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## Marta Osório de Matos



### Academic Qualifications

University/Institution	Type	Degree	Period
ISCTE-Instituto Universitário de Lisboa	PhD	PhD in Psychology - Specialty Clinical and Health	2016
ISCTE-Instituto Universitário de Lisboa	PhD	Psicologia	2012
ISCTE-Instituto Universitário de Lisboa	M.Sc.	Master in Social and Organizational Psychology	2010
Instituto Universitário de Ciências Psicológicas Sociais e da Vida	Licenciante	Degree in Applied Psychology - Clinical Psychology	2006

### Teaching Activities

Teaching Year	Sem.	Course Name	Degree(s)	Coord.
2024/2025	1º	Health and Social Relationships		No
2024/2025	1º	Research Methods in Psychology I	Master Degree in Emotion Sciences;	Yes
2023/2024	1º	Health Attitudes and Behaviours		No

2023/2024	1°	Research Methods in Psychology I		Yes
2022/2023	2°	Health and Clinical Psychology		No
2022/2023	1°	Research Methods in Psychology I		Yes
2019/2020	2°	Assessment and Intervention in Health Promotion		No
2019/2020	2°	Assessment and Intervention in Adaptation to Illness		No
2019/2020	1°	Health and Social Relationships		No
2019/2020	1°	Research Methods in Psychology I		No
2018/2019	2°	Assessment and Intervention in Health Promotion		No
2018/2019	2°	Assessment and Intervention in Adaptation to Illness		No
2018/2019	2°	Developmental Psychology of Adult	Bachelor Degree in Psychology;	No
2018/2019	1°	Health and Social Relationships		No
2017/2018	2°	Assessment and Intervention in Health Promotion		No
2017/2018	2°	Assessment and Intervention in Adaptation to Illness		No
2017/2018	1°	Health and Social Relationships		No
2016/2017	2°	Quantitative Research Methods	Bachelor Degree in Psychology;	No

## Supervisions

### • M.Sc. Dissertations

- Concluded

	Student Name	Title/Topic	Language	Institution	Concluding Year
1	Muskaan Khanka	Caring for Her: Exploring the Lives of Daughters-in-Law as Caregivers in the Indian Context	English	Iscte	2025
2	Thais Aparício de Carvalho	Meditation and representations of self-efficacy for self and hetero care.	Portuguese	Iscte	2025

3	Maria Nobre Dias	Intimacy in Romantic Relationships after Stroke: The role of communication in sexual function and satisfaction.	Portuguese	Iscte	2025
4	Cátia Isabela Gonçalves Amaral	Entre o Cuidar e o cuidar-se: O Autocuidado e a Regulação Emocional dos Cuidadores Informais	Portuguese	Iscte	2024
5	Guilherme João Mirrado Gaspar	In a blacksmith's house, a spike is a stick: Stereotypes and Anxiety about Ageing and the Quality of Care Provided by Formal Caregivers in Social Care Homes for the Elderly	Portuguese	Iscte	2023
6	Francisca de Campos Castanheira	A Complementaridade entre Suporte Formal e Informal em Pessoas Idosas	English	Iscte	2022
7	Francisca de Campos Castanheira	Complementarity of Formal and Informal Support in the Elderly: A Scoping Review	Portuguese	Iscte	2022
8	Maria Beatriz Ferreira Roque	For A Good Caregiver, Half Self-Care Is Not Enough: Self-Care Behaviors and Experiences of Informal Caregivers	Portuguese	Iscte	2022
9	Maria Beatriz Ferreira Roque	Comportamentos de Autocuidado dos Cuidadores Informais	English	Iscte	2022
10	Sílvia Teodora Antunes Ramos da Purificação	Recognize and evaluate chronic pain in institutionalized elderly people: perspectives of formal caregivers in Portugal	Portuguese	Iscte	2022
11	Sílvia Teodora Antunes Ramos da Purificação	Prestação de cuidados a pessoas idosas com dor crónica	English	Iscte	2022
12	Pedro Freitas Sousa Silva	The impact of video games on mental health: how important is playing with friends and online social support?	Portuguese	Iscte	2022
13	Pedro Freitas Sousa Silva	Relações sociais em plataformas de vídeo jogos online	English	Iscte	2022
14	Maria Beatriz Ferreira Roque	Para Bom Cuidador, Meio Autocuidado Não Basta: Comportamentos e Experiências de Autocuidado dos Cuidadores Informais	English	Iscte	2022
15	Pedro Freitas Sousa Silva	O impacto dos videojogos na saúde mental: qual a importância de jogar com amigos e do suporte social online?	English	Iscte	2022
16	Silvia Teodora Antunes Ramos da Purificação	Reconhecer a avaliar a dor crónica em pessoas idosas institucionalizadas: perspetivas de cuidadores/as formais em Portugal	English	Iscte	2022

17	Francisca de Campos Castanheira	Complementaridade de Cuidados Formais e Informais em Pessoas Idosas: Uma Revisão Scoping	English	Iscte	2022
18	Catarina Isabel Vitorino Xavier	Job demands, organizational and individual outcomes, job crafting and servant leadership in residential structures for the elderly	Portuguese	Iscte	2021
19	Catarina Isabel Vitorino Xavier	Engagement, exigências e recursos do trabalho dos cuidadores formais	English	Iscte	2021
20	Jéssica Filipa Moreiras Pimentel	Quality of Marital Relationships After Stroke: The Spousal Caregiver's Point of View	Portuguese	Iscte	2021
21	Jéssica Filipa Moreiras Pimentel	Determinantes psicossociais na adaptação ao AVC.	English	Iscte	2021
22	Catarina Isabel Vitorino Xavier	Exigências do trabalho, outcomes organizacionais e individuais, adaptação do trabalho e liderança servidora em estruturas residenciais para pessoas idosas	English	Iscte	2021
23	Jéssica Filipa Moreiras Pimentel	A Qualidade do Relacionamento Conjugal Após o AVC: A Perspetiva do Cônjuge Cuidador	English	Iscte	2021
24	Jéssica Filipa Moreiras Pimentel	A Qualidade do Relacionamento Conjugal Após o AVC: A Perspetiva do Cônjuge Cuidador	English	Iscte	2021
25	Jéssica Filipa Moreiras Pimentel	A Qualidade do Relacionamento Conjugal Após o AVC: A Perspetiva do Cônjuge Cuidador	English	Iscte	2021
26	Bruna Luiza Pinheiro de Carvalho	Determinantes individuais e contextuais de saúde que podem influenciar a qualidade de vida e bem-estar do cuidador formal	English	Iscte	2020
27	Bruna Luiza Pinheiro de Carvalho	Burnout, Quality of life and Job satisfaction in formal caregivers: A exploratory study on individual and contextual factors	Portuguese	Iscte	2020
28	Miriam Marques Jorge	Health status and socio-professional characteristics in formal caregivers of the elderly	Portuguese	Iscte	2020
29	Miriam Marques Jorge	Relação entre o estado de saúde, factores organizacionais e sócio-demográficos nos ajudantes de ação direta".	English	Iscte	2020
30	Reliane de Carvalho	A influência do suporte social no processo de ajustamento à diabetes.	English	Iscte	2020

31	Reliane de Carvalho	Quality of life in people with diabetes: a contribution to the reflection on the social support received by the family.	Portuguese	Iscte	2020
32	Miriam Marques Jorge	Estado de saúde e características socioprofissionais nos cuidadores formais de pessoas idosas	English	Iscte	2020
33	Reliane de Carvalho	Qualidade de vida em pessoas com diabetes: um contributo para a reflexão sobre o suporte social recebido pela família.	English	Iscte	2020
34	Bruna Luiza Pinheiro de Carvalho	Burnout, Qualidade de vida e Satisfação com o trabalho no Cuidador formal: Um estudo exploratório sobre fatores individuais e contextuais	English	Iscte	2020
35	Joana Margarida dos Santos Alegrete	The relationship between significant other (in)validation responses and pain experiences: The mediating role of emotional regulation	English	Iscte	2018

## • M.Sc. Final Projects

- Concluded

	Student Name	Title/Topic	Language	Institution	Concluding Year
1	Ema Isabel Alfacinha de Oliveira	Intergenerational Project Intergenerationality and social responses: Mitigating ageism through practices intergenerational	Portuguese	Iscte	2023

## Total Citations

Web of Science®	180
Scopus	176

## Publications

### • Scientific Journals

- Scientific journal paper

1	Silva, A. C. N. da., Matos, M. & Carvalho, H. (2024). The Alliance Negotiation Scale – Therapist Version: Psychometric properties in a sample of Portuguese psychologists. <i>Clinical Psychology in Europe</i> . 6 (2)
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2	<p>Bernardes, S. F., Brandão, T., Matos, M. O. de. &amp; Ferreira-Valente, A. (2024). Social support for functional dependence, activity patterns, and chronic pain outcomes: A cross-lagged mediation panel study. <i>Health Psychology</i>. 43 (7), 488-499</p> <ul style="list-style-type: none"> <li>- Times Cited Web of Science®: 5</li> <li>- Times Cited Scopus: 5</li> <li>- Times Cited Google Scholar: 10</li> </ul>
3	<p>Matos, M. O. de., Bobrowicz-Campos, E., Silva, R., Castanheira, F. &amp; Santos, D. (2024). Protocol: Complementarity between informal care and formal care to adults: Knowledge mapping through a scoping review of the literature. <i>Campbell Systematic Reviews</i>. 20 (4)</p> <ul style="list-style-type: none"> <li>- Times Cited Google Scholar: 1</li> </ul>
4	<p>Faustino, B., Vasco, A. , Silva, A. &amp; Matos, M. (2023). Preliminary psychometric properties of the Portuguese version of the Personality Belief Questionnaire—Short form in a community sample. <i>Journal of Rational-Emotive and Cognitive-Behavior Therapy</i>. 41 (1), 1-23</p> <ul style="list-style-type: none"> <li>- Times Cited Web of Science®: 3</li> <li>- Times Cited Scopus: 2</li> <li>- Times Cited Google Scholar: 4</li> </ul>
5	<p>Silva, A., Matos, M., Faustino, B., Neto, D. D. &amp; Roberto, M. S. (2023). Rethinking Leahy's Emotional Schema Scale (LESS): Results from the Portuguese adaptation of the LESS. <i>Journal of Rational-Emotive and Cognitive-Behavior Therapy</i>. 41 (1), 95-114</p> <ul style="list-style-type: none"> <li>- Times Cited Web of Science®: 6</li> <li>- Times Cited Scopus: 6</li> <li>- Times Cited Google Scholar: 13</li> </ul>
6	<p>Matos, M. &amp; Bernardes, S. F. (2023). Helpful social support for chronic pain in long-term care residents: "With a little help I manage on my own". <i>Nursing Open</i>. 10 (9), 6326-6335</p> <ul style="list-style-type: none"> <li>- Times Cited Web of Science®: 2</li> <li>- Times Cited Scopus: 1</li> <li>- Times Cited Google Scholar: 3</li> </ul>
7	<p>Faustino, B., Vasco, A. , Farinha-Fernandes, A., Delgado, J., Guerreiro, J. C. &amp; Matos, M. (2022). Path analysis from COVID19 perceptions to psychological health: The roles of critical distance and mastery. <i>Clinical Psychology and Psychotherapy</i>. 29 (5), 1707-1716</p> <ul style="list-style-type: none"> <li>- Times Cited Web of Science®: 2</li> <li>- Times Cited Scopus: 5</li> <li>- Times Cited Google Scholar: 4</li> </ul>
8	<p>Hinrichs, K., Hoeks, J., Campos, L., Guedes, D., Godinho, C., Matos, M....Graça, J. (2022). Why so defensive? Negative affect and gender differences in defensiveness toward plant-based diets. <i>Food Quality and Preference</i>. 102</p> <ul style="list-style-type: none"> <li>- Times Cited Scopus: 25</li> <li>- Times Cited Google Scholar: 35</li> </ul>
9	<p>Faustino, B., Vasco, A. , Delgado, J., Farinha-Fernandes, A., Guerreiro, J. C. &amp; Matos, M. (2021). COVID-19 Inventory and mental health: Preliminary analysis. <i>American Journal of Psychotherapy</i>. 74 (4), 178-182</p> <ul style="list-style-type: none"> <li>- Times Cited Web of Science®: 3</li> <li>- Times Cited Scopus: 3</li> <li>- Times Cited Google Scholar: 3</li> </ul>
10	<p>Bernardes, S. F., Matos, M., Mourão, S. &amp; Vauclair, C.- M. (2021). Cultural adaptation and psychometric validation of the Portuguese breakthrough pain assessment tool with cancer patients. <i>Scandinavian Journal of Pain</i>. 21 (4), 688-695</p> <ul style="list-style-type: none"> <li>- Times Cited Web of Science®: 6</li> <li>- Times Cited Scopus: 4</li> <li>- Times Cited Google Scholar: 9</li> </ul>

11	<p>Luís, S., Roseta-Palma, C., Matos, M., Lima, M. L. &amp; Sousa, C. (2020). Psychosocial and economic impacts of a change in lightweight plastic carrier bags in Portugal: Keep calm and carry on?. <i>Resources, Conservation and Recycling</i>. 161</p> <p>- Times Cited Web of Science®: 21  - Times Cited Scopus: 21  - Times Cited Google Scholar: 32</p>
12	<p>Bernardes, S. F., Matos, M. &amp; Goubert, L. (2017). Older adults' preferences for formal social support of autonomy and dependence in pain: development and validation of a scale. <i>European Journal of Ageing</i>. 14 (3), 257-268</p> <p>- Times Cited Web of Science®: 8  - Times Cited Scopus: 8  - Times Cited Google Scholar: 14</p>
13	<p>Matos, M., Bernardes, S. F., Gourber, L. &amp; Beyers, W. (2017). Buffer or amplifier? Longitudinal effects of social support for functional autonomy/dependence on older-adults' chronic-pain experiences. <i>Health Psychology</i>. 36 (12), 1195-1206</p> <p>- Times Cited Web of Science®: 33  - Times Cited Scopus: 26  - Times Cited Google Scholar: 48</p>
14	<p>Matos, M., Bernardes, S. F. &amp; Goubert, L. (2017). Why and when social support predicts older adults' pain-related disability: a longitudinal study. <i>PAIN</i>. 158 (10), 1915-1924</p> <p>- Times Cited Web of Science®: 20  - Times Cited Scopus: 14  - Times Cited Google Scholar: 24</p>
15	<p>Matos, M., Bernardes, S. F. &amp; Goubert, L. (2016). The relationship between perceived promotion of autonomy/dependence and pain-related disability in older adults with chronic pain: the mediating role of self-reported physical functioning. <i>Journal of Behavioral Medicine</i>. 39 (4), 704-715</p> <p>- Times Cited Web of Science®: 29  - Times Cited Scopus: 21</p>
16	<p>Matos, M., Bernardes, S. F., Goubert, L. &amp; Carvalho, H. (2015). The revised formal social support for autonomy and dependence in pain inventory (FSSADI_PAIN): confirmatory factor analysis and validity. <i>Journal of Pain</i>. 16 (6), 508-516</p> <p>- Times Cited Web of Science®: 17  - Times Cited Scopus: 14  - Times Cited Google Scholar: 21</p>
17	<p>Bernardes, S. F., Marques, S. &amp; Matos, M. (2015). Old and in pain: enduring and situational effects of cultural aging stereotypes on older people's pain experiences. <i>European Journal of Pain</i>. 19 (7), 994-1001</p> <p>- Times Cited Web of Science®: 9  - Times Cited Scopus: 7  - Times Cited Google Scholar: 18</p>
18	<p>Matos, M. &amp; Bernardes, S. F. (2013). The Portuguese formal social support for autonomy and dependence in pain inventory (FSSADI_PAIN): a preliminary validation study. <i>British Journal of Health Psychology</i>. 18 (3), 593-609</p> <p>- Times Cited Web of Science®: 16  - Times Cited Scopus: 14  - Times Cited Google Scholar: 21</p>

## • Books and Book Chapters

### - Book chapter

1	Moleiro, C. & Matos, M. (2025). Considerações éticas na investigação. In David Neto e Maria João Figueiras (Ed.), <i>Investigação em Psicologia Clínica e da Saúde</i> . (pp. 59-88). Lisboa: Sílabo.
2	Matos, M., Mouro, C., Magalhães, E. & Horchak, O. (2024). Considerações éticas sobre condução de investigação em psicologia. In Prada, M. (Ed.), <i>Caderno de laboratório: Guia prático para investigadores/as</i> . (pp. 7-18). Lisboa: LAPSO-Laboratório de Psicologia, Iscte-Instituto Universitário de Lisboa. - Times Cited Google Scholar: 1
3	Sugahara, G. & Matos, M. O. de (2024). Involving the community in ageing policy design the Cascais protocol. In Anna Wanka, Tabea Freutel-Funke, Sabine Andresen, and Frank Oswald (Ed.), <i>Linking Ages: A dialogue between childhood and ageing research</i> . (pp. 335-353). London: Routledge. - Times Cited Google Scholar: 1

## • Other Publications

### - Working Papers

1	Matos, M., Bobrowicz-Campos, E., Silva, R. & Castanheira, F. (2023). Complementarity between informal care and formal care to adults: knowledge mapping through a scoping review of the literature. <i>Complementarity between informal care and formal care to adults: knowledge mapping through a scoping review of the literature</i> .
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### - Other publications

1	Bernardes, S.F., Brandão, T., Matos, M. & Ferreira-Valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. <i>Pain Research Meeting: Translational and Clinical Research on Pain</i> .
2	Bernardes, S.F., Brandão, T., Matos, M. & Ferreira-Valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. <i>Pain Research Meeting: Translational and Clinical Research on Pain</i> .
3	Sugahara, G., Matos, M., Canha, S., Inês Santos, Lages, J. & Costa, Pedro Seco de (2023). Plano de Ação: Estratégia Sobre Envelhecimento - Velhice e Políticas Sociais no Concelho de Cascais. <i>Plano de Ação: Estratégia Sobre Envelhecimento - Velhice e Políticas Sociais no Concelho de Cascais</i> .
4	Sugahara, G., Matos, M., Canha, S., Inês Santos, Lages, J. & Costa, Pedro Seco de (2023). <i>Estratégia Sobre Envelhecimento - Velhice e Políticas Sociais no Concelho de Cascais. Estratégia Sobre Envelhecimento - Velhice e Políticas Sociais no Concelho de Cascais</i> .
5	Bernardes, S.F., Brandão, T., Matos, M., Ferreira-Valente, A. & Ferreira-valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. <i>Pain Research Meeting: Translational and Clinical Research on Pain</i> .
6	Matos, M. (2022). -- Untitled --.
7	Matos, M. & Bernardes, S.F. (2022). With a little help I manage: helpful support for residents with chronic pain in long term care. <i>36th Annual Conference of the European Health Psychology Society</i> .
8	Bernardes, S.F., Matos, M. & Liesbet Goubert (2016). Efeitos das preferências de suporte social para a autonomia/dependência na incapacidade associada à dor. <i>11º Congresso Nacional de Psicologia da Saúde</i> .

9	Matos, M., Bernardes, S.F. & Liesbet Goubert (2016). Promoting functional autonomy versus dependence in older adults with chronic pain: social support buffering effect. 30th Conference of the European Society of Health Psychology. - Times Cited Google Scholar: 1
10	Matos, M., Bernardes, S.F. & Liesbet Goubert (2016). O papel amortecedor do suporte social nas experiências de dor crónica de pessoas idosas: autonomia vs dependência funcional. IX Simpósio Nacional de Investigação em Psicologia.
11	Bernardes, S.F. & Matos, M. (2016). Effects of older adults' preferences for social support of functional autonomy/dependence on chronic pain disability. 30th Conference of the European Society of Health Psychology.
12	Matos, M., Bernardes, S.F., Liesbet Goubert & Carvalho, H. (2014). O papel mediador da funcionalidade física na relação entre as percepções de suporte para a autonomia e a redução da intensidade e interferência da dor crónica em pessoas idosas. 10º Congresso Nacional de Psicologia da Saúde,.
13	Matos, M., Bernardes, S.F., Carvalho, H., Gourber, L., Liesbet Goubert & Liesbet Goubert (2013). The Formal Social Support for Autonomy and Dependence in Pain Inventory: A validation study. 8º Congresso da European Federation of IASP Chapters (EFIC).

#### - Master's Dissertation

1	Matos, M. (2011). Construção e validação da escala de suporte formal para a autonomia na dor nas pessoas idosas. - Times Cited Google Scholar: 3
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#### - Doctoral Thesis

1	Matos, M. (2016). Healthy ageing despite chronic pain: the role of formal social support for functional autonomy and dependence. - Times Cited Google Scholar: 4
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#### - Report

1	Sugahara, G., Matos, M., Canha, S., Inês Santos, Lages, J. & Costa, Pedro Seco de (2023). Anexos Relatório Final - Estratégia Sobre Envelhecimento - Velhice e Políticas Sociais no Concelho de Cascais.
2	Sugahara, G., Matos, M., Canha, S., Inês Santos, Lages, J. & Costa, Pedro Seco de (2023). Isolamento Involuntário, Solidão e Relações Sociais em Cascais.
3	Sugahara, G., Matos, M., Canha, S., Inês Santos, Lages, J. & Costa, Pedro Seco de (2023). Estratégia Sobre Envelhecimento - Velhice e Políticas Sociais no Concelho de Cascais.
4	Bernardes, S.F., Matos, M. & Vauclair, C.-M. (2020). Validação Psicométrica da Versão Portuguesa (BAT_Pt). Relatório Técnico.

### • Conferences/Workshops and Talks

#### - Talk

1	Silva, C., Andrade, S., Guedes, E., Melo, B., Nobre, D. , Pereira, R....Arriaga, P. (2025). The Mediating Role of Cognitive Emotion Regulation Strategies in the Relationship between Self-Compassion, Purpose, and Mental Health. 1st Annual Poster Blitz in Psychology of Health & WellBeing.
2	Roque, B,, Matos, M. & Silva, A. (2024). (Auto)cuidar-se para cuidar: Experiências de autocuidado em cuidadores informais de pessoas idosas. 15º Congresso Nacional de Psicologia da Saúde.
3	Castanheira, C. & Matos, M. (2024). Complementariedade de cuidados formais e informais em pessoas idosas: uma revisão scoping. 15º Congresso Nacional de Psicologia da Saúde.
4	Purificação, S. , Matos, M. & Bernardes, S.F. (2024). Cuidadores formais e avaliação da dor crónica: barreiras e facilitadores. 15º Congresso Nacional de Psicologia da Saúde.
5	Matos, M., Gaspar, G. & Sugahara, G. (2024). Idadismo e prestação de cuidados: o papel da ansiedade face ao envelhecimento. 15º Congresso Nacional de Psicologia da Saúde.
6	Matos, M. (2024). Políticas públicas para o envelhecimento: um contributo centrado na(s) pessoa(s). V Congresso Nacional dos Médicos de Saúde Pública.
7	Bernardes, S.F., Brandão, T., Matos, M. & Carvalho, H. (2024). Profiles of romantic partners' responses to pain and well-behaviors and chronic musculoskeletal pain adjustment. 38th Annual Conference of the European Health Psychology Society.
8	Bobrowicz-Campos, E., Matos, M., Silva, R., Castanheira, F. & Santos, D. (2024). How formal care complements informal caregiving: knowledge mapping through a scoping review. 38th Annual Conference of the European Health Psychology Society.
9	Sugahara, G. & Matos, M. (2023). O Protocolo de Cascais. Construção e reconstrução da velhice num processo de co-construção de políticas para o envelhecimento. Rumos da Investigação num mundo em transformação .
10	Pimentel, J. & Matos, M. (2023). The Quality of the Marital Relationship after Stroke: The Perspective of the Caring Spouse. XVIII PhD Meeting in Psychology.
11	Bernardes, S.F., Brandão, T., Matos, M. & Ferreira-valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. Pain Research Meeting: Translational and Clinical Research on Pain.
12	Bernardes, S.F., Brandão, T., Matos, M. & Ferreira-valente, A. (2023). Social support for functional dependence, activity patterns and CP maladjustment: Cross-lagged panel study. Conferência Annual da European Health Psychology Society.
13	Matos, M. (2023). Soluções digitais para a auto-gestão da dor crónica . Congresso APED.
14	Matos, M., Purificação, S. & Bernardes, S.F. (2023). Barreiras e facilitadores ao reconhecimento e avaliação de dor crónica em pessoas idosas em estruturas residenciais. Congresso APED.
15	Matos, M. (2023). Cuidados no envelhecimento e cuidadores. I Seminário de Psicologia da Freguesia de Cascais Estoril.
16	Matos, M., Sugahara, G. , Lages, J., Canha, S., Santos, I. & Costa, P. (2022). ESTUDO, ESTRATÉGIA E PLANO SOBRE ENVELHECIMENTO - VELHICE E POLÍTICAS SOCIAIS NO CONCELHO DE CASCAIS. Seminário inaugural - Envelhecer em Cascais.

17	Sugahara, G., Matos, M., Santos, I. & Canha, S. (2022). Involving the community in ageing policy design: The Cascais Protocol. AGEING IN EUROPE: Towards more Inclusive Societies, Research and Policy.
18	Matos, M. (2022). Interpersonal dynamics to approach chronic pain in late adulthood: An overview of the state-of-the-art . Ispa Psychology & Pain Management – Psychological management of pain: a state-of-the-science update.
19	Matos, M. & Bernardes, S.F. (2022). "With a little help I manage": helpful support for residents with chronic pain in long-term care. 36th Annual Conference of the European Health Psychology Society.
20	Matos, M., Martins, H., Oliveira, J., Sebastião, P., Ricardo Viegas, Bernardes, S.F....Purificação, S. (2022). PatientsUp : Um processo colaborativo para inovações em saúde. III Jornadas de Saúde societal.
21	Bernardes, S.F., Matos, M., Mourão, S. & Vauclair, C.-M. (2021). Adaptação Cultural e Validação Psicométrica da versão Portuguesa do Breakthrough Pain Assessment Tool com Doentes Oncológicos. ASTOR 2021- 28º Congresso de Medicina da dor.
22	Matos, M. (2020). Suporte social e saúde: das (boas) intenções às consequências. Ciclo de Conferências da Universidade Autónoma de Lisboa.
23	Silva, A., Matos, M., Faustino, B. & Neto, D. (2019). Portuguese version of the Leahy Emotional Schema Scale (LESS). World Cognitive and Behavioral Therapy Conference (WCBTC). - Times Cited Google Scholar: 1
24	Matos, M., Bernardes, S.F. & Gourbert, L. (2018). Promoção da autonomia vs. dependência funcional: Efeitos e mecanismos nas experiências de dor crónica. 12º Congresso Nacional de Psicologia da Saúde.
25	Bernardes, S.F., Matos, M. & Liesbet Goubert (2017). When and why pain-related social support for functional dependence leads to older adults' pain-related disability. 31ª Conference of the European Health Psychology Society.
26	Bernardes, S.F., Matos, M., Liesbet Goubert & Wim Bayers (2016). Promoção de autonomia vs. Dependência funcional em pessoas idosas com dor crónica: O papel do suporte social. 11º Congresso Nacional de Psicologia da Saúde.
27	Matos, M., Bernardes, S.F. & Liesbet Goubert (2016). Relação entre suporte social promotor de autonomia/dependência e experiências de dor: A mediação da funcionalidade física. 11º Congresso Nacional de Psicologia da Saúde.
28	Bernardes, S.F., Matos, M. & Liesbet Goubert (2016). Preferências de suporte para a autonomia e dependência funcional na dor: Desenvolvimento e validação de uma escala. 11º Congresso Nacional de Psicologia da Saúde.
29	Matos, M., Bernardes, S.F. & Liesbet Goubert (2015). Physical functioning as a mediator of the relationship between perceived social support for autonomy/dependence on older adult's pain-related disability. 9º Congresso da Federação Europeia de Dor (EFIC).
30	Bernardes, S.F., Matos, M. & Liesbet Goubert (2015). Older adults' preferences for support for autonomy and dependence in pain: Development and validation of a scale. 9º Congresso da Federação Europeia de Dor (EFIC).

## Research Projects

Project Title	Role in Project	Partners	Period
EduCation on Antimicrobial REsistance for the health workforce	Researcher	ISTAR-Iscte (SSE), BRU-Iscte, CIS-Iscte, HEALTH CARE WITHOUT HARM EUROPE - (Belgium), AGENCIA ESPANOLA DE MEDICAMENTOS Y PRODUCTOS - (Spain), SERVICIO ANDALUZ DE SALUD - (Spain), FUNDACION PUBLICA ANDALUZA PARA LAGESTION DE LA - (Spain), INVESTIGACION EN SALUD DE SEVILL - (Spain), ECHALLIANCE COMPANY LIMITED BY GUARANTEE - (Ireland), EUROPEAN HEALTH MANAGEMENT ASSOCIATION - (Belgium), EUROPEAN SOCIETY FOR QUALITY AND PATIENTSAFETY IN GENERAL PRACTICE/FAMILY MEDICINE - (Denmark), FUNDACION PRIVADA INSTITUTO DE SALUD GLOBAL BARCELONA - (Spain), HOSPITAL CLINIC DE BARCELONA - (Spain), ETHNIKO KAI KAPODISTRIAKO PANEPISTIMIO ATHINON - (Greece), SEMMELWEIS EGYETEM - (Hungary), UNIVERSITA DEGLI STUDI DI FIRENZE - (Italy), LIETUVOS SVEIKATOS MOKSLU UNIVERSITETAS - (Lithuania)	2023 - 2025
Co-design towards digital health equity	Researcher	CIS-Iscte (H4A) - Leader, ESEP - (Portugal), ESEnFC - Leader (Portugal)	2023
Expanding Digital Health through a pan-European EHRxF-based Ecosystem	Researcher	BRU-Iscte (Management) - Coordinator, CIS-Iscte (H4A), ISTAR-Iscte (SSE), Iscte, ECHA - (Ireland), HOPE - (Belgium), HL7 - (Belgium), GNOMON - (Greece), EMPIRICA - (Germany), CHU Porto - (Portugal), I~HD - (Belgium), KETEKNY - (Greece), UNINOVA - (Portugal), NCZI - (Slovakia), IHE-EUR - (Belgium), EHMA - (Belgium), UiO - (Norway), SCUBA - (Romania), ARIA - (Italy), DIGITALEUROPE - (Belgium), OKFO - (Hungary), TechForLife - (Italy), Nictiz - (Netherlands), EDHA - (Germany), CEN/TH - (Netherlands), ASUFC - (Italy), ECPC - (Belgium)	2023 - 2024
Study, strategy and plan on aging: old age and social policies in the municipality of Cascais	Researcher	DINAMIA'CET-Iscte (GEC) - Leader, CIS-Iscte (H4A)	2021 - 2023
resilient@uni	Researcher	CIS-Iscte (H4A) - Leader, CIS-Iscte (CED)	2023
Validação Psicométrica da Escala de Qualidade de Vida na Orbitopatia de Graves	Principal Researcher	CIS-Iscte	2020
Health Literacy, Health Outcomes and Social Relationships	Researcher	CIS-Iscte	2018 - 2020
Advocating plant-based eating: Which messages work best for whom, and why?	Researcher	CIS-Iscte	2018 - 2020
Vigilância Obstétrica em Ambulatório	Researcher	CIS-Iscte	2018 - 2019

Validação psicométrica da versão portuguesa do Breakthrough Pain Assessment Tool (BAT_P)	Researcher	CIS-Iscte (H4A)	2017 - 2018
Social memory of water-related trades and practices: local knowledge and climate change adaptation	Researcher	CIS-Iscte (PsyChange)	2017

## Awards

Award Angelini/ASTOR - Best Poster (2021)
Science Communication Contest for IGNITE PhD 2017 PhDs (2017)
Cientific Awards ISCTE-IUL 2017 (2017)
Award Grünenthal Pain 2016 (2016)
Cientific Awards ISCTE-IUL 2016 (2016)
Cientific Awards ISCTE-IUL 2016 (2016)
Grant for Advanced Training in Pain (2014)
Cientific Awards ISCTE-IUL 2014 (2014)

## Research Networks

Research Network Name	Representative Role	Period
Scientific Research Network Pain, Action and INterference (PAIN)	Member	2021 - 2027
PAIN ASSESSMENT INSTRUMENTS - PORTUGUESE	Investigadora	2021 - 2022

## Professional Associations

American Psychological Association (Since 2020)
Portuguese Association of Behavioral Cognitive and Integrative Therapies (Since 2018)
Portuguese Board of Psychologists (Since 2016)

## Organization/Coordination of Events

Type of	Event Title	Organizer	Year
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<b>Organization/Coordination</b>			
Member of scientific event's organizing committee	38th Annual Conference of the European Health Psychology Society	European Health Psychology Society	2024
Coordination of scientific event (with scientific committee) outside of ISCTE-IUL	Inaugural Seminar - Aging in Cascais	Iscte, CMC	2022
Member of scientific event's organizing committee	National Conference of Health Psychology	Sociedade Portuguesa de Psicologia da Saúde	2016
Member of scientific event's organizing committee	2nd Meeting of Social Health Psychology Master and 1st Strategic Meeting Health for All (H4A)		2015 - 2016

## Diffusion Activities

<b>Activity Type</b>	<b>Event Title</b>	<b>Activity Description</b>	<b>Year</b>
Talk/Conference in public diffusion event	Social support and health: from (good) intentions to consequences.	Conference for Psychology Students	2020
Publication in general diffusion news outlet	Psychology for All: Social support and health - The mistake of good intentions	Scientific dissemination podcast in the field of psychology	2020
Talk/Conference in public diffusion event	FameLab Portugal	Participation in scientific communication contest	2019
Publication in general diffusion news outlet	How to age healthy despite chronic pain?	Video disseminating the results of the doctoral thesis.	2017

## Scientific Editing/Reviewing Activities

<b>Type of Activity</b>	<b>Journal Title</b>	<b>ISSN/Quartile</b>	<b>Period</b>	<b>Language</b>
Member of scientific journal editing staff	Psicologia	2183-2471 / Q4	Since 2024	English
Member of scientific journal editing staff	Psychology Community & Health		2019 - 2020	English