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## Cristina Isabel Albuquerque Godinho



### Teaching Activities

Teaching Year	Sem.	Course Name	Degree(s)	Coord
2019/2020	2º	Assessment and Intervention in Health Promotion		No
2019/2020	1º	Health Attitudes and Behaviours		No
2019/2020	1º	Health Attitudes and Behaviours		No

### Supervisions

- **Ph.D. Thesis**  
- **Concluded**

Student Name	Title/Topic	Language	Institution	Concluding Year
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1	Sofia Isabel da Silva Ribeiro	Promoting adjustment to Systemic Lupus Erythematosus: Development of a theory - and evidence - based digital intervention	English	Iscte	2025
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## • M.Sc. Dissertations

### - Concluded

	Student Name	Title/Topic	Language	Institution	Concluding Year
1	Ana Sofia Marques Carvalho	Measures to Promote Plant-based Diets in University Settings: Degree of Support and its Predictors	Portuguese	Iscte	2020
2	Ana Sofia Nunes Sérgio	The Impact of Nutrition Claims about Natural Sugar Substitutes on Perceived Healthfulness, Calories and Taste of food	Portuguese	Iscte	2020
3	Sofia Andreia Sanches Santos Coelho	The impact of claims about sugar content on perceived healthfulness, calories and taste of food products	English	Iscte	2020
4	Maria Inês Cardoso Nobre Velez Coelho	Eating habits and perceptions about sugar consumption in university students: a qualitative study	Portuguese	Iscte	2019
5	Bárbara Pereira Gonçalves Tourais Pinto	Perceptions and Regulation Strategies of Children's Sugar Intake: A Qualitative Study with Parents	Portuguese	Iscte	2019
6	Joana Garcia Tavares Henriques	Smokers Come Forward: User Experience Evaluation with the Portuguese Version of the Smoke Free Application	Portuguese	Iscte	2018
7	Carla Sofia de Matos Lopes	Se não tem glúten, deve fazer bem... Impacto da rotulagem "sem glúten" na avaliação nos diferentes tipos de alimentos	Portuguese	Iscte	2017
8	Catarina Pinheiro Martins Costa	Desenvolvimento de um Programa de Prevenção da Depressão Pós-Parto: Prevenir... Antes de Nascer	Portuguese	Iscte	2017
9	Jessica Sobreira Filipe	Desenvolvimento de um instrumento de apoio ao desenho e avaliação de programas de promoção de alimentação saudável	Portuguese	Iscte	2016
10	Lúcia da Silva Campos	Food as a Way to Convey Masculinities: How Conformity to Hegemonic Masculinity Norms Influences Men's and Women's Food Consumption	English	Iscte	2016
11	Keila Patrícia do Rosário Monteiro	Fatores familiares e o consumo de frutas e vegetais em crianças: O papel dos determinantes psicossociais	Portuguese	Iscte	2015

## Total Citations

Web of Science®	814
Scopus	756

## Publications

### • Scientific Journals

#### - Scientific journal paper

1	Fonseca, R. P., De Groeve, B., Camilleri, L., Godinho, C. & Prada, M. (2026). The suppression of moral engagement in consumer responses to animal slaughter. <i>Food Quality and Preference</i> . 143
2	Silva-Ribeiro, S., Bernardes, S. F., Marques, M. M. & Godinho, C. A. (2025). Maintaining a sense of normality with the help of others: Lived experiences of facilitators and barriers to Lupus adjustment. <i>Journal of Health Psychology</i> . 30 (10), 2767-2780
3	Guedes, D., Brazão, V., Roque, L., Campos, L., Godinho, C., Truninger, M....Graça, J. (2023). Promoting plant-based eating in meat-centric meal contexts: A field study. <i>Public Health Nutrition</i> . 26 (11), 2619-2627 - Times Cited Web of Science®: 9 - Times Cited Scopus: 9 - Times Cited Google Scholar: 11
4	Graça, J., Campos, L., Guedes, D., Roque, L., Brazão, V., Truninger, M....Godinho, C. (2023). How to enable healthier and more sustainable food practices in collective meal contexts: A scoping review. <i>Appetite</i> . 187 - Times Cited Web of Science®: 30 - Times Cited Scopus: 30 - Times Cited Google Scholar: 42
5	Roque, L., Campos, L., Guedes, D., Godinho, C., Truninger, M. & Graça, J. (2023). Insights into parents' and teachers' support for policies promoting increased plant-based eating in schools. <i>Appetite</i> . 184 - Times Cited Web of Science®: 6 - Times Cited Scopus: 6 - Times Cited Google Scholar: 12
6	Roque, L., Graça, J., Truninger, M., Guedes, D., Campos, L., Vinnari, M....Godinho, C. (2022). Plant-based school meals as levers of sustainable food transitions: A narrative review and conceptual framework. <i>Journal of Agriculture and Food Research</i> . 10 - Times Cited Scopus: 18 - Times Cited Google Scholar: 37
7	Graça, J., Roque, L., Guedes, D., Campos, L., Truninger, M., Godinho, C....Vinnari, M. (2022). Enabling sustainable food transitions in schools: A systemic approach. <i>British Food Journal</i> . 124 (13), 322-339 - Times Cited Web of Science®: 16 - Times Cited Scopus: 20 - Times Cited Google Scholar: 38

8	Craveiro, D., Marques, S., Bell, R., Khan, M., Godinho, C. & Peixeiro, F. (2021). Behavioural change box? Applying the COM-B model to understand behavioural triggers that support consumption of fruits and vegetable among subscribers of a fruit and vegetable box scheme. <i>Public Health Nutrition</i> . 24 (18), 6488-6498 - Times Cited Web of Science®: 8 - Times Cited Scopus: 7
9	Prada, M., Saraiva, M., Sérgio, A., Coelho, S., Garrido, M. V. & Godinho, C. (2021). The Impact of sugar-related claims on perceived healthfulness, caloric value and expected taste of food products. <i>Food Quality and Preference</i> . 94 - Times Cited Web of Science®: 46 - Times Cited Scopus: 41 - Times Cited Google Scholar: 57
10	Prada, M., Godinho, C., Garrido, M. V., Rodrigues, D. L., Coelho, I. & Lopes, D. (2021). A qualitative study about college students' attitudes, knowledge and perceptions regarding sugar intake. <i>Appetite</i> . 159 - Times Cited Web of Science®: 30 - Times Cited Scopus: 24 - Times Cited Google Scholar: 45
11	Prada, M., Rodrigues, D. L., Godinho, C. A., Lopes, D. & Garrido, M. V. (2020). Knowledge and acceptance of interventions aimed at reducing sugar intake in Portugal. <i>Public Health Nutrition</i> . 23 (18) - Times Cited Web of Science®: 13 - Times Cited Scopus: 10 - Times Cited Google Scholar: 18
12	Campos, L., Bernardes, S. & Godinho, C. (2020). Food conveying masculinities: how conformity to hegemonic masculinity norms influences food consumption. <i>Journal of Health Psychology</i> . 25 (12), 1842-1856 - Times Cited Web of Science®: 8 - Times Cited Scopus: 22
13	Prada, M., Godinho, C., Rodrigues, D. L., Lopes, C. & Garrido, M. V. (2019). The impact of gluten-free claim on the perceived healthfulness, calories, level of processing and expected taste of food products. <i>Food Quality and Preference</i> . 73, 284-287 - Times Cited Web of Science®: 63 - Times Cited Scopus: 60 - Times Cited Google Scholar: 100
14	Araújo, M.-R., Alvarez, M.-J., Godinho, C. A. & Roberto, M. S. (2019). An eightmonth randomized controlled trial on the use of intraoral cameras and text messages for gingivitis control among adults. <i>International Journal of Dental Hygiene</i> . 17 (3), 202-213 - Times Cited Web of Science®: 16 - Times Cited Scopus: 16
15	Michie, S., West, R., Sheals, K. & Godinho, C. A. (2018). Evaluating the effectiveness of behavior change techniques in health-related behavior: a scoping review of methods used. <i>Translational Behavioral Medicine</i> . 8 (2), 212-224 - Times Cited Web of Science®: 320 - Times Cited Scopus: 287
16	Godinho, C. A., Updegraff, J. A., Alvarez, M.-J. & Lima, M. L. (2017). When is congruency helpful? Interactive effects of frame, motivational orientation, and perceived message quality on fruit and vegetable consumption. <i>Journal of Health Communication</i> . 22 (12), 942-950 - Times Cited Web of Science®: 11 - Times Cited Scopus: 8

17	Godinho, C. A., Alvarez, M.-J. & Lima, M. L. (2016). Emphasizing the losses or the gains: comparing situational and individual moderators of framed messages to promote fruit and vegetable intake. <i>Appetite</i> . 96, 416-425 - Times Cited Web of Science®: 56 - Times Cited Scopus: 46
18	Araújo, M.-R., Alvarez, M.-J., Godinho, C. A. & Pereira, C. (2016). Psychological, behavioral, and clinical effects of intra-oral camera: a randomized control trial on adults with gingivitis. <i>Community Dentistry and Oral Epidemiology</i> . 44 (6), 523-530 - Times Cited Web of Science®: 16 - Times Cited Scopus: 15
19	Reyes-Fernández, B., Fleig, L., Godinho, C. A., Montenegro Montenegro, E., Knoll, N. & Schwarzer, R. (2015). Action control bridges the planning-behaviour gap: a longitudinal study on physical exercise in young adults. <i>Psychology and Health</i> . 30 (8), 911-923 - Times Cited Web of Science®: 23 - Times Cited Scopus: 20
20	Godinho, C. A., Alvarez, M.-J., Lima, M. L. & Schwarzer, R. (2015). Health messages to promote fruit and vegetable consumption at different stages: a match-mismatch design. <i>Psychology and Health</i> . 30 (12), 1410-1432 - Times Cited Web of Science®: 22 - Times Cited Scopus: 21
21	Godinho, C. A., Alvarez, M.-J., Lima, M. L. & Schwarzer, R. (2014). Will is not enough: coping planning and action control as mediators in the prediction of fruit and vegetable intake. <i>British Journal of Health Psychology</i> . 19 (4), 856-870 - Times Cited Web of Science®: 46 - Times Cited Scopus: 38
22	Godinho, C. A., Carvalho, J. & Lima, M. L. (2014). Promoting healthy eating: a brief review of predictors and interventions. <i>Transcultural</i> . VI (1), 30-52
23	Lhakang, P., Godinho, C. A., Knoll, N. & Schwarzer, R. (2014). A brief intervention increases fruit and vegetable intake: a comparison of two intervention sequences. <i>Appetite</i> . 82, 103-110 - Times Cited Web of Science®: 38 - Times Cited Scopus: 34
24	Godinho, C. A., Alvarez, M. J. & Lima, M. L. (2013). Formative research on HAPA model determinants for fruit and vegetable intake: target beliefs for audiences at different stages of change. <i>Health Education Research</i> . 28 (6), 1014-1028 - Times Cited Web of Science®: 36 - Times Cited Scopus: 23

#### - Review article

1	Silva-Ribeiro, S., Godinho, C. A., Camilo, C., Marques, M. M., Chisari, C., Segura, U....Bernardes, S. F. (2025). Psychological, social and behavioural factors associated with disease/illness activity and adjustment to Lupus: A systematic review and meta-analysis. <i>Health Psychology Review</i> . 19 (3), 513-547 - Times Cited Web of Science®: 1 - Times Cited Scopus: 1 - Times Cited Google Scholar: 3
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#### • Books and Book Chapters

### - Book author

1	Graça, J., Brazão, V., Guedes, D., Silva, J., Campos, L., Greer, D....Vinnari, M. (2022). Menu para a Mudança - Um guia orientador para promover uma alimentação mais saudável e sustentável em espaços de refeição coletiva. Instituto de Ciências Sociais (ICS-ULisboa).
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### - Book chapter

1	Godinho, C. A., M. J. Alvarez & Lima, M. L. (2014). Psicologia da alimentação saudável: Recomendações, preditores e promoção do consumo de frutas e vegetais. In M.L. Lima, S. Bernardes & S. Marques (Ed.), Psicologia Social da Saúde: Estudos, Programas e Instrumentos . (pp. 43-68). Lisboa: Sílabo.
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## • Conferences/Workshops and Talks

### - Talk

1	Silva-Ribeiro, S., Godinho, C., Marques, Marta, Antcliff, Deborah & Bernardes, S.F. (2023). Promoting Adjustment to Systemic Lupus Erythematosus: From needs assessment to a Digital Intervention Development . Pain Research Meeting.
2	Guedes, D., Roque, L., Graça, J., Campos, L., Godinho, C., Vinnari, M....Truninger, M. (2022). What does it take to transition to more sustainable eating in schools? Stakeholders' perspectives. International Web Conference on Food Choice & Eating Motivation.
3	Godinho, C., Prada, M., Pais, H., Rodrigues, D. L. & Lopes, D. (2020). Atitudes face a intervenções governamentais destinadas a reduzir o consumo de açúcar. 13º Congresso Nacional de Psicologia da Saúde.
4	Godinho, C., Prada, M., Coelho, M., Garrido, M. V., Rodrigues, D. L. & Lopes, D. (2020). Percepções sobre consumo de açúcar em estudantes universitários: Um estudo qualitativo. 13º Congresso Nacional de Psicologia da Saúde.
5	Ribeiro, S., M. M. Marques, Bernardes, S.F. & Godinho, C. (2020). Preditores psicológicos, sociais e comportamentais do ajustamento ao Lupus em mulheres . II Congresso Ibérico de Resiliência e Bem-estar.
6	Guedes, D., Campos, L., Truninger, M., Godinho, C., Vinnari, M. & Graça, J. (2019). How to promote dietary change in collective meal contexts? A systematic review of the literature. 3rd Cook and Health conference.
7	Guedes, D., Campos, L., Roque, L., Godinho, C., Truninger, M. & Graça, J. (2019). A Psicologia na promoção de uma transição em larga escala para escolhas alimentares mais saudáveis e sustentáveis. III Encontro dos Psicólogos do Sul.
8	Prada, M., Garrido, M. V., Godinho, C., Rodrigues, D. L. & Lopes, D. (2019). Conhecimento, crenças e atitudes face ao teor de açúcar de alimentos processados. X Simpósio Nacional de Investigação em Psicologia.
9	Godinho, C., Prada, M., Garrido, M. V., Rodrigues, D. L. & Lopes, D. (2019). Sugar intake: What do we know - and think we know - about it? . Encontro Ciência 2019 - Encontro com a Ciência e Tecnologia em Portugal.
10	Prada, M., Godinho, C., Lopes, C., Rodrigues, D. L. & Garrido, M. V. (2019). "Gluten-Free" = "Guilt-Free"? The impact of "Gluten Free" claim on food perception. International Convention of Psychological Science, .

11	Godinho, C. & Prada, M. (2019). Sugar intake: What does knowledge and nutritional information have got to do with it? . Food for thought: For more healthy and sustainable food for all.
12	Lopes, C., Prada, M. & Godinho, C. (2018). Se não tem glúten, deve fazer bem...Impacto da rotulagem “sem glúten” na avaliação de diferentes tipos de alimentos. XII Congresso Nacional de Psicologia da Saúde.
13	Campos, L., Bernardes, S.F. & Godinho, C. (2018). Alimentos como transmissores de masculinidade. 12º Congresso Nacional de Psicologia da Saúde.
14	Ana Catarina Costa, Godinho, C. & Bernardes, S.F. (2018). Desenvolvimento de um Programa de Prevenção da Depressão Pós-Parto: Prevenir...antes de nascer!. 12º Congresso Nacional de Psicologia da Saúde.
15	L. Campos, Bernardes, S.F. & Godinho, C. (2017). Food conveying masculinities: How conformity to hegemonic masculinity norms influences food consumption. 31ª Conference of the European Health Psychology Society.
16	Godinho, C. & Garrido, M. V. (2015). Manipulation of consonantal articulation in Portuguese: A replication study. XI PhD Meeting in Social and Organizational Psychology.

## Research Projects

Project Title	Role in Project	Partners	Period
SUSTAINABLE SCHOOL MEALS_SUSTAINMEALS: UNLOCKING THE POTENTIAL OF THE PUBLIC PLATE TOWARDS A LARGE-SCALE TRANSITION TO PLANT-BASED MEALS IN SCHOOLS	Principal Researcher	CIS-Iscte (H4A)	2018 - 2021
Advocating plant-based eating: Which messages work best for whom, and why?	Researcher	CIS-Iscte	2018 - 2020
INter-sectoral Health Environment Research for InnovaTions	Researcher	CIS-Iscte (H4A), EUROHEALTHNET ASBL - Leader (Belgium), RIVM - (Netherlands), UNIVERSITY COLLEGE LONDON - (United Kingdom), PROLEPSIS - (Greece), UNEXE - (United Kingdom), NTNU - (Norway), Riga City Council Welfare Department - (Latvia), CSCP - (Germany), FoHM - (Sweden), IJZRM - (Macedonia), BC3 - (Spain), CUNI - (Czech Republic), UNIVERSIDAD DE ALCALA - (Spain), Revolve Media - (Belgium), PHILIPS ELECTRONICS NEDERLAND B.V. - (Netherlands), VIGEZ - (Belgium), BZGA - (Germany)	2016 - 2019