INSTITUTO UNIVERSITÁRIO DE LISBOA

Ciência_Iscte

Public Profile

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Maria Esperança



Research Interests

Burnout

Presenteeism

Mindfulness

Yoga

Acunpucture

Work Life-Balance

Academic Qualifications

University/Institution	Type	Degree	Period
ISCTE-Instituto Universitario de Lisboa - Unidade de Investigacao em Desenvolvimento Empresarial	PhD	Management	2023
ISCTE-Instituto Universitario de Lisboa	M.Sc.	Psicologia Social e das Organizações	2017

ISCTE-Instituto Universitario de Lisboa	Licenciate	Psicologia	2015

Teaching Activities

Teaching Year	Sem.	Course Name	Degree(s)	Coord.
2022/2023	1º	Organizational Behaviour: Individual Processes		No
2021/2022	2º	Organizational Behavior		No

Total Citations

Web of Science®	3
Scopus	2

Publications

• Scientific Journals

- Scientific journal paper

1	Esperança, M. B., Ferreira, A. & Costa, S. (2026). Yoga, mindfulness and acupuncture impact on burnout: A preliminary meta-analysis. Psychology, Health and Medicine, 31(1), 250?278. https://doi.org/10.1080/13548506.2025.2465658 - Times Cited Web of Science®: 2 - Times Cited Scopus: 2 - Times Cited Google Scholar: 6
2	Esperança, M. B., Ferreira, A. I., Leal, C. C. & Braun, T. (2021). The link between interpersonal and interorganisational networking: The role of start-up members' achievement-related affect. International Journal of Entrepreneurial Venturing, 13(1), 63?87. https://doi.org/10.1504/IJEV.2021.10033796 - Times Cited Web of Science®: 1

• Conferences/Workshops and Talks

- Talk

1	Esperança, M. B., Ferreira, A.I., Santana, P. & Mariano, P. (2025). Be Present: Mapping Emotional Presence and Perceived Value of Attendance through a 10-Day Digital Diary. 3rd Meeting of the International Attendance Behaviour Network,.
2	Esperança, M. B., Elbawab, R. & Costa, P. (2022). Pandemic vs. PhD researchers : Work-life Balance challenges and strategies. 14º Congresso Nacional Psicologia da Saúde,.

3	Esperança, M. B. & Ferreira, A.I. (2022). Mindfulness, Yoga and Acupuncture impacto on burnout: a meta-analysis. 1ª Conferência de Saúde Societal -"Saúde societal no futuro Pós-covid -19",.
4	Esperança, M. B., Elbawab, R. & Costa, P. (2022). PhD vs Pandemic: a qualitative study. VI International Forum on Management,.
5	Esperança, M. B., Ferreira, A.I. & Miraglia M. (2022). Complementary therapies-based interventions on burnout outcomes: a meta-analysis. EAWOP,.

Research Projects

Project Title	Role in Project	Partners	Period
WELLy: Introducing the job profile of a Manager for Work Well-being to prevent and combat work related stress	Researcher	BRU-Iscte (OB&HR), Sinergie Società Consortile a Responsabilità Limitata - (Italy), DRUSTVO ZA RAZVIJANJE PROSTOVOLJNEGA DELA NOVO MESTO - (Slovenia), Psychometrics srl - (Italy), EPRALIMA - (Portugal), INSTITUTE OF ENTREPRENEURSHIP DEVELOPMENT - (Greece), INSTALOFI LEVANTE SL - (Spain), FAKULTETA ZA ORGANIZACIJSKE STUDIJEV NOVEM MESTU (Slovenia) - Leader (Slovenia)	2021 - 2022

Awards

FCT Scholarship (2019)

Diffusion Activities

Activity Type	Event Title	Activity Description	Year
Talk/Conference in public diffusion event	Awareness Week: Improving Emotional Health through Mindfulness	Workshop with the purpose of demystifying mindfulness and making it accessible to everyone. Distinction between meditation and mindfulness, mindfulness at work and Science Based-Tools on how can we self-regulate and co-regulate our emotions through mindfulness.	2022
Coordination of knowledge diffusion event	Emotional Health: how to deal with stress and anxiety?	Workshop about self- and emotional co-regulation, how to deal with adverse situations, people, feelings and thoughts that generate stress and anxiety. Diffusion of science-based tools and group sharing.	2022

Talk/Conference in public diffusion event	Mindfulness at work and Science Based-Tools	Talks with the purpose of demystifying mindfulness and making it accessible to everyone. Distinction between meditation and mindfulness, mindfulness at work and Science Based-Tools	2022