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## Khaoula Ennahli

### PhD Scholar

CIS-Iscte - Centre for Psychological Research and Social Intervention



### Contacts

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### Curriculum

I am a Ph.D. candidate in Psychology at ISCTE-Instituto Universitário de Lisboa, funded by the INPhINIT Doctoral Fellowship from La Caixa Foundation. My research focuses on the effectiveness of creativity-based strategies to enhance declarative memory in older adults. With a background in Cognitive Science, I have experience in EEG, eye-tracking, and other psychophysiological techniques. I have participated in multiple research projects and presented at national and international conferences.

Currently, I am a researcher in the BEC (Behavior, Emotion, and Cognition) group at CIS-IUL.

### Research Interests

Neuropsychology

Creativity
Aging Experimental Psychology
Psychology and Neuropsychology of Arts
Memory

## Academic Qualifications

University/Institution	Type	Degree	Period
ISCTE-Instituto Universitário de Lisboa	PhD	Psychology	2026
Universidade de Lisboa Faculdade de Psicologia	Post-graduation	Systematic Review and Meta-Analysis	2023
Universidade de Lisboa	M.Sc.	Cognitive Science	2022
Université Mohammed V de Rabat	Bachelor of Science	Portuguese studies	2019

## Publications

### • Scientific Journals

#### - Scientific journal paper

1	Souza, C., Carmo, J. C., Ennahli, K. & Garrido, M. V. (N/A). Neural signatures of naming retrieval: Theta and Alpha oscillatory dynamics functionally dissociate objects, people and places. <i>Cognitive Neuropsychology</i> . N/A
2	Ennahli, K. & Miguel, D. (2026). Strengthening memory: The impact of resistance training on cognitive health in aging and cognitive impairment. <i>Journal of Sports Research</i> . 13 (1), 14-37

### • Books and Book Chapters

#### - Book chapter

1	Seruti, A., Ennahli, K., Ferreira, M. B & Garrido, M. V. (2025). Explorando a Open Science Framework: Uma ferramenta de Ciência aberta para a gestão, transparência e reprodutibilidade na investigação. In <i>Caderno de laboratório: Guia prático para investigadores/as</i> (Vol. III, pp. 33-44). : Centro de Estudos Internacionais do Instituto Universitário de Lisboa. - Times Cited Google Scholar: 1
2	Souza, C., Ennahli, K. & Garrido, M. V. (2024). Electroencefalografia: Procedimentos e significado psicológico. In Prada, M. (Ed.), <i>Caderno de laboratório: Guia prático para investigadores/as</i> . (pp. 85-95). Lisboa: LAPSO- Laboratório de Psicologia, Iscte-Instituto Universitário de Lisboa.

### • Other Publications

#### - Working Papers

1	Ennahli, K., Souza, C., Frade, S. & Garrido, M. V. (2026). Signatures of Associative and Dissociative Creative Thinking: an Eye-Tracking Study.
2	Correia, R., Ennahli, K., Kotz, S. A. & Jerónimo, R. (2025). Does Rhythm Enhance Cognitive Functioning through Temporal Prediction? A Systematic Review of Experimental Evidence. 2025 CRD42

**- Master's Dissertation**

1	Ennahli, K. (2022). Proper Names and Common Nouns Dissociation: Exploring Differences in Linguistic Processing and Memory Retrieval.
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**• Conferences/Workshops and Talks**

**- Talk**

1	Ennahli, K., Souza, C., Frade, S. & Garrido, M. V. (2025). Signatures of associative and dissociative creative thinking: An eye-tracking study . BEC Meetings.
2	Ennahli, K., Souza, C., Frade, S. & Garrido, M. V. (2025). Uncovering the cognitive demands of structured vs. free creativity-based tasks: Evidence from eye-tracking . XX PhD Meeting in Psychology.
3	Ennahli, K., Souza, C. & Garrido, M. V. (2025). Paintings' subjective norms: integrating perceptual, cognitive, and emotional dimensions. XII Simpósio Nacional de Investigação em Psicologia, Universidade do Porto, Porto, Portugal.
4	Ennahli, K., Souza, C., Frade, S. & Garrido, M. V. (2025). Ocular signatures of associative and dissociative creative thinking. 19º Encontro Nacional da Associação Portuguesa de Psicologia Experimental.
5	Ennahli, K., Souza, C. & Garrido, M. V. (2025). Creative minds at work: Oscillations signature of associative and dissociative thinking. The International Conference on Cognitive Neuroscience.
6	Grazt, L. V. Q, Beck, A., Souza, C., Ennahli, K., Garrido, M. V. & Lachmann, T. (2025). Linking personality traits to distinct stages of aesthetic processing in the evaluation of visual art. 57th Annual meeting of Cognitive and Experimental Psychologists .
7	Ennahli, K. (2025). Foundations of EEG analysis: Pre-processing techniques and time-frequency methods . LabMeeting (LAPSO).
8	Silva, Frade, S., Ennahli, K., Garrido, M. V. & Souza, C. (2025). Tracing places in memory: Behavioral patterns in the retrieval of topographical and abstract place names. XX PhD Meeting in Psychology.
9	Ennahli, K., Souza, C. & Garrido, M. V. (2024). fMRI Design: Unlocking the Creative Mind. The Rheinland-Pfälzische Technische Universität Kaiserslautern-Landau (RPTU).
10	Ennahli, K., Souza, C. & Garrido, M. V. (2024). Norms for paintings: Theoretical background, analysis and interpretation of normative data. Master degree in Cognitive Science Seminar of the Technische Universität Kaiserslautern-Landau.
11	Ennahli, K., Souza, C. & Garrido, M. V. (2024). Effects of Creativity-Based Activities on Declarative Memory in Older Adults: A Systematic Review and Meta-Analysis. 18º ENCONTRO APPE.

12	Ennahli, K., Souza, C. & Garrido, M. V. (2024). The neural signatures of creativity: An EEG Study of Art-Based Stimulation. BEC (Behavior, Emotion, and Cognition) Meetings.
13	Ennahli, K., Souza, C. & Garrido, M. V. (2024). The Effectiveness of Creativity-based Activities in Enhancing Declarative memories. Invited Talk - Graduate School Seminar Technische Universität Kaiserslautern-Landau (Kaiserslautern, Germany).
14	Ennahli, K., Souza, C. & Garrido, M. V. (2024). The effectiveness of creativity-based strategies in enhancing Declarative Memories. Invited-talk at the The Rheinland-Pfälzische Technische Universität Kaiserslautern-Landau (RPTU).
15	Souza, C., Ennahli, K., Frade, S., Joana C. Carmo & Garrido, M. V. (2024). A place, a person, and an object to remember: Comparing ERP components of naming retrieval of different categories. Global Neuropsychology Congress.
16	Ennahli, K., Souza, C. & Garrido, M. V. (2024). The effectiveness of creativity-based strategies in enhancing Declarative Memories. XIX PhD Meeting in Psychology Instituto Universitário de Lisboa (ISCTE-IUL).
17	Ennahli, K., Souza, C. & Garrido, M. V. (2023). Comparing the effectiveness of creativity-based and standard cognitive-based strategies in enhancing Declarative Memories. BEC (Behavior, Emotion, and Cognition) Meetings.
18	Ennahli, K., Souza, C. & Carmo, Joana (2023). Proper Names and Common Nouns Dissociation: Exploring Differences in Linguistic Processing and Memory Retrieval. Poster presented at The XVIII PhD Meeting in Psychology, Doctoral Program, Iscte-IUL.
19	Ennahli, K., Souza, C. & Garrido, M. V. (2023). Comparing The Efficacy of Creativity-based and Cognitive-based Programs in Improving Declarative Memory in Older Adults. Poster presented in Graduate Symposium: Special Program of the Graduate School of the Center for Cognitive Science, Technische Universität Kaiserslautern-Landau.
20	Ennahli, K., Souza, C. & Garrido, M. V. (2023). Comparing The Efficacy of Creativity-based and Cognitive-based Programs in Improving Declarative Memory in Older Adults. BEC (Behavior, Emotion, and Cognition) Meetings .
21	Souza, C., Garrido, M. V., Ennahli, K. & Carmo, J (2022). Oscillation patterns for naming retrieval: Examining differences between known objects, people, and places. Poster presented in The International APPE-SEPEX Meeting.
22	Souza, C., Garrido, M. V., Ennahli, K. & Carmo, J (2022). Long-lasting theta and long-lasting alpha dissociable oscillatory activity. Poster presented in the Annual Mid-Year Barcelona Meeting of the International Neuropsychological Society.
23	Souza, C., Garrido, M. V., Ennahli, K. & Carmo, Joana (2022). Naming of topography: long-lasting theta and long-lasting alpha dissociable oscillatory activity. Annual meeting of the International Neuropsychological Society.

Portuguese Association of Experimental Psychology (Since 2024)

Estudios Ibéricos e Iberoamericanos, AMEII, Casablanca, Morocco. (Since 2019)