Workers' Mental Health
Pedro Gonçalves Casaca Carvalho	Quality Data Collection for the Evaluation of a European Research Project
Pedro Henrique Pires Lavinha	The functioning of the Stroke Green Pathway in mainland Portugal: characterisation and management optimisation
Pedro Miguel Fernandes Lino	Stability of the Angle of Deviation After Strabismus Surgery in Intermittent Exotropia
Pedro Miguel Nunes Pena	Microbial Air Quality Assessment in Elementary Schools in Portugal
Philip Pacheco Fortuna	Invasive Hemodynamic Monitoring by Thermodilution Method in Patients Undergoing Venovenous Respiratory Support with Extracorporeal Membrane Oxygenation (ECMO).

Raquel Margarida Mendes Ribeiro Nunes Guiomar Moreira	Seroprevalence of protective antibodies against influenza in the Portuguese population between 2014-2018: a study on the vaccine-induced immune response and the decline in immunity
Renata Wellenkamp De Carvalho Freire De Cervantes	Exploring the Impact of Climate Change on Fungal Contamination, Azole Resistance and Mycotoxins in Elementary Schools – Tackling Inequities Between Urban and Rural settings
Renato Manuel Bernardino Dos Reis	CO[PD]-Pilot: Co-creation of an intervention to increase long-term adherence to physical activity in people living with COPD
Ricardo Proença De Almeida Oliveira Rocha	Rectal cancer: surgical, oncological and functional outcomes
Rita Mafalda Rocha Sousa Do Carmo Fernando	Evolution of cervical cancer screening in the Central Region between January 2014 and December 2022
Rita Matos Pires Cavaglia	Vagus nerve signalling in post-ingestive reinforcement learning
Romeirica Honório Lima Santos	Learning organizational in healthcare institutions in Portugal
Rúben Alexandre Dinis Araújo	Diagnosis and prognosis disease biomarkers on critically ill patients with COVID-19 towards a precision medicine-a machine learning approach
Rui Alexandre Veríssimo Manilha	Brain activity associated with the movements of the lumbar spine and low back pain
Rui De Oliveira Pires Monteiro	UniCare Plus: A Nursing Program for Families, Caregivers and Dependent People
Rute Filipa Dinis De Sousa	Predicting depression in adult Portuguese population: development and validation of a prognostic model
Rute Maria Silva Salvador	Dissecting the predictive and therapeutic value of HLA-DR-expressing cytotoxic T lymphocytes in Breast Cancer
Sara Raquel Araújo Basto E Machado Mesquita	Using Online and Offline Behavior to Track Outbreaks and Pandemics
Sara Raquel Pereira Dias	Effectiveness of a programme to promote active and healthy ageing in population health
Shámiila Faruk Ismael	RESTART Project - An intervention study based on the microbiota and adipocyte-centric view to improve the success of bariatric surgery
Shermann Brandao Rodrigues Moreira	Beyond Generic Efficacy: Cancer Treatment and Diagnosis Through Analysis of Therapeutic Responses
Sílvia Do Carmo Bento Conde	Determinants of access and utilization of mental healthcare services in Portugal
Sílvia Maria Dos Santos Alves Gomes Pedroso	Certification of competencies in osteopathy as a contribution to improving quality and safety



Silvio Renato Narciso Leal	Optimization of Percutaneous Treatment In acute Pulmonary Embolism - The OPTI-PE Program
Sofia Cuco Guerreiro	Non-invasive follicular thyroid neoplasm with papillary nuclear features (NIFTP). Reclassification and contribution of clinical, echographic and cytological features to the risk of malignancy of thyroid nodules.
Sofia Guerra Paiva	Second victims of adverse events: characterisation of the national and international reality and definition of support strategies
Sofia Sapeta Pires Dias	Dynamic monitoring of autonomic nervous system function in traumatic brain injury
Sónia Isabel Agostinho Romano	A collaborative care model for medication review in elderly patients with polypharmacy.
Sónia Isabel Parreira Picamilho	High Performance School Support Units (UAARE): management model and impact on dual careers
Susana Adelino Simões	The Role of Oncogenic Microorganisms in Lung Cancer
Susana Cláudia Teixeira De Sousa Varela	Sleep Apnea and Atrial Fibrillation - a Precision Medicine approach
Teresa Filipa Alves De Oliveira Rodrigues	Promoting mental health at pre-school age
Thiago Fernandes Martins Aguiar	Contribution of ramp lesion repair for additional knee stability during anterior cruciate ligament reconstruction
Tiago Alexandre Henrique Fonseca	Predicting Organ Dysfunction in Critically ill Patients using serum Metabolomics
Ugne Grigaite	Responses to the mental health care needs of survivors of intimate partner violence by mental health services in Portugal and Lithuania
Vanessa Patricia Moutinho Pereira	Assessing the efficacy of a Weight Loss Maintenance Program (3 Phases Method®) for Adults with Obesity: Study Protocol for a Pilot Randomised Controlled Trial
Vera Lúcia Ferreira Martins Morgado	Patient journey, cost-effectiveness and health policies of physiotherapy in the Portuguese health care system
Viviana Teresa Modesto Caldeira	Metabolomics & Proteomics of Cerebrospinal Fluid in Neurocritical Patients - Predictive Models for Diagnosis and Prognosis
Walaa Kinaan	Cervical Cancer Preventive Interventions Among Hard-to-Reach Women: A Contribution to Improve Uptake of Cervical Cancer Screening
Yilian Machado Pérez	Responsiveness in health literacy and intercultural communication practices: an analysis of immigrant populations in primary healthcare in Portugal

## Concluded – 53

Table 11 - Concluded PhD Theses at CHRC (2024)

PhD Student Name	Thesis Title
Alina Abidova	Patient satisfaction in emergency departments – empirical research on its measurement, antecedents, and consequences
Ana Filipa Loriente Alves Malheiro	Imunomodulation in acute pancreatitis- how can cytokines, B and T cells predict the outcome of the disease
Ana Patrícia Rego Marques	The costs of visual impairment in Portugal
Ana Raquel Pinheiro Barbosa	Freezing of gait after Deep brain Stimulation: predictors and low frequency stimulation as an effective therapeutic option.
Andreia Filipa Garrido Maia	The Potential of Natural Killer Cells in Pancreatic Cancer: from Exploring Tumorinfiltrating Lymphocytes to novel CAR-NK cell therapy
Ausenda Cristina Nelson Machado	Measuring the impact of the influenza vaccination national strategy among the at-risk Portuguese population
Carla Sandra Martins Pereira	The functionality of the elderly
Catarina Joaquim Gonçalves	Phase III Cardiac Rehabilitation in coronary patients: High-intensity interval training or moderate-intensity continuous training?
Catarina Maria Silva Carvalho	Oral health status of the elderly in the Alentejo population
Célia Cristina Barbosa Ventura	Occupational exposure to fibrous nanomaterials: an in vitro approach to genetic and epigenetic effects
Daisy Andreína Vieira De Abreu	Acute coronary syndrome: trends and effect of policy and specific measures
Daniel Alexandre Correia Anacleto Carvalho Neto	Anxiety and Resilience – Therapeutic Approach with a Digital Component for Anxiety Management Training and Resilience Development.
Daniela Fernandes Carvalho	Prevalence of atopic eczema and urticaria in Portugal: quality of life and disability in patients
Daniela Sofia Albino Costa	Prevalence, burden and healthcare needs of people living with Osteoarthritis In Portugal: contribution to the development of a Model of Care
Deborah Aluh	Contextual factors influencing the use of coercion in mental health services: insights from Nigeria and Portugal
Dulce Nascimento Do Ó	Health literacy, self-care, and type 2 diabetes compensation: what is the relationship?
Francisco Rosas Leitão Guerra Pinto	Lateral ankle instability: I) Quantification by a new device; II) Objective classification
Helena Cristina Dos Santos Cabrita Carneiro	Long-term predictors of quality of life in axial Spondyloarthritis

Hugo Ricardo Ramalheira Lopes	Assessment of the impact of population ageing and care provided in convalescence units of the National Network of Integrated Continuing Care in Portugal
Irina Kislaya	Measurement error in self-reported factors for cardiovascular disease: results from the first Portuguese national health examination survey
Jader De Jesus Cruz	Role of liver hemodynamics in fetal development in twin pregnancies
Joana Rita Ramalho Alves	Socioeconomic inequality in smoking behaviour: measurement and causality
João Pedro De Seabra Marto	Early Diagnosis and Complications of Acute Ischemic Stroke
Jorge Manuel Trindade Rebola	Clinical application of molecular biomarker expression in non-muscle invasive bladder tumour
José Miguel Cruz De Sousa	Endoscopic Spine Surgery Transforaminal access to the lower lumbar spine
Luís Filipe Leitão Da Costa Froes	Impact of community-acquired pneumonia on the adult population residing in mainland Portugal
Luis Miguel Antunes Gomes	Management of low back pain in Portugal: a novel approach to reduce patients' persistent disability
Luís Miguel Figueiras Galhardas	Effects of Multimodal Exercise and Processing Speed Training on Physical and Cognitive Functioning in Older Adults: Social Centers and Nursing Homes
Mafalda Bernes De Sousa Uva	Effects of health system reform, health determinants, and healthcare utilisation
Maria De Lurdes Gonçalves Castro	Do Frailty and Depression Affect Outcomes after Cardiac Surgery in the Elderly?
Maria Henriqueta Dias Lourenço Garcia Louro	Manufactured nanomaterials: safety assessment through the characterisation of their genetic effects
Maria Inês Rodrigues Dos Santos Joaquim	Variations in medical practice – efficiency and waste
Maria Teresa Dias Guerreiro	Lung cancer survival analysis, associated factors, and geographic variability in Portugal as a basis for health policy implementation
Mariana Ramos Sousa Coelho Dos Santos	The nutritional profile model as a tool to promote healthy food choices in school-age populations
Marisa Martinho Guerreiro	Prevention of musculoskeletal disorders in the automotive industry: an experimental study of an intervention programme
Marlos Suenney De Mendonça Noronha	Continuous training in formal and non-formal contexts for workers in Family Health Units in the municipality of Évora: A multiple case study.
Nilton João Chantre Leite	Exercise programmes to tackle cognitive decline and improve quality of life in patients with type 2 diabetes
Nuno Miguel De Faria Bento Duarte	Physiotherapy: impact on the quality of life of women with breast cancer undergoing surgery with sentinel lymph node biopsy

Paula Maria Broeiro Gonçalves	Caregivers, care, reasons, and expectations of caring in place: a multidimensional analysis of highly dependent elderly people, their comorbidities, and care needs from the perspective and concerns of their caregivers
Ricardo Miguel Mendes Rodrigues Alves	Policies for healthy eating
Rosa Faria Pimentel	Health literacy and written health information in populations with low education levels
Rute Sofia Carreira Simões Ribeiro Rocha Santos	Application of an analytical model for internal contracting processes in a Portuguese hospital
Sara Querido Conde	The role of human virome in kidney transplant outcomes
Soraia Daniela Pires Ferreira	Effects of a multimodal intervention with augmented reality on cognition, functional fitness and physical activity in community-dwelling older adults
Susana Margarida Macedo Cardoso	Food choices and physical activity: key factors shaping adolescents' options
Suzete Maria Pereira Costa Duarte	A contribution to the economic evaluation of pharmacy services in a collaborative care model in Portugal
Tarciano Batista E Siqueira	Adaptation of the Professional Training of Physiotherapists in Function of the Technological Impact in their Clinical Practice: Formative Realities in the Iberian Peninsula
Teresa Carmo Sousa Magalhães Barbosa	Criteria for patient admission and discharge – a decision support system
Teresa Isabel Da Costa Leão	How do policies shape population health in Europe: from welfare regimes to school-based tobacco control programmes
Vanessa Isabel Costa Ribeiro	Determinants of healthcare expenditure – cardiovascular disease
Vânia Isabel Da Silva Gaio	Association between air pollution exposure and cardiovascular parameters: linkage between the first national health examination survey and environmental data
Vasco Ricoca Freire Duarte Peixoto	COVID-19: Natural history of disease, surveillance, interventions and impact
Wolmir Ercides Péres	Extreme and adverse climatic events: assessment of their impact on health indicators in the state of Santa Catarina, Brazil

### 3.6.3 Postdoctoral Researchers

#### Ongoing - 10

Table 12 - Ongoing Postdoctoral Research at CHRC (2024)

Postdoctoral Researcher Name	Thesis Title
Ana Cristina de Oliveira Costa	Ethnic-racial equality in the context of the 2030 Agenda and Quilombola health: policies, environment, and territory
Daniel Mendonça Lage da Cruz	Income transfer policies and the homeless population: challenges and perspectives from the case of Belo Horizonte (MG)
Deborah Aluh	Legislation and policy for involuntary mental healthcare across countries in the FOSTREN network
Esperanza Diaz	Migration and health and health crises
Gabriela Drummond Marques da Silva	Evaluation of reference centres for the homeless population and specialised social approach services
Helaine Capucho	Quality of care and patient safety - medication safety
Iara Veloso Oliveira Figueiredo	Strategies for the dejudicialisation of access to public health goods and services in the state of Minas Gerais: proposals for improving public policies based on the study of legal proceedings from 2014 to 2020
Maria do Carmo Baracho de Alencar	Work-related Musculoskeletal Disorders
Maria Madalena Ravasco Mendes Lopo Tuna	Newborn screening for congenital cytomegalovirus. A new approach
Tatiana Fiuza	Assessment of risk and vulnerability among migrant users in primary healthcare services in Portugal

#### Concluded - 8

Table 13 - Concluded Postdoctoral Research at CHRC (2024)

Postdoctoral Researcher Name	Thesis Title
Alexandre Rezende	Implications of parenting styles on children's aquatic competence
Alzira Manuela da Rocha Gomes Viegas	Fibrinogen Concentrate Safety for the Correction of Hypofibrinogenemia in Coagulopathic Surgical Patients

Ana Paula Morais Fernandes	Development, cultural adaptation, and validation of a terminology recommendation guide for the LGBTQIAPN+ population to promote inclusive language, zero discrimination, and harm reduction in health and education services in Brazil and Portugal
Gustavo Felix	Psychological vulnerability, social factors, and family mental health
José Manuel Lourenço Reis	Immune cells inhibitory receptors and endometriosis
Lorena Tarrío Concejero	Evaluation of gender-based violence approaches: an open analysis in different areas of social and health care
Maria Manuela Cardoso	Growth and body composition of infants born very preterm: comparison between two cohorts fed human milk with target and standard fortification
Miriane Lucindo Zucoloto	Blood donation practices among men who have sex with men and perceived accessibility in blood banks following the relaxation of deferral policies in Brazil and Portugal: a transnational study

### 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 2024, CHRC researchers participated actively in 152 civil societies or scientific organizations, carried out 177 activities that contribute to the dissemination of scientific

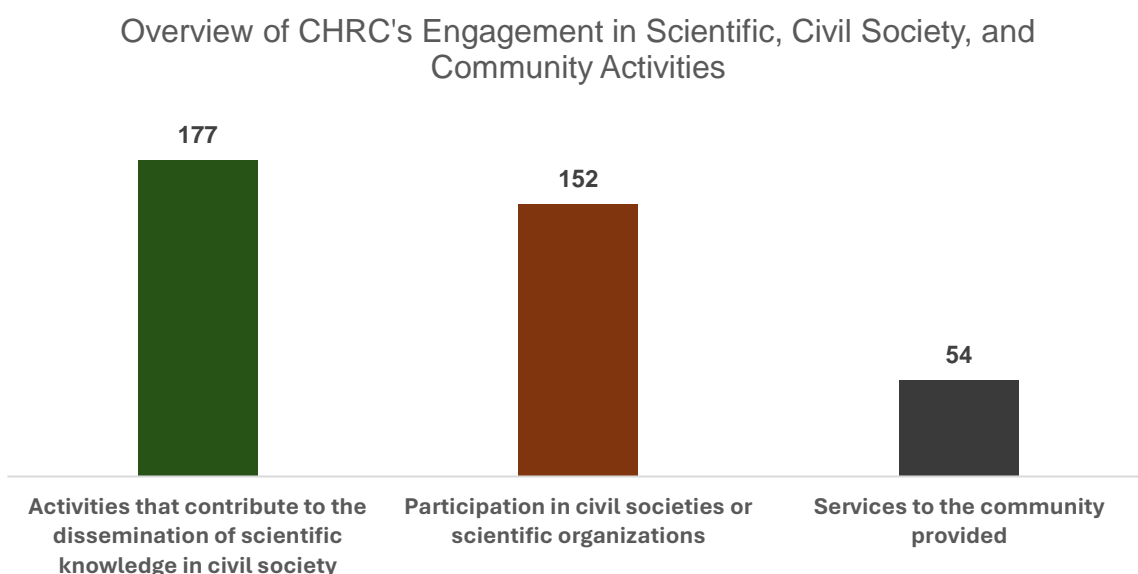


Chart 17 - Overview of CHRC's Engagement in Scientific, Civil Society, and Community Activities

knowledge in civil society, and 54 provided services to the community. Finally, CHRC integrated members made more than 500 contributions to *media*.

**Distribution of CHRC's activities in Scientific, Civil Society, and Community Engagement**

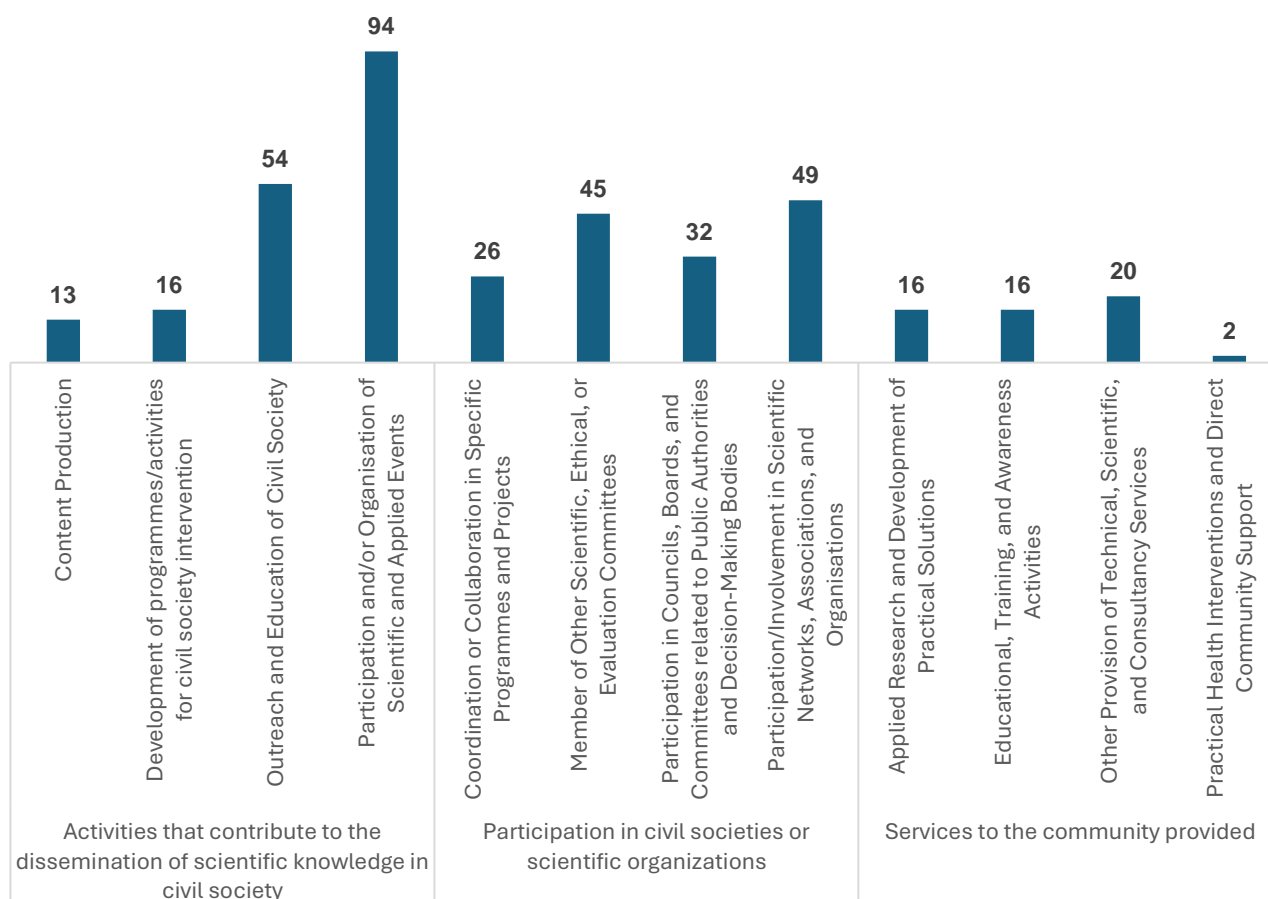


Chart 20 - Distribution of CHRC's Activities in Scientific, Civil Society, and Community Engagement by Category (2024)

Chart 21 - Distribution of CHRC's Activities in Scientific, Civil Society, and Community Engagement by Category (2024)

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

Table 14 - Activities Conducted by CHRC Members for the Dissemination and / or Application of Scientific Knowledge in Civil Society (2024)

#### Outreach and Education of Civil Society

## TOTAL: 54

1. Participation in the European Researchers' Night 2024
2. Living with (and for) Diabetes Conference
3. Participation in RTP's Civil Society Program on the theme of Mental Health on October 10, 2024
4. Founder of the Cardiodauida platform, with the aim of improving health literacy in the general population through digital platforms.
5. NovaSaúde Talks podcast: Ep3 - Family Health Units - model C
6. Interview on NOW TV news; Magazine articles available on PURE
7. "Health Literacy B-Side" Podcast
8. Participation in the podcast "What voice is this" dedicated to self-care (January 2024)
9. Presentation of the RUN UP project and preliminary results, at Science and Technology Week 2024, promoted by the Institute for Research and Advanced Training (IIFA) of the University of Évora Place and date: Palácio D. Manuel, Évora, November 21, 2024
10. Co-author of the Green Paper for the Future of Safety and Health at Work
11. Elaboração do Aplicativo digital FalaZeroDiscriminação
12. Participation in the program "Guia da Vida Saudável" broadcast on the Saúde+ channel: Episode dedicated to persistent and disabling musculoskeletal pain, with a special focus on fibromyalgia (September 2024)
13. Launch of the Social Prescription Network Portugal and release of the first Social Prescription manual in Portuguese, at an event organized by ENSP at the Calouste Gulbenkian Foundation on April 9, 2024
14. Participation in the Podcast "Que voz é esta?" and the program Sociedade Civil RTP2
15. Seminário em Gerontologia, Saúde e Bem-Estar
16. Regular dissemination of the Stronger Youth project (ERASMUS+ Program, Reference: KA220-YOU-3BAF79FF), its activities and results on social networks and on the project website, including the Newsletter (English and Portuguese).
17. Participation in the panel "Migrants - a look at health - from the inside out. What challenges? What opportunities?", as part of the VIII Scientific Meeting of the Portuguese Society of Travel Medicine (9 November 2024)
18. Participação no Painele "Envelhecimento Digno e Saudável", no âmbito do evento "Conversas de Igual para Igual - Saúde, Qualidade de Vida e Bem-Estar: Como promover comunidades saudáveis?", promovido pela Câmara Municipal de Amarante (16 Outubro 2024)
19. Speaker on "Communication in health - the new migrants", as part of the panel "Challenges of the future society", as part of the 29th Portuguese Congress of Cardiopneumology (April 5, 2024)
20. Speaker at the "Networked Community" session on "Social Prescription", at the Loures Odivelas Health Meeting (September 27, 2024)
21. Speaker at the "Presentation of the Social Prescription Portugal Network" session on Social Prescription, as part of the 12th Meeting of the Seixal Community Care Unit (October 25, 2024)
22. Participation in the Podcast Saúde que Conta "The B-Side of Literacy", episode "Lifting the veil" (November 6, 2024)
23. Speaker on "Migration and Health - Challenges and Opportunities for Promoting Equity", in Panel IV - Health and well-being of migrant populations, as part of the VI International Seminar on Social Vulnerabilities and Health on the theme
24. Migratory Paths and Global Citizenship - Diversity and (Dis)Equalities (October 12, 2024)
25. Participation in the Summer Medical School promoted by Nova Medica School for young people
26. Dissemination of animal health and Uma Medicina content to the Évora school community (1st, 2nd and 3rd cycles).
27. Halt 4 Project - Translation and adaptation of protocols, ensuring rigor and compliance with international standards
28. Halt 4 Project - Coordination and implementation of training activities for LTCF health professionals
29. Participation in the RADAR Project days (May 2024)



30. Presentation of the RUN UP project and preliminary results of the children of the Viana do Alentejo School Group, at the invitation of the Alcáçovas Elementary School Parents' Association Place and date: Alcáçovas, November 29, 2024
31. Participation in the podcast “What voice is this?” and in “Civil Society”
32. Communication materials on physical activity - Directorate-General for Health
33. Ebook (Organizer): Evidence-Based Nursing Management: Practice, procedures and interventions (Editora Científica Digital, Ltda).
34. Communication: Violence against Health Professionals in the Alentejo Region: Perceptions and Practices of Focal Points
35. Communication: Violence and health in the different life cycles: similarities and differences according to the scenarios in Portugal and Brazil
36. Poster: Obstetric Nurse's Lived Experience in the Autonomy of Parturient Care;
37. Poster: Experience of Obstetric Nurses in the Autonomy of Care for Parturients;
38. Poster: The Experiences and Perceptions of Obstetric Nurses in the Autonomy of Care for Women in Labor: Systematic Review Protocol with Meta-Synthesis;
39. Poster: Cultural Challenges in Labor (1st prize winner);
40. Poster: The Experience of Obstetric Nurses in the Autonomy of Care for Parturients
41. Dissemination of animal health and medicine content to the Évora school community (1-3rd cycles)
42. Participation in the round table “The Impact of Innovation in Health: Maximizing Opportunities and Mitigating Risks”, at the HEALTH + SUSTAINABLE Forum, promoted by GSK. Lisbon, February 27, 2024. <https://saudemais sustentavel.pt/>
43. Organization of Metacognitive Training activity at Researchers' Night
44. Participation in the 2nd Meeting of Patients' Associations and Takeda: listening to associations, focusing on the patient (September 2024)
45. Conference: Mental Health in Focus: Strategies and Initiatives to Promote Mental Health on Campus. Conference given as part of the Better Communication, Better Well-being in Higher Education Institutions conference, as part of the FLOW project - Facing Obstacles to Well-being in Academia, at the School of Social Communication, on May 23rd, at the IPL campus, Benfica, Lisbon. <https://static.escs.ipl.pt/old/pdfs/divulgacoes/conf-flow-23maio24-programa.pdf>;
46. Participation in the Panel Session - Mental Health in Higher Education Education and Social Action (EAS) organized by the National Association of Biomedical Engineering Students, on 5 June online
47. Podcast and Civil Society
48. Dissemination of animal health and medicine content to the Évora school community.
49. Participation in the panel debate at the 16th Medicines Forum: “Challenges and opportunities of the new European regulation for the future of health in Portugal”, organized by APAH - Portuguese Association of Hospital Administrators. <https://apah.pt/2024/11/15/novo-regulamento-europeu-em-debate-no-forum-do-medicamento/>
50. Organization of events with Patients' Associations as part of the ACAD project
51. Interview for medjournal - <https://medjournal.pt/2024/09/24/doencas-da-retina-investigacao-centrada-no-doente-e-fundamental-para-encontrar-novas-abordagens-terapeuticas/>
52. Educating to prevent cancer (Secondary Schools)
53. Podcast “Que voz é esta?” and Civil Society RTP2
54. Participation in media programs (RTP, TSF)

## Content Production

**TOTAL: 12**

1. Production of undergraduate classes and projects involving the university of Évora and the state university of Campinas with the participation of undergraduate nursing students, postgraduate students at the academic master's level and nurses working in hospitals and family health units
2. Poster (VSF-International em <https://globalohc.org/8WOHC>)
3. Production of webinars for kindergarten teachers as part of the OUT to IN project ([www.out-to-in.uevora.pt](http://www.out-to-in.uevora.pt))
4. Communication plan: Projeto ProPhyEdu Programa de intervenção para melhorar a promoção do sucesso escolar em educação física. ERASMUS Ka2
5. Production of various contents for free magazines and in the media (newspapers and TV).
6. Educational resources for primary and secondary schools; science education activities for students
7. Co-author of the Green Paper for the Future of Safety and Health at Work
8. Book Chapter: MARTINS, A. L. J. ; PAES-SOUSA, ROMULO . From Marginalization to Integration: Racial Agenda in the UN, the 2030 Agenda and Brazilian Proposal of SDG 18 for Racial Equality. In: ROMANO, Zachary; BALLARD, Rachael. (Org.). Sustainable Development Goals Series. 1ed.: Springer International Publishing, 2024, v. 1, p. 297-307
9. As part of the Stronger Youth project (ERASMUS+ Program, Reference: KA220-YOU-3BAF79FF), production of chapters several volumes.
10. HALT 4 project: drafting and reviewing the report on the Prevalence of Healthcare-Associated Infections and Antimicrobial Use in Integrated Long-Term Care Facilities (LTCFs) in Portugal
11. IsAlice Project - Videos for the community and pedagogy
12. Participation in the revision of the CLSI - H42 guide for laboratories.

### Participation and/or Organisation of Scientific and Applied Events

#### **TOTAL: 94**

1. Public Health Emergency Preparedness Assessment of Spain (External assessor with ECDC, European Commission, HERA)
2. Moderator/orator at various congresses and workshops related to public health emergencies
3. EPIET program trainer (outbreak investigation, time series, introductory course)
4. ESICM Congress
5. Research in Health Sciences: From the Research Question to the Analytical Report, organized as part of the activities of the Pedagogical Council and the Scientific Technical Council of the São João de Deus School of Nursing - University of Évora and the Comprehensive Health Research Centre 12 March, 2024
6. XLIII Reunión Anual de la Sociedad Española de Epidemiología (SEE) y XX Congresso da Associação Portuguesa de Epidemiologia (APE) (2025) Lusophone Public Health Conference (2024) International Scientific Committee of the 17th EPH Conference (2024) XLII Reunión Anual de la Sociedad Española de Epidemiología (SEE) y XIX Congresso da Associação Portuguesa de Epidemiologia (APE) (2024)
7. Seminar: Research in Health Sciences: From the Research Question to the Analytical Report, organized as part of the activities of the Pedagogical Council and the Scientific Technical Council of the São João de Deus School of Nursing - University of Évora and the Comprehensive Health Research Centre. March 12th, 2024
8. NEI 2024
9. Participation in the 5th CHRC Annual Summit;
10. 17th International Conference on Nursing Research;
11. Seminar on Gerontology, Health and Well-being. Évora (Portugal). May 2024.
12. Annual organization of : VII th L e i p z i g - E v o r a - Z w i c k a u S c i e n t i f i c M e e t i n g i n P s y c h o l o g y and H e a l t h S c i e n c e s NEW HORIZONS, NEW PARADIGMS IN HEALTH AND HUMAN DEVELOPMENT, Leipzig, 10-11 October, 2024
13. 12th Brazilian Forum on Pharmaceutical Services and Pharmacoeconomics, São Paulo

14. Member of the Scientific Committee of the V SPCAL Congress 2024, held at the University of Coimbra, Portugal.
15. Nurs ID 24 - International Nursing Research Congress, organized by the NursID group of ESEP/CINTESIS@RISE, will be held on May 6-7, 2024, at ESEP, Porto <https://nursid.esenf.pt/organizacao-2024/> ;
16. Organization of the 3rd Conference “Advanced Topics in Musculoskeletal Physiotherapy”;
17. Participação na conferência “IFOMPT 2024 - the world conference of musculoskeletal and manual physical therapy”
18. Participation in the European Researchers' Night, September 27, 2024 - September 27, 2024 | 17h00-24h00 LOCAL: National Museum of Natural History and Science - Rua da Escola Politécnica 56, 1250- 102 Lisboa
19. Participation in the V National Congress of Community Care Units; Participation in the Researchers' Night at the University of Évora;
20. Organization of the 5th CHRC Annual Summit
21. 14ª Conferência Internacional sobre Bolores e Micotoxinas
22. Organization of the 5th National Congress of Immunoallergology - May 2024.
23. Scientific Committee of the Workshop/Interim Meeting of the Iberian Society of Cytometry, Oviedo, Spain, May 2024
24. Organization of the final event of the LOCUS project with dissemination to the general public.
25. Organization of the European Congress of Health Psychology
26. Organization of Cochrane Portugal meeting on Value Based Healthcare
27. Poster presented at the 8th meeting of the ESCMID Study Group on Legionella Infections, Dresden, Germany
28. Member of the organizing committee of the Conference Advanced Topics in Musculoskeletal Physiotherapy: Special Edition, on May 11, 2024, ESS-IPS
29. III sirve III seminar of the international research network on vulnerability, health, safety and quality of life of the elderly: brazil, portugal and spain;
30. XXV National and IX International APEO Congress;
31. ProjMan Internacional Conference on Project Management;
32. 13th Ibero-American Congress of Qualitative Research (CIAIQ);
33. I International Symposium on the approach to violence in the different life cycles: A partnership between Brazil and Portugal;
34. XVII International Maternal Health and Obstetrics Nursing Conference - for a better life
35. Participation as guest Theme: Epidemiology in the SNS and the Health System (Nov.2024)
36. Collaborative design approach for upper-limb rehabilitation after stroke using virtual reality and brain computer interfaces, presented at World Congress for NeuroRehabilitation, May, Toronto.
37. Awareness of the vestibular system in neurorehabilitation: a scoping review, presented at World Congress for NeuroRehabilitation, May, Toronto;
38. Self-management after stroke: co-creation of the ComVida program, presented at Dias da Fisio, 1 June, Porto;
39. Research in a changing World: Ethical challenges of participatory methods for Patients and Public Involvement (PPI), presented at the painel "AI is shaping our lives" at the 15th Advanced Doctoral Conference on Computing, Electrical and Industrial Systems, 4 july, Lisboa.
40. Joint learning session as part of Stop hospital infection 2.0
41. II International Seminar on Technology in Sport and Health
42. Seminar of the International Research Network on Vulnerability, Health, Safety and Quality of Life of the Elderly (III SIRVE)
43. Organization of the European Health Psychology conference 2025
44. Member of the 5th CHRC Annual Summit Scientific Committee, held on 23rd and 24th of September 2024, at Évora.
45. Oral presentation at the Human Biology of Movement Behaviors Conference (Porto)
46. Poster presentation at the Human Biology of Movement Behaviours Conference (Porto)
47. Oral presentation n1 at V Inovatec (Brasilia)
48. Oral presentation n2 at V Inovatec (Brasilia)

49. Collaboration in the organization and as a speaker at a national initiative to train clinical research in the area of medical devices, as part of a Working Group promoted by the AICIB to Promote Clinical Research with Medical Devices in Portugal.
50. Organization of the 4th Workshop on Human Biomonitoring in Portugal
51. Collaboration in the organization of the launch event of the Social Prescription network in Portugal (April 9, 2024)
52. Organization of the International Congress of the Portuguese Society of Mental Health Nursing, among other congresses
53. Porto Intensive Care Medicine Conference
54. Research in Health Sciences: From the Research Question to the Analytical Report, organized as part of the activities of the Pedagogical Council and the Scientific Technical Council of the São João de Deus School of Nursing - University of Évora and the Comprehensive Health Research Centre. March 12th, 2024
55. Oral communication presented at the International Nursing Research Congress NURS ID23, organized by the NursID group of ESEP/CINTESIS@RISE, on May 6-7, at ESEP, Porto. NursID 2024 - NursID 2024 (esenf.pt); Teixeira, Delfina, Nogueira, Maria José, (2024). Nursing practice and the quality of care Literature review preliminary data
56. Oral Communication presented at the International Nursing Research Congress, organized by the NursID group of ESEP/CINTESIS@RISE, on May 6-7, ESEP, Porto; Oral Communication presented at the 17th International Nursing Research Conference organized by the Portuguese Nurses Association - APE Research on May 8, 9 and 10, at the Calouste Gulbenkian Foundation in Lisbon;
57. Poster presented at the NursID International Nursing Research Congress, organized by the NursID group of ESEP/CINTESIS@RISE, on May 6-7, at ESEP, Porto NursID 2024 - NursID 2024 (esenf.pt)
58. Oral participation - Active patient participation in research: The relevance of Biobanks. At the NOVA Medical School event to celebrate World Retina Day and dedicated to patients, bringing together researchers, ophthalmologists and patient associations. September 27, 2024
59. Scientific Committee - AGEINGCONGRESS2024
60. Scientific Committee of the European Society for Clinical Cell Analysis (ESCCA) 2024 Congress - Palma de Mallorca, Spain, September 2024.
61. Oral Communication presented at the 5th Comprehensive Health Research Centre Annual Summit Portugal, University of Évora.
62. Guest participation in 8 international events
63. Organizing and scientific committee of the III SIRVE (Seminar of the International Research Network on Vulnerability, Health, Safety and Quality of Life of the Elderly)
64. Organization and participation in the Marketing your Medical Device event in partnership with the Pedro Nunes Institute.
65. President of the CO of various events such as SPC Sports, Cardio Quizz and other meetings and advanced training.
66. Annual organization of : VII t h L e i p z i g - E v o r a - Z w i c k a u S c i e n t i f i c M e e t i n g i n P s y c h o l o g y and H e a l t h S c i e n c e s NEW HORIZONS, NEW PARADIGMS IN HEALTH AND HUMAN DEVELOPMENT, Leipzig, 10-11 October, 2024
67. Organization of the “Open Schooling Innovations for Public Health Education” Conference, as part of the “Partnerships for Science Education” project, 12 July 2024, Lisbon, Portugal;
68. Speaker at the Digital with Purpose Global Summit, 9-11 July 2024, Cascais, Portugal;
69. Association between motor competence, health-related fitness and body mass index in 4th grade school children. (Conferência). XIX Seminário Desenvolvimento motor da Criança, Lisboa, Portugal
70. Oral presentation and participation in the round table at the Conference “Integration/Synergies” at Research Week at ULS São José - October 14, 2024, Hospital Dona Estefânia
71. 17th European Public Health Conference
72. Consulting for the World Bank. Social Protection & Labor AFRICA. Presentation to the Government of Cameroon of the Brazilian experience of social protection policies on the evolution of institutional arrangements and the lessons learned about their relative advantages and disadvantages and reflections for the future. 2024.

73. Organization of an open class “Psychomotricity & Inclusive Education: Practice and Reflection” as part of the Inclusion and Special Needs Throughout Life curricular unit. Speaker Lúcia Amaral Ferreira (Psychomotrician). University of Évora, October 22, 2024.ial. Social Protection & Labor AFRICA. Presentation to the Government of Cameroon of the Brazilian experience of social protection policies on the evolution of institutional arrangements and the lessons learned about their relative advantages and disadvantages and reflections for the future. 2024.
74. Coorganization (with Prof. Guida Veiga, CHRC; and Prof. Andreia Dionísio, IFFA) of the Inclusion and Equity at School Symposium
75. Organizer of the Stronger Youth Project Kick-Off Meeting in Évora, Portugal, 31 January - 1 February 2024.
76. Moderator (with Luísa Grácio) of the table “A youth peer mentoring project in my country: Discussion and synthesis”, Stronger Youth Project Kick-Off Meeting. Évora, Portugal, 31 janeiro – 1 fevereiro 2024.
77. Participation in the 2nd Partners Meeting of the European Stronger Youth Project (Erasmus+), which took place in Valencia, Spain, October 29-20, 2024.
78. Participation in the Inclusion and Equity at School Symposium. University of Évora, June 14, 2024.
79. Participation in the conference Intelligence redefined as PASS neurocognitive abilities: International possibilities, by Jack A. Naglieri. University of Évora, May 15, 2024.
80. Participation in the 8th Research Conference of the Psychology Department. University of Évora, March 15, 2024.
81. Participation in the Kick-Off Meeting of the European Stronger Youth Project (Erasmus+), which took place at the University of Évora, Évora, Portugal, January 31 and February 1, 2024.
82. Participation in the Public Launch of the Portuguese Critical Thinking Network - Crithinknet. University of Coimbra, January 19, 2024.
83. Communication: Agostinho, I., Grácio, L. & Carapeto, M. J. (2024, May 15). Loneliness and well-being in Portuguese adults: a literature review. Oral communication presented at AgeingCongress2024, VI International Congress on Ageing. Lisbon, Portugal, May 13 - 17, 2024.
84. Communication: Paulino, C., Carapeto, M. J. & Grácio, L. (2024, May 13). Ageing, well-being and religiosity in portugal: a literature review. Oral communication presented at AgeingCongress2024, VI International Congress on Ageing. Lisbon, Portugal, May 13 - 17, 2024.
85. Communication: Carapeto, M. J. (2024, March 15). Mental health and well-being of young people: risk and protection. Paper presented at the 8th Research Conference, Department of Psychology, University of Évora, Évora, Portugal, March 15, 2024.
86. Communication: Rosa, A., Pereira, A. & Carapeto, M. J. (2024, October 4-5). Cancer Literacy among College Students. Poster presented at the XIV National Congress of Psycho-Oncology and III Luso-Brazilian Congress of Psycho-Oncology, Universidade Portucalense, Porto, October 3-5, 2024.
87. Oral communication presentation: Godinho, C. A., Pereira, C. R., Pegado, A., Luz, R. & Alvarez, M.-J. (2024). Condom use in casual and committed relationships in emerging adults. 15th National Congress of Health Psychology, January 31-February 3, Egas Moniz School of Health & Science, Almada, Portugal.
88. Speaker at the event *The roadmap for value-based reimbursement: from digital innovation to the patient and healthcare teams*. Exploring the impact of screen-time exposure on motor competence and health-related physical fitness parameters in 4th grade children. (Conferência). XIX Seminário Desenvolvimento motor da Criança, Lisboa, Portugal
89. Exploring the impact of screen-time exposure on motor competence and health-related physical fitness parameters in 4th grade children. (Conferência). XIX Seminário Desenvolvimento motor da Criança, Lisboa, Portugal
90. President of the Brazilian Association of Collective Health (ABRASCO): Coordinator of the Brazilian Health Congress.
91. Godinho, C. A. (2024). Health and Exercice, Bridging the gap: State-of-Play in Portugal. Peer Learning Activity - Cyprus Sport Organisation / European Commission. Larnaca, Cyprus, 21-22 maio.
92. Participation in the Organizing Committee of III SIRVE

93. Motor competence of 10-year-old children according to the type and weekly frequency of sports practice . 5th Annual Summit CHRC, Universidade de Évora, Portugal
94. Keynote Speaker: Brazilian Congress of Policy Planning and Health Management. 2024.

### Development of programmes/activities for civil society intervention

**TOTAL: 16**

1. Responsible at FCM-UNL for liaising with the Alzheimer Portugal association within the scope of the protocol signed in 2019 to provide technical and scientific consultancy, collaboration in teaching activities and research activities.
2. As part of the ELEVATE project, information sessions on cervical cancer were held with the offer of a self-collection test for HPV detection to women from vulnerable backgrounds, in associations and community-based organizations.
3. Ubuntu Trainers Week 2024 - Ubuntu in Higher Education Project
4. Scientific collaboration with the ELO FARMA Pharmacy Network since 2021
5. PAssUS 2030- Implementation of the SPLIT Program at national level
6. National program to reduce coercion in mental health services
7. Alentejo Integrated Cardiac Rehabilitation Program
8. Development and implementation of the Selfie Program in the community.
9. European Researchers' Night (September 27, 2024), with the motto "Science for Global Challenges".
10. Cities Changing Diabetes - project coordinated by NOVONORDISK, also involving NMS
11. Self-image, Self-care; Quality of life - (Person with cancer disease)
12. Co-coordinator of the initiative "Leading the way for a healthy future" (ENSP-NOVA), course on Value in Health (ENSP-NOVA, financed by MSD)
13. Initiatives under the Cardiodavida platform
14. Workshops "IPMA Kids"
15. An anxiety prevention program for university students was designed and implemented in collaboration with Prof. Anabela Pereira (University of Évora) and two trainee psychologists (Portuguese Psychologists' Association), as part of the activities of the Psychology Community Outreach Service (SEC-Psi) of the School of Social Sciences, University of Évora. Publication of the Manual and a scientific article on the program's impact are in preparation.
16. Establishment of a partnership with a secondary school in Alentejo to implement a peer mentoring program to promote adolescent mental health, and preparatory research, within the scope of the Stronger Youth project (ERASMUS+ Program. Reference: KA220-YOU-3BAF79FF). The program will be implemented in 2025

### **3.7.2 Provision of services to the community / civil society**

*Table 15 - Services Provided by CHRC Members to the Community / Civil Society (2024)*

### Practical Health Interventions and Direct Community Support

**TOTAL: 2**

1. Outpatient care for breast and gynecological cancer patients
2. NovoNordisk's "Cities Changing Diabetes" project to promote healthy eating in the Ajuda neighborhood (Lisbon)

### Educational, Training, and Awareness Activities

**TOTAL: 16**

1. Academy for the Empowerment of Patient Associations (ACAD) project, which involves the organization and implementation of a set of training and awareness activities with associations of people living with disease, their families, and caregivers.
2. “Biobanks” - UC Nuclear Research Methodologies class, of the PhD in Health Sciences, on 11/22/2024
3. Participation in the University of Évora's Researchers' Night
4. Collaboration II Specialization Course in Occupational Medicine in Angola, a partnership project between ENSP and Clínica Sagrada Esperança
5. Workshop to raise awareness among the school community of the importance of scientific research and the subsequent application of knowledge for the benefit of the community.
6. Basic Life Support Course
7. “Biobanks and their applications” - Lecture within the framework of the Seminars in Health and Technologies Curricular Unit, Doctoral Program in Health and Wellness Sciences and Technologies, 1/03/2024
8. II Specialization Course in Occupational Medicine in Angola, a collaborative project between ENSP and Clínica Sagrada Esperança
9. First Aid Course
10. Classes and supervision of undergraduate nursing internships - primary care in the area of women's and newborn's health
11. Supervised internships in women's health (oncology - chemotherapy outpatient clinic)
12. Teaching and supervising internships in hospital administration
13. Trauma Course
14. Participation no 5th FLxFlow Course - Principles and Applications of Flow Cytometry - Lisboa, Portugal, novembro de 2024
15. Peritoneal Dialysis Training Course - Training for self-care
16. Master's qualification boards

### Applied Research and Development of Practical Solutions

#### **TOTAL: 16**

1. Study to create a Nursing School on the Coast
2. Project “Medical Device Access Index - 1st Edition - 2024 - Given the lack of data on the MD circuit in a hospital environment in Portugal, as well as on the level of access to them, the 1st Edition of the study ‘National Medical Device Access Index’ was carried out in 2024.
3. Scientific Coordinator for 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).
4. Member of the Advisory Committee of the “Lisbon City Without AIDS – Fast-Track Cities” strategy, a municipal initiative that emerged following the adherence of cities to the Paris Declaration and aims to mitigate the epidemic as a public health issue (Lisbon City Council).
5. Coordinator of the technical-scientific support team for the Coordination Group of the Municipal Strategy “Cascais on the Fast Track to Ending the HIV and Viral Hepatitis Epidemic - Fast-Track Cities Cascais”, focusing on monitoring and evaluating the municipal strategy (Cascais City Council and Associação Ser+).
6. Coordinator of the project “Evaluation of the Social Prescription Project in Family Health Units in Lisbon” (Lisbon City Council)
7. Coordinator of the “Evaluation and Monitoring Study of the O trishaw é o melhor remédio project” (Associação Pedalar Sem Idade)
8. Coordinator of the project “Monitoring and Evaluation of the Cultural Prescription Project” (Comunidade Intermunicipal do Alentejo Central). Coordinator of the “Evaluation Study of the 360º Algarve Mental Health Project” (Plataforma Saúde em Diálogo)
9. Coordinator of the technical-scientific consultancy for the Social Prescription pilot study for citizens living in the municipality of Cascais (Cascais City Council).

10. Provision of services for Médis - Project "Promotion of Health Literacy and Use of Health Services"
11. Member of the project team "Evaluation of the Social Prescription Project in Family Health Units in Lisbon".
12. Member of the monitoring and evaluation team for the Municipal Strategy "Local Pact to End the HIV/AIDS Epidemic in Amadora - Fast-Track Cities Amadora".
13. Member of the technical-scientific support team for the Coordination Group of the Municipal Strategy "Cascais on the Fast Track to Ending the HIV and Viral Hepatitis Epidemic - Fast-Track Cities Cascais".
14. Team member of the project "Development of a Roadmap for Action for Advancing Aggregate Exposure to Chemicals in the EU (ExpoAdvance)," in the Knowledge Translation and Communication component.
15. Member of the technical-scientific consultancy team for the Social Prescription pilot study for citizens living in the municipality of Cascais (Cascais City Council).
16. Hospital Medicines Access Index 2024 project - interim study - October 2023 to October 2024

### **Other Provision of Technical, Scientific, and Consultancy Services**

#### **TOTAL: 20**

1. Member of the Regional Mental Health Coordination.
2. Evaluation of the creation of a cycle of studies in nursing on the Alentejo coast
3. Reviews for scientific journals - plos one, bmj opne, bmc women and health, brazilian journal of gynecology and obstetrics
4. Member of the Health Technology Assessment Commission (Infarmed)
5. Implementation of the Information System at Clínica Sagrada Esperança (ISICSE), Angola
6. FCT PhD Scholarships Panel
7. NMS Immunology and Primary Immunodeficiency Laboratory
8. Provision of technical services to carry out analyses in the field of human cytomegalovirus detection by molecular biology
9. Integration, as Physiotherapist, of the Health Team of the Portuguese Olympic Committee in the Mission to the Paris 2024 Olympic Games
10. Clinical consultations for pets.
11. Provision of specialty services at the Uévora Veterinary Hospital
12. Graphomotricity training at IESB University (Brasília) and aquatic therapy training for the Portuguese Association of Psychomotricity.
13. Provision of Study Coordination Consultancy Services to ULS Lisboa Ocidental.
14. Expert panel (IPBES, BIONEXT)
15. Quality audits and assessments of laboratories with national and international accreditation bodies
16. Collaboration in the capacity of Physiotherapist in accompanying the athletes of the National Judo Team during the preparatory sporting events for the Paris 2024 Olympic Games.
17. Provision of Study Coordination Consultancy Services at ULS Arrábida.
18. Tender for the European Centre for Disease Control - Development of online training (synchronous and asynchronous) on Behavioral and Social Sciences in the Prevention and Control of Communicable Diseases
19. Consulting, Management of Regulatory Affairs, Clinical Operationalization and Monitoring of Clinical Studies for the pharmaceutical industry, MedTech and Startups.
20. Accreditation Commission for training activities - Ordem dos Enfermeiros



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

Table 16 - Participation of CHRC Members as Active Members in Civil Society and Scientific Organizations (2024)

#### Participation in Councils, Boards, and Committees related to Public Authorities and Decision-Making Bodies

**TOTAL: 32**

1. Member of the Regional Mental Health Coordination. Member of the Scientific Council of FCM-UNL.
2. DGS - Public Health Emergencies Center
3. President of the Portuguese Epidemiology Association; Member of SAB EHMA
4. Board of the Lisbon Society of Medical Sciences
5. Commission for AI (Medical Association)
6. President of the General Council of the Lisbon School of Nursing
7. President of Portuguese sarcoma group
8. Member of CATS (INFARMED)
9. CEIC member
10. Coadjuvant of the national program for oncological diseases
11. ORDER OF NURSES (Member of CACAF)
12. General Council of the Order of Physiotherapists
13. Brazilian Association of Collective Health (ABRASCO) – President
14. National School of Public Health - Director National School of Public Health - President of the Scientific Council
15. Director of the ULSLO Psychiatry Department
16. Effective member of the Technical Vaccination Commission
17. Member of the Directorate General of Health
18. Coordinator of the Integrated Surveillance Program for Legionnaires' Disease, DGS
19. Vice-Chairman of the Health Technology Assessment Committee (CATS, INFARMED, IP)
20. ESESJD CTC member
21. President of the School Assembly (ESESJD)
22. Member of MESMO's Course Committee
23. Member of the Postgraduate Course Committee for Health Unit Administration
24. Member of UÉ's General Council
25. College of Cardiology Specialty - Portuguese Medical Association - Board Member
26. Life and Health Sciences Scientific Council
27. IPBeja's General Council
28. Ethics Committee for Clinical Research - CEIC - member of the National Ethics Committee for Clinical Research
29. Coordinator of the Studies and Planning Office of the Order of Physiotherapists
30. Federação Mundial das Associações de Saúde Pública (WFPHA) - Membro do Comité Político
31. Participation as President of the Strategic Council of Beira's Academic and Clinical Center
32. Deputy Director of the Department of Veterinary Medicine

#### Participation/Involvement in Scientific Networks, Associations, and Organisations

**TOTAL: 49**

1. Member of the Board of ASPESM - The Portuguese Society of Mental Health Nursing
2. Member of the Board of the Assembly of the Portuguese Nurses Association

3. Member of the General Assembly of the Portuguese Association for the Promotion of Public Health;
4. Member of the Scientific Committee of ProjMAN - International Conference on Project Management;
5. Membro da Comissão Científica da HCist - Conferência Internacional sobre Sistemas e Tecnologias de Informação em Saúde e Assistência Social;
6. Member of the Portuguese Project Management Observatory (OPGP);
7. Member of the Scientific Committee of the Good Health Practices Award (PBPS);
8. Member of GNAD (National support group for the discussion of Horizon Europe)
9. Member of the Board of the Portuguese Public Health Society
10. Membro da ISBER - International Society for Biological and Environmental Repositories
11. APSEI - Portuguese Safety Association
12. Membro; Sociedade de Investigação de Micotoxinas
13. Member of the Iberian Society for Cytometry
14. Member – EuSoMII
15. International Research Network on Vulnerability, Health and Safety of Older People
16. International Neurological Physiotherapy Association.
17. Portuguese Society for Clinical Communication in Health Care.
18. Member of the Portuguese Society of Family Therapy
19. Member of the Geriatric Psychiatry Section of the Portuguese Society of Psychiatry and Mental Health
20. Member of the Cerebral Aging and Dementias Study Group
21. Involvement in the activities of the Portuguese Society of Cardiology and the Portuguese Society of Sports Medicine
22. European General Practice Research Network
23. Scientific Committee of the 17th International Nursing Research Conference
24. Chairman of the Board of the New Public Health Association
25. Member of the national network of Biobanks - Biobanco.pt
26. Member of the Governing Bodies; APTAC - Portuguese Association of Clinical Analysis and Public Health Technicians
27. Collaborator (Portuguese League Against Cancer)
28. Chair of the Section on Migrant and Ethnic Minority Health, European Public Health Association (EUPHA) (since 2024).
29. Alternate member of the Board of the National Association of Public Health Physicians
30. International research network on health vulnerability and safety of older people
31. ENSP - Responsible for the Cochrane Portugal affiliate center.
32. National focal point for legionnaires' disease and operational contact point for legionellosis in the European surveillance network for legionnaire's disease of the ECDC
33. Member of the Board of the Portuguese Association of Health Economics
34. Member of the Portuguese Association of Obstetric Nurses
35. European Association of Cardiovascular Imaging - Deputy Chair of the Education Committee
36. Member of the Scientific Committee of the European Health Psychology Society
37. Member of the Working Group Promoting Clinical Research with Medical Devices (led by AICIB)
38. Alternate Member of the General Assembly of the Portuguese Association of Hospital Administrators
39. Member of the “Rede Lusófona de Biobancos” initiative
40. Scientific Council; Portuguese Council for Health and Environment
41. MEMBER / European Society of Clinical Microbiology and Infectious Diseases
42. European Society of Cardiology - Member of the Registries Committee
43. National Critical Thinking Network (Crithbnknet)
44. Portuguese Society of Veterinary Sciences (Vice-President)
45. OMV General Assembly

46. Member (representing FFUL) of the Organizing Committee of the Doctorate in Planetary Health Studies, a 3rd cycle course organized by the Rectory of the University of Lisbon
47. Member/Portuguese Society of Microbiology
48. Member of the College of Human Biology and Health of the Order of Biologists
49. Co-Coordinator of the Implementation Science Knowledge Center – ENSP

### **Coordination or Collaboration in Specific Programmes and Projects**

#### **TOTAL: 26**

1. Coordinator of the Agreement between the University of São Paulo and the UN Joint United Nations Program on HIV/AIDS (UNAIDS)
2. Implementation of laboratory management software (Clinidata) at the level of existing public laboratories in the Azores
3. PRO-PHY-EDU: Intervention program to improve the promotion of school success in physical education Erasmus + (2024-2026) - Researcher.
4. Co-PI APRICOT project - Financed by NIH
5. Coordination at the University of Évora of the XR2ESILIENCE project funded by HEuropa
6. Coordination of the European project “Partnerships for Science Education”;
7. Director of the “IPMA Kids” Program in Portugal
8. President of the Scientific Committee of the Elo Farma 2024 Network Award
9. Coordinator of the 2nd Cycles of Studies (Masters) at NOVA Medical School
10. Tender for the European Center for Disease Control - Development of online training (synchronous and asynchronous) on Behavioral and Social Sciences in the Prevention and Control of Communicable Diseases
11. SCIGLO: Science for Global Challenges. Horizon Europe (2024-2026) - Researcher.
12. Coordinator of the “IPMA Kids” international program in Portugal
13. Alternate representative of the CT-87 Technical Committee for Standardization of Health Technologies of APORMED - Portuguese Association of Medical Device Companies.
14. NovoNordisk’s “Cities Changing Diabetes” project to promote healthy eating in the Ajuda neighborhood (Lisbon)
15. Collaboration on the violence against health professionals project in the Alentejo region
16. Vagar(mente). Directorate-General for Higher Education (2023-2026) - Researcher.
17. Clinical director of HVUE
18. PI Scientific project European Center for Disease Control - Social and Behavioural Sciences for Communicable Diseases
19. Collaboration in the AI models for M-IA-RCH Hybrid Cardiac Rehabilitation project.
20. Director of the “IPMA Kids” Program in Portugal
21. Collaboration on the LISBOA2030-2024-15 Application for Scientific Infrastructures and Equipment: National Biobank Network - Lisbon Node (LISBOA2030- FEDER01317100)
22. Researcher in the research project entitled “Adaptive Governance in Health Crises Framework: Enhancing Equity and Resilience in Global Health Systems”, funded by World Health Organization.
23. Provision of services for Médis - Project “Promotion of Health Literacy and Use of Health Services”
24. Matter: Project for transversal training, screening and early community intervention in perinatal mental health (2023-2025) - Researcher.
25. Collaboration on Application LISBOA2030-2024-15 Scientific infrastructures and equipment: Pre-clinical Innovation Hub - for NOVA Medical School Clinic (LISBOA2030- FEDER01317200)
26. HealthyW8: Empowering healthy lifestyle behaviour through personalised intervention portfolios to prevent and control obesity during vulnerable stages of life. Horizon Europe (2023-2028) - Researcher.

## Member of Other Scientific, Ethical, or Evaluation Committees:

**TOTAL: 45**

1. Member of the Ethics Committee for Clinical Research (CEIC), appointed by the Minister of Health (Order No. 271/2021, Diário da República 2nd Series, part C, January 8, 2021, pages 130-134).
2. Member of the evaluation panel for the award of FCT grants
3. Research ethics committee of the faculty of medical sciences of unicamp
4. Member of the Scientific Advisory Committee of EHMA (European Health Management Association).
5. Member by NSPH-Nova at the Value Creation Council and the Sustainability Council of Nova4TheGlobe of Nova University of Lisbon.
6. Elected member of the Scientific Council of ANSM - Agence Nationale de la Sécurité du Médicament.
7. Appointed by Ministerial Order (DR, 2nd series No. 84 of 2-05-2016) member of the Health Technology Assessment Commission (CATS) - Advisory body of Infarmed - National Authority for Medicines and Health Products.
8. XVIII Seminar on the Motor Development of Children. Lisbon. November, 2024 (member of the scientific committee)
9. Vice-Chairman of the NMS Ethics Committee
10. President of the College of Psychiatry of the Portuguese Medical Association
11. National School of Public Health - Member of the Ethics Committee National School of Public Health - Member of the Scientific Council
12. ENSP - Member of the Ethics Committee
13. Member of the Scientific Committee of the International Conference on Integrated Care 2025
14. Evaluation of Accreditations
15. Member of ORBEA-EU
16. Member of the evaluation committee for the Call for PhD Scholarships for PALOP + TIMOR LESTE (MCTES/MNE)
17. Head of the Commission for Preventing and Combating Harassment - University of Évora [started in January 2024]
18. Patients' and Consumers' Working Party (PCWP) of the European Medicines Agency
19. Scientific Council of the National School of Public Health (ENSP)
20. Member of the National Ethics Council for Life Sciences
21. Member of the Ethics Committee for Clinical Research
22. Member of the research committee of the unicamp women's hospital
23. External member of the ESS-CVP Quality Assessment Council
24. Member of the scientific management committee for the computerization of public laboratories in the Azores.
25. Member of the NMS Scientific Committee
26. Member of the Board of Directors of the HVUE
27. Member of the Ethics Committee of the Polytechnic Institute of Setúbal
28. President of ORBEA at U Évora
29. Member of U Évora's Ethics Committee
30. Jury of the Theoretical Test of the National Examination for the Specialty of General and Family Medicine
31. Member of the research coordinating body of the unicamp faculty of nursing
32. Coordinator of the NMS Biosafety Committee
33. Global Society on Migration, Ethnicity, Race and Health - Member of the International Council
34. Member of the Scientific Committee of the European Public Health Conference 2024
35. Member of NMS's Pedagogical Council
36. External evaluation with ECDC of Spain Public Health Emergency Preparedness Assessment under Regulation (EU) 2022/2371 on Serious Cross-Border Threats to Health (SCBTH)
37. Jury for the Recruitment Process for Director of the Health Quality Department of the Directorate-General for Health
38. Member of NMS GreenLabs Team / Sustainability Board

39. II SIRVE - III Seminar of the international research network on vulnerability, health, safety and quality of life of the elderly: brazil, portugal and spain
40. Chair Evaluation Panel (PAC) National Cancer Hub-PT 2024 (AICIB)
41. Public Health Training Focal Point (alternate) from Portugal for the European Center for Disease Prevention and Control
42. Expert of the Transforming Health and Care Systems (THCS) partnership
43. Member of the Advisory Board of the COMPLUS Project: Community Community Participation into Practice in a World of Pluralistic Health !
44. Member of ENSP's Scientific Council
45. Member of ENSP's Pedagogical Council



This report was elaborated based on information collected from 105 questionnaires on the scientific indicators filled by CHRC integrated members. This questionnaire was launched by email in 20<sup>th</sup> January. For the purposes of the management report, data received up to 17<sup>th</sup> February was considered.

The research support services of all management institutions were also consulted, with respect to applications prepared, scientific publications, funded projects, internationalization, scientific knowledge transfer, postgraduate supervision and financial execution.

This report was delivered in 31<sup>st</sup> March, 2025 and subsequently approved by CHRC Executive Committee.

## 4. ANNEXES

### 4.1 Articles in peer-reviewed journals - SCOPUS index - Q1

**TOTAL:266**



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

*Table 17 - List of articles in peer-reviewed journals - SCOPUS index - Q1*

31st European Congress on Obesity (ECO 2024). (2024). *Obesity Facts*, 17(Suppl. 1), 7–515. <https://doi.org/10.1159/000538577>

#### A

Advinha, A. M., Fernandes, J. P., & Perdigao, M. (2024). Food-drug interactions risk management: An emergent piece of pharmacovigilance systems. *Pharmacol Res Perspect*, 12(4), e1245. <https://doi.org/10.1002/prp2.1245>

Alegrete, J., Batalha, N., Fernandes, O., Parraca, J. A., Rodrigues, A. M., Londral, A. R., & Sousa, J. P. (2024). Effectiveness of the KC@H programme compared with clinic-based rehabilitation in patients recovering from ACL reconstruction: a study protocol for a single-centre, two-arm, single-blinded, randomised controlled superiority trial. *BMJ Open Sport Exerc Med*, 10(1), e001868. <https://doi.org/10.1136/bmjsem-2023-001868>

Alho, A. M., Oliveira, A. P., Viegas, S., & Nogueira, P. (2024). Effect of heatwaves on daily hospital admissions in Portugal, 2000–18: an observational study. *The Lancet Planetary Health*, 8(5), e318-e326. [https://doi.org/10.1016/S2542-5196\(24\)00046-9](https://doi.org/10.1016/S2542-5196(24)00046-9)

Almeida, M. B. D., Moreira, M., Miranda-Oliveira, P., Moreira, J., Família, C., Vaz, J. R., Moleirinho-Alves, P., & Oliveira, R. (2024). Evolving dynamics of neck muscle activation patterns in dental students: a longitudinal study. *Sensors*, 24(17), Article 5689. <https://doi.org/10.3390/s24175689>

Almeida, M. B., Moreira, M., Moreira, J., Vaz, J. R., Moleirinho-Alves, P., & Oliveira, R. (2024). The time-course changes in postural control variability between neck pain and asymptomatic dental students. *Scientific Reports*, 14(1), Article 31004. <https://doi.org/10.1038/s41598-024-82119-x>

Aluh DO, Agu DI, Igbokwe WJ, Anunwa IG. (2024) Public acceptance of coercive measures in Nigerian mental health care. *Int J Soc Psychiatry*. 2024 Nov 13:207640241296050. doi: 10.1177/00207640241296050. Epub ahead of print.

Aluh DO, Azeredo-Lopes S, Pedrosa B, Silva M, Grigaité U, Martins AR, Mousinho MFA, Cardoso G, Caldas-de-Almeida JM. Revisiting the psychometric properties of the McArthur admission experience survey: Validating the Portuguese version using a bifactor approach. *Heliyon*. 2024 Jan 9;10(2):e24114. doi: 10.1016/j.heliyon.2024.e24114. PMID: 38293471; PMCID: PMC10827453.

Aluh DO, Cortes JD. (2024) Second Victims in Mental Health Care. *Journal of Patient Safety*. <http://dx.doi.org/10.1097/pts.0000000000001277>.

Aluh DO, Diaz-Milanes D, Azeredo-Lopes S, Barbosa S, Santos-Dias M, Silva M, Grigaité U, Pedrosa B, Velosa A, Cardoso G, Caldas-de-Almeida JM. Coercion in Psychiatry: Exploring the Subjective Experience of Coercion

Among Patients in Five Portuguese Psychiatric Departments. *J Behav Health Serv Res.* 2024 Jul 10. doi: 10.1007/s11414-024-09890-7. Epub ahead of print. PMID: 38987414

Aluh DO, Diaz-Milanes D, Pedrosa B, Silva M, Grigaitė U, Almeida CR, de Almeida Mousinho MF, Vieira M, Cardoso G, Caldas-de-Almeida JM. Coercion in psychiatry: psychometric validation of the Portuguese Staff Attitudes to Coercion Scale (SACS). *Discov Ment Health.* 2024 Aug 14;4(1):27. doi: 10.1007/s44192-024-00083-4. PMID: 39141248; PMCID: PMC11324637.

Aluh DO, Lantta T, Lourenço T, Birkeland SF, Castelpietra G, Dedovic J, Caldas-de-Almeida JM, Rugkåsa J. Legislation and policy for involuntary mental healthcare across countries in the FOSTREN network: rationale, development of mapping survey and protocol. *BJPsych Open.* 2024 Sep 19;10(5):e154. doi: 10.1192/bjo.2024.744. PMID: 39295429; PMCID: PMC11457212.

Aluh DO, Onu JU, de Almeida JMC. A new era for mental health care in Nigeria. *Lancet Psychiatry.* 2023 May;10(5):310-311. doi: 10.1016/S2215-0366(23)00071-8. Epub 2023 Mar 12. PMID: 36921611.

Aluh, D. O., & Cortes, J. D. (2024). Second Victims in Mental Health Care. *Journal of Patient Safety*, 20(8):e144. <https://doi.org/10.1097/PTS.0000000000001277>

Alves, B.; Mota, P.; Sineiro, D.; Carmo, R.; Santos, P.; Macedo, P.; Carreira, J. et al. (2024). MoveONParkinson: developing a personalized motivational solution for Parkinson's disease management. *Frontiers in Public Health* 12 <http://dx.doi.org/10.3389/fpubh.2024.1420171>.

Alves, E., Goncalves, C., Oliveira, H., Ribeiro, R., & Fonseca, C. (2024). Health-related outcomes of structured home-based rehabilitation programs among older adults: A systematic literature review. *Heliyon*, 10(15), e35351. <https://doi.org/10.1016/j.heliyon.2024.e35351>

Alves, I., Castro, M. A., Tavares, S., & Fernandes, O. (2024). Unveiling the Chaos in Postural Control in Adults with Achondroplasia. *J Funct Morphol Kinesiol*, 9(1), 39. <https://doi.org/10.3390/jfmk9010039>

Alves, R., Perelman, J., Chang, K., & Millett, C. (2024). Environmental impact of dietary patterns in 10 European countries: a cross-sectional analysis of nationally representative dietary surveys. *European Journal of Public Health*, 34(5), 992-1000. Advance online publication. <https://doi.org/10.1093/eurpub/ckae088>

Amaro, F. I. F., Soares, P., Velo, E., Carvalho, D. O., Gomez, M., Balestrino, F., Puggioli, A., Bellini, R., & Osório, H. C. (2024). Mark-release-recapture trial with *Aedes albopictus* (Diptera, Culicidae) irradiated males: population parameters and climatic factors. *Insects*, 15(9), Article 685. <https://doi.org/10.3390/insects15090685>

Amaro, P., Fonseca, C., Afonso, A., Jacinto, G., Gomes, L., Pereira, H., Jose, H., Silva, C., Lima, A., Arco, H., Nabais, J., Lopes, M., Pereira, A., Fragoeiro, I., & Pinho, L. G. (2024). Depression and Anxiety of Portuguese University Students: A Cross-Sectional Study about Prevalence and Associated Factors. *Depression and Anxiety*, 2024, 1-14. <https://doi.org/Artn 5528350>

Antao, H. S., Sacadura-Leite, E., Aguiar, P., Gois, C., Marques, J., Pombo, S., & Figueira, M. L. (2024). Association between omega-3 index and depersonalization among healthcare workers in a university hospital: a cross-sectional study. *Frontiers in Psychiatry*, 15, Article 1425792. <https://doi.org/10.3389/fpsy.2024.1425792>

Antunes, B. B. P., Bastos, L. S. L., Kurtz, P., Sant'Anna, L. M., del Peloso, P. F., Espanha, C. A., Hamacher, S., & Bozza, F. A. (in press). Persistent carbapenem resistance in mechanically ventilated ICU patients: A before-and-

after analysis of the COVID-19 surge. *American Journal Of Infection Control*.  
<https://doi.org/10.1016/j.ajic.2024.10.014>

Araújo, R., Ramalheite, L., Von Rekowski, C. P., Fonseca, T. A. H., Bento, L., & R. C. Calado, C. (2024). Early Mortality Prediction in Intensive Care Unit Patients Based on Serum Metabolomic Fingerprint. *International Journal of Molecular Sciences*, 25(24), Article 13609. <https://doi.org/10.3390/ijms252413609>

Ares-Blanco, S., Guisado-Clavero, M., Lygidakis, C., Fernández-García, M., Petek, D., Vinker, S., ... Astier-Peña, M. P. (2024). Exploring the accessibility of primary health care data in Europe's COVID-19 response: Developing key indicators for managing future pandemics (Eurodata study). *BMC Primary Care*, 25(1), Article 221. <https://doi.org/10.1186/s12875-024-02413-5>

## B

Baptista FM, Nery E, Cruz EB, Afreixo V, Silva AG. Effectiveness of Neural Mobilisation on Pain Intensity, Functional Status, and Physical Performance in Adults with Musculoskeletal Pain - A Systematic Review with Meta-Analysis. *Clin Rehabil*. 2024 Feb;38(2):145-183. doi: 10.1177/02692155231215216. Epub 2023 Nov 21. PMID: 37990512; PMCID: PMC10725147.

Baptista, H., Mendes, J. M., & MacNab, Y. C. (2024). Similarity- and neighbourhood-based dynamic models for infection data: Uncovering the complexities of the COVID-19 infection risks. *Spatial and Spatio-temporal Epidemiology*, 51, 1-11. Article 100681. Advance online publication. <https://doi.org/10.1016/j.sste.2024.100681>

Barbosa, O., Sim-Sim, M., Silvestre, M. P., Pedro, C., & Cruz, D. (2024). Effects of vitamin D levels during pregnancy on prematurity: a systematic review protocol. *BMJ Open*, 14(2), e076702. <https://doi.org/10.1136/bmjopen-2023-076702>

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Barreto, J., Pereira, C., Almeida, G., Isabelinha, B., & Cruz-Ferreira, A. (2024). Effects of body-oriented intervention after stroke on cognitive function, body awareness, and quality of life: A systematic review. *J Bodyw Mov Ther*, 40, 804-815. <https://doi.org/10.1016/j.jbmt.2024.05.022>

Belayneh Z, Lee DA, Haines TP, Aluh DO, Onu JU, Newton-Howes G, Masters K, Kohn Y, Sin J, Goulet MH, Husum TL, Jelastopulu E, Bakola M, Opgenhaffen T, Gowda GS, Mekuriaw B, De Cuyper K, Muir-Cochrane E, Canteloupe Y, Diviney E, Staggs VS, Petrakis M. (2024) Co-Designing Case Scenarios and Survey Strategies to Examine the Classification and Reporting of Restrictive Care Practices in Adult Mental Health Inpatient Settings: Perspectives From International Stakeholders. *Int J Ment Health Nurs*. 4. doi: 10.1111/inm.13479. Epub ahead of print.

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*Table 18 – List of publications in Open Access Journals*

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## V

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## Z

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## 5.3 Publications in Lay Language

TOTAL:6

*Table 19 - List of publications in Lay Language*

### A

Araújo, T. M. E. D., Chaves, F. R. C., Oliveira, M. G. F. U. D., Chaves, A. F. D. C. P., Soares, Y. K. D. C., Borges, P. D. T. M., Borges, S. E. M., Alencar, V. M. D. C., Camargo, E. L. S., Mendes, I. A. C., & Sousa, Á. F. L. D. (2024). Sexual practices and HIV risk perception among men who have sex with men in Brazil. *Journal of the International Association of Providers of AIDS Care*, 23. <https://doi.org/10.1177/23259582241283196>

### D

Duarte, S. T., Moniz, A., Caeiro, C., Heleno, B., Aguiar, P., & Cruz, E. B. (in press). Exploring barriers and facilitators to the adoption of regular exercise practice in patients at risk of a recurrence of low back pain (MyBack project): a qualitative study. *Disability and Rehabilitation*. <https://doi.org/10.1080/09638288.2024.2369665>

### G

Guisado-Clavero, M., Gómez-Bravo, R., Gefaell Larrondo, I., Ramos Del Rio, L., Fitzgerald, L., Vinker, S., ... Lingner, H. (2024). Diverse roles of primary health care in COVID-19 vaccination across 28 European countries – Insights from the Eurodata study. *The European Journal of General Practice*, 30(1), Article 2409240. <https://doi.org/10.1080/13814788.2024.2409240>

### H

Hastings, J., Zhang, L., Schenk, P., West, R., Gehrke, B., Hogan, W. R., Chorpita, B., Johnston, M., Marques, M. M., Webb, T. L., Baird, H. M., Crombez, G., & Michie, S. (2024). The BSSO Foundry: a community of practice for ontologies in the behavioural and social sciences. *Wellcome Open Research*, 9, Article 656. <https://doi.org/10.12688/wellcomeopenres.23230.1>

### M

Matos, J., Henriques, A., Moura, A., & Alves, E. (2024). Professional reintegration of stroke survivors and their mental health, quality of life and community integration. *Qual Life Res*, 33(12), 3259-3273. <https://doi.org/10.1007/s11136-024-03797-8>

Matos, J., Moura, A., Teixeira, F., Henriques, A., & Alves, E. (2024). Professional reintegration among professionally active Portuguese stroke survivors: a multicentric study. *Disabil Rehabil*, 46(12), 2619-2628. <https://doi.org/10.1080/09638288.2023.2228200>

## 5.4 CHRC GRANTS FINAL REPORTS

### PROOF - PReventing OsteoporOtic Fractures

Anabela Barcelos<sup>1,2,3</sup>, Carolina Mazeda<sup>2,3</sup>, Jaime Cunha Branco<sup>2,4,5</sup>, Rute Dinis Sousa<sup>2,4</sup>, Helena Canhão<sup>2,4,6</sup>,  
Sónia Dias<sup>1</sup>, Ana Rodrigues<sup>2,4,7</sup>

<sup>1</sup>Comprehensive Health Research Center, Escola Nacional de Saúde Pública, Universidade NOVA de Lisboa, Lisbon, Portugal

<sup>2</sup>EpiDoc Unit, NOVA Medical School|Faculdade de Ciências Médicas, NMS|FCM, Universidade NOVA de Lisboa; Lisbon, Portugal

<sup>3</sup>Rheumatology Department, Centro Hospitalar do Baixo Vouga, CHBV, Aveiro, Portugal

<sup>4</sup>Comprehensive Health Research Center, NOVA Medical School|Faculdade de Ciências Médicas, NMS|FCM, Universidade NOVA de Lisboa, Lisbon, Portugal

<sup>5</sup>Rheumatology Department, Centro Hospitalar Lisboa Ocidental, CHLO, Lisbon, Portugal

<sup>6</sup>Rheumatology Unit, Centro Hospitalar Universitário de Lisboa Central, CHULC, Lisbon, Portugal

<sup>7</sup>Rheumatology Unit, Hospital dos Lusíadas, Lisbon, Portugal



### Background

- Osteoporosis (OP) is a chronic systemic bone disease associated with an increased risk of fragility fractures.
- To prevent fractures, pharmacological and non-pharmacological treatments should be implemented (e.g., exercise and/or physical activity, healthy diet).
- However, OP patients' adoption of these treatments is low to moderate (40-70%).
- There is a need to develop and implement interventions that provide guidance, motivation, and health literacy, supported by behaviour change to improve treatment adoption among OP patients

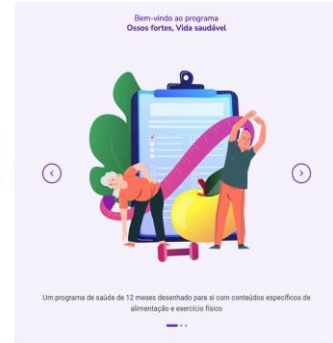
### Objective

To develop the Healthy Bone digital platform prototype (desktop, mobile app, and TV app), which will deliver the Healthy Bone program to promote the adoption of pharmacological and non-pharmacological treatment among older adults with OP.

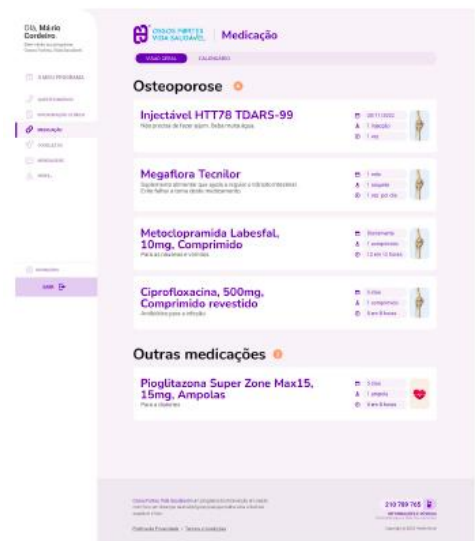
### Methods

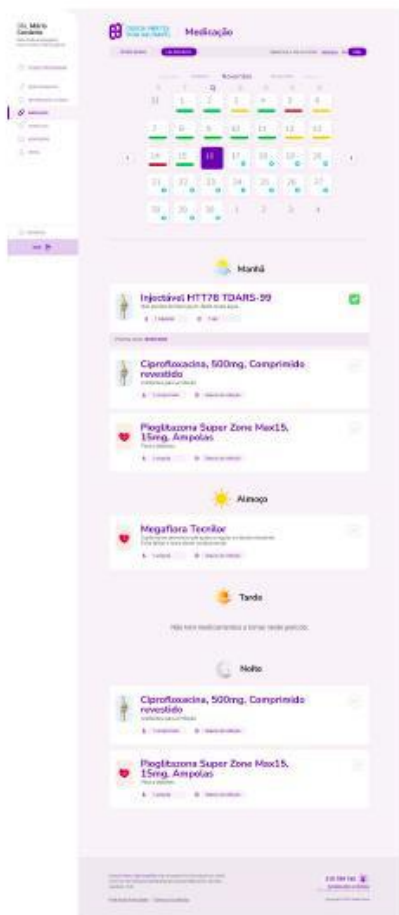
- A digital platform prototype has been developed, informed by behaviour change theory, and adapted from the SAUDE.COME TV application, involving all relevant stakeholders (patient research partner, behavioural researchers, healthcare professionals, engineers) and using a co-creation methodology.
- The Healthy Bone digital platform was developed as a web-based multimodule and interactive application.
- It will deliver a home-based program informed by behaviour change that combines strategies that include education, patient empowerment, self-management reminders, and prompts designed to increase long-term adoption of pharmacological and non-pharmacological OP treatment.
- To further optimize the Healthy Bone digital platform, we conducted a mixed-methods study at CHBV. Usability testing and semi-structured interviews were conducted in person, lasting approximately 70 minutes, with audio and screen recording.
- For usability testing, patients had to complete tasks that represented real-world use of the digital platform, using a thinking-aloud approach.
- After each task, patients were given an After Scenario Questionnaire to measure task satisfaction. They were then asked to complete the System Usability Scale and the eHealth UsaBility Benchmarking Instrument to measure usability.
- This was followed by semi-structured interviews to explore participants using the Healthy Bone digital platform prototype.

# Results

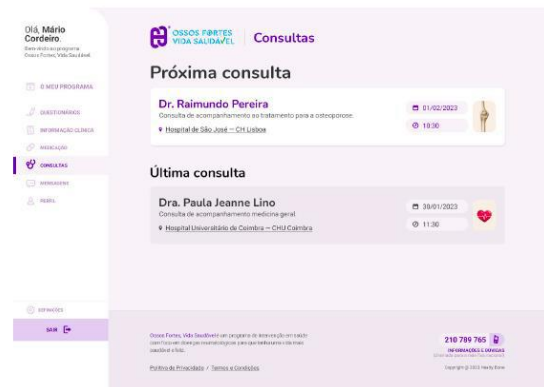


## ts | Medication

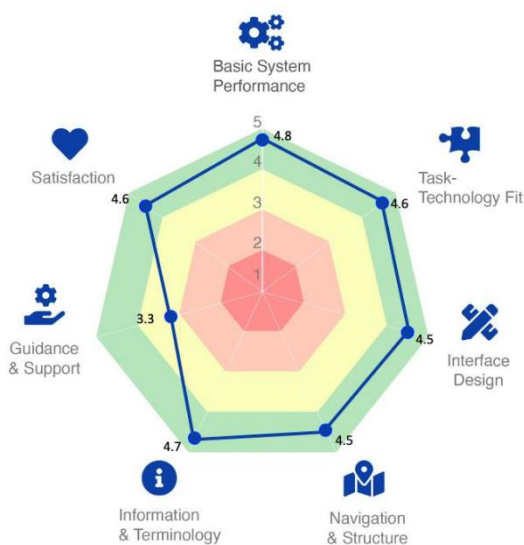
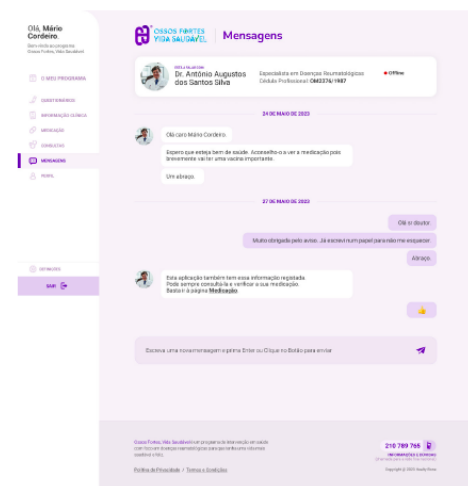




## Consultations



## Chat feature "Messages"



Visualization of the HUBBI scores for the Healthy Bone digital platform prototype. Each color indicates, for the different categories, how well the system is performing. Green (>4) denotes good usability, yellow (3-4) moderate usability, orange (2-3) insuficiente usability and red (1-2) poor



## Conclusions

- The Healthy Bone digital platform prototype is finished and has been tested. However, given setbacks outside our control, specifically the COVID-19 pandemic, the Healthy Bone project has fallen behind schedule.
- A mixed methods study was conducted to test the usability of Healthy Bone and provide valuable insights into the usability and user experience of the desktop version of the Healthy Bone digital platform prototype. Specific usability issues and users' perceptions of this digital solution were identified.
- The next steps are to conduct a pilot study of the mobile app version of Healthy Bone and then run a randomized controlled trial.

## Funding

During the 1st Annual Summit Comprehensive Health Research Centre (CHRC), the research team was awarded the CHRC Research Grants 2020 to run the Healthy Bone project.

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# Handwriting movement assessment and dementia



## HANDWRITING MOVEMENT ASSESSMENT AND DEMENTIA

Ana Rita Matias<sup>1,2</sup>, Marta Gonçalves-Montes<sup>3</sup>, Cláudia Borbinha<sup>4</sup>, Ana Rita Silva<sup>2,3</sup>, Hans-Leo Teulings<sup>5</sup>, Orlando Fernandes<sup>1,2</sup>  
<sup>1</sup>Comprehensive Health Research Center | <sup>2</sup>University of Évora | <sup>3</sup>Faculty of Psychology, University of Lisbon | <sup>4</sup>Epipne Neuro Hospital of Évora | <sup>5</sup>Manuscript

### PROBLEM

Dementia is a health condition marked by progressive cognitive decline and disability | Some motor skills become common in advanced stages | Handwriting, a tool for studying fine motor control or executive functioning in both healthy and unhealthy populations, [challenges](#) clinicians at different stages of dementia. | In this study the focus was on Alzheimer Disease (AD).

### WHAT WAS DONE

#### with whom?



#### INCLUSION CRITERIA

##### PARTICIPANTS WITH AD

i) over 55; ii) dementia diagnosis according to DSM-5 criteria and proven by a clinician.

##### PARTICIPANTS WITHOUT AD

i) over 55; ii) absence of cognitive impairment on the neuropsychological assessment.

#### EXCLUSION CRITERIA

i) absence of previous neurological (e.g., stroke) and/or psychiatric history (e.g., psychosis); ii) presence of a condition that could interfere with the collection of handwriting data; iii) mother tongue other than Portuguese.

### Where?

Neurology Service of Public Hospital day care centers, and residential facilities for the elderly

### How?

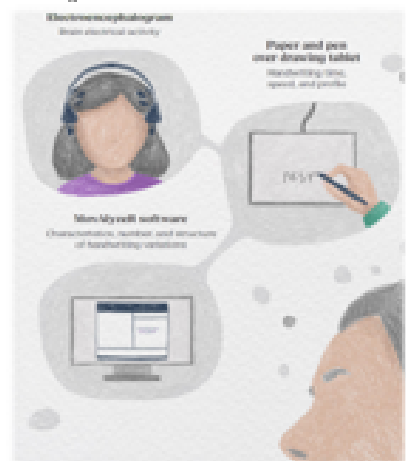
#### HANDWRITING ASSESSMENT

HANDWRITING ASSESSMENT BATTERY FOR ADULTS (HAB) | Handwriting legibility and speed

VISUOMOTOR INTEGRATION TEST (VMI) | Visuomotor integration, visual perception and motor coordination

NOVALEZER | Number of strokes, vertical/horizontal start position, vertical/horizontal size, slant, reaction time, duration, average pen pressure

ENOTIV DROC | Brain activity measured by power spectral densities at different frequency bands: theta (4-7 Hz), alpha (8-12), and beta (13-30) bands



### OUTPUTS

- 01 **INFOGRAPHIC**
- 02 **PAPER SUBMISSION**  
(JHE RESEARCH PROTOCOLS  
Major revision)
- 03 **POSTER PRESENTATION**  
HUMAN BIOLOGY OF MOVEMENT BEHAVIOURS  
CONFERENCE | 11<sup>th</sup>-12<sup>th</sup> September, Oporto
- 04 **PROTOCOL REGISTRATION**  
CLINICAL TRIALLOGY
- 05 **NOTE EUROPEA DOS INVESTIGADORES**  
2023 | 2024 EDITIONS
- 06 **ORAL COMMUNICATION**  
INTERNATIONAL MEETING OF  
INNOVATION IN HEALTH | 24<sup>th</sup>-26<sup>th</sup>  
December, Brasília

### CONCLUSIONS

Achieved around 90 per cent of the suggested schedule and 55% budget execution.  
 This project has made it possible to significantly strengthen the existing line of research with an innovative and sustainable study that will have a clinical impact in the [medium-to-long](#) term. Through dissemination actions, interest in this project and its continuity [was](#) noted.  
 Considering the short period of execution and all the difficulties encountered, most of the objectives were achieved.  
 The allocated funding also made it possible to purchase materials enabling the project to continue.

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 Borbinha C, Fontenelle P, Lopes S, et al. Handwriting analysis to support Alzheimer's disease diagnosis: Preliminary Study for Computerized Diagnostic of Impaired Memory. *IEEE Access*. 2023;11:11420. doi:10.1109/Access.2023.32333  
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# COVID-19 pandemic: the social distance at the school playground and its effects on children's social-emotional competence and physical activity



## COVID-19 pandemic: the social distance at the school playground and its effects on children's social-emotional competence and physical activity

HUGO FOLGADO<sup>1,3</sup>, ANA RODRIGUES<sup>2,3</sup>, BRUNO GONÇALVES<sup>1,3</sup>, HELENA CANHÃO<sup>2,3</sup>, JORGE BRAVO<sup>1,3</sup>, ORLANDO FERNANDES<sup>1,3</sup>, RUTE SOUSA<sup>2,3</sup>, NILTON LEITE<sup>1,3</sup>, GUIDA MOUTINHO<sup>1,3</sup>

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<sup>2</sup> NOVA Medical School, Universidade Nova de Lisboa, Lisboa, Portugal

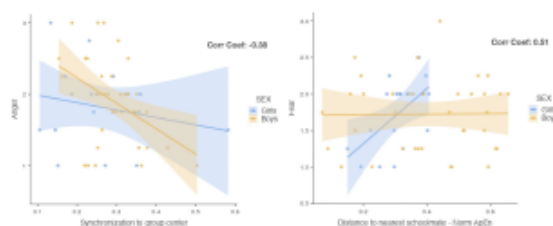
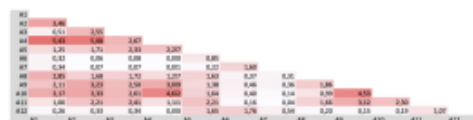
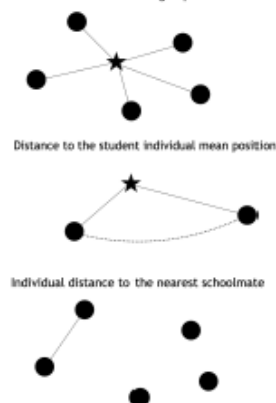
<sup>3</sup> Comprehensive Health Research Center, Portugal

**Background:** One of the most important measures to prevent SARS-CoV-2 transmission through respiratory droplets [1, 2] and to decelerate the COVID-19 epidemic evolution, was the interpersonal physical distance or so-called social distance. Social distancing implied the closure of schools, parks and playgrounds, with the populations not allowed to engage in their regular activities outside of their homes. This measures will undoubtedly have implications for social development, particularly for children [3].

**Objectives:** 1) is the social distance maintained during children's activity in the playground (even with school implement based on government preventive guidelines)? 2) limiting children to cohabit and establish social interactions freely has adverse effects on children's social-emotional competence?

**Methods:** Sixty-one students of the 3<sup>rd</sup> and 4<sup>th</sup> grade from 4 different schools participated in the study (20 girls, 41 boys, age=9.4 ± 1 years). Individual GPS devices were used at the playground for the analysis of movement related behavioral indicators, computed from the positional data. The KTK (Körperkoordinations Test für Kinder) test, Peers nomination and Mood questionnaire were used for the assessment of children coordination, and social-emotional competence, respectively.

Individual distance to the group center



**Results:** Children were less than 6 minutes under 2 meters of social proximity during a 30 minutes playground. Girls with higher fear and sadness score presented more irregular movements relative to their schoolmates and boys with Higher Anger Score showed a less synchronized behavior relative to group center.

**Conclusions:** School Playgrounds were not a risk site for the transmission of SARS-CoV-2. There seems to be some relations with how students behave in the playground - measured by their displacement and relative positioning - and their socio-emotional state.

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2. World Health Organization, *Overview of public health and social measures in the context of COVID-19. Interim guidance*. 18 May 2020. 2020, World Health Organization: Geneva.
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# Knee Care @Home: Home Exercise-Based Rehabilitation Program Following Surgical Reconstruction of the Anterior Cruciate Ligament



February 19<sup>th</sup>, 2025

## Knee Care @Home: Home Exercise-Based Rehabilitation Program Following Surgical Reconstruction of the Anterior Cruciate Ligament

Sousa, J.P.<sup>1,4</sup>, Batalha, N.<sup>1,4</sup>, Fernandes, O.<sup>1,4</sup>, Londral, A.R.<sup>3,5</sup>, PARRAÇA, J.<sup>1,4</sup>, Rodrigues, A.M.<sup>2,5</sup>



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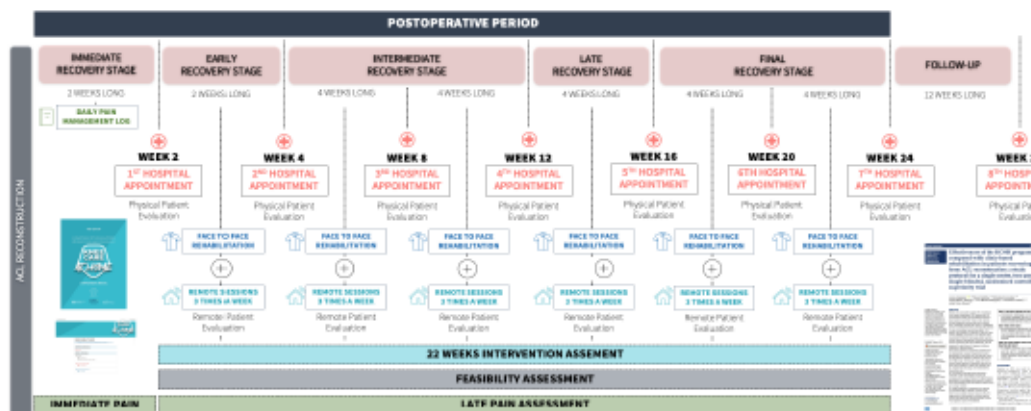
<sup>4</sup> Comprehensive Health Research Centre, University of Évora, Évora, Portugal

<sup>5</sup> Comprehensive Health Research Centre, Nova Medical School, Lisboa, Portugal

**Background:** The adoption of digital health tools for consultations (telemedicine) and rehabilitation (telerehabilitation) is gaining popularity due to enhanced accessibility and the mitigation of travel and time restrictions. The implementation of digital health solutions to complement conventional healthcare is somewhat recent, particularly with respect to telerehabilitation after orthopaedic injury or surgery. Patients undergoing ACL reconstruction may benefit from remote sessions as a complement to conventional clinic-based rehabilitation sessions. These remote sessions offer therapeutic exercises that can be done at home, extending rehabilitation services to underserved areas and providing improved supervision and monitoring.

**Objectives:** This project aims to develop and implement a digital health solution for synchronous supervision and monitoring of a home-based exercise program (Knee Care at Home) for the recovery pathway of ACL reconstruction patients.

**Methods:** The intervention procedure is depicted in the figure 1. Several tasks were accomplished that included the protocol for clinical trial, a protocol for a pilot and feasibility study, the development of comprehensive Knee Care at Home programme manual, establishing a data collection hub, and planning an observational study on postoperative pain behavior and management around ACL reconstruction and other knee surgical interventions. The project involved the collaboration between three CHRC institutions and the Hospital da Misericórdia de Évora.



**Results:** The project has resulted in three scientific posters, two trial protocol publications, a programme manual in Portuguese and English, a digital data collection hub, and one master's degree. In the future, we expect a significant number of scientific outputs including another master and a doctorate degree.

**Funding:** This project is funded by FCT/MCTES as part of Multiannual Financing of R&D Units 2020-2023. It is a collaboration between FCT and the R&D Unit CHRC, with the reference UIDP/04923/2020|CHRC|2021.

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# Heart.Fit – Sustainability of traditional and live-streaming exercise-based cardiac rehabilitation in low-risk patients with cardiovascular disease

## Heart.Fit – Sustainability of traditional and live-streaming exercise-based cardiac rehabilitation in low-risk patients with cardiovascular disease

BRAVO, J.,<sup>1,2</sup> PEREIRA, C.,<sup>1,2</sup> DORES, H.,<sup>3</sup> BATALHA, N.,<sup>1,2</sup> ALMEIDA, M.,<sup>3</sup> RAIMUNDO, A.<sup>1,2</sup>

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<sup>2</sup> Comprehensive Health Research Centre, Universidade de Évora, Évora, Portugal

<sup>3</sup> Comprehensive Health Research Centre, NOVA Medical School, Lisboa, Portugal

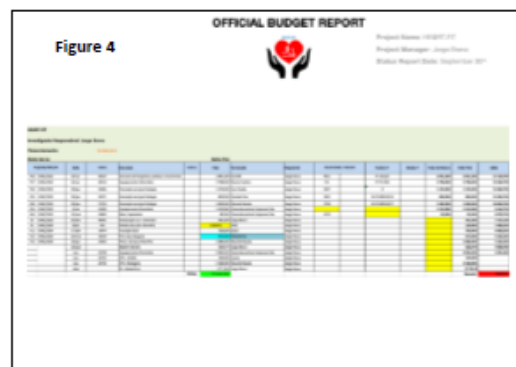
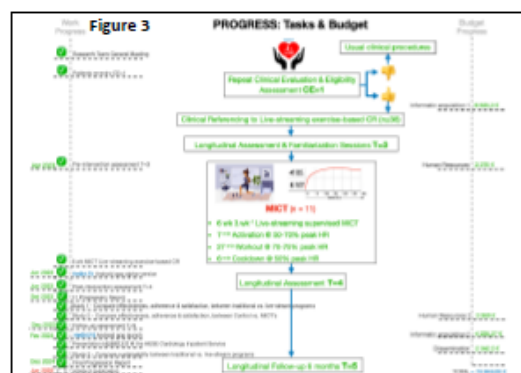
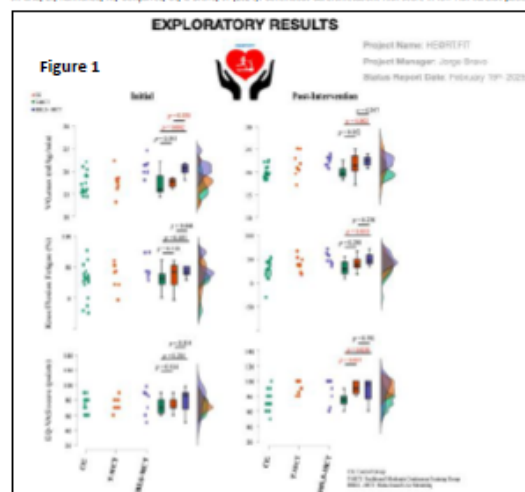
The primary objective of the HE@RT.FIT project was to evaluate the effectiveness, adherence, and satisfaction of live-streaming exercise-based cardiac rehabilitation (CR) programs in low-risk patients with cardiovascular disease (CVD). A total of eleven CVD patients participated in this experimental study, undergoing follow-up assessments measuring key indicators of effectiveness, adherence, and satisfaction in both traditional and live-streaming supervised exercise programs. As a major outcome, the He@rt.Fit app was officially launched, alongside the publication of a scientific article validating its utility<sup>1</sup>. Several findings on the effects of the exercise interventions have already been disseminated<sup>2,3</sup>, and a second scientific article focusing on effectiveness, adherence, and satisfaction outcomes is currently under preparation.

Figure 1 presents key effectiveness indicators. Results demonstrated a significant improvement in cardiorespiratory fitness in the Home-Based Live-Streaming Moderate Continuous Training (HBL5-MCT) group compared to the Control group ( $p = 0.002$ ), while no significant difference was found in the Traditional Moderate Continuous Training (T-MCT) group ( $p = 0.030$ ). Similar trends were observed for muscular endurance ( $p = 0.01$ ) and quality of life ( $p = 0.038$ ). Adherence levels were comparable between both intervention groups, whereas satisfaction levels were higher in the T-MCT group, indicating that in-person sessions provided greater perceived satisfaction, although the difference was not statistically significant ( $p = 0.089$ ). A summary of the project's status is provided in Figure 2, highlighting that 99.2% of the total budget (€19,046.08) was executed, as illustrated in Figure 4. The core tasks established for the project were successfully completed within the defined timeline (Figure 3).

Funding: Comprehensive Health Research Centre (CHRC); CP/213/DD/2018.

**References:**

1. Sales, J., & Bravo, J. (2024). Sensor-Based Real-Time Monitoring Approach for Multi-Participant Workout Intensity Management. *Electronics*, 13(18), 3687.
2. Bravo, J., Faria, L., Raimundo, A., & Gonçalves, C. (2024). HIT FOR LOW-RISK CARDIAC PATIENTS: THE IMPACT OF A 6-WEEK INTERVENTION ON PATIENTS' CARDIOMETABOLIC HEALTH. 29<sup>th</sup> Annual Congress of the European College of Sport Science, July 2024, 794-795.
3. Faria, L., Raimundo, A., Gonçalves, C., & Bravo, J. (2024). Continuous Cardiometa-bolic Risk Score in low-risk cardiac patients: the impact of a 6-week MCT program. 5<sup>th</sup> CHRC Summit, September 2024, 11.



Maria Marques<sup>1,2</sup>, Margarida Goes<sup>1,2</sup>, Henrique Oliveira<sup>1,3</sup>, César Fonseca<sup>1,2</sup>, Lara Pinho<sup>1,2</sup>, Isabel Bico<sup>1,2</sup>, Susana Mendonça<sup>1,2</sup>, José Moreira<sup>1,2</sup>, Ana Escoval<sup>1,4</sup>, Vanessa Nicolau<sup>1,4</sup>, Catarina Martins<sup>1</sup>, Rute Pires<sup>5,1</sup>, Miguel Pedrosa<sup>5</sup>, Cláudia Mendes<sup>5,1</sup>

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Pública. <sup>5</sup>Hospital do Espírito

Santo, ULSAC

## REPORT

**Background:** An assessment of the Portuguese health system estimates the overall burden of chronic diseases in the Portuguese population (regardless of age/gender) is as follows: (i) 18% of Portuguese users of the National Health System (Sistema Nacional de Saúde - SNS) have one chronic disease, (ii) 11% of users have two chronic diseases, (iii) 8% of users have three chronic diseases, and (iv) 22% of users have four or more chronic diseases; therefore, at least 59% of the Portuguese population has one or more chronic diseases (estimate). To promote improved health-related quality of life among elderly individuals by requalifying their potential and allowing them to live more autonomously, the following tasks is essential to identify the appropriate self-care behavior that allows determining, planning, and assessing preventive nursing care needs [1]. Generic measures allow comparison among patients with different conditions and accommodate those with more than one diagnosis. The instrument studied within the scope of this project, the “Self-Care of Chronic Illness Inventory – Patient Version” (version 4), is a generic measure designed to assess the process of self-care used by individuals with a variety of chronic conditions [2].

## Objectives

1. Psychometric Adaptation and Validation: Adapt and validate the scale "Chronic Disease Self-Care Inventory - Patient Version" to Portuguese.  
**Objective achieved: the article awaits publication.**
2. Sociodemographic and Biological Predictors: Infer about predictors associated with self-care deficits, using the inventory adapted in a cross-sectional study.  
**Objective partially achieved, data collected, one article published and a second article under construction.**
3. Longitudinal Assessment: To assess the self-care behavior of people with chronic diseases at two different time points (baseline and after 4 months).

**Goal partially achieved, one article published and a second article under construction.**

4. Quality of Life: To examine the quality of life of patients after nursing interventions, using a longitudinal study. **An article under construction.**

### **Instruments:**

Two instruments will be used within the scope of this project:

- the “Self-Care of Chronic Illness Inventory - Patient Version” (version 4) instrument, the one to be validated, which includes 20 items across three scales:
  - (i) Self-Care Maintenance (8 items); (ii) Self-Care Monitoring (6 items); and (ii) Self-Care Management (6 items). All the responses are based on a 5-point Likert scale, with 1 being “Never” or “Not Likely” and 5 being “Always” or “Very Likely” [3,4];
- the “WHOQOL-BREF(PT)” instrument, which comprises 24 facets (one item per each facet) clustered into four domains, allowing to measure the quality of life of people following the World Health Organization criteria [5].

### **Innovation and relevance to the CHRC:**

This is an innovative work, conducted mainly by CHRC researchers, which will allow this Research Center to be at the forefront of a pioneering work that can greatly contribute to the promotion of scientific research in the field of active and healthy aging research, improving the survey of needs, the development, monitoring and evaluation of nursing interventions, and the dissemination of good practices and innovation in older people with chronic diseases (multimorbidity).

### **Results**

<b>n 200 Participants</b>		
<b>Articles</b>	<b>Journal</b>	<b>Phase</b>
Self-care in the person with chronic disease: A protocol for a self-care intervention	<a href="#">MethodsX</a> – Q2	<b>Published</b> MEX-D-24-00118R1
Self-care in the person with chronic disease	Mendeley Data	<b>Published</b> DOI:10.17632/n5mcd9hchp.2

Self-care in the person with chronic disease: A protocol for a self-care intervention	ClinicalTrials.gov Protocol Registration and Results System (PRS) Receipt	<b>Published</b> ClinicalTrials.gov ID: NCT06235593
Self-care needs in an aged population living with a chronic condition: a systematic review	BMC Geriatrics – Q1	<b>In Review</b>
Psychometric properties of the self-care inventory for chronic diseases in older adults residing in Portugal	<a href="#">Journal of Advanced Nursing</a> – Q1	<b>In Review</b>
Self-care needs in an aged population living with a chronic condition: a systematic review	Poster	Grant CHRC - 5th CHRC Annual Summit
Self-care in the person with chronic disease: A protocol for a self-care intervention	Poster	Grant CHRC - 5th CHRC Annual Summit
Psychometric properties of the self-care inventory for chronic diseases in older adults residing in Portugal	Oral communication	Grant CHRC - 5th CHRC Annual Summit
<b>Articles under construction</b>		
The database of this study was integrated into an international database on self-care in the countries where the SC-IIC is being used, integrated into the International Self-Care Research Center ( <a href="https://self-care-measures.com/">https://self-care-measures.com/</a> ) article under construction led by Ercole Vellone		
Article about the intervention		
Comparative study between participants undergoing intervention and participants without intervention		
Article on self-care, quality of life and functionality		

## Final financial implementation of the Project



SELF CARE									
Investigador Responsável: <b>Maria do Céu Marques</b>									
Financiamento: <b>20 000,00 €</b>									
Data Início:					Data Fim:				
Proposta/Ofício/BL	Data	GesDoc	Descrição	Rubrica	Valor	Fornecedor	Requerente	Encomenda / Tranche	
01	CHRC/2023	13/fev	6273	Bolsa 6 meses	5 656,88 €	Catarina Martins	Maria Céu Marques	executado	
	CHRC/2024	7/mar	9633	Portátil e ecrã	3 925,57 €		Mcéu Marques	executado	
2	CHRC/2024	21/mar	11667	Video projetor	1 217,03 €	Visocare	Mcéu Marques	executado	

- Purchased SimX Equipment - Stnd SimX Base License - 5 850.00 - Executed
- Two articles under review with an approximate value of 3000 euros, were not executed because the articles are still under review.

**Conclusions:** The Chronic Disease Self-Care Inventory (patient version) demonstrated adequate psychometric properties in terms of validity and reliability in the Portuguese population. The results indicate that the questionnaire is a useful tool to assess self-care in patients with multiple chronic diseases, facilitating the identification of patients' needs and improving self-care education and management. The use of this instrument can contribute to the development of personalized and more effective interventions, improving people's health outcomes and the quality of services provided.

## ABSTRAT:

**Background:** Self-care plays a central role in the management of chronic diseases, directly influencing quality of life, reducing hospitalization and mortality rates. This study evaluated the psychometric properties of the questionnaire "*Self-Care Inventory for Chronic Diseases*", in its Portuguese version, focused on the subscales of maintenance, monitoring and management of self-care.

**Main Objective:** To determine the nursing care needs of the sample of the elderly population according to the self-care deficits identified using the "Chronic Disease Self-Care Inventory - Patient Version (version 4)" in the elderly population living in their own homes or in the homes of relatives or friends in the district of Évora.

**Development:** A scholarship holder was hired for 6 months, who ensured the collection of data from a sample of 200 participants. To record the data, its treatment and dissemination, specific

equipment, computer and projector were acquired.

An intervention activity was carried out on a group of 12 participants, a pilot study, and the participants were trained for self-care according to the evaluations carried out. For self-care activities, equipment was purchased, namely SimX - Stnd SimX Base License, which is integrated into the AR augmented reality simulation and VR virtual reality in overlay. Regarding the dissemination of the results, 3 articles were published, 2 are under review, 4 are under construction, we built and presented 2 posters and 1 oral communication.

**Conclusions:** This project allowed us to achieve the general objective defined. The Chronic Disease Self-Care Inventory demonstrated adequate psychometric properties in terms of validity and reliability in the Portuguese population. The results indicate that the questionnaire is a useful tool to assess self-care in patients with multiple chronic diseases, facilitating the identification of patients with needs and improving self-care education and management.

**References:**

1. Goes, M., Lopes, M.J., Oliveira, H., Fonseca, C., Marôco, J., 2020. A Nursing Care Intervention Model for Elderly People to Ascertain General Profiles of Functionality and Self Care Needs. *Scientific Reports*, 10. doi:10.1038/s41598-020-58596-1
2. Barbara Riegel, Tiny Jaarsma and Anna Stromberg. Self-Care of Chronic Illness Inventory - Patient Version. <https://self-care-measures.com/available-self-care-measures/self-care-of-chronic-illness-inventory/>
3. Luciani M, De Maria M, Page SD, Barbaranelli C, Ausili D, Riegel B. (2022). Measuring self-care in the general adult population: Development and psychometric testing of the Self-Care Inventory. *BMC Public Health*, 22(1), 598. doi.org/10.1186/s12889-022-12913-7
4. Goes, M., Lopes, M., Marôco, J., Oliveira, H., Fonseca, C., 2021. Psychometric properties of the WHOQOL-BREF(PT) in a sample of elderly citizens. *Health and Quality of Life Outcomes* 19. doi:10.1186/s12955-021-01783-z
5. Canavarro, M, Serra, A, Simões, M, Pereira, M, et al. WHOQOL-BREF (Versão em Português de Portugal do Instrumento Abreviado de Avaliação da Qualidade de Vida da Organização Mundial de Saúde). 2006. [https://saude.fpce.uc.pt/WHOQOL\\_Bref.html](https://saude.fpce.uc.pt/WHOQOL_Bref.html). Accessed October 15th, 2022.

## Advancing Digital Health Behaviour Change Precision: Development of a framework of personalisation of behaviour change techniques

**Background:** Digital Behaviour Change Interventions (BCIs) have become a promising way to promote health by delivering personalized, technology-driven approaches. However, the lack of consensus on definitions and formal classifications of personalized and tailored interventions poses significant challenges to their efficacy and consistency. Addressing these gaps is critical to unlocking greater precision and effectiveness in targeted health solutions.

**Methods:** This study follows a structured, three-phase approach to develop and validate the first ontology of tailoring for digital health BCIs. In Phase 1, a scoping review was conducted to map existing definitions and frameworks. Phase 2 involved the development of a prototype for the ontological framework, and phase 3 consists of expert consultation to validate the framework and refine its structure.

**Results:** In Phase 1, the scoping review analyzed 453 BCI papers, sourced from a rapid review (k=131), PubMed (k=84), the Human Behaviour-Change Project database (k=123), and additional references (k=115). Of these, 10% were systematic or scoping reviews, 8% were conceptual or theory papers, and 82% were research studies, with 59% being randomized trials. The findings highlighted a lack of clear and standardized definitions of tailoring, with existing definitions often being vague or inconsistent. In Phase 2, the study established a definition of tailoring and developed a prototype of the ontological framework, which includes 10 hierarchically structured entities (e.g., Static Tailoring and Dynamic Tailoring). Phase 3, which involves expert validation, is currently ongoing in collaboration with the APRICOT project (2024–2029, NIH-funded).

**Conclusion:** This study tackles key challenges in the field of digital health BCIs by creating a comprehensive framework for personalizing behaviour change techniques. The ontology provides a standardized, machine-readable structure that enhances the precision, consistency, and effectiveness of tailored interventions. As the validation phase continues through the APRICOT project, this work lays the foundation for future innovations in digital health BCIs, helping to develop more effective and scalable personalized health solutions.

## **MeTHIS@PHCare - Multimorbidity in Primary healthcare: developing an intervention to support patients and primary healthcare clinicians to better manage complex multimorbidity.**

### **Research Team**

#### **Principle (Proponent) Investigator:**

Bruno Heleno<sup>1</sup> ([bruno.heleno@nms.unl.pt](mailto:bruno.heleno@nms.unl.pt))

#### **Research team**

#### **Team members in the Grant Proposal**

**Co-PI:** Luís Velez Lapão<sup>1,2</sup> ([luis.lapao@nms.unl.pt](mailto:luis.lapao@nms.unl.pt))

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Lara Guedes de Pinho<sup>3</sup> ([lmgp@uevora.pt](mailto:lmgp@uevora.pt))

Mélanie Maia<sup>4</sup> ([melanie.maia@gmail.com](mailto:melanie.maia@gmail.com))

Mariana Peyroteo<sup>1</sup> ([mariana.peyroteo@nms.unl.pt](mailto:mariana.peyroteo@nms.unl.pt))

Margarida Gil Conde<sup>5</sup> ([maria.conde@edu.ulisboa.pt](mailto:maria.conde@edu.ulisboa.pt))

#### **New team members**

João Gregório<sup>6</sup> ([joao.gregorio@ulusofona.pt](mailto:joao.gregorio@ulusofona.pt))

Marília Paulo<sup>1</sup> ([marilia.paulo@nms.unl.pt](mailto:marilia.paulo@nms.unl.pt))

Maria João Silva<sup>3</sup> ([maria.joao.silva@uevora.pt](mailto:maria.joao.silva@uevora.pt))

Matilde Santos<sup>1</sup> ([mmn.santos@campus.fct.unl.pt](mailto:mmn.santos@campus.fct.unl.pt))

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<sup>4</sup> Faculdade de Ciências Sociais e Humanas, Universidade Nova de Lisboa, Lisbon, Portugal

<sup>5</sup> Faculdade de Medicina, Universidade de Lisboa, Lisbon, Portugal

<sup>6</sup> CBIOS – Universidade Lusófona's Research Center for Biosciences & Health Technologies

<sup>7</sup> NOVA Medical School, Lisbon, Portugal

#### **Thematic line(s) and subject area(s)**

This project is at the intersection of thematic lines 3 (high burden and high mortality diseases), 4 (Health Policies and Healthcare Services Research) and 5 (health innovation).

#### **Project overview**

##### **Background**

Multimorbidity and polypharmacy in aging populations present significant challenges to healthcare systems. Fragmented care models increase the burden on both patients and providers, often leading to suboptimal outcomes. A shift towards a patient-centred, goal-oriented care (GOC) model is needed to enhance care coordination and improve health outcomes.

##### **Objectives**

This project aimed to refine a complex GOC intervention by integrating a digital platform with a practitioner training program. The goal was to assess its feasibility and acceptability in preparation for a future cluster-randomized trial.

##### **Methods**

The project was structured into six interlinked work packages. We explored patients' and carers'

perspectives to contextualize the intervention and developed a blended- learning GOC training program for family physicians and nurses. The MeTHIS digital platform—originally designed for chronic disease management during the COVID-19 pandemic—was updated using Design Science Research principles and nudging theory. A comprehensive intervention description was developed using the Template for Intervention Description and Replication (TIDieR) framework. Dissemination efforts included open-access publications and presentations at national and international conferences.

## Results

The intervention was found to be feasible and acceptable. The MeTHIS platform reached Technology Readiness Level 7, the postgraduate multimorbidity management course was deployed, and the protocol for a cluster-randomized trial was published. However, adoption and retention rates were lower than expected, highlighting the need for stronger behavioural change strategies and integration within existing primary care financial incentives.

## Conclusion

The intervention is not yet mature for full-scale implementation in a cluster- randomized trial. To further refine its scalability and integration into routine care, we are preparing a smaller implementation trial of the intervention in two Local Health Units (Western Lisbon and Loures-Odivelas).

## Status update per Work Package

The project is organized in six work packages.

### Work package 1 – Project management

In WP1, we have been performing the overall administrative and financial coordination of the project, including the administration of project resources and the monitoring of project spending.

- The project kickoff was on February 6<sup>th</sup> 2023.
- The team meets by Google Meet, every two weeks to keep track of the progress in the different work packages. Decisions that need the input of most team members are taken in these meetings.

Research team: Since the application, the research team has expanded. João Gregorio contributes with experience in implementing digital services and provides consultancy on components of the intervention that require drug review. Marília Paulo (CHRC integrated member) was invited to provide input from her experience in health workforce development. Maria João Silva is an invited adjunct professor in nursing, with a special interest in mental health, ageing and multimorbidity. Matilde Santos is a BSc in Biomedical Engineering who applied for our BSc vacancy. She supported all research activities and contributed to the integration of biosensors with the MeTHIS digital platform. Finally, Sara Carmona is a GP in ACeS Lisboa Ocidental e Oeiras with an interest in qualitative methods. She will assist with qualitative data collection and interpretation.

Deviations to the budget. Since the application and the project kick-off, it became clearer that there was no need to have Overheads budgeted to the project. In addition, Fundação para a Ciência e Tecnologia increased the stipend to MSc students and BSc students. The funds that had been budgeted for overheads were used to accommodate for the increased stipend, and an increase in the duration of the contract was also implemented. The remaining funds were reallocated to buy additional smartwatches and to support the project dissemination. Table 1 summarizes the implementation of the project's budget up to this end-project report

Tabela 1 Budget implementation up to 31<sup>st</sup> December 2024

Budget Principal Contractor					
Comprehensive Health Research Center – Nova Medical School					
Budget item			Budgeted	Executed	To execute
Human Resources	1 - BSc	To support the intervention (12 monthsx875,98 + 12months*131,19)	12,086.04	11,291.76	€794.28
	2 -		0	0	€0.00
	3 -		0	0	€0.00
	4 -		0	0	€0.00
Missions			0	0	€0.00
Scientific and technical instruments and equipment		25 smartwatches x 40€	1,000.00	1,295.53	-€295.53
Purchase of goods and services		Informatics, webservices and Workshop	2,500.00	2,500.00	€0.00
Patent registration			0	0	€0.00
Demonstration, Promotion and Dissemination		1 open access publication; 1 international <a href="#">conference</a> ; 1 national conference	4,400.0	2,642.43	€1,757.57
Adaptation of buildings and facilities			0	0	€0.00
Subcontracts			0	0	€0.00
Overheads (25% direct costs except subcontracting)			0	0	0
<b>TOTAL</b>			<b>€19,246.40</b>	<b>€17,729.72</b>	<b>€2,256.32</b>

### Work package 2 – Describing the context in which the intervention will be implemented

In WP2 we described the context in which the Goal-oriented care intervention will be implemented.

- We have recruited two practices in the Lisbon area for pilot implementation. Semi-structured interviews were conducted to describe the context in which the intervention will be implemented.
- Access to quantitative data took longer than expected, as with the closure of the Regional Health Administrations and implementation of the Local Health Units we had to reapply for data access. At the end of the project, in December 2024 we only had access to 80% of the data we needed and thus we were unable to carry out the quantitative component of the characterization of care for people in multimorbidity in primary healthcare.

### Work package 3 – The Goal-Oriented Care Intervention Training Program

In WP3 develop and implemented a goal-oriented care blended-learning training program.

- We have conducted needs assessment with family nurses and family physicians through the semi-structured interviews described above. We obtained input from 3 national experts in multimorbidity and 1 vice-dean for postgraduate education in the Family Medicine Residency.
- Taking existing Goal-Oriented training packages, our team refined learning outcomes and a syllabus for a training program. The program was approved by the Education and Scientific Committees at Nova Medical School in June 2023.

- A first edition of the Goal-Oriented Course, happened between October 2023 and February 2024. It had blended learning format with interprofessional learning.
- Twenty (20) participants enrolled for the blended-learning course, 60% general practitioners/GP residents and 40% primary care nurses. Most (80%) were women, the average age of the participants was 38.9 years, ranging from 27 to 62 years. Participants had an average of 10.5 years in practice, ranging from a 1 year to 37 years experience.
- Participation in the blended activities decreased through time. At the end of the course, half of the participants were no longer engaged with the learning activities. Only 2 participants completed all required assignments, mostly due to an assignment of videorecording a consultation with a patient with multimorbidity. Participants felt that the logistics of recording a real consultation was very cumbersome.
- At the end of the project, we were preparing a second edition of the course, this time in a fully remote learning format, after feedback of participants in the first edition.

#### **Work package 4 – Refining a digital platform to support Goal-Oriented Care**

In WP4 upgraded the MeTHIS digital platform with new functionalities.

- A training module of the digital platform was implemented. The platform has “trainer” and “trainee” profiles, it has webpages with the written and video learning materials, webpages with self-assessment activities and a discussion board where the learning community can meet.
- As we completed WP5, an audit of the digital platform functionalities was conducted to ensure that all relevant outcomes could be measured through the platform, namely electronic version of Health Related Quality of Life.
- After assessment of different types of fitness bands to be used as sensors integrated in the MeTHIS interventions, Amazfit Bans 7 were selected as the sensor to be used in the pilot. It was necessary to develop the code that extracted the fitness band data and synchronized it with the Methis Digital Platform.

#### **Work package 5 – Describing the complex Goal-oriented care intervention for people with multimorbidity**

In WP5 developed and publish a transparent description of the complex Goal-Oriented Care intervention.

- We have clarified the components of the intervention and provided a summary of the core elements in a protocol which was published in BMJ Open.
- Using the Template for Intervention Description and Replication (TIDieR) framework we defined the rationale, materials, processes that are part of the MeTHIS intervention. We also specified who provides which elements of the intervention, the modes of delivery and the intensity of the intervention.
  - A TIDieR intervention has been completed.
  - A graphical description of the components of the complex intervention have been produced.

#### **Work package 6 – Dissemination and exploitation**

In WP6, we aim to develop the most effective dissemination strategy to make widely public the processes and outcomes of the research project.

## – Dissemination

- Theses
  - Maria Matilde Nascimento Ramos Martins dos Santos “Integrating Wearable Technology with METHIS Digital Platform for Enhanced Chronic Disease Management”. MSc thesis in Biomedical Engineering, NOVA School of Sciences and Technology (May 27<sup>th</sup>, 2024).
  - MeTHIS@PHCare also contributed to
    - Mariana Peyroteo. PhD in Industrial Engineering, NOVA School of Sciences and Technology.
    - Ana Rita de Jesus Maria. “Accounting for doctors’ and patients’ perceptions in telehealth services implementation”. PhD thesis in Medicine, NOVA Medical School (June 12<sup>nd</sup>, 2023)
- Peer reviewed papers
  - Gil Conde M, Peyroteo M, Maria A, Maia MR, Gregório J, Paulo MS, et al. Protocol for a cluster randomised trial of a goal- oriented care approach for multimorbidity patients supported by a digital platform. *BMJ Open*. 2023 Nov 17;13(11):e070044.
- Conferences
  - Heleno B, Peyroteo M, Santos MN, Maia MR, Paulo MS, Gil- Conde M, Maria A, Lapão LV. Digital technologies to implement Goal-Oriented Care: The METHIS pilot study In: 5th CHRC Annual Summit, September 24<sup>th</sup>, 2024
  - Peyroteo M, Santos MN, Maia MR, Paulo MS, Heleno B, Lapão LV. Shaping the Future of Digital Health in Primary Care: A Framework for Sustainable Implementation in Multimorbidity Management. In: 2024 IEEE International Conference on Engineering, Technology, and Innovation (ICE/ITMC) [Internet]. 2024 [cited 2025 Feb 13]. p. 1–8. Available from: <https://ieeexplore.ieee.org/document/10794380>
  - Peyroteo M, Paulo M, Maia M, Grilo A, Lapao L. MeTHIS Digital Services Platform - Primary Health Care Digital Transformation. In: National Conference TechMA 2023 – 6th International Conference on Technologies for the Wellbeing and Sustainable Manufacturing Solutions (Aveiro May 25<sup>th</sup>-26<sup>th</sup>).
- Symposia
  - Heleno B. Managing multimorbidity. Seminar for MSc in Primary Care at Universidade do Porto (September 24<sup>th</sup>, 2024)
  - People living with multimorbidity: what are their needs and how can we improve their healthcare? We disseminated the main results of the Methis@PrimaryCare to a wide audience of researchers, clinicians and policymakers at a symposium about the management of multimorbidity, hosted at NOVA Medical School at April 14, 2023. <https://www.nms.unl.pt/pt-pt/faculdade/noticias-e-eventos/eventos/detalhe/eventid/9284>

## – Exploitation

- The GOC training programme has been approved by NOVA Medical



School's Educational and Scientific Councils. It is now part of the list Postgraduate Advanced Courses at NOVA Medical School.

- The METHIS digital platform (<https://www.methis.net/>) . Given it was trialled in several Portuguese primary care units to provide care to people living with multimorbidity, the platform is now at technology readiness level (TRL) 7, i.e. “System prototype demonstration in operational environment”.

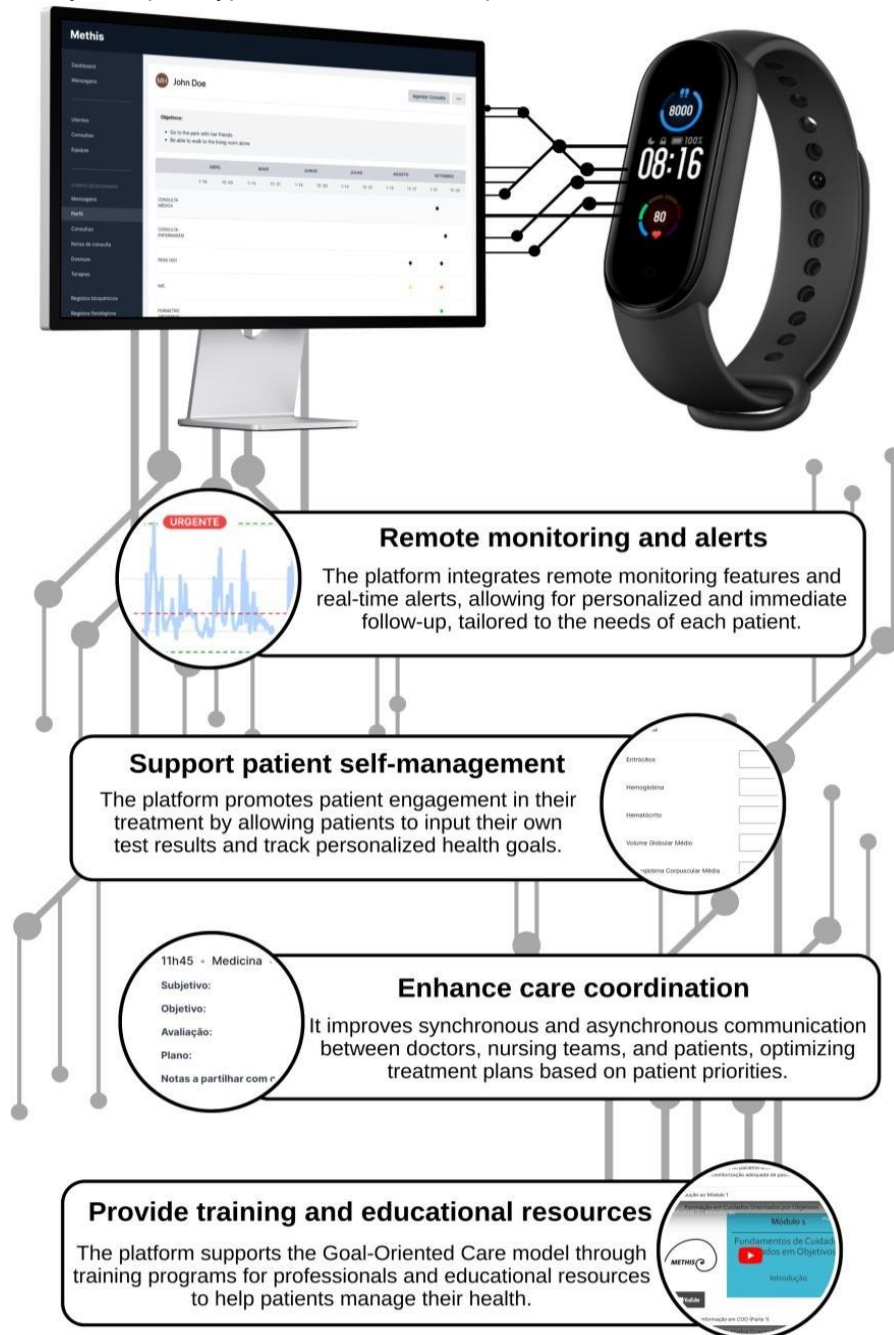


Figure 1 Graphical summary of the METHIS digital platform

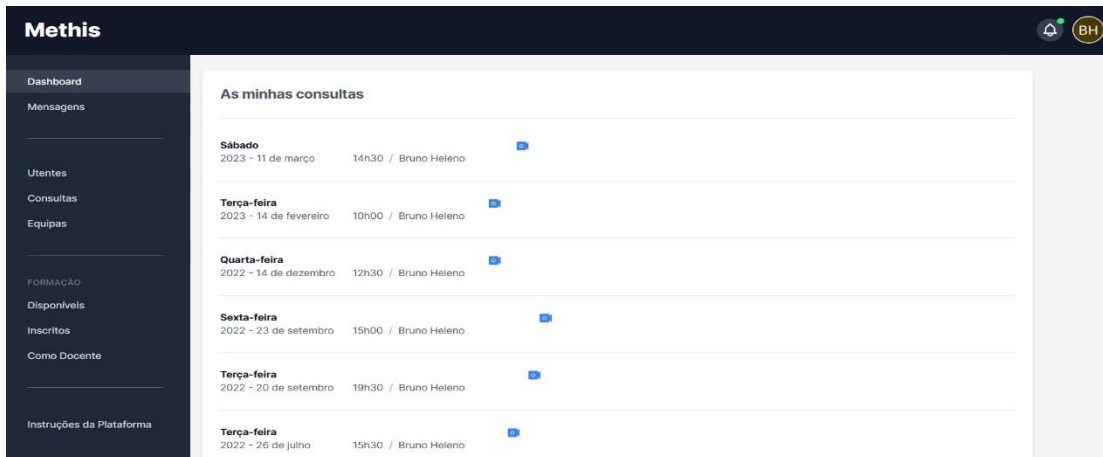


Figure 2 Screen capture of the main dashboard. The clinician has a list of the upcoming appointments with patients with multimorbidity. Identification data removed from the figure.



Figure 3 Example of a Patient's summary. Please note that the patient goals are highlighted whenever the clinician tries to access the patient's data. All identifying data were removed

MÓDULO	INÍCIO	FIM	TRABALHO SÍNCRONO PRESENCIAL	TRABALHO SÍNCRONO REMOTO	TRABALHO ASSÍNCRONO
Módulo 0: Acolhimento e apresentação de formandos e formadores	21/10/2023	21/10/2023	4		
Módulo 1: Os fundamentos dos Cuidados Centrados em Objetivos	22/10/2023	03/11/2023			2
Módulo 2a: Competências de comunicação para Cuidados Centrados em Objetivos - análise de bibliografia e vídeos	04/11/2023	17/11/2023			2
Módulo 2b: Competências de comunicação para Cuidados Centrados em Objetivos - treino de técnicas de consulta em simulação	18/11/2023	18/11/2023	8		
Módulo 2c: Competências de comunicação para Cuidados Centrados em Objetivos - aplicação das técnicas aprendidas em contexto real	19/11/2023	01/12/2023		4	

Figure 4 Example of how the MeTHIS platform can be used to support clinician's training in Goal-Oriented Care.

## Summary of the project achievements and deviations of the project

The **MeTHIS@PHCare** project aimed at **refining a complex Goal-oriented care intervention to help patients and primary healthcare clinicians manage multimorbidity**. By the project's end:

- We described the intervention and its main components. The protocol for the cluster-randomized trial was published in a peer-reviewed journal.
- We conducted a qualitative assessment of the fragmented care provided to people with multimorbidity and identified the electronic record and training needs of GPs and primary care nurses
- The intervention has two main components
  - A digital platform ([www.methis.net](http://www.methis.net)) to support the implementation of Goal-Oriented Care. The achieved technology readiness level (TRL) 7, i.e. “System prototype demonstration in operational environment”.
  - A training programme for clinicians on applying Goal-Oriented Care, approved by NOVA Medical School's Scientific and Pedagogical Councils and included in the NOVA Advanced Education Course Catalogue.

Some initial goals proved unattainable. The project's deployment coincided with a major reorganization of the Portuguese National Health Service. Regional Health Administrations were replaced by Local Health Units (LHU), integrating primary and secondary care for smaller patient populations (200,000–300,000). During the transition, clinicians had limited availability for interviews. Additionally, while we had ethical approval from the Regional Health Administration, LHU stakeholders were uncertain whether new approval was required. Once resolved, IT specialists at LHUs were overloaded with system transition tasks, causing further delays. As a result, we could not obtain the full dataset needed for accurate sample size calculations for the planned cluster-randomized trial. We are now receiving the data and expect to calculate the required sample size within a year.

Our work continues. As completion rates in our blended-learning course were suboptimal, we launched a fully online second edition, replacing cumbersome assessments. We are piloting the updated digital platform with a wider group of primary care teams, now with fitness band data integration

# Protein Intake and Transitions Between Frailty States in Middle-Aged and Older Adults: A Multi-State Transition Model in the UK Biobank



February 17<sup>th</sup>, 2025

## PROTEIN INTAKE AND TRANSITIONS BETWEEN FRAILTY STATES IN MIDDLE-AGED AND OLDER ADULTS: A MULTI-STATE TRANSITION MODEL IN THE UK BIOBANK

NUNO MENDONÇA<sup>1</sup>, ANA MARIA RODRIGUES<sup>1-3</sup>, ANA RITA HENRIQUES<sup>1</sup>, HELENA CANHÃO<sup>1,4</sup>, ARMANDO RAIMUNDO<sup>5</sup>, CARLOS CELIS-MORALES<sup>6-8</sup>

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<p><b>Background</b></p> <p>Ageing-associated decline in reserve and function across multiple physiologic systems reduces the ability to cope with every day or acute stressors. This results in frailty, a clinically recognisable state of increased vulnerability to adverse health outcomes. Provision of adequate energy and dietary protein could be a viable strategy to modulate the progression of frailty in older adults as it may slow down the progressive loss of muscle mass and physical function.</p>	<p><b>Methods</b></p> <p><b>Figure 3. Illness-death multistate model and number of transitions between states.</b></p> <pre> graph TD     NF((Non-Frail)) -- 5646 --&gt; PF((Pre-Frail))     PF -- 4187 --&gt; NF     NF -- 2477 --&gt; D((Death))     PF -- 2863 --&gt; D     PF -- 311 --&gt; F((Frail))     F -- 552 --&gt; PF     F -- 391 --&gt; D     D -- 209 --&gt; F     </pre>	<p><b>Figure 4. Proportional frailty state and death occupancy by age (stacked) excluding censoring, over time.</b></p>
<p><b>Objectives</b></p> <p>The study aims to determine whether higher protein intake, above current dietary reference values slows down frailty progression in community-dwelling middle aged and older adults in the UK Biobank.</p>		
<p><b>Methods</b></p> <p><b>Figure 1. Recruitment centres and flowchart for the UK Biobank.</b></p> <p>UK Biobank (n=302,336); (2006-2010)</p> <p>Exclusion: &lt;30 yrs; missing frailty; &lt;1 transition; missing protein intake; &lt;2x24h recalls; not very low or very high energy intake</p> <p>Analytic sample (n=27,128); (2006-2010)</p> <p>Follow-up 1 (n=7013); (2012-13)</p> <p>Follow-up 2 (n=18,443); (2014+)</p> <p>Follow-up 3 (n=1784); (2019+)</p>		
<p>27,128 community-dwelling participants aged 50+ were assigned a frailty state (robust, pre-frail, frail) according to the Fried criteria (Figure 2) at baseline and follow-up and assigned an absorbing state if that was the case (death or censored).</p>		
<p><b>Figure 2. Frailty states, criteria and score.</b></p> <p>Non-Frail 0 pt</p> <p>Pre-Frail 1-2 pt</p> <p>Frail 3-5 pt</p> <p>Criteria: Weakness, Weight loss, Exhaustion, Low physical activity, Slow walking speed</p> <p>Dietary intake (and protein intake) was estimated via the Oxford WebQ (24hr recall) at baseline.</p>		
<p>Protein intake and the transitions between Frailty states and death were modelled by Markov multi-state models with the BFGS optimisation method (Figure 3).</p>	<p><b>Results</b></p> <p><b>Figure 5. Conditional probability (%) of a non-smoking 60-year-old man (A) or woman (B) to transition from non-frail to pre-frail, and a non-smoking 60-year-old man (C) or woman (D) to transition from pre-frail to frail per protein intake categories (&lt;0.8, 0.8 to &lt;1.0, 1.0 to &lt;1.2 and ≥1.2 g/kg bodyweight/d) over 12.5 years.</b></p>	<p><b>Conclusions</b></p> <p>Higher protein intake, especially above 1 g/kg/bodyweight (bw)/d moderately reduces the risk for frailty incidence and increases the likelihood of recovery from pre-frailty in a dose-dependent manner.</p> <p><b>Funding &amp; Contact</b></p> <p>We are very thankful to Comprehensive Health Research Centre (CHRC) and Fundação para a Ciência e a Tecnologia (FCT) (2021.00745.CEEIND) for funding this research. Contact: <a href="mailto:nuno.mendonca@nms.unl.pt">nuno.mendonca@nms.unl.pt</a></p>
<p><b>References</b></p> <p>1. Fried LP et al. J Gerontol A Biol Sci Med Sci. 2001; 2. Mendonça N et al. Protein Intake and transitions between frailty states and to death in very old adults: the Newcastle 85+ study. Age Ageing. 2018; 3. Sudlow C et al. UK Biobank: An Open Access Resource for Identifying the Causes of a Wide Range of Complex Diseases of Middle and Old Age. PLoS Med. 2015.</p>		





# Project Execution Report Grant 2023

<b>IR:</b>	Maria Otília Brites Zangão
<b>Co-IR:</b>	Maria Laurência Grou Parreira Gemito
<b>Membros:</b>	Anabela Pereira Coelho Maria Antónia Fernandes Caeiro Chora Maria da Luz Ferreira Barros Maria Dulce Damas da Cruz Isaura da Conceição Cascalho Serra Carolina Santos
<b>Orçamento:</b>	€20 000.00
<b>Linha do Tempo:</b>	13/04/2023 - 13/11/2024
<b>Data Relatório</b>	19/02/2025

## Background

Violence in the health sector is a growing phenomenon that affects not only health professionals, but also the quality of care offered to patients. It is a global problem that directly compromises the safety and well-being of both health workers and users of medical services.

## Objectives

To analyze the context of violence against health professionals in the Alentejo region.

## Funding

Fundação Ciência e Tecnologia, IP national support through CHRC (UIDP/04923/2020) under the “CHRC Research Grant 2022”.

## Methods

Descriptive and exploratory study, with methodological triangulation.

### Quantitative Study - Study 1 and 2



01

- Simple Random Probabilistic Sampling of 440 nurses and doctors from health institutions in the Alentejo region.
- A structured questionnaire was applied via electronic link.
- Data analysis was carried out using IBM SPSS Statistic version 28.

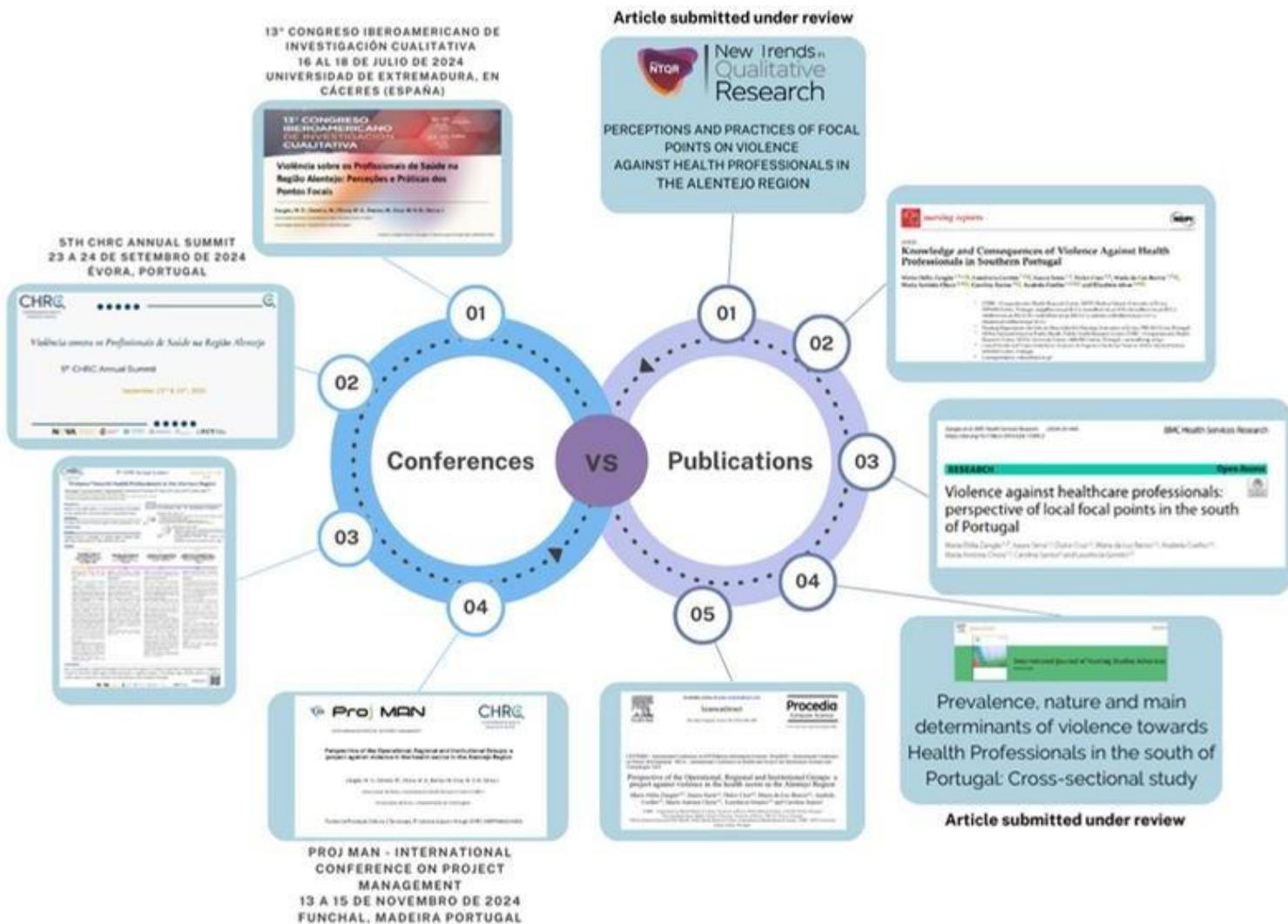


02

### Qualitative Study - Study 3 and 4

- Qualitative study on the “perceptions and practices of regional, institutional and local focal points in the context of violence against health professionals”.
- 48 semi-structured interviews were conducted until saturation.
- Data analysis using IRaMuTeQ software version 0.7 alpha 2.

# Results



Most of the participants recognized the relevance of the topic, highlighting the importance of training to develop

# Conclusions

skills in situations of violence. Violence against health professionals is a significant problem in the Alentejo region and there is an urgent need to adopt measures to combat it, especially with regard to the under-reporting of cases.

As a proposal for action, the participants emphasize the need to invest in prevention, training and awareness-raising initiatives, both for health professionals and for managers and the community in

general, in order to combat this still under-reported phenomenon. In addition, they highlight the importance of monitoring and evaluating the measures implemented in order to ensure their effectiveness and identify areas in need of improvement.

We therefore conclude that, in the view of the participants, combating violence in the health sector in the Alentejo region should be seen as a serious commitment. Although work is still in the early stages in some areas, a continuous, multidisciplinary effort is essential to ensure a safe and healthy working environment for health professionals in the region.

## References



## Financial Execution

Investigador Responsável: Otilia Zangão  
 Financiamento: 20 000,00 €  
 Data Início: Data Fim:

Proposta/Ofício/BI	Data	GeoDoc	Descrição	Rubrica	Valor	Fornecedor	Requerente	Encomenda / Tranche	Factura n°	Recibo n°	Valor da Factura	Valor Final	Saldos	SIIUE/ PAGO/ REGISTRADO	Divergência SIIUE	Observações
P33	CHRC/2023	27/jun	26692	Equipamento informático	4 920,00 €	PHN	Otilia Zangão	2665	2313319		4 920,00 €	4 920,00 €	15	- €	4 920,00 €	
	CHRC/2024		9005	BI Março	19,38 €	Otilia Zangão					19,38 €	19,38 €	15	- €	19,38 €	
	CHRC/2024		9605	BI Março	9,69 €	Maria da Luz Barros					9,69 €	9,69 €	15	- €	9,69 €	
	CHRC/2024		10303	BI Março	19,38 €	Lauraência Gemito					19,38 €	19,38 €	15	- €	19,38 €	
	CHRC/2024	10/abr	13882	Tratamento de dados	984,00 €	Cláudia Silva					984,00 €	984,00 €	14	- €	984,00 €	
	CHRC/2024		12998	BI Abril	9,69 €	Otilia Zangão					9,69 €	9,69 €	14	- €	9,69 €	
	CHRC/2024		13506	BI Abril	19,38 €	Lauraência Gemito					19,38 €	19,38 €	14	- €	19,38 €	
P21	CHRC/2024	16/mai	19126	Criação de logotipo	500,00 €	Beatriz Nunes					500,00 €	500,00 €	13	- €	500,00 €	
	CHRC/2024			INSCRIÇÃO	240,00 €	Otilia Zangão					240,00 €	240,00 €	13	- €	240,00 €	
	CHRC/2024		36719	INSCRIÇÃO	368,57 €	Otilia Zangão					368,57 €	368,57 €	12	- €	368,57 €	
	CHRC/2024	07/08		ARTIGO	902,27 €	Otilia Zangão					1 902,27 €	1 902,27 €	11	- €	1 902,27 €	
	CHRC/ 22/23			ARTIGOS PUB	9 524,38 €	Otilia Zangão					9 524,38 €	9 524,38 €	1 482,89 €	- €	1 482,89 €	
				Valor Executado	18 516,74 €											



# HERO: IMPACT OF ARTIFICIAL HABITAT AND ENVIRONMENTAL CONTAMINANTS ON CHRONIC RESPIRATORY DISEASES



## HERO: IMPACT OF ARTIFICIAL HABITATS AND ENVIRONMENTAL CONTAMINANTS ON CHRONIC RESPIRATORY DISEASES

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<sup>1</sup> Comprehensive Health Research Centre (CHRC) and Department of Medical and Health Sciences, University of Évora, Évora, Portugal;

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<sup>7</sup> National Institute for Environmental Studies (NIES), Tsukuba, Japan.



### Background:

Respiratory diseases are responsible for 1 in 8 deaths in the European Union [1]. Environmental contaminants are associated with chronic respiratory diseases (CRD) [2]. Yet the impacts and effects of exposure to co-occurring environmental contaminants (biological and chemical) on CRDs are not sufficiently addressed [3].

**Objective:** To study the effects of exposure to biological (virus, bacteria, and mites) and chemical contaminants (phenolic compounds and metals) on patients with CRDs and matched controls.

### Methods

**Recruitment:** Patients (n=80) - recruited at Évora and Setúbal Hospitals; Controls (n=80) - recruited during public outreach events.

**Samples:** urine (proxy for short-term exposure), hair (proxy for long-term exposure) and house dust samples (proxy for long-term exposure). Urine samples will be stored in Chain biobank.

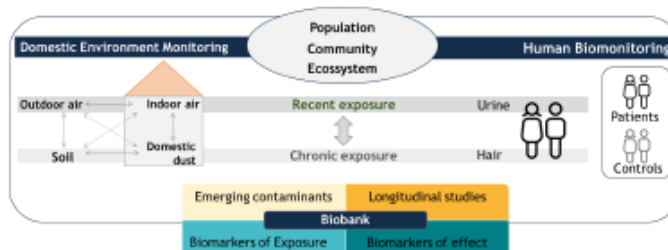
**Chemical analysis:** phenolic compounds will be assessed by LC-MS/MS; metals by ICP-MS, after solid phase extraction and acid digestion, respectively.

**Biological analysis:** Mites, fungi and major respiratory disease-causing viruses/bacteria will be evaluated in sieved dust samples by RT-PCR.

**Patient empowerment:** To reduce exposure and decrease risk, the participants will receive an explanatory booklet with achievable actions on how to reduce exposure to contaminants.

Participants will be invited to take part in health-education sessions about the impact of environmental contaminants on respiratory symptoms.

Outline and sampling strategy of the HERO project.



**Expected Results:** The HERO project will describe for the first time the levels of phenolic contaminants and metals in matched samples from patients/controls and their indoor environment. It will also characterize, for the first time, data on the microbiome of homes from Alentejo region. The obtained results will allow to understand the impact of such exposures on respiratory health, particularly by identifying putative triggers for exacerbations.

**Funding:** CHRC grants through the Foundation for Science and Technology, under the project UIDB/04923/2020 and by the Japanese Ministry of Education, Culture, Sports, Science, and Technology (MEXT).

**References:** [1] European Lung Association (2013) European Lung White Book; [2] Sousa et al. (2022) Update on adverse respiratory effects of outdoor air pollution: Outdoor air pollution and respiratory diseases: Perspectives from Angola, Brazil, Canada, Iran, Mozambique and Portugal. *Pulmonology*. 28(5): 376-395 [3] Coelho et al. (2024) Relationship between flame retardants and respiratory health- A systematic review and meta-analysis of observational studies. *Environmental Pollution* 347: 123733.

**REF2PRIM project - “Reforming the reform: an evidence-based financing model for the Portuguese primary care”**

**[FULL REPORT HERE](#)**

# UNRAVELING THE ROLE OF NUTRITIONAL STATUS ON REAL AND PERCEIVED MOTOR COMPETENCE AND PHYSICAL ACTIVITY AMONG PORTUGUESE CHILDREN: AN INTERDISCIPLINARITY CROSS-SECTIONAL STUDY

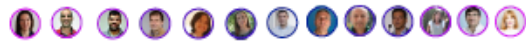


UNRAVELING THE ROLE OF NUTRITIONAL STATUS ON REAL AND PERCEIVED MOTOR COMPETENCE AND PHYSICAL ACTIVITY

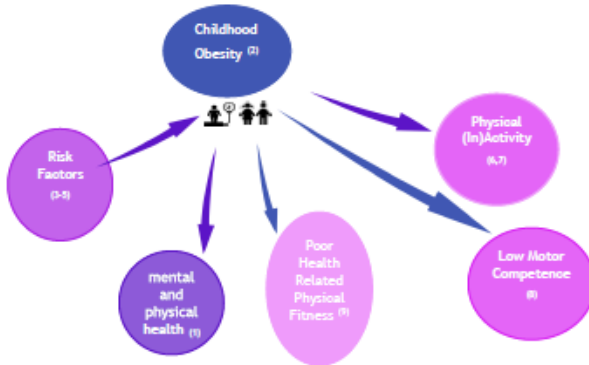


AMONG PORTUGUESE CHILDREN: AN INTERDISCIPLINARITY CROSS-SECTIONAL STUDY

Gabriela Almeida | PI  
 Departamento de Desporto e Saúde, Instituto de Saúde e Desenvolvimento Humano, Universidade de Évora, Portugal  
 Comprehensive Health Research Centre (CHRC), Universidade de Évora, Portugal  
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 CHRC, NOVA Medical School (Faculdade de Ciências Médicas, NMS) FCM, Universidade Nova de Lisboa, Lisboa, Portugal

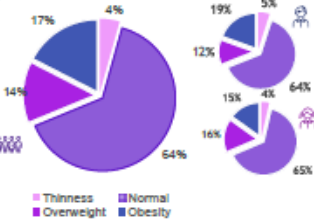


## Background

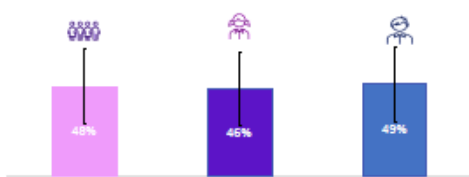


## Results

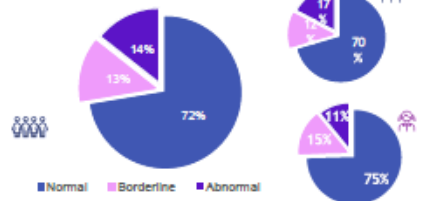
### Weight Status



### Motor Competence



### Mental Health Problems



### Health-related behavior

- 61% of children do not meet the recommended 2hours for active play
- 18% of children do not achieve the minimum recommended hours of sleep (9-12hours per night)
- 55% of children spend more than 1hour per day in front of screens

## Conclusions

Prioritizing motor competence is essential for monitoring and intervention efforts to address the increasing prevalence of childhood obesity. With 31% of children affected by overweight and obesity and 53% spending over 1 hour per day on screens, this approach is vital as a public health strategy. Enhancing motor competence contributes to health-related physical fitness, offering policymakers evidence-based solutions to counteract obesity through school-based initiatives that promote physical activity and healthy behaviors.

## Funding

This work is funded by national funds through the Foundation for Science and Technology, under the project UIDB/04923/2020

- References:
- DOI: 10.1186/1746-020-01037-1
  - DOI: 10.1016/j.ypmed.2014.02.002
  - DOI: 10.1016/j.ypmed.2014.02.002
  - DOI: 10.1016/j.ypmed.2014.02.002
  - DOI: 10.1111/jpa.12319
  - DOI: 10.1093/ajph/104.10.1840
  - DOI: 10.1016/j.ypmed.2013.02.004
  - DOI: 10.1016/j.ypmed.2013.02.004
  - DOI: 10.1016/j.ypmed.2013.02.004
  - DOI: 10.1016/j.ypmed.2013.02.004



## Aim

To assess children's motor competence and health-related physical fitness levels and their combined relationship with psychosocial factors, health-related behaviors, health biomarkers, and nutritional status.

For that, we join a multi- and interdisciplinarity team from University of Évora and NOVA Medical School with experienced researchers in the fields of human kinetics, nutrition, medicine, and nursing, dedicated to childhood, that worked together to develop strategies to change behaviors in schools and community contexts concerning healthy eating habits, motor competence, health-related physical fitness and physical activity.

## Participants

- 940 school-aged children (54% boys)
- M<sub>age</sub>=8.46 yrs (min. 6.31; max. 11.44)
- Municipality of Évora and Viana do Alentejo

## Procedures and Measure



Dimensions of analysis	Variables/Instruments
Health-related physical fitness	(I) Anthropometry and Body Composition (height, weight, waist circumference, and hip circumference) (II) Cardiorespiratory fitness/20-meter shuttle run test (III) Muscular Fitness/vertical jump test
Motor competence	(I) MCMotor Competence Assessment Instrument (II) Perceived MCM four motor tasks
Psychosocial	(I) Behavioral Indicators/ Strengths and Difficulties Questionnaire
Health-related behavior	(I) Physical Activity and sleep monitoring/ ActiGraph wGT3X-BT accelerometers (II) Food propensity (III) Screen-based activity/ ScreenQ
Health biomarkers, environmental exposure and nutritional status	(I) urinary iodine and other minerals and metals/oxidative stress/ urinalysis



Gabriela Almeida (gabriela@uevora.pt) | Diana Telesina (diana.telesina@uevora.pt)

## The COGCARE project - cognitive disorders and impact on caregivers: Brief technology-assisted measures may be a step forward

Final report 31.12.2024 – English version

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Luísa Alves <sup>1, 3</sup>  
Rui Albuquerque <sup>1, 3</sup>  
Marta Fournier <sup>1, 3</sup>  
Conceição Balsinha <sup>1, 3</sup>  
Mariana Braga <sup>1, 3</sup>  
Paula Broeiro <sup>1, 4</sup> Maria J. Marques <sup>5</sup> Sónia Dias <sup>5</sup>  
Emiliano Albanese <sup>6</sup>  
COGCARE Study Group

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<sup>6</sup> USI/Università della Svizzera Italiana, University of Southern Switzerland, Switzerland

This report refers to 24 months (date 31/12/2024), starting on 1/1/2023. We have changed the project name to avoid any doubts regarding ethical approvals prior to the CHRC 2022 call. Thus, we will use the abbreviation '10/66 2.0 SS Val PT / COGCARE' to '10/66 Dementia Research Group Short Schedule Validation – Protocol for Portugal' with the extension 'COGCARE project – Cognitive Disorders and Impact on Caregivers'.

### Background and Aims

The protocol of the Short 10/66 Dementia Diagnostic Schedule Validation / COGCARE (cognitive disorders and impact on caregivers) Project has been presented at national and international conferences, and published as abstract in those conferences' proceedings (cf. Results – Dissemination).

In summary, dementia is associated with a high burden of disease, impacting patients, families and society. However, related epidemiological data is becoming outdated, given the difficulties of implementing costly and laborious surveys. Data is also difficult to retrieve from health and social services' information systems. Overall, we must improve the feasibility and validity of case-definition regarding dementia and the assessment of caregivers' consequences.

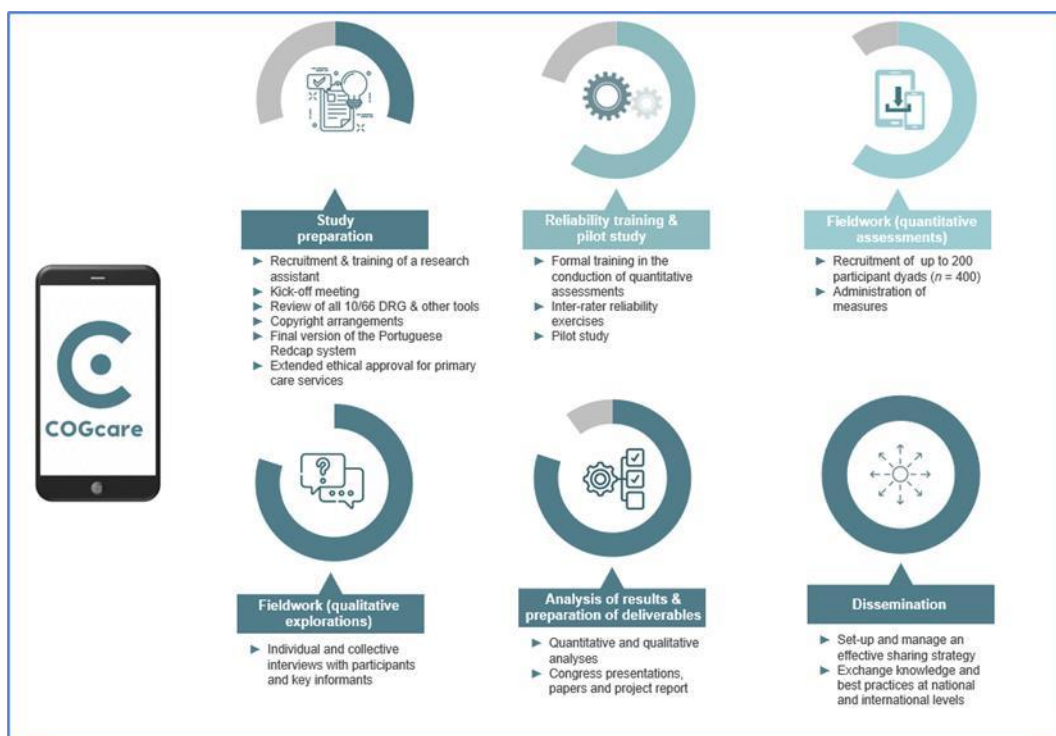
The main part of our study builds on the 10/66 Dementia Research Group diagnostic algorithm, which was cross-culturally validated and used worldwide (including in Portugal, by Gonçalves-Pereira et al, 2017). Following the validation of an Italian version of the short 10/66 Dementia Diagnostic schedule by Albanese et al (2021), we went on to assess the 'short 10/66' performance in Portuguese samples, using mobile devices to facilitate data collection.

Additionally, we aimed to assess dementia family caregivers' subjective burden and psychological distress, contrasting primary care and hospital outpatient settings.

### Methods

We recruited participants aged 60+ years, in different clinical settings, including outpatient services and psychogeriatric long-term inpatient units. Close relatives (for community-dwellers) or staff (for institutionalised people) provided further information. The Short 10/66 Dementia Diagnostic Schedule was administered using REDcap (a browser-based, metadata-driven software). We also intend to use family caregivers' data to explore the validity of international cutoff points for the Zarit Burden Interview and the Self-Report Questionnaire, integrating the original, extended 10/66 Dementia Research Group protocol. The different stages of the project are depicted in Figure 1, below.

FIGURE 1:



## Deviations from the Original Plan

Original plan: TIMELINE - total duration: 12 months (Jan – Dec 2023)

- M 1: study preparation – task 1
- M 2: reliability training and pilot study – task 2
- M 3-6: fieldwork (quantitative assessments) – task 3
- M 4-7: fieldwork (qualitative explorations) – task 4
- M 8-10: analyses, preparation of deliverables – task 5
- M 7-12: dissemination – task 6

The project was delayed in its operationalization, for two reasons: 1. the main objective (testing the feasibility of data collection with mobile devices/digital technology) involved the use of the REDCap (Research Electronic Data Capture) application. Due to unexpected constraints regarding the use of the licensing held by the University of Italian Switzerland (via Prof. Albanese), we were faced with the need for an independent licensing for FCM|NMS- UNL. This proved impossible for legal reasons (cf. emails exchanged between January and March, with the knowledge of the Executive Board). The alternative was to obtain a license for ENSP-UNL, a process completed in April 2023. The application was declared operational by ENSP technical services only in May 2023; only then could the pilot studies begin. 2. Despite previously obtained ethical approvals (CEFCM, CHLN, CHLO), it was necessary to request

approval from CES ARSLVT to make the study viable in primary care services and extend the protocol. Submission was timely, but final approval was delayed until 28 July 2023.

## Completed Tasks

### task 1 - preparation of the study

- Recruitment and training of a full-time research assistant
- Kick-off meeting
- Refinement of 10/66 DRG/other measures, including by translation/back-translation. Of note, ecological validation of most instruments has been initiated.
- Copyright arrangements (e.g., ZBI)
- Final version of the Portuguese REDCap
- Ethical approval for primary care; the short 10/66 validation protocol has been approved in other European centres and by CEFCM/NMS (140/2019)

### task 2 - reliability training and pilot study

- Training in quantitative assessments by researchers already familiar with the extended 10/66 method; inter-rater reliability exercises
- Pilot study (n=15) to address questionnaires face validity and technical issues (data collection system; usability, acceptability, and functioning of devices)

### task 3 - fieldwork (quantitative assessments of participants)

- Recruitment – fieldwork completed for the main objective (cf. Preliminary findings)
- Regarding the secondary objective (focused on caregiving consequences), additional recruitment was necessary to increase the power of the study and is still ongoing.

### task 4 - fieldwork (qualitative explorations – participants and interviewers)

Completed.

### task 5 - analysis of results and preparation of deliverables

Ongoing. A two day meeting with Prof. Emiliano Albanese took place in Lisbon (November 2024) to carefully check the application of the 10/66 Dementia Research Group algorithm and conduct a main part of the quantitative analysis.

### task 6 – dissemination

The protocol and preliminary findings were presented as oral and poster presentations, in national and international conferences. One of the abstracts (#2) was published in an international journal, impact factor 4.6 (2023).

1. Gonçalves-Pereira M, Pedrosa B, Marques MJ, Balsinha C, Alves L, Albuquerque R, Verdelho A, Albanese E, pelo grupo de trabalho 10/66 2.0 SSVAl/PT – COGCARE. “Perturbações cognitivas e repercussões nas famílias: protocolo do estudo 10/66 2.0 SSVAl/PT – COGCARE”. Free oral presentation. Abstract book of the “37ª Reunião do Grupo de Estudos de Envelhecimento Cerebral e Demência” (PROJ-01), GEECD. Lisbon, 16 - 17 July 2023.

2. Gonçalves-Pereira M, Pedrosa B, Braga M, Marques MJ, Balsinha C, Verdelho A, Albanese E, for the COGCARE Study Group. Cognitive Disorders and Impact on Caregivers: The COGCARE Study protocol. 2023 IPA (International Psychogeriatric Association) International Congress: New Perspectives in a Changing World: Social Connectedness, Ageing and Mental Health, 30 June – 2 July 2023 (poster presentation). *International Psychogeriatrics*, 2024; 35(S1), 252-253. doi: 10.1017/S1041610223004167. <https://doi.org/10.1017/S1041610223004167>

3. Gonçalves-Pereira M, Pedrosa B, Fournier M, Broeiro P, Albuquerque R, Alves L, Marques MJ, Verdelho A, Casillas-Clot J, and Albanese E on behalf of the COGCARE Study Group. Validity of the 10/66 short 10/66 dementia diagnostic schedule: preliminary findings in Portugal (P22 – Dementia Registries). 34th Alzheimer Europe Conference. Geneva, Switzerland, 8-10 Oct 2024. Abstract available

online: <https://www.alzheimer-europe.org/conferences/2024-geneva/detailed-programme>

4. Albuquerque R, Fournier M, Pedrosa B, Marques MJ, Albanese E, and Gonçalves- Pereira M, on behalf of the COGCARE Study Group. The ongoing Short 10/66 Dementia Diagnostic Schedule Validation / COGCARE Project: brief technology- assisted measures may be a step forward. Recorded oral presentation, 5th CHRC Annual Summit. Évora, 23-24 September 2024.

5. Pedrosa B, Albuquerque R, Marques MJ, Barreiros F, Machado AS, Fournier M, Braga M, Balsinha C, Albanese E, and Gonçalves-Pereira M, on behalf of the COGCARE Study Group. “Exequibilidade da versão breve do protocolo diagnóstico ‘10/66 dementia research group’ para investigação epidemiológica e de serviços: resultados preliminares em Portugal”. Oral presentation. XVIII Congresso Nacional de Psiquiatria. Albufeira, 16-19 October 2024.

All these presentations mentioned FCT support (via CHRC) and included the corresponding official logotypes.

## Deliverables and Milestones

- *M 6: mid-term scientific and financial report (done)*
- *M 6: 1 oral/poster presentation (presented at a national congress) (done)*
- *M 10: 1 oral/poster presentation (submitted to an international congress) (done)*
- *Two publications are being prepared for submission in 2025 (target journals: BMJ Open and Portuguese Journal of Public Health).*
- *Final report: Portuguese version delivered on the 15th October 2024; present version (in English) on 31.12.2024.*

## Preliminary Findings, Discussion and Conclusion

Preliminary findings were presented at the 18th National Congress of Psychiatry and the 34th Alzheimer Europe Conference. We are now finalizing all estimates of the diagnostic accuracy of this ‘short 10/66’ dementia case-definition. We recruited 237 dyads, formed of an older adult ( $\geq 60$  years) and an informant (a close relative for community-dwellers; a formal carer for institutionalised people). The final analysable sample was  $n=223$ . This sample size was larger than initially planned, and our workplan did not deviate substantially from the approved one, except for the initial delays (Figure 1). Of the older adults, 84 (37.6%) had a clinical diagnosis of dementia, 25 (11.2%) mild cognitive impairment, 13 (5.8%) serious mental disorders, and 101 (45.3%) were cognitively healthy, with no psychiatric history. The ‘short 10/66’ algorithm had substantial agreement with the clinical diagnosis of dementia ( $\kappa=0.77$ ), showed excellent diagnostic accuracy (area under the receiver operating characteristics curve=0.90; sensitivity=94%; and specificity=85%), performing better with community-dwellers than with older adults living in institutions. The ‘short 10/66’ case definition was positively correlated with disability scores ( $p<0.001$ ). Qualitative analyses and process evaluation are almost finalized, to document the method’s acceptability and feasibility.

In the meantime, the last part of fieldwork is still ongoing in a subsample of people living with dementia and their relatives. This study arm regards the methodological aspects of assessing the impact on dementia caregivers.

We are looking forward to completing the study, which we hope will prove most helpful for epidemiological, health service and clinical research in Portugal as elsewhere.

## Funding

Fundação Ciência e Tecnologia, IP national support through CHRC (UIDP/04923/2020). CHRC grant 2022 (PI: Manuel Gonçalves Pereira).

Total budget (initial) = 20 000 euros Executed – 17 054,11 euros  
Remaining (not used) – 2945 euros (cf. excel file attached)

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