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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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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

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

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

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

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®	2311
Scopus	2057

Publications

• Scientific Journals

- Scientific journal paper

1	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
2	Fontes, F. & Ferreira-Valente, A. (2025). Exploring disablist hate crimes in Portugal: Vulnerability building, manifestations, and prevalence. <i>Violence and Victims</i> . N/A
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: 7
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

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: 3 - Times Cited Google Scholar: 6
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®: 50 - Times Cited Scopus: 53 - Times Cited Google Scholar: 112
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

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: 12
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: 79
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

21	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. BMC Medical Education. 16 (1) - Times Cited Web of Science®: 45 - Times Cited Scopus: 38 - Times Cited Google Scholar: 68
22	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. Advances in Health Sciences Education. 22 (5), 1293-1313 - Times Cited Web of Science®: 98 - Times Cited Scopus: 88 - Times Cited Google Scholar: 165
23	Ribeiro, R., Lina Coelho & Ferreira-Valente, A. (2015). Unemployment and gender equality within the family in Portugal. Ex Aequo. 32 - Times Cited Web of Science®: 7 - Times Cited Google Scholar: 23
24	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. Clinical Journal of Pain. 30 (8), 713-723 - Times Cited Web of Science®: 90 - Times Cited Scopus: 76
25	Ferreira-Valente, A., Pais-Ribeiro, J.L. & Jensen, M. (2011). Validity of four pain intensity rating scales. Pain. 152 (10), 2399-2404 - Times Cited Web of Science®: 1724 - Times Cited Scopus: 1534 - Times Cited Google Scholar: 2595
26	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. Pain Medicine. 12 (10), 1470-1480 - Times Cited Web of Science®: 43 - Times Cited Scopus: 36 - Times Cited Google Scholar: 65

• Conferences/Workshops and Talks

- Talk

1	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. IASP 2024 World Congress of Pain.
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• Other Publications

- Other publications

1	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.
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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

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

Awards

SPPS Merit Researcher Award 2024 (senior author) (2024)

Professional Associations

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