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Rita Moura

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Currículo

Rita Moura has a BSc in Psychology and a MSc in Social Psychology of Health (Iscte - Instituto Universitário de Lisboa). Her master's thesis focused on intra- and interpersonal emotion regulation among breast cancer survivors. Between 2018 and 2022, she worked as research assistant in (inter)national projects in a multidisciplinary team setting (e.g., psychology, technology). In 2020, she completed her professional internship and became a licensed psychologist (Ordem dos Psicólogos Portugueses). Since late 2021, she is enrolled in a PhD program in Psychology at Iscte. Her project Emoting with VR is focused on the areas of virtual reality, emotion regulation, and well-being among university students (funded by FCT: Fundação para a Ciência e Tecnologia). Between 2022-2024, she was also a invited assistant professor at Universidade Lusófona - Centro Universitário de Lisboa

Áreas de Investigação

Emoções

Regulação emocional

Saúde física

Saúde mental

Realidade Virtual

Contacto com a natureza

Qualificações Académicas

Universidade/Instituição	Tipo	Curso	Período
ISCTE-Instituto Universitario de Lisboa	Mestrado	Psicologia Social da Saúde	2018
ISCTE-Instituto Universitario de Lisboa	Licenciatura	Psicologia	2015

Total de Citações

Web of Science®	71
Scopus	70

Publicações

• Revistas Científicas

- Artigo em revista científica

1	Moura, R., Luís, S., Camilo, C. & Eliana Portugal (2026). Escaping into virtual nature: A systematic review of the effects on the psychological and psychophysiological well-being of university students. <i>Journal of Environmental Psychology</i> . 113, 103127
2	Romão, Â., Lima, M. L., Moleiro, C., António, R. & Moura, R. (2026). Combating social determinants with collective weapons: Social identities and health inequalities in Portuguese veterans. <i>Journal of Military Veteran and Family Health</i> . 12 (3), 7-20 - N.º de citações Scopus: 1
3	Camilo, C., Lima, M. L., Moura, R., Quintal, F. & Palacin-Lois, M. (2024). Beyond close relationships: The positive effects of group relationships and group identification on health. <i>Frontiers in Social Psychology</i> . 2 - N.º de citações Web of Science®: 1 - N.º de citações Scopus: 2
4	Moura, R., Camilo, C., Lima, M. L., Luís, S., Elliott, L. R. & White, M. P. (2024). Anxiety meets nature: The role of nature in the relationship between socioeconomic status, anxiety and well-being. <i>PsyEcology</i> . 15 (2), 143-162 - N.º de citações Web of Science®: 2 - N.º de citações Scopus: 2
5	Santos, J. V., Gonçalves, S. P., Silva, I. S., Veloso, A., Moura, R. & Brandão, C. (2022). Organizational and Job Resources on Employees' Job Insecurity During the First Wave of COVID-19: The Mediating Effect of Work Engagement. <i>Frontiers in Psychology</i> . 12 - N.º de citações Web of Science®: 17 - N.º de citações Scopus: 16
6	Moura, R., Camilo, C. & Luís, S. (2022). Should universities make virtual nature available to students to promote stress relief? An opinion article. <i>Cadernos de Saúde Societal</i> . 3, 93-96

7	Luís, S., Moura, R., Lima, M. L., Poggio, L., Aragonés, J. I. & Camilo, C. (2022). Judging pharmaceutical environmental risk by its cover? The effects of prescription medication and disease severity on environmental risk perception. <i>Risk Analysis</i> . 42 (10), 2231-2242 - N.º de citações Web of Science®: 4 - N.º de citações Scopus: 5
8	Moura, R., Camilo, C. & Luís, S. (2021). As strong as we are united: Effects of intrapersonal and interpersonal emotion regulation on quality of life in women with breast cancer. <i>Frontiers in Psychology</i> . 12 - N.º de citações Web of Science®: 5 - N.º de citações Scopus: 4
9	Gonçalves, S. P., Santos, J. V., Silva, I. S., Veloso, A., Brandão, C. & Moura, R. (2021). COVID-19 and people management: The view of human resource managers. <i>Administrative Sciences</i> . 11 (3), 69 - N.º de citações Web of Science®: 42 - N.º de citações Scopus: 32

• Livros e Capítulos de Livros

- Capítulo de livro

1	Henriques, J., Moura, R. & Sónia P. Gonçalves (2025). Insights into mental health challenges among university students: An overview. In Gonçalves, Sónia P. (Ed.), <i>Nurturing student well-being in the modern world.</i> : IGI Global.
2	Henriques, J., Moura, R. & Sónia P. Gonçalves (2024). Insights into mental health challenges among university students. In <i>Nurturing student well-being in the modern world.</i> (pp. 221-244). - N.º de citações Scopus: 3
3	Brandão, C., Veloso, A., Gonçalves, S. P., Silva, I. S. , Santos, J. V. & Moura, R. (2021). The COVID-19 crisis in the words of human resources professionals: The use of internet latent corpus. In <i>Computer Supported Qualitative Research. WCQR 2021. Advances in Intelligent Systems and Computing.</i> - N.º de citações Scopus: 5

• Conferências/Workshops e Comunicações

- Comunicação em evento científico

1	Moura, R., Camilo, C. & Luís, S. (2024). Real-world nature and virtual nature for emotion regulation and well-being: Proposing a theoretical framework . XIX PhD Meeting in Psychology.
2	Lima, M. L., Moleiro, C., António, R. & Moura, R. (2024). Determinantes sociais da saúde em ex-combatentes. Colóquio: A Jornada do ex-combatente: o trauma e as vivências.
3	Moura, R., Camilo, C. & Luís, S. (2024). The effects of immersive virtual nature on psychological outcomes: A meta-analysis. 38th Annual Conference of the European Health Psychology Society.
4	Moura, R., Camilo, C. & Luís, S. (2023). The effects of immersive virtual nature on psychological outcomes: A protocol for a meta-analysis. XVIII PhD Meeting in Psychology.
5	Moura, R., Camilo, C. & Luís, S. (2023). The effects of immersive virtual nature on psychological outcomes: Preliminary results of a meta-analysis. APA Division 34 Virtual Conference.

6	Moura, R., Camilo, C. & Luís, S. (2023). The effects of immersive virtual nature on psychological outcomes: Preliminary results of a meta-analysis. 37th Annual Conference of the European Health Psychology Society.
7	Camilo, C., Moura, R., Lima, M. L. & Sílvia Luís (2023). Anxiety meets nature: The positive effects of visits to natural spaces on the mediated relationship between subjective socioeconomic status, anxiety, and subjective well-being. APA Division 34 Virtual Conference.
8	Henriques, J., Moura, R. & Gonçalves, S. P. (2022). Help! I need somebody: The mental health of university students during the second year of COVID-19. XVII PhD Meeting in Psychology.
9	Moura, R., Lima, M. L., Camilo, C. & Luís, S. (2022). Anxiety meets nature: Two moderated mediation models of the relationship between perceived socioeconomic status and subjective well-being. XVI Congresso de Psicologia Ambiental.
10	Moura, R., Luís, S., Camilo, C., Lima, M. L., Poggio, L. & Aragonés, J. I. (2022). Judging pharmaceutical environmental risk by its cover? The effects of prescription medication and disease severity on environmental risk perception . 3rd Annual Meeting of the SRA-E (Iberian Chapter).
11	Moura, R., Lima, M. L., Camilo, C. & Luís, S. (2022). Anxiety meets nature: Two moderated mediation models of the relationship between perceived socioeconomic status and subjective well-being. 27th IAPS Online Conference.
12	Duarte, A.P., Mouro, C., Moura, R. & Luís, S. (2021). Challenges in achieving environmental sustainability in a university campus: The HEI community's perspective . 5th International Forum on Management.
13	Santos, J. V., Moura, R. & Silva, I. S. (2021). Work experiences and work balance personal and family life: The gender perspective. 4th International Conference on Gender Research.
14	Mouro, C., Duarte, A.P., Moura, R., Luís, S., Rato, V., Resende, R....Ferreira, J. (2020). Percepção da Comunidade ISCTE sobre a sustentabilidade ambiental e comportamentos pró-ambientais no campus. CCS2020 2ª Conferência Campus Sustentável.

• Outras Publicações

- Dissertação de Mestrado

1	Moura, R. (2018). As strong as we are united: Efeitos da regulação emocional intrapessoal e interpessoal na qualidade de vida em mulheres com cancro da mama.
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Projetos de Investigação

Título do Projeto	Papel no Projeto	Parceiros	Período
University Community Engagement in Technologies for Sustainability: a Social Architecture.	Bolseira de Mestrado	ISTAR-Iscte (RAISE) - Líder, BRU-Iscte, CIS-Iscte	2020 - 2021