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# Rita Santos

## *Curriculum Vitae*

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### **Personal**

Date of Birth: 6<sup>th</sup> November 1974  
Nationality: Portuguese  
Address: 18a St Judes Road, Englefield Green, Egham, Surrey, TW20 0BY, UK

### **Qualifications and Training**

- 2002-2007 Doctor of Philosophy, University of London; Research: The effects of anxiety on cognitive performance. Supervisor: Dr. Michael Eysenck.
- 1999-2001 Masters degree in Cognitive-Behavioural Therapy. Universidade Lusófona de Humanidades e Tecnologias (ULHT), Lisbon. Maximum Grade. Thesis: Vulnerability factors for anxiety disorders.
- 1993-1998 Degree in Clinical Psychology, ULHT, Lisbon. Final grade average of 15 (Range: 0 – 20). Final project was the validation of a questionnaire for Portuguese populations.
- 1995-1999 Internship at the Behavioural Psychotherapy Department of the Psychiatric Hospital Júlio de Matos (HJM).
- 1995-1998 Training Program in Behavioural Therapy. Behavioural Psychotherapy Department of the HJM.
- 1994 Training Program in Health Psychology, Portuguese Institute of Applied Psychology.

## Employment History

- 2007-2008 Postdoctoral position at RHUL, supervised by Dr. Tamar Pincus.
- 2007-2008 Teaching associate position at RHUL, Department of Psychology, lecturing on the SPSS course, giving tutorials and marking.
- 2003-2008 1<sup>st</sup> and 3<sup>rd</sup> year lectures at RHUL on Abnormal Psychology and Adult Problems respectively.
- 2002-2008 Research assistant for Tamar Pincus at RHUL.
- 1998-2002 Assistant teacher for Psychometrics on the Clinical Psychology degree at ULHT.
- 1998-2002 Final-year project supervisor on the Clinical Psychology degree at ULHT.
- 2000-2002 Final-year project supervisor on the Criminal Psychology degree at ULHT.
- 1998-2002 Private Practice in Cognitive Behavioural Therapy.
- 1998-2002 Psychotherapist at the Students Counselling Centre, ULHT.

## Publications

- In prep Santos, R., Wall, M. B., Pincus, T. Preparation for inaction: Fear avoidance and fMRI.
- Submitted Santos, R., Wall, M.B., Eysenck, M. State anxiety, task switching, and attentional control: Effects on performance and efficiency. *Cognition and Emotion*.
- Submitted Santos, R., Eysenck, M. Anxiety, attentional control, and task switching. *Psychology and Individual Differences*.
- Submitted Santos, R., Eysenck, M. State anxiety, attentional control, and speed of target detection. *Cognition and Emotion*.
- In press Pincus, T., Rusu, A., Santos, R. Responsiveness and construct validity of the Depression, Anxiety and Positive Outlook Scale (DAPOS). *Clinical Journal of Pain*.
- 2008 Pincus, T., Santos, R., Breen, A., Burton, A.K., & Underwood, M. A review and proposal for a core set of factors for prospective cohorts in low back pain: A consensus statement. *Arthritis & Rheumatism*, 59,14-24..
- 2007 Pincus, T., Santos, R., Morley, S. Depressed cognitions in chronic pain patients are focused on health: Evidence from a sentence completion task. *Pain*, 13, 84-92.

- 2007 Eysenck M. W., Derakshan N., Santos R., & Calvo M. Anxiety and cognitive performance: Attentional control theory. *Emotion*, 7(2), 336-353.
- 2007 Pincus T., Foster N., Vogel S., Santos R., Breen A., & Underwood M. Attitudes to back pain amongst musculoskeletal practitioners: A comparison of professional groups and practice settings using the ABS-mp. *Manual Therapy*, 12, 167-175.
- 2006 Pincus T., Vogel S., Burton A. K., Santos R., & Field A. P. Fear-avoidance and prognosis in back pain: A systematic review and synthesis of current evidence. *Arthritis & Rheumatism*, 54(12), 3999-4010.
- 2006 Pincus T., Vogel S., Santos R., Breen A., Foster N., & Underwood M. The Attitudes to Back Pain Scale in musculoskeletal practitioners (ABS - mp); The development and testing of a new questionnaire. *The Clinical Journal of Pain*, 22(4), 378-386.
- 2006 Eysenck M. W., Payne S. & Santos R. Anxiety and depression: past, present, and future events. *Cognition and Emotion*, 20(2), 274-294.
- 2000 Baptista, A., Pereira, A., Carvalho, M., Lory, F. & Santos, R. Aprender a lidar com as dificuldades emocionais (Learning how to cope with emotional problems). O Centro de Aconselhamento para Estudantes. *Revista de Humanidades e Tecnologias, Dossier de Psicologia*, 4/5, 227-237.

## Prizes

- 2000 Baptista, A.; Carvalho, M., Santos, R. Espadinha, A. & Moura, M. A avaliação da Auto-Eficácia para lidar com a doença oncológica: O cancer behavior inventory (Self-efficacy in coping with cancer: The cancer behaviour inventory) - I Congresso Português de Psico-oncologia. Prize for best poster.

## Memberships

1998 – 2008 Member of the Portuguese Society of Cognitive Behavioural Therapy

## Ad-Hoc Journal Reviewing

European Journal of Pain

## Grants and Awards

- 2007 Postdoctoral Fellowship awarded by the Social European Fund and the Foundation for Science and Technology.
- 2006-2007 BackCare, The charity for Healthier Backs, Brain Imaging people with low back pain: movement and fear of pain, £7905. Pincus, Santos, Wall and Vogel.
- 2002-2006 PhD Funded by the Social European Fund and Foundation for Science and Technology.

## Talks at International Conferences

- 2006 'Measuring systems in back pain', *Workshop in the VIII Forum on low back pain*, Amsterdam.
- 2005 Clinicians' cognition about treating back pain, *Workshop in The World Congress of Pain*, Sydney.
- 2004 'MMICS': Plenary Session, the society for *Back Pain Research Annual Meeting*, Leicester.
- 2004 'MMICS': Presentation at the *VII Forum of Research in back pain in Primary Care*, Edmonton, Canada.
- 2001 "Academic Demands, Coping Processes and Test Anxiety", *The 22<sup>nd</sup> STAR International Conference*. Balearic Islands University.
- 2001 "Stress Dimensions in University Students", *The 22<sup>nd</sup> STAR International Conference*. Balearic Islands University.
- 2001 "Sexual Fantasies and Daydreaming in young adults", *15<sup>th</sup> World Congress of Sexology*. World Association for Sexology.
- 2001 "Sex Fantasies and Sex Roles", *15<sup>th</sup> World Congress of Sexology*. World Association for Sexology.
- 2000 "La evaluación de la sensibilidad de la ansiedad. El perfil de la sensibilidad à la ansiedad y el Índice de la sensibilidad à la ansiedad revisado", (Anxiety sensitivity assessment. The Anxiety sensitivity profile and the Anxiety sensitivity index-revised). *II Congreso de la Sociedad Española para el estudio de la Ansiedad y el Estrés*. Universidad Complutense de Madrid.
- 1999 "As Diferenças entre os Sexos no Perfil Sintomatológico e Psicológico na Perturbação de Pânico" (Gender differences on the panic disorder psychological profile). Associação Portuguesa de Terapia do Comportamento (Portuguese Society of Behavioural Therapy).
- 1998 "Relações de Vínculo e Amor Romântico" (Romantic love and Attachment), *IV Congress of European Federation of Sexology: A sexologia no virar do milénio*. Associação Portuguesa de Sexologia Clínica.

## Posters presented at Scientific Meetings

- 2007 Depressed cognitions in chronic pain patients are focused on health: Evidence from a sentence completion task. *British Pain Society Annual Conference*, Glasgow.
- 2007 A proposal for a minimal comprehensive list of factors for prospective cohorts in back pain: The MMICS statement. *British Pain Society Annual Conference*, Glasgow.
- 2000 Santos, R. & Baptista A. (2000). Amor Romântico em Adultos: Escala Triangular do Amor Revista (Romantic Love: The Triangular Love Scale-Revised) – *I Simpósio Lusófono de Sexologia: O que há para além do sexo*. Universidade Lusófona de Humanidades e Tecnologias.
- 2000 Santos, R. & Baptista, A. (2000). Amor Romântico em Jovens Adultos: Escala de Atitudes face ao Amor (Romantic Love: Romantic Love Attitude Scale) – *I Simpósio Lusófono de Sexologia: O que há para além do sexo*. Universidade Lusófona de Humanidades e Tecnologias.
- 2000 Santos, R. & Baptista, A. Amor Apaixonado em Adultos: Escala de Amor Apaixonado (Passionate Love: The passionate Love scale) – *I Simpósio Lusófono de Sexologia: O que há para além do sexo*. Universidade Lusófona de Humanidades e Tecnologias.
- 2000 Sérvulo, S., Santos, R. & Baptista, A. Estudo Compreensivo do Amor Romântico (Comprehensive Study of Romantic Love) – *I Simpósio Lusófono de Sexologia: O que há para além do sexo*. Universidade Lusófona de Humanidades e Tecnologias.
- 2000 Correia, P., Santos, R. & Baptista, A. Atitudes face à Sexualidade e Amor Romântico em Homossexuais e Heterossexuais (Sexual and Romantic Attitudes in Homo and Heterossexuals) – *I Simpósio Lusófono de Sexologia: O que há para além do sexo*. Universidade Lusófona de Humanidades e Tecnologias.
- 2000 Loureiro, P., Santos, R. & Baptista, A. Estudo Desenvolvimental do Amor Apaixonado (Developmental study of Romantic Love) – *I Simpósio Lusófono de Sexologia: O que há para além do sexo*. Universidade Lusófona de Humanidades e Tecnologias.
- 2000 Vilar, B., Santos, R. & Baptista, A. Factores relacionados com as Atitudes face à Sexualidade: Orientação Conservadora vs Liberal (Sexual Attitudes related factors: Liberal vs conservative orientations) – *I Simpósio Lusófono de Sexologia: O que há para além do sexo*. Universidade Lusófona de Humanidades e Tecnologias.

- 2000 Santos, R. & Baptista, A. Avaliação do Temperamento em Adultos. Questionário de auto-avaliação Retrospectiva da Inibição (Temperament on Adults: Self-retrospective evaluation of Inhibition) - *1ª Escola de Primavera: 10<sup>as</sup> Jornadas da Sociedade Portuguesa de Terapias Comportamentais e Cognitivas*. Universidade Lusófona de Humanidades e Tecnologias, Univerdidad Complutense de Madrid.
- 2000 Baptista, A.; Carvalho, M., Santos, R. Espadinha, A. & Moura, M. A avaliação da Auto-Eficácia para lidar com a doença oncológica: O cancer behavior inventory (Self-efficacy in coping with cancer: The cancer behavior inventory) - *I Congresso Português de Psico-oncologia*.
- 2000 Baptista, A.; Rosa, J., Carvalho, M., Brites, J., Espadinha, A., Santos, R. & Moura, M. A Avaliação da Expressividade Emocional em Doentes Oncológicos: O Lifestyle Defense Mechanisms Inventory - *I Congresso Português de Psico-oncologia*.
- 2000 Baptista, A.; Rosa, J., Carvalho, M., Brites, J., Espadinha, A., Santos, R. & Moura, M. Factores Psicológicos relacionados com o Ajustamento Emocional na Doença Oncológica (Psychological factors related with emotional adjustment under cancer conditions) - *I Congresso Português de Psico-oncologia*.
- 1998 Santos, R. & Baptista, A. Avaliação das Relações de Vínculo na Idade Adulta (Attachment Assessment in Adulthood) – IV Conferencia Internacional de Evaluación Psicológica: Formas y Contextos. Universidad de Salamanca.