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Alexandra Ferreira Valente

Professora Auxiliar

Department of Social and Organizational Psychology (ECSH)

Integrated Researcher

CIS-Iscte - Centre for Psychological Research and Social Intervention (ECSH)
[Health For All]

Contacts

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Curriculum

Alexandra Ferreira-Valente is interested in the positive orientation of health psychology, pain assessment and management, effects and mechanisms of psychological pain interventions and cross-cultural mixed-method research. She is particularly focused on understanding how the association between the meaning attributed to pain, beliefs and coping responses and psychological and physical adjustment do chronic pain are mediated and moderated by culture in people with chronic pain from different countries and cultural backgrounds. She is also dedicated to the study of the mechanisms explaining the effects of self-management strategies and psychological and spiritual interventions on the adjustment to life in healthy and not healthy people. In her research work, she combines cognitive-behavioral and existentialistic approaches with the overarching and long-term aim of helping people better manage different stressors, including the COVID-19 pandemic, chronic pain, and their effects on people's lives.

Research Interests

Chronic pain

Adjustment to chronic health conditions

Personalized (psychological) care, Precision Medicine

Academic Qualifications			
University/Institution	Type	Degree	Period
Universidade do Porto	PhD	Psicologia	2012
Universidade do Porto	Licenciate	Psicologia	2006

Teaching Activities				
Teaching Year	Sem.	Course Name	Degree(s)	Coord .
2024/2025	2º	Assessment and Intervention in Health Promotion	Master Degree in Social Psychology of Health;	Yes
2024/2025	2º	Psychological Intervention in Health and Well-Being	Institutional Degree in Escola de Ciências Sociais e Humanas;	Yes
2024/2025	2º	Health and Clinical Psychology	Bachelor Degree in Psychology;	Yes
2024/2025	1º	Personality Theories	Bachelor Degree in Social Work (PL); Bachelor Degree in Social Work;	Yes
2024/2025	1º	Approaches to Psychopathology	Bachelor Degree in Social Work (PL); Bachelor Degree in Social Work;	Yes
2023/2024	2º	Assessment and Intervention in Health Promotion	Master Degree in Social Psychology of Health;	Yes
2023/2024	2º	Psychological Intervention in Health and Well-Being	Institutional Degree in Escola de Ciências Sociais e Humanas;	Yes
2023/2024	2º	Health and Clinical Psychology	Bachelor Degree in Psychology;	Yes

Supervisions					
• M.Sc. Dissertations - Concluded					
	Student Name	Title/Topic	Language	Institution	Concluding Year
1	Ana Filipa Narciso de Carvalho	Adaptation and validation of the Activity Patterns Scale: The role of activity patterns in adjustment to chronic musculoskeletal pain.	Portuguese	ISCTE-IUL	2023

Total Citations

Web of Science®	4
Scopus	3

Publications

• Scientific Journals

- Scientific journal paper

1	Bernardes, S. F., Brandão, T., Matos, M. O. de. & Ferreira-Valente, A. (N/A). Social support for functional dependence, activity patterns, and chronic pain outcomes: A cross-lagged mediation panel study. Health Psychology. N/A
2	Jarego, M., Tasker, F., Costa, P. A., Pais-Ribeiro, J. & Ferreira-Valente, A. (N/A). How we survived: Older adults' adjustment to the lockdowns due to the COVID-19 pandemic. Current Psychology. N/A
3	Jarego, M., Ferreira-Valente, A., Queiroz-Garcia, I., Day, Melissa A., Pais-Ribeiro, J., Costa, R. M....Jensen, M. P. (2023). Are prayer-based interventions effective pain management options? A systematic review and meta-analysis of randomized controlled trials. Journal of Religion and Health. 62 (3), 1780-1809 - Times Cited Web of Science®: 1 - Times Cited Google Scholar: 3
4	Ferreira-Valente, A., Ester Solé, Sharma, S, Ferreira-valente, A., Pathak, A., Elisabet Sánchez-Rodríguez...Jordi Miró (2021). The Associations Between Sleep Disturbance, Psychological Dysfunction, Pain Intensity, and Pain Interference in Children with Chronic Pain. Pain Medicine. - Times Cited Web of Science®: 3 - Times Cited Scopus: 3 - Times Cited Google Scholar: 4