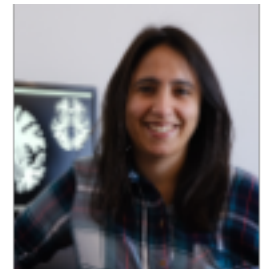


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Marta Martins

Professora Auxiliar Convidada

CIS-Iscte - Centre for Psychological Research and Social Intervention
Department of Psychology (ECSH)



Contacts

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Curriculum

Marta Martins is a researcher at the Centre for Psychological Research and Social Intervention (CIS-Iscte/CVTT-Iscte) and an Invited Assistant Professor at Iscte. Her work focuses on the psychology and neurobiology of reading and writing acquisition, and on music and sound as tools to enhance learning and behavior (B.Sound Lab). Using interdisciplinary approaches from experimental psychology and cognitive neuroscience, she investigates how auditory-motor experiences shape cognition and emotion, with strong translational relevance for education and health.

She holds a PhD in Psychology (University of Porto, 2019), a degree in Biology, an MSc in Educational Administration and Management, and formal training in music. With prior experience teaching music in primary schools, she designs ecologically valid, evidence-based trainings. Marta has published in leading journals (e.g., NeuroImage, Brain Structure & Function), secured competitive funding (including FCT and Bial Foundation grants), and received diverse awards, including the 2023 Young Research Award from the Portuguese Association for Experimental Psychology.

At Iscte, she teaches Psychophysiology of Emotion, Psychophysiology and Genetics, and Biological Basis of Emotions.

Research Interests

Music
Psychology of Music
Auditory-motor processes

Reading and Writing
Cognitive and affective Neuroscience

Academic Qualifications

University/Institution	Type	Degree	Period
Universidade do Porto - Faculdade de Psicologia e de Ciências da Educação	PhD	Psicologia - Neurociências Cognitivas e Afetivas	2019
Universidade Portucalense Infante Dom Henrique	M.Sc.	Administração e Gestão da Educação	2012
Universidade do Porto - Faculdade de Ciências	Licenciante	Biologia - Ramo Científico	2007

Teaching Activities

Teaching Year	Sem.	Course Name	Degree(s)	Coord
2026/2027	2º	Psychophysiology of Emotion	Master Degree in Emotion Sciences;	No
2026/2027	1º	Biological Bases of Emotions	Master Degree in Emotion Sciences;	No
2025/2026	2º	Psychophysiology of Emotion	Master Degree in Emotion Sciences;	Yes
2025/2026	2º	Biological Bases of Behavior	Bachelor Degree in Psychology;	No
2025/2026	1º	Biological Bases of Emotions	Master Degree in Emotion Sciences;	No
2024/2025	2º	Psychophysiology of Emotion	Master Degree in Emotion Sciences;	No
2024/2025	2º	Biological Bases of Behavior	Bachelor Degree in Psychology;	No
2024/2025	1º	Biological Bases of Emotions	Master Degree in Emotion Sciences;	Yes
2023/2024	2º	Psychophysiology of Emotion		No
2023/2024	2º	Biological Bases of Behavior	Bachelor Degree in Psychology;	Yes
2023/2024	1º	Biological Bases of Emotions		No
2022/2023	2º	Psychophysiology of Emotion		No
2022/2023	2º	Biological Bases of Behavior	Bachelor Degree in Psychology;	No
2022/2023	1º	Biological Bases of Emotions		No

2021/2022	2°	Biological Bases of Behavior	Bachelor Degree in Psychology;	No
2021/2022	1°	Biological Bases of Emotions		No
2020/2021	2°	Biological Bases of Behavior	Bachelor Degree in Psychology;	No
2020/2021	1°	Biological Bases of Emotions		No

Supervisions

• Ph.D. Thesis

- Ongoing

	Student Name	Title/Topic	Language	Status	Institution
1	Ivo Fernandes	Beyond Pitch: A Multidimensional Acoustic-Perceptual Framework of Voice Gender for Clinical Practice	English	Developing	School of Medicine and Biomedical Sciences
2	Sara Amorim	Association Between Musical Practice and Working Memory	Portuguese	Developing	University of Porto
3	Maria Manuela Mesquita Pinto de Moura	Voice_ID - Voice in (Gender) Identity and Psychological and Social Wellbeing of Trans Women	English	Developing	Iscte

• M.Sc. Dissertations

- Ongoing

	Student Name	Title/Topic	Language	Status	Institution
1	Ana Sofia Fernandes Noronha	Musicality and Numerical Magnitude Estimation	Portuguese	Developing	Iscte

- Concluded

	Student Name	Title/Topic	Language	Institution	Concluding Year
1	Inês Maria da Costa Zeferino	Vocal Experience in the Portuguese Trans and Cis Population	Portuguese	Iscte	2025
2	Mariana Gaspar Faria	Between Sound and Emotion: Music as an Instrument for Emotional Regulation	Portuguese	Iscte	2025

3	Ivo Fernandes	Addressing voice gender and voice feminization training	English	Instituto de Ciências Biomédicas Abel Salazar, Universidade do Porto	2024
4	Maria Carolina Roque Fernandes	Raising a musical child: Predictors of children's musicality	English	FPCE-UP	2024

Total Citations

Web of Science®	178
Scopus	151

Publications

• Scientific Journals

- Scientific journal paper

1	<p>Martins, M., Salgado, B. & Silva, S. (2025). Music performance anxiety: Priority targets in prevention and intervention. <i>Anxiety, Stress and Coping</i>. 38 (4), 479-492</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 2 - Times Cited Scopus: 1 - Times Cited Google Scholar: 4
2	<p>Neves, L., Martins, M., Correia, A. I., Castro, S. L., Schellenberg, E. G. & Lima, C. F. (2025). Does music training improve emotion recognition and cognitive abilities? Longitudinal and correlational evidence from children. <i>Cognition</i>. 259</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 7 - Times Cited Scopus: 5 - Times Cited Google Scholar: 16
3	<p>Martins, M., Reis, A. M. , Gaser, C. & Castro, S. L. (2023). Individual differences in rhythm perception modulate music-related motor learning: A neurobehavioral training study with children. <i>Scientific Reports</i>. 13 (1)</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 7 - Times Cited Scopus: 7 - Times Cited Google Scholar: 15
4	<p>Sousa, J., Martins, M., Torres, N., Castro, S. L. & Silva, S. (2022). Rhythm but not melody processing helps reading via phonological awareness and phonological memory. <i>Scientific Reports</i>. 12 (1)</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 15 - Times Cited Scopus: 15 - Times Cited Google Scholar: 31
5	<p>Martins, M., Reis, A. M. , Castro, S. L. & Gaser, C. (2021). Gray matter correlates of reading fluency deficits: SES matters, IQ does not. <i>Brain Structure and Function</i>. 226, 2585-2601</p> <ul style="list-style-type: none"> - Times Cited Web of Science®: 11 - Times Cited Scopus: 9 - Times Cited Google Scholar: 15

6	Neves, L., Martins, M., Correia, A. I., Castro, S. L. & Lima, C. F. (2021). Associations between vocal emotion recognition and socio-emotional adjustment in children. <i>Royal Society Open Science</i> . 8 (11) - Times Cited Web of Science®: 23 - Times Cited Scopus: 20 - Times Cited Google Scholar: 31
7	Martins, M., Pinheiro, A. P. & Lima, C. F. (2021). Does music training improve emotion recognition abilities? A critical review. <i>Emotion Review</i> . 13 (3), 199-210 - Times Cited Web of Science®: 33 - Times Cited Scopus: 29 - Times Cited Google Scholar: 65
8	Martins, M., Susana Silva & São Luís Castro (2019). Perceiving Rhythmic Repetition and Change Across Development: Effects of Concurrent Pitch. <i>Empirical Studies of the Arts</i> . 027623741882289 - Times Cited Google Scholar: 1
9	Correia, A. I., Branco, P., Martins, M., Reis, A. M., Martins, N., Castro, S....Lima, C. F. (2019). Resting-state connectivity reveals a role for sensorimotor systems in vocal emotional processing in children. <i>NeuroImage</i> . 201 - Times Cited Web of Science®: 22 - Times Cited Scopus: 20 - Times Cited Google Scholar: 25
10	Martins, M., Neves, L., Rodrigues, P., Vasconcelos, O. & Castro, S. L. (2018). Orff-based music training enhances children's manual dexterity and bimanual coordination. <i>Frontiers in Psychology</i> . 9 - Times Cited Web of Science®: 44 - Times Cited Scopus: 36 - Times Cited Google Scholar: 70
11	Fernanda Zanon, Helena Marinho, Daniela Coimbra & Martins, M. (2016). Ansiedade na performance musical: estudo de caso com a Orquestra Filarmonia das Beiras. <i>Opus</i> . 22 (2), 325-348 - Times Cited Web of Science®: 4 - Times Cited Google Scholar: 8
12	Moura, M., Martins, M. & Coimbra, D. (2014). Contributo das atividades de complemento curricular (clube de música) no desempenho académico de estudantes do ensino básico. <i>Educação, Sociedade e Culturas</i> . 41 - Times Cited Google Scholar: 8
13	Santos, M.J., Francisca Cavaleiro, Pamela Campos, André Sousa, Filipa Teixeira & Martins, M. (2010). Impact of amoeba and scuticociliatidia infections on the aquaculture European sea bass (<i>Dicentrarchus labrax</i> L.) in Portugal. <i>Veterinary Parasitology</i> . 171 (1-2), 15-21 - Times Cited Web of Science®: 10 - Times Cited Scopus: 9 - Times Cited Google Scholar: 13

• Books and Book Chapters

- Book chapter

1	Martins, M. (2022). As bases neurobiológicas da leitura. In Rui A. Alves, Isabel Leite (Ed.), <i>Ensino da leitura e da escrita baseado em evidências</i> . (pp. 47-64): Fundação Belmiro de Azevedo. - Times Cited Google Scholar: 9
2	Martins, M. (2021). As bases neurobiológicas da leitura. In Rui A. Alves, Isabel Leite (Ed.), <i>Alfabetização baseada na ciência (ABC): manual do curso ABC</i> . (pp. 63-86): Ministério da Educação (MEC). - Times Cited Google Scholar: 6

3	Martins, M., Neves, L., Rodrigues, P., Vasconcelos, O. & Castro, S. L. (2017). A comparative study of rhythm perception in preterm and term children. In Luís Paulo Rodrigues, Filipe Manuel Clemente, Ricardo Lima (Ed.), 10º Estudos em desenvolvimento motor da criança. (pp. 53-63).: Escola Superior de Desporto e Lazer – IPVC.
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• Conferences/Workshops and Talks

- Publication in conference proceedings

1	Martins, M. & Castro, S. L. (2015). Rhythm perception in children: The roles of age, sex and prematurity. In Proceedings of the 17th European Conference on Developmental Psychology.
2	Martins, M. & Machado, E. (2013). Contributos para a avaliação da articulação entre os agentes educativos intervenientes no apoio educativo: estudo exploratório no 1.º ciclo do ensino básico. In : Leandro Almeida, Alexandra Araújo, Ana Paula Cabral, José Cruz, José Carlos Morais e Mário Simões (Ed.), Atas do 1º Congresso Internacional de Psicologia, Educação e Cultura. Desafios Sociais e Educação: Culturas e Práticas. (pp. 590-602). Vila Nova de Gaia: Edições ISPGaya.
3	Moura, M., Martins, M. & Coimbra, D. (2013). Contributo das atividades de complemento curricular para o desempenho académico a língua portuguesa de alunos do 2.º Ciclo do Ensino Básico. In : Leandro Almeida, Alexandra Araújo, Ana Paula Cabral, José Cruz, José Carlos Morais e Mário Simões (Ed.), Atas do 1º Congresso Internacional de Psicologia, Educação e Cultura. Desafios Sociais e Educação: Culturas e Práticas. (pp. 627-641). Vila Nova de Gaia

- Talk

1	Moura, M., Fernandes, I. , Charles Armstrong, Moleiro, C. & Martins, M. (2025). Voice in (Gender) Identity and in the Psychological and Social Well-being of Trans Women — VOICE_ID. Encontro Nacional da Sociedade Portuguesa de Sexologia Clínica.
2	Martins, M. (2024). Natural Musicality Explains Unique Variance in Children’s Reading Fluency. The Neurosciences and Music VIII.
3	Martins, M. (2024). Music (Rhythm) and Reading Skills [Conferência Frederico Marques - Prémio APPE 2023]. 18.º Encontro Nacional da APPE.
4	Martins, M. (2024). Behaviour and brain plasticity in children, in the domains of reading and music. IV Oporto Biomedical Summit.
5	Martins, M. (2024). How to do Research and be a Better Doctor. IV Oporto Biomedical Summit.
6	Neves, L., Martins, M., Correia, A. I., Martins, D., Draganski, B., Castro, S. L....Lima, C. F. (2023). Does music training provide non-musical benefits? Evidence from auditory, linguistic, and socio-emotional processing . 23º CONFERENCE OF THE EUROPEAN SOCIETY FOR COGNITIVE PSYCHOLOGY.
7	Neves, L., Martins, M., Correia, A. I., Castro, S. L. & Lima, C. F. (2023). Music Training Produces Near but not Far Transfer of Learning in School-age Children. 20th EARLI CONFERENCE (EARLI 2023).
8	Martins, M., Reis, A. M. , Gaser, C. & Castro, S. L. (2023). Rhythm Perception Fosters Motor Skills Through Music Training: A Neurobehavioral Study with Children. 20th EARLI CONFERENCE (EARLI 2023).
9	Martins, M. (2023). How to do research and be a better doctor. 3rd Oporto Biomedical Summit.

10	Martins, M. & Neves, L. (2022). The Role of Music in Neurorehabilitation . 2nd Oporto Biomedical Summit.
11	Martins, M. (2022). Neuroeducation. JURE 2022.
12	Martins, M. (2022). Serão as competências rítmicas uma ferramenta útil na aprendizagem da leitura e da escrita?. Seminário iDEias.
13	Martins, M. & Batista, J. (2022). A two-voice tale on the plasticity that results from children's experience. CIS Talk.
14	Castro, S. L., Gaser, C., Martins, M. & Coimbra, D. (2022). A longitudinal study on the impact of music training on children's neurocognitive plasticity. Bial Foundation Symposium .
15	Neves, L., Martins, M., Correia, A. I., Castro, S. L. & Lima, C. F. (2022). Near- and far-transfer effects of music training: a longitudinal study with children. XVII PhD Meeting.
16	Neves, L., Martins, M., Correia, A. I., Castro, S. L. & Lima, C. F. (2021). Associations Between Vocal Emotion Recognition and Socio-emotional Adjustment in Children. XVI PhD Meeting in Psychology - A Whole New World: Implications for Psychology.
17	Neves, L., Martins, M., Correia, A. I., Castro, S. L. & Lima, C. F. (2021). Does music training improve socio-emotional abilities? A longitudinal study with children. International Conference IC CIPEM 2021.
18	Martins, M. (2021). Music Training Effects on Emotion Recognition Abilities: A Review of the Literature. International Conference IC CIPEM 2021.
19	Martins, M., Coimbra, D., Reis, A.M., Gaser, C. & Castro, S. L. (2021). Orff-based music training induces plasticity in the developing brain – a behavioral and neuroimaging longitudinal study. The Neurosciences and Music - VII.
20	Martins, M. (2020). A Evolução do Sistema Nervoso. Mestrado de Física Médica, FCUP.
21	Martins, M. (2020). Avanços no Estudo de Cérebro. Mestrado de Física Médica, FCUP.
22	Martins, M. (2020). O estudo do cérebro: da ciência básica à prática clínica. Curso de Pós-licenciatura de Especialização em Enfermagem de Reabilitação.
23	Correia, A. I., Branco, P. , Martins, M., Reis, A.M., Martins, N. , Castro, S. L....Lima, C. F. (2019). Resting-state functional connectivity predicts children's ability to recognize vocal emotions. XV Phd Meeting in Psychology - Psychology and Well-being.

• Other Publications

- Other publications

1	Martins, M., Moura, M., Fernandes, I. , Carmo, B. & Silva, T. (2024). Escala de Autoeficácia para Modificação de Voz em Mulheres Trans (Tradução para Português Europeu). NA.
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Research Projects

Project Title	Role in Project	Partners	Period
Can Training in Musical Rhythm Improve Children's Reading and Writing Skills?	PI	CIS-Iscte (BEC) - Leader, AEIP - (Portugal), CPUP - (Portugal)	2025 - 2028
Evaluating Musical Rhythm Predisposition and Training in Shaping Children's Reading and Writing Skills	PI	CIS-Iscte (BEC) - Leader, CPUP - (Portugal), AEIP - (Portugal), Unilabs Boavista - (Portugal)	2025 - 2028
READy. Addressing Disparities in Reading and Writing Acquisition through Personalising Technologies: A Cognitive and Societal Perspective	Researcher	CIS-Iscte (CED), USE - (Spain), UNIVERSITATEA ROMANO AMERICANA ASOCIATIE - (Romania), Istituto comprensivo Gandhi - (Italy), Agrupamento de Escolas Alto do Lumiar - (Portugal), . - (Italy), Scoala Primara EuroEd - (Italy), Unión Sindical de Inspectores de Educación - (Spain), UNIFI - Leader (Italy)	2024 - 2027
How do musical rhythm skills relate to children's ability to read and write?	Global Coordinator	CIS-Iscte (BEC) - Leader	2024 - 2030
Music for the development of social skills: The impact of music training on socio-emocional processing	Post-Doc Scholar	CIS-Iscte (BEC) - Leader	2019 - 2022

Awards

Iscte Research Award 2024 (2024)

APPE award 2023 - Award granted by The Portuguese Association of Experimental Psychology (2023)

Iscte Research Award 2023 (2023)

Travel Award EARLI 2023 - Award granted by the European Association for Research on Learning and Instruction (EARLI) (2023)

Iscte Research Award 2022 (2022)

Iscte Research Award 2021 (2021)

Best Poster Award, XV PhD Meeting in Psychology (2019)

Fulbright scholarship with the support from FCT (2017)

Poster award (3rd place), IX National Meeting of Biology Students (2005)

Professional Associations

Portuguese Association of Experimental Psychology (APPE) (Since 2022)

Organization/Coordination of Events

Type of Organization/Coordination	Event Title	Organizer	Year
Member of scientific event's organizing committee	What Does Music Training Teach Us About Cognition and Brain Plasticity? Current Perspectives and Challenges (in the series No Laboratório à Conversa Com)	NCL, CPUP	2019
Member of scientific event's organizing committee	12nd Meeting of the Portuguese Association for Experimental Psychology	APPE	2017
Member of scientific event's organizing committee	23th Annual Meeting of the Society for the Scientific Study of Reading	SSSR	2016
Coordination of scientific event (with scientific committee) outside of ISCTE-IUL	In Vivo Studies of Brain Plasticity, Conference by Dr. Bogdan Draganski	FPCEUP	2016
Coordination of scientific event (with scientific committee) outside of ISCTE-IUL	II Symposium of the Doctoral Program in Psychology	FPCEUP	2016
Coordination of scientific event (with scientific committee) outside of ISCTE-IUL	I Symposium of the Doctoral Program in Psychology	FPCEUP	2015

Diffusion Activities

Activity Type	Event Title	Activity Description	Year
Talk/Conference in public diffusion event	Learning to Read in the Early Years: Risk and Protective Factors and the Role of Digital Tools	Teacher training session on cognitive and contextual risk and protective factors that influence the early acquisition of literacy skills. The session was conducted within the framework of the READy project (https://readyreading.eu/index.php)	2025
Publication in general diffusion news outlet	The Reading Brain: The narrative of an unequal battle (in Superinteressante, October 2024)		2024
Participation in general diffusion news tv show	Participation in the program Caixa de Pandora — Canal S+	Participation in the program Caixa de Pandora, "Are women more emotional?" (T07 E015), Canal S+	2024
Talk/Conference in public diffusion event	Ativa'mente program - Brain Day		2022
Participation in general diffusion news tv show	Civil Society - Brain: Music		2022

Talk/Conference in public diffusion event	School XXI in 61 minutes	Webinar: There is always music inside us. Music and Neuroeducation	2021
Publication in general diffusion news outlet	ABC: The neurobiological basis of reading	Video on the neurobiological basis of reading (developed under the scope of the Science-based Literacy Course, an initiative of the Brazilian Ministry of Education and CAPES)	2020