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Alexandra Ferreira Valente

Professora Auxiliar

CIS-Iscte - Centre for Psychological Research and Social Intervention
Department of Psychology (ECSH)

Contacts

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| E-mail | Alexandra_Ferreira_Valente@iscte-iul.pt |
| Office | AA1.10 |

Curriculum

Alexandra Ferreira-Valente's research is grounded in clinical and health psychology, with a particular focus on the adaptation to chronic illness, including chronic pain. Her work seeks to advance the understanding of the psychological processes that shape how individuals with chronic illnesses experience and adjust to their condition, drawing on cognitive, emotional, existential, and sociocultural perspectives.

A central strand of her research concerns the personalization of psychological care, in line with the principles of the so-called "precision medicine." In this context, she is interested in identifying which interventions are most effective for whom, examining how individual characteristics—such as beliefs, meaning-making processes, coping strategies, and sociocultural context—influence therapeutic outcomes.

She is also interested in adopting a phenomenological-existential perspective in the study of chronic illness, with a strong emphasis on the lived experience of pain and suffering. Her work explores how individuals with chronic illnesses experience meaning in life and make sense of their condition and how these variables shape individuals' identity, psychological well-being, and long-term adaptation.

In addition, she is interested in key issues in psychopathology, mental health, stigma, and human rights. She supervises dissertations that examine the intersections between psychological distress, access to appropriate healthcare, and equity within healthcare systems.

Research Interests

Chronic pain

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| Adjustment to chronic health conditions |
| Personalized (psychological) care, Precision Medicine |
| Psychopathology, mental health, stigma and human rights |

Academic Qualifications

| University/Institution | Type | Degree | Period |
|------------------------|-------------|------------|--------|
| Universidade do Porto | PhD | Psicologia | 2012 |
| Universidade do Porto | Licenciante | Psicologia | 2006 |

Teaching Activities

| Teaching Year | Sem. | Course Name | Degree(s) | Coord |
|---------------|------|---|---|-------|
| 2026/2027 | 2º | Assessment and Intervention in Health Promotion | Master Degree in Social Psychology of Health and Well-Being; | Yes |
| 2026/2027 | 2º | Psychological Intervention in Health and Well-Being | Institutional Degree in Escola de Ciências Sociais e Humanas; | Yes |
| 2026/2027 | 1º | Personality Theories | | Yes |
| 2026/2027 | 1º | Personality Psychology and Individual Differences | Bachelor Degree in Psychology; | Yes |
| 2026/2027 | 1º | Psychopathology | Bachelor Degree in Psychology; | No |
| 2025/2026 | 2º | Assessment and Intervention in Health Promotion | Master Degree in Social Psychology of Health and Well-Being; | Yes |
| 2025/2026 | 2º | Psychological Intervention in Health and Well-Being | Institutional Degree in Escola de Ciências Sociais e Humanas; | Yes |
| 2025/2026 | 2º | Personality Psychology and Individual Differences | Bachelor Degree in Psychology; | Yes |
| 2025/2026 | 1º | Personality Theories | | Yes |
| 2025/2026 | 1º | Approaches to Psychopathology | Bachelor Degree in Social Work (PL); Bachelor Degree in Social Work; | Yes |
| 2025/2026 | 1º | Doctoral Thesis in Psychology | Doctorate Degree (PhD) in Psychology; | No |
| 2024/2025 | 2º | Assessment and Intervention in Health Promotion | | Yes |

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|-----------|----|---|---|-----|
| 2024/2025 | 2º | Psychological Intervention in Health and Well-Being | Institutional Degree in Escola de Ciências Sociais e Humanas; | Yes |
| 2024/2025 | 2º | Personality Psychology and Individual Differences | Bachelor Degree in Psychology; | Yes |
| 2024/2025 | 2º | Health and Clinical Psychology | | No |
| 2024/2025 | 1º | Personality Theories | | Yes |
| 2024/2025 | 1º | Approaches to Psychopathology | Bachelor Degree in Social Work (PL); | Yes |
| 2023/2024 | 2º | Assessment and Intervention in Health Promotion | | 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 | | No |

Supervisions

• Ph.D. Thesis

- Ongoing

| | Student Name | Title/Topic | Language | Status | Institution |
|---|------------------|---|------------|------------|------------------------------|
| 1 | Constança Galvão | To BIS or to BAS: A mixed-methods exploration and adaptation of the BIS-BAS model to chronic pain and obesity | Portuguese | Developing | Ispa Instituto Universitário |

- Concluded

| | Student Name | Title/Topic | Language | Institution | Concluding Year |
|---|------------------|---|------------|------------------------------|-----------------|
| 1 | Margarida Jarego | PSY-COVID: Psychological impact of COVID-19 pandemic and its consequences | Portuguese | Ispa Instituto Universitário | 2024 |

• M.Sc. Dissertations

- Ongoing

| | Student Name | Title/Topic | Language | Status | Institution |
|---|---------------------------------|---|----------|------------|-------------|
| 1 | Rodrigo Filipe Coimbra e Seixas | Crenças, expectativas e satisfação com os cuidados de saúde recebidos: Entre as expectativas de pessoas com dor crónica e as crenças dos cuidados | -- | Developing | Iscte |

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|---|------------------------------|---|----|------------|-------|
| 2 | Cynthia Alves de Oliveira | Structural racism: meaning and experience in life. | -- | Developing | Iscte |
| 3 | Ana Sofia Ferreira Durão | Explore the relationship between authenticity and the experience of bodily sensations. | -- | Developing | Iscte |
| 4 | Eva Carolina Gonçalves Rocha | The relationship between digital practices and digital well-being: Cross-cultural adaptation and validation of a scale for the Portuguese population. | -- | Developing | Iscte |
| 5 | Madalena Marques Mouzinho | The impact of chronic pain on cognitive function in children and adolescents: the role of sleep disorders | -- | Developing | Iscte |
| 6 | Margarida Martins Couto | O papel do suporte social percebido na aceitação da própria finitude em idosos | -- | Developing | Iscte |

- Concluded

| | Student Name | Title/Topic | Language | Institution | Concluding Year |
|---|-------------------------------|---|------------|------------------------------------|-----------------|
| 1 | Tiago Borges | Clinical Psychology | Portuguese | Ispa Instituto Universitário | 2025 |
| 2 | Bernardo Ayres | Clinical Psychology | Portuguese | Ispa Instituto Universitário | 2025 |
| 3 | Inês Hilário Lopes | Chronic Pain and Self-Esteem in Adolescence: The Mediating Role of Peer Relationships | Portuguese | Iscte | 2025 |
| 4 | Inês de Sousa Rosa | Economic Difficulties, Family Stress and Mental Health in adults during lockdowns associated with the COVID-19 pandemic | Portuguese | Iscte | 2025 |
| 5 | Joana Louro Marques | KNOW YOUR PAIN: Feasibility and Acceptability Study of a Pain Neuroscience Education Program | Portuguese | Iscte | 2025 |
| 6 | Ana Cristina Pereira Carvalho | The Moderating Role of Socioeconomic Status in the Relationship Between Employment Status and Psychological Distress | Portuguese | Iscte | 2025 |
| 7 | Joana dos Santos Varão | Who inspires whom? A study on meaning and hope | Portuguese | Iscte | 2025 |
| 8 | Andreia Carrilho | Clinical Psychology | Portuguese | Ispa Instituto Universitário | 2024 |
| 9 | Catarina Ponte | Chronic pain: Post-traumatic growth and its association with shame, coping and resilience | Portuguese | Instituto Universitário Egas Moniz | 2024 |

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| 10 | Patrícia Rosa | Expectation and pain: An experimental study on the influence of verbal instructions | Portuguese | Ispa Instituto Universitário | 2024 |
| 11 | Maria Theriaga Rebêlo | Living in lockdown during early adulthood: Challenges and opportunities | Portuguese | Ispa Instituto Universitário | 2024 |
| 12 | Beatriz Duarte | Coping with acute pain in a laboratory setting | Portuguese | Ispa Instituto Universitário | 2024 |
| 13 | Sofia Pereira | Meaning in life in individuals with chronic pain | Portuguese | Ispa Instituto Universitário | 2024 |
| 14 | 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 | 2023 |

Total Citations

| | |
|------------------------|------|
| Web of Science® | 2323 |
| Scopus | 2070 |

Publications

• Scientific Journals

- Scientific journal paper

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| 1 | Fontes, F. & Ferreira-Valente, A. (2026). Exploring disablist hate crimes in Portugal: Vulnerability building, manifestations, and prevalence. <i>Violence and Victims</i> . 41 (2), 339-356 |
| 2 | Jarego, M., Costa, P. A., Tasker, F., Ribeiro, J. P. & Ferreira-Valente, A. (2026). (Tele)work and family conflicts in times of the COVID-19 pandemic: Working-age gender role challenges. <i>Family Relations</i> . 75 (2), 1356-1375 |
| 3 | Reed, D. E. , Day, M. A., Ferreira-Valente, A. & Jensen, M. (2025). Belief in living a meaningful life and adjustment to chronic pain. <i>Pain Medicine</i> . 26 (1), 30-38 - Times Cited Web of Science®: 6 - Times Cited Scopus: 5 - Times Cited Google Scholar: 8 |
| 4 | Bernardes, S. F., Brandão, T., Matos, M. O. de. & Ferreira-Valente, A. (2024). Social support for functional dependence, activity patterns, and chronic pain outcomes: A cross-lagged mediation panel study. <i>Health Psychology</i> . 43 (7), 488-499 - Times Cited Web of Science®: 5 - Times Cited Scopus: 5 - Times Cited Google Scholar: 10 |

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| 5 | Jarego, M., Ferreira-Valente, A., Sánchez-Rodríguez, E., Miró, J., Costa, P. & Pais-Ribeiro, J. (2024). Socioeconomic status, social support, coping, and fear predict mental health status during the first year of the COVID-19 pandemic: A 1-year longitudinal study. <i>Current Psychology</i> . 43 (46), 35672-35685 - Times Cited Web of Science®: 4 - Times Cited Scopus: 4 - Times Cited Google Scholar: 7 |
| 6 | Jarego, M., Tasker, F., Costa, P. A., Pais-Ribeiro, J. & Ferreira-Valente, A. (2024). How we survived: Older adults' adjustment to the lockdowns due to the COVID-19 pandemic. <i>Current Psychology</i> . 43 (32), 26593-26607 - Times Cited Web of Science®: 3 - Times Cited Scopus: 3 - Times Cited Google Scholar: 5 |
| 7 | 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. <i>Journal of Religion and Health</i> . 62 (3), 1780-1809 - Times Cited Web of Science®: 12 - Times Cited Scopus: 9 - Times Cited Google Scholar: 13 |
| 8 | Ferreira-Valente, A., Sharma, S, Chan, J., Bernardes, S. F., Pais-Ribeiro, J. & Jensen, M. P. (2023). Pain-related beliefs, coping and function: An observational study on the moderating influence of country of origin. <i>Journal of Pain</i> . 24 (9), 1645-1663 - Times Cited Web of Science®: 3 - Times Cited Scopus: 4 - Times Cited Google Scholar: 8 |
| 9 | Ferreira-Valente, A., Sharma, S, Torres, C., Zachary Smothers, Pais-Ribeiro, J.L., J. Haxby Abbott...Jensen, Mark P. (2022). Does Religiosity/Spirituality Play a Role in Function, Pain-Related Beliefs, and Coping in Patients with Chronic Pain? A Systematic Review. <i>Journal of Religion and Health</i> . 61 (3), 2331-2385 - Times Cited Web of Science®: 51 - Times Cited Scopus: 53 - Times Cited Google Scholar: 114 |
| 10 | Sánchez-Rodríguez, E., Ferreira-Valente, A., Pimenta, Filipa, Ciaramella, A. & Miró, J. (2022). Mental, physical and socio-economic status of adults living in Spain during the late stages of the state of emergency caused by COVID-19. <i>International Journal of Environmental Research and Public Health</i> . 19 (2), 854 - Times Cited Web of Science®: 12 - Times Cited Scopus: 11 - Times Cited Google Scholar: 18 |
| 11 | Ferreira-Valente, A., Van Dyke, Benjamin P., Day, Melissa A., do Carmo, Catarina Teotónio, Pais-Ribeiro, J.L., Pimenta, Filipa...Jensen, Mark P. (2022). Immediate effects of hypnosis, mindfulness meditation, and prayer on cold pressor outcomes: A four-arm parallel experimental study. <i>Journal of Pain Research</i> . 15, 4077-4096 - Times Cited Web of Science®: 9 - Times Cited Scopus: 6 - Times Cited Google Scholar: 15 |
| 12 | Pais-Ribeiro, J.L., Ferreira-Valente, A., Jarego, M., Sánchez-Rodríguez, E. & Miró, Jordi (2022). COVID-19 pandemic in Portugal: Psychosocial and health-related factors associated with psychological discomfort. <i>International Journal of Environmental Research and Public Health</i> . 19 (6), 3494 - Times Cited Web of Science®: 14 - Times Cited Scopus: 12 - Times Cited Google Scholar: 19 |

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| 13 | <p>Solé, E., Sharma, S, Ferreira-Valente, A., Pathak, A., Sánchez-Rodríguez, E., Jensen, Mark P...Miró, J. (2022). The associations between sleep disturbance, psychological dysfunction, pain intensity, and pain interference in children with chronic pain. <i>Pain Medicine</i>. 23 (6), 1106-1117</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 9 - Times Cited Scopus: 8 - Times Cited Google Scholar: 12 |
| 14 | <p>Miró, J., Sánchez-Rodríguez, E. , Nolla, M. C., Costa, R. M., Pais-Ribeiro, J.L. & Ferreira-Valente, A. (2022). The role of resilience, happiness, and social support in the psychological function during the late stages of the lockdown in individuals with and without chronic pain. <i>International Journal of Environmental Research and Public Health</i>. 19 (11)</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 15 - Times Cited Scopus: 14 - Times Cited Google Scholar: 20 |
| 15 | <p>Ferreira-Valente, A., Fernando Fontes, Pais-Ribeiro, J.L. & Jensen, M. (2021). The Meaning Making Model Applied to Community-Dwelling Adults with Chronic Pain. <i>Journal of Pain Research</i>. Volume 14, 2295-2311</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 36 - Times Cited Scopus: 25 - Times Cited Google Scholar: 46 |
| 16 | <p>Miró, J. , Sánchez-Rodríguez, E. , Ferreira-Valente, A., Pais-Ribeiro, J.L. & Ciaramella, A. (2021). Effects of COVID-19 social distancing measures in individuals with chronic pain living in Spain in the late stages of the lockdown. <i>International Journal of Environmental Research and Public Health</i>. 18 (22), 11732</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 10 - Times Cited Scopus: 9 - Times Cited Google Scholar: 13 |
| 17 | <p>Ferreira-Valente, A., Solé, E., Sánchez-Rodríguez, E., Sharma, S, Pathak, A., Jensen, M. P....de la Vega, R. (2021). Does pain acceptance buffer the negative effects of catastrophizing on function in individuals with chronic pain?. <i>Clinical Journal of Pain</i>. 37 (5), 339-348</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 6 - Times Cited Scopus: 5 - Times Cited Google Scholar: 10 |
| 18 | <p>Michelle P. Grover, Jensen, M., L. Charles Ward, Dawn M. Ehde, Jason B. Mattingley, Beverly E. Thorn...Day, Melissa A. (2020). An Experimental Investigation of the Effects and Mechanisms of Mindfulness Meditation Versus Self-Hypnosis Versus an Attention Control on Cold Pressor Outcomes. <i>Mindfulness</i>. 12 (4), 923-935</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 7 - Times Cited Scopus: 8 - Times Cited Google Scholar: 17 |
| 19 | <p>Ferreira-Valente, A., Cátia Damião, Pais-Ribeiro, J.L. & Jensen, M. (2020). The Role of Spirituality in Pain, Function, and Coping in Individuals with Chronic Pain. <i>Pain Medicine</i>. 21 (3), 448-457</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 38 - Times Cited Scopus: 35 - Times Cited Google Scholar: 82 |
| 20 | <p>Sharma, S, Ferreira-Valente, A., Amanda C de C. Williams, J. Haxby Abbott, Pais-Ribeiro, J.L. & Jensen, M. (2020). Group Differences Between Countries and Between Languages in Pain-Related Beliefs, Coping, and Catastrophizing in Chronic Pain: A Systematic Review. <i>Pain Medicine</i>. 21 (9), 1847-1862</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 65 - Times Cited Scopus: 70 - Times Cited Google Scholar: 85 |

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| 21 | <p>Ferreira-Valente, A., Patrício Costa, Marta Elorduy, Montserrat Virumbrales, Manuel J. Costa & Jorge Palés (2016). Psychometric properties of the Spanish version of the Jefferson Scale of Empathy: making sense of the total score through a second order confirmatory factor analysis. <i>BMC Medical Education</i>. 16 (1)</p> <p>- Times Cited Web of Science®: 46 - Times Cited Scopus: 39 - Times Cited Google Scholar: 69</p> |
| 22 | <p>Ferreira-Valente, A., Joana S. Monteiro, Rita M. Barbosa, Salgueira, A, Patrício Costa & Manuel J. Costa (2016). Clarifying changes in student empathy throughout medical school: a scoping review. <i>Advances in Health Sciences Education</i>. 22 (5), 1293-1313</p> <p>- Times Cited Web of Science®: 100 - Times Cited Scopus: 89 - Times Cited Google Scholar: 168</p> |
| 23 | <p>Ribeiro, R., Lina Coelho & Ferreira-Valente, A. (2015). Unemployment and gender equality within the family in Portugal. <i>Ex Aequo</i>. 32</p> <p>- Times Cited Web of Science®: 7 - Times Cited Google Scholar: 23</p> |
| 24 | <p>Ferreira-Valente, A., Pais-Ribeiro, J.L. & Jensen, M. (2014). Associations Between Psychosocial Factors and Pain Intensity, Physical Functioning, and Psychological Functioning in Patients With Chronic Pain. <i>Clinical Journal of Pain</i>. 30 (8), 713-723</p> <p>- Times Cited Web of Science®: 90 - Times Cited Scopus: 77</p> |
| 25 | <p>Ferreira-Valente, A., Pais-Ribeiro, J.L. & Jensen, M. (2011). Validity of four pain intensity rating scales. <i>Pain</i>. 152 (10), 2399-2404</p> <p>- Times Cited Web of Science®: 1732 - Times Cited Scopus: 1543 - Times Cited Google Scholar: 2614</p> |
| 26 | <p>Ferreira-Valente, A., Pais-Ribeiro, J.L., Jensen, M. & Ruben Almeida (2011). Coping with Chronic Musculoskeletal Pain in Portugal and in the United States: A Cross-Cultural Study. <i>Pain Medicine</i>. 12 (10), 1470-1480</p> <p>- Times Cited Web of Science®: 43 - Times Cited Scopus: 36 - Times Cited Google Scholar: 65</p> |

• Conferences/Workshops and Talks

- Talk

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|---|---|
| 1 | <p>Ferreira-Valente, A., Bernardes, S.F., Tomé-Pires, C., Jensen, Mark P., José Pais-Ribeiro, Roman-Juan, Josep...Miró, J. (2024). Prevalence of chronic pain in Portuguese children and adolescents: Protocol of cross-sectional study. <i>Iasp 2024 World Congress of Pain</i>.</p> |
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• Other Publications

- Other publications

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| 1 | <p>Bernardes, S.F., Brandão, T., Matos, M. & Ferreira-Valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. <i>Pain Research Meeting: Translational and Clinical Research on Pain</i>.</p> |
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| 2 | Bernardes, S.F., Brandão, T., Matos, M. & Ferreira-Valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. Pain Research Meeting: Translational and Clinical Research on Pain. |
| 3 | Bernardes, S.F., Brandão, T., Matos, M., Ferreira-Valente, A. & Ferreira-valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. Pain Research Meeting: Translational and Clinical Research on Pain. |

Academic Management Positions

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| Presidente (2025 - 2027) Unit/Area: Ethics Committee |
| Coordenador do 3º Ano (2024 - 2025) Unit/Area: Bachelor Degree in Psychology |

Awards

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| SPPS Merit Researcher Award 2024 (senior author) (2024) |
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Professional Associations

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| International Association for the Study of Pain (Since 2010) |
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Scientific Editing/Reviewing Activities

| Type of Activity | Journal Title | ISSN/Quartile | Period | Language |
|---------------------------|--|---------------------|-------------|------------|
| Scientific journal editor | Personality and Individual Differences | 01918869 / Q1 (T10) | 2022 - 2027 | Portuguese |