





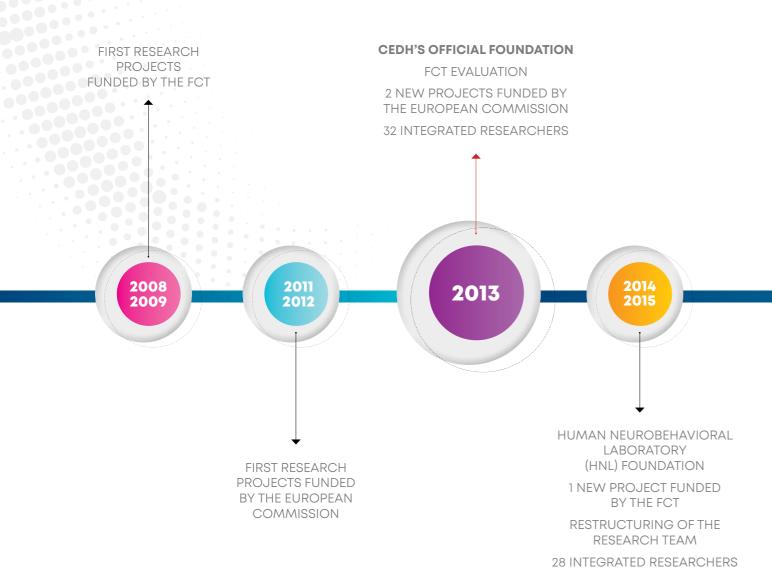








CEDH TIMELINE



START OF THE RESTRUCTURING PLAN FUNDED BY THE FCT (AUGUST)

2 NEW PROJECTS FUNDED BY THE EUROPEAN COMMISSION

FIRST PROJECT FUNDED BY HORIZON 2020

INTERNATIONAL SUMMER SCHOOL "PERSPECTIVES ON PSYCHOLOGY"

31 INTEGRATED RESEARCHERS

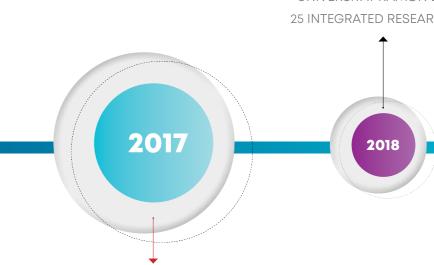
2016



1 NEW PROJECT FUNDED BY THE **EUROPEAN COMMISSION**

APPROVAL OF THE INTERNATIONAL Ph.D. IN APPLIED PSYCHOLOGY (WITH NOTTINGHAM TRENT UNIVERSITY AND UNIVERSITAT RAMON LLULL)

25 INTEGRATED RESEARCHERS



CEDH'S MAJOR RESTRUCTURING

New Board of Directors

New External Advisory Board

Higher standards of research productivity and quality

New equipment for the HNL

New facilities of the Psychology **University Clinic**

New offices for researchers

Hiring of a Science Manager

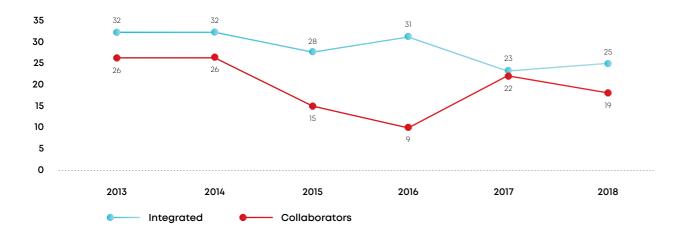
2 NEW PROJECTS FUNDED BY NATIONAL AGENCIES

FCT EVALUATION

23 INTEGRATED RESEARCHERS

RESEARCH TEAM

From 2013 to 2016, CEDH's research team remained relatively stable considering the total number of researchers. However, in 2017/18, in the scope of the restructuring programme, the scientific board of the centre approved new criteria resulting in a smaller but more productive and engaged team of integrated researchers.





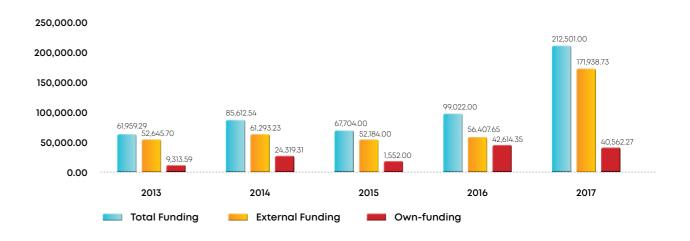
From 2013 to 2018, CEDH hosted 59 visiting researchers from 16 countries: Austria, Brazil, England, France, Hungary, Italy, Lithuania, Macau-China, Mozambique, Northern Ireland, Romania, Spain, Slovakia, Peru, Poland, and the United States.

RESEARCH PROJECTS

Since 2013, several research projects have been developed, including 13 funded by national and international agencies:

- · Assessment of psychopathology in children and adolescents: validation of the ASEBA Battery
- CAPSULE: Physiological Indices of the Deleterious Effects of Unrealistic Media Images on Body Satisfaction
- · EDUGEST: School Leadership and School Improvement
- FACT: Fostering Alternative Care for Troubled Minors
- \cdot Finding Space to Mental Health: Promoting mental health in adolescents
- · MATES: Multi-Agency Training Exit Strategies for Radicalized Youth
- MERLINO: Towards a juvenile delinquency prevention policy a multi-state experiment on integration and efficacy
- · MIPA-Mobile: Monitoring psychotherapy with adolescents using mobile applications
- · MIPREDET: Analysis of procedures and conditions of minors' pre-trial detention
- PROMISE: Promoting Youth Involvement and Social Engagement Opportunities and challenges for 'conflicted' young people across Europe
- PRO.VI: Protecting victims' rights
- REVIJ: Reparation to the victim in the European Juvenile Justice Systems: Comparative analysis and transfer of best practices
- · Sexism-Free Night: Prevention of violence and promotion of sexism-free night

The research funding increased in the last years, with the overall funding exceeding 200.000,00 \in in 2017.



Funding agencies:

Fundação para a Ciência e a Tecnologia, Fundação Bial, Fundação Calouste Gulbenkian, Justice Program of the European Commission, Internal Security Fund European of the Commission, Horizon 2020, Edulog – Fundação Belmiro de Azevedo, Programa Operacional Inclusão Social e Emprego.



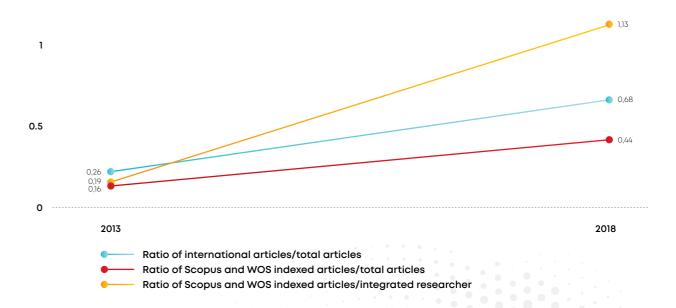
DISSEMINATION

Organization of national and international conferences. Highlights:

- Empirically based assessment with the ASEBA Battery: Multicultural challenges from Europe (February, 2013).
- Oporto meeting on the promotion of mental health in the young people: Current challenges and future avenues (October, 2013).
- · Conference on "Knowledge production at the service of community" (Mozambique March, 2014).
- · Summer school "Perspectives on Psychology" (July, 2016).
- · International seminars on "Education, territories and human development" (July, 2015; July, 2017).
- International Conference Youth Social Engagement: Opportunities and challenges for 'conflicted' young people across Europe (Cascais February, 2018).
- · 11th Annual Conference of the International Investigative Interviewing Research Group (July, 2018).
- · Philip Zimbardo conference "My journey from creating evil to inspiring heroism" (September, 2018).
- · International seminar "Challenges of education in the 21st century perspectives for action" (Angola October, 2018).
- · Seminars on "Children and youth residential care: practices, challenges and debates" (2018).
- $\cdot \text{Twenty-four seminars on ``School administration, supervision and organization'' (from 2013 to 2018).}\\$

Publications

CEDH has been working to change the types of publications resulting from its activity. Beginning in 2013, and with a particular increase in 2016, CEDH focused on publishing articles in peer-reviewed journals and on publishing in international, rather than national, journals.











challenges and future avenues





CONNECTING WITH SOCIETY

- · About 6,000 children/adolescents reached in the scope of research projects on mental health.
- Validation of the ASEBA Battery close to 20.000 Portuguese ASEBA forms, profiles and manual bought from 2013 to 2017.
- Creation of the Mental Health Literacy Questionnaire, which is being used in 17 countries (e.g., Portugal, Vietnam, Spain, Singapore, Iran, the UK, Nepal, Greece, Philippines, the USA).
- · More than 2,000 clinical sessions at CUP in the last 5 years.
- Training of 270 psychologists and teachers on child and youth mental health topics.
- · 23 training sessions with 577 professionals working with children and youth at risk.
- · 1860 hours of training in residential care institutions.
- The training program 'Learn to Educate' has reached hundreds of participants in each of its initiatives: Learn to Educate – Parents (currently in the 14th Edition); Learn to Educate – Professionals (currently in the 6th Edition); Learn to Educate – Teachers (currently in the 9th Edition).

training cooperation - and support



- · Cooperation with the Centre for Judicial Studies (12 sessions to 500 magistrates).
- Cooperation with the Portuguese Refugee Support Platform (PAR) for the foundation of the Humanitarian Intervention Program 'PAR Frontline @ Greece'.
- Participation in the Board of the Refugee Support Platform (recognized by the European Parliament with the European Citizen Prize/Award).
- Participation in work teams of the UN Refugee Agency/Office of Lesvos (e.g., Mental Health and Psychosocial Support Taskforce, Health Working Group, Sexual and gender-based violence Working Group).
- The Support Service for Education Improvement was created in 2007 and has been working with schools and municipalities since then.
- The 'Teen Academy' initiative has reached over 180 elementary and high school students.
- Brief Courses for teachers, certified by the Scientific-Pedagogic Council for the Continuous Training of teachers (234 courses from 2013 to 2018, with over 6000 training hours).





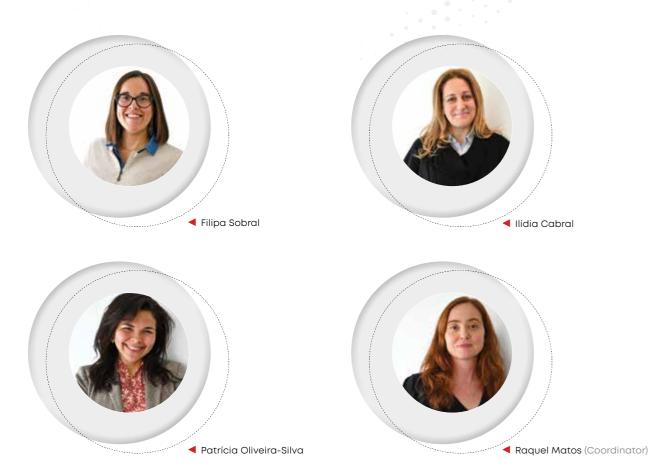
- · Post-Graduation, MSc and Ph.D. courses in Education, offered to more than 1000 teachers.
- 13 seminars under the general theme "Identity, Liberty and Quality", organized for the Portuguese Private Catholic Schools.
- Cooperation with the Ministry of Education on the "Autonomy and Curricular Flexibility Program" concerning the operationalization of the Program and the definition of the essential curricular contents for different subjects.
- · Cooperation with the "General Inspection of Education" in schools' external assessment practices.
- Presidency and Integration of the "Committee for the Evaluation of Educational Sciences & Policies" from the FCT, with more than one hundred projects evaluated.
- · Cooperation with the Directorate-General for Education in the training of 230 public schools' top leaders.
- Neurosciences workshops in schools reached more than 150 professionals, 50 parents, 500 students in 5 cities.
- \cdot 2 initiatives within the National Program 'Ciência Viva' reached 55 students.
- · 3-week Summer School with 26 international attendees and 60 hours of instruction.
- Development of evaluation and intervention plans to improve the organizational climate and work relations of public and private companies.
- Development of evaluation and intervention plans in institutions working in the field of ageing Ageing in place I and II (funded by the Fundação Calouste Gulbenkian).





BOARD OF DIRECTORS

The Board of Directors is responsible for coordinating the research activities, elaborating and managing the budget and strategic plans, and guaranteeing that CEDH complies with the regulations that orient its mission and with the overall regulations and ethical standards for science.





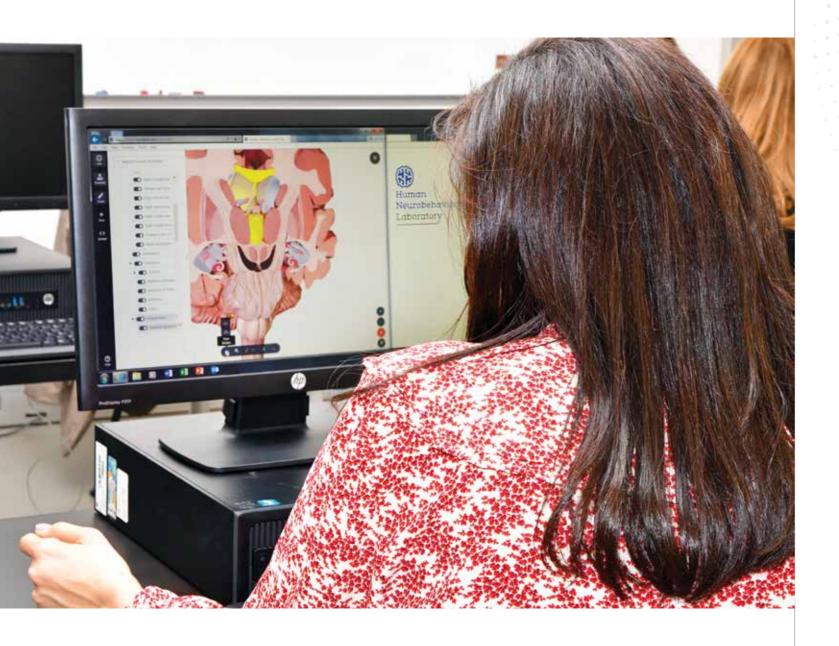
SCIENTIFIC BOARD

The Scientific Board is composed of all of the integrated researchers and chaired by the CEDH Coordinator. This board is responsible for analyzing and approving new research projects, budget, and strategic plans.

ADVISORY BOARDS

- The **Plenary Assembly** integrates all the researchers and meets annually to discuss CEDH's activities.
- The **External Advisory Board** makes recommendations on the Activities' Plans and Reports and contributes to CEDH's strategic reflection.
- António Bolivar (University of Granada, Spain)
- Barbara Stiglbauer (Johannes Kepler University, Austria)
- Gary Jones (Nottingham Trent University, UK)
- Saul Neves de Jesus (Algarve University, Portugal)





CEDH

RESOURCES AND INFRASTRUCTURES

From 2013 to 2017, particularly since the implementation of the restructuring plan funded by the FCT, CEDH has shown great progress in terms of organization and infrastructure, research team and scientific activity. CEDH's researchers have access to the facilities of the Human Neurobehavioral Laboratory (HNL), the Psychology University Clinic (CUP) and the Support Service for Education Improvement (SAME). Moreover, the centre has 2 meeting rooms, 1 office for administrative support and other for 10 junior and postdoc researchers.









HUMAN NEUROBEHAVIORAL LABORATORY (HNL)

• The HNL develops and supports multidisciplinary, collaborative, and multi-institutional research across the neurosciences.

HNL's main objectives:

- To offer excellent teaching and scientific preparation for undergraduates, graduates and doctoral students as well as postdoctoral and visiting researchers on the basic functions and diseases of the nervous system, to develop:
- i) Practical laboratory skills;
- ii) Overall understanding and appreciation of research in neuroscience;
- iii) Ability to design studies in neuroscience: collect, analyze and interpret experimental data;
- iv) Skills to work in a collaborative environment.
- To develop research in the field of neurosciences. Current research topics:
- i) Innovation in the psychological intervention (e.g., the use of Neurofeedback in ADHD);
- ii) Development of data recording and data analysis protocols for studies in the field of Peripheral Neurophysiology;
- iii) Assessment of emotion regulation skills in specific psychological conditions and in interpersonal interactions using peripheral neurophysiological correlates;
- iv) Research on the neuropsychological bases of musical learning;
- v) Creation of a Multicentre Platform for consumer by Católica in partnership with the CBQF.





With a modern infrastructure, the HNL is equipped to carry out research studies with behavioral and peripheral neurophysiological measures in different lines of research, particularly cognitive, affective and social processes.

Currently, the HNL is a home for more than 20 students (undergraduate, master and doctoral) and postdoctoral researchers. These students and researchers enrich the weekly meetings of the lab with their diversity of interests in the field of neurosciences.

PSYCHOLOGY UNIVERSITY CLINIC (CUP)

CUP offers a broad range of psychological consultation services to the community, enabling the students to gain experience observing the professional practice of psychology. CUP also hosts national and international internships and advanced training programs in the field of psychological intervention.

Current research projects:

- i) Relationship between psychopathological symptomatology, developmental markers of psychopathology and the state of the therapeutic process.
- ii) Agreement between informers in the ASEBA battery, processes and therapeutic results in children and adolescents: Exploratory study in a university clinic.

SUPPORT SERVICE FOR EDUCATION IMPROVEMENT (SAME)

The Support Service for Education Improvement provides scientific and pedagogical consultancy services to educational organizations, in order to identify conditions that may lead to the improvement of educational processes and results. This service also develops evaluation studies in the field of education.

SAME's mission is to capacitate educational organizations to the development of more coherent and sustained educational practices, as well as to the conception, implementation and assessment of innovation and improvement practices in the organizational and pedagogical spheres.

At the same time, SAME aims at producing scientific knowledge that results from the articulation between theory and practice.

SAME currently (2018/19) supports 69 schools / school groupings and 23 municipalities.



RESEARCHERS

For 2019, CEDH's team is composed by 25 integrated researchers and 19 collaborator researchers.

INTEGRATED RESEARCHER	RESEARCH INTERESTS	RESEARCH AREAS
► ALEXANDRA CARNEIRO	Psychological assessment in infancy and adolescence Psychopathology in preschool age children Attachment Routine outcome monitoring with children and adolescents Youth and social involvement	
► ANTÓNIO FONSECA	Psychological development Psychology of aging Aging, health and psychological well-being	
▶ BÁRBARA CÉSAR MACHADO	 Feeding and eating disorders Epidemiology and etiopathology Developmental psychopathology Psychological assessment and intervention 	
CATARINA RIBEIRO	Psychology and judicial decision Forensic interview Parental conflict and divorce Child abuse and neglect Juvenile delinquency and justice	€
CRISTINA PALMEIRÃO	School administration School conflict management Mediation education and human development Intergenerational education	
► ELISA VEIGA	Developmental process and context (family, child welfare, health and education) Normative and non-normative developmental transitions (parenthood, post-divorce, serious and terminal illness, loss, grief and bereavement processes) Early intervention Qualitative research	(i) (ii) (iii) (ii

INTEGRATED RESEARCHER	RESEARCH INTERESTS	RESEARCH AREAS
► FILIPA PALHA	 Psychosocial rehabilitation in mental illness Mental illness stigma Mental health policies Mental health promotion 	
► FILIPA SOBRAL	 Human resources management and work relations on contingent work formats Human motivations Work wellbeing Training and employability 	
► FILIPE MARTINS	Youth studies Social pedagogy Anthropology of education Social and educational participation of vulnerable young people Cultural diversity, multiculturalism and intercultural education Citizenship education	
▶ ILÍDIA CABRAL	 Administration and school organization schools assessment and projects for school improvement Pedagogical assessment Professional and organizational development 	
▶ ISABEL BAPTISTA	Ethics and educationProfessional ethicsPhilosophy of educationSocial pedagogy	
▶ JOSÉ MATIAS ALVES	School management and organization Evaluation of schools and improvement projects Pedagogical evaluation Professional and organizational development	



INTEGRATED RESEARCHER	RESEARCH INTERESTS	RESEARCH AREAS
▶ LUÍSA ANTUNES RIBEIRO	 Human capital formation Social inequalities in education Parental investments and development Parenting and organizational environment 	
▶ LUÍSA CAMPOS	Mental health promotion and literacy Psychopathology (childhood and adolescence) Experience of caregiving	
▶ LUÍSA MOTA RIBEIRO	 Student involvement and learning self-regulation Education and institutional care of children and adolescents Teacher and student's perceptions of teaching and learning Classroom questioning 	
▶ LURDES VERÍSSIMO	Learning disabilitiesSocial and emotional learningAcademic motivationParenting education	
MARIA CARMO CARVALHO	 Nightlife and recreational environments Qualitative research Design, evaluation and implementation of intervention projects Psychological intervention in psychoactive substance use 	(i) (ii) (iii) (ii
► MARIA DO CÉU ROLDÃO	Educational curriculumCurricular developmentProfessional development	
MARIANA BARBOSA	 Police and military violence Refugees and migrant population Homeless population Trafficking in human beings 	⊗
► MARIANA NEGRÃO	 Parenting and risk for child development (parenting intervention, parent-child interaction, attachment in infancy) Out of home care (quality of care and intervention with professionals and caregivers) 	

INTEGRATED RESEARCHER	RESEARCH INTERESTS	RESEARCH AREAS
▶ PATRÍCIA OLIVEIRA-SILVA	 Neurophysiological bases of empathy processes Neurophysiological bases of emotion regulation Psychophysiological synchrony in dyads Emotional regulation and decision making Relation between empathy and environmental attitudes/behavior 	
▶ PEDRO DIAS	Psychological assessment Children and adolescents psychopathology Psychopathology of development Psychological intervention Attachment Technological innovation applied to psychology	
► RAQUEL MATOS	 Gender, crime and punishment Gender and migrations' control Youth delinquency and youth justice Youth activism and social participation 	
► ROSANA MAGALHÃES	NeuropsychologyCognitive interventionCognitive rehabilitation	
▶ VÂNIA SOUSA LIMA	 Attachment Intimate relationships in adults Assessment of psychopathology Psychotherapeutic intervention 	

LEGEND

Mental Health, Technological Innovation and Neurosciences



Risk, Adaptation and Human Rights



Education, Work and Professional Development



CHALLENGING THE PRESENT **BUILDING** THE FUTURE CHALLENGING THE PRESENT **BUILDING THE FUTURE**



COLLABORATOR RESEARCHERS

NAME	RESEARCH AREAS
► ANA PINHEIRO	
► ANTÓNIO ANDRADE	
► AUGUSTA GASPAR	
► CARLOS PEIXOTO	⊗
► CÉLIA RIBEIRO	
► CRISTIANA PIRES	⊗
► DANIELA GONÇALVES	
► EDUARDO OLIVEIRA	
► ELZA MESQUITA	
▶ JOANA CARNEIRO PINTO	
▶ JOAQUIM MACHADO DE ARAÚJO	
▶ JOAQUIM AZEVEDO	
▶ JOSÉ LAGARTO	
▶ LUÍSA ORVALHO	
► MARIA RAÚL LOBO XAVIER	(
MARISA CARVALHO	
MARISA COSTA	()
► MÓNICA OLIVEIRA	②
▶ PAULO PEREIRA	②

LEGEND

Mental Health, Technological Innovation and Neurosciences



Risk, Adaptation and Human Rights



Education, Work and Professional Development



INTERNATIONAL PARTNERSHIPS



ANGOLA

Universidade Católica de Angola

AUSTRIA

Alpen-Adria –Universität Klagenfurt

BRAZIL

- Pontifícia Universidade Católica de Minas Gerais
- Pontifícia Universidade Católica de São Paulo
- Pontifícia Universidade Católica do Paraná
- Pontifícia Universidade Católica do Rio de Janeiro
- Universidade Católica de Brasília Universidade Católica de Pelotas
- Universidade de Juíz de Fora

CROATIA

Ivo Pilar Institute

ESTONIA

University of Tartu

FINLAND

Finnish Youth Research Network

FRANCE

Institut Catholique de Toulouse

Université Catholique de Lyon

GERMANY

CJD Hamburg and Eutin

GESIS Leibniz

Yes-Forum

GREECE

Arsis – Association for the Social Support of Youth

ITALIA

- Istituto Don Calabria
- Istituto Psicoanalitico per le Ricerche Sociali
- Libera Universita Maria SS Assunta
- Sapienza Università di Roma
- Università Cattolica Del Sacro Cuore

LITHUANIA

Vytautas Magnus University

MACAU-CHINA

University of São José

MOZAMBIQUE

 Universidade Católica de Moçambique

RUSSIA

• Centre for Youth Studies at the Higher School of Economics

SLOVAKIA

Catholic University in Ruzomberok

Univerzita Mateja Bela

SLOVENIA

Almamater Europaea

SPAIN

• Fundación Diagrama Intervención Psicosocial

- Universidad Católica San Antonio de Murcia
- Universidad de Salamanca
- Universidad Loyola Andalucia
- Universidad Pontifícia Comillas Universidad San Pablo CEU
- Universitat Ramon Llull

UNITED KINGDOM

- Nottingham Trent University University of Cambridge
- University of Manchester
- University of Oxford

UNITED STATES OF AMERICA Ball State University

- Northeastern University
- University of Maryland Baltimore County



RESEARCH INSTITUTES AND NON-PROFIT ORGANIZATIONS





CURRENT RESEARCH ACTIVITY

CAPSULE: Physiological Indices of the Deleterious Effects of Unrealistic Media Images on Body Satisfaction (BIAL 217/16)

Media activity and mental health



PROMISE - Promoting Youth Involvement and Social Engagement – Opportunities and challenges for 'conflicted' young people across Europe (Horizon 2020, GA 693221)

PRO.VI - Protecting victims' rights (JUST-JACC-AG-2017-802047)

Prevention of violence and promotion of sexism-free night (POISE-03-4437-FSE-000127)

EDUGEST – School Leadership and School Improvement (Edulog/16-19)

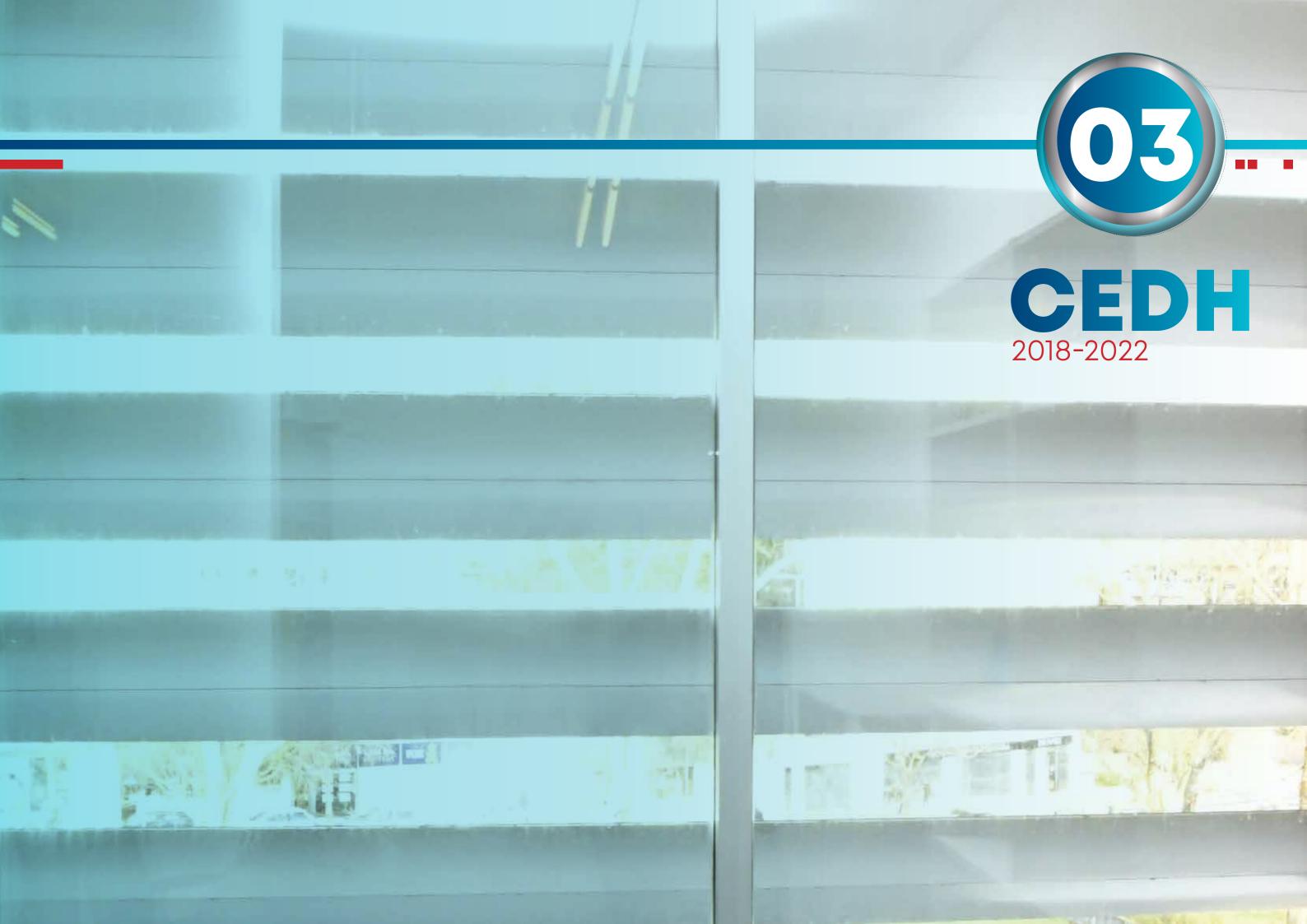
Contemporary challenges of work
Social and community dynamics,
educational success and school
dropout prevention

Ph.D. PROGRAMS

Besides the Ph.D. program in Educational Sciences, characterized by a strong presence in the society through the participation of professors and students in initiatives from schools, the Ministry of Education and municipalities, the CEDH hosts the international Ph.D. program in "Applied Psychology: Adaptation and change in contemporary societies".

This international Ph.D. program, in partnership with the Nottingham Trent University (UK) and the Universitat Ramon Llull (Spain), was approved in 2018 by the Agency for Assessment and Accreditation of Higher Education. It is conceived to provide training in a research environment for doctoral students interested in applying psychology across the lifespan and in relation to mental health and well-being in the context of contemporary societies, characterized by fast changes and complex social problems. The first edition of the Ph.D. program in Applied Psychology will start in October 2019.





STRATEGIC 2018-2022

PLAN

STRATEGIC GOALS

ACHIEVEMENTS IN 2018

- TO STRENGTHEN CEDH'S
 ORGANIZATION AND
 INFRASTRUCTURE
- 2 TO EMPOWER
 THE RESEARCH TEAM
- ► Acquisition of a high-functioning laptop for large datasets
- ▶ Development of the "Human Resources Program" for future hiring
- ▶ Approved call to hire a postdoctoral researcher from April 2019 (a 6-year contract)
- Development and implementation of a Researchers' Development Program (ONGOING)

Completed training sessions:

- "Como citar? Gestão automatizada de referências bibliográficas"
 ["How to cite"]
- "Como publicar? Projetar e divulgar a investigação" ["How to publish"]
- "Workshop from research to impact Web of Science"
- 3-day training on "Amos Basic Analysis Protocol"
- 2-day training on Social Network Analysis
- ▶ Support to the researchers in:
- Identification of funding opportunities
- Research plans and project applications
- Data analysis
- Identification of scientific journals
- Proofreading of manuscripts and submission for publication
- ▶ In 2018, over 20 international experts visited the centre to share and discuss research projects
- ▶ 2 research forums co-organized with other research centres:
- GEA (Environmental Studies Group)
- CRC-WB (Catolica Research Centre for Wellbeing)

STRATEGIC GOALS

ACHIEVEMENTS IN 2018

- TO INCREASE THE RATE
 AND THE AMOUNT
 OF FUNDING
- TO INCREASE THE
 SCIENTIFIC ACTIVITY
 ON TECHNOLOGICAL
 INNOVATION AND
 NEUROSCIENCES APPLIED
 TO HUMAN DEVELOPMENT
- TO IMPROVE THE QUALITY
 OF RESEARCH OUTPUTS
 AND THEIR INTERNATIONAL
 IMPACT
- TO IMPROVE RESEARCH
 BASED ON COMMUNITY
 PARTNERSHIPS AND

KNOWLEDGE TRANSFER

 \blacktriangleright 10 individual applications to the FCT Scientific Employment Stimulus 2018

▶ 13 applications in national and international calls for projects' funding

- ▶ Beginning of the Neurofeedback project with ADHD
- ▶ A partnership between the HNL and the Portuguese company Delta Cafés for the neurophysiological characterization to examine the effects of the caffeine ingestion
- ▶ Organization of 1 international workshop on Cyberpsychology, in cooperation with NTU and URL [ONGOING – July 2019]
- ▶ Approval of the International Ph.D. Program in Applied Psychology
- Over 30 international missions
- ▶ 45 international publications
- ▶ 9 publications with international co-authors
- ▶ 26 articles in SCOPUS/WOS journals
- ➤ Organization of the 11th Annual Conference International Investigative Interviewing Research Group (IIIRG), July 2018
- ▶ Preparation of the second edition of the International Summer School "Perspectives on Psychology" (ONGOING - July 2019)
- ▶ 87 news in TV and newspapers
- ▶ 82 news in the social media (website and Facebook)
- ▶ 5 forums in collaboration with partner institutions (1 in the field of risk, adaptation and human rights; 4 in the field of education)
- > 38 events open for the general public
- New funded project to improve community institutions in the field of ageing
- ▶ Beginning of the program 'Cientificamente Provável': training in neuroscience to teachers, students and other school professionals with the ultimate goal of enriching the students' educational pathway and the psychological and emotional well-being of school professionals
- ► Redesign of CEDH's website (ONGOING)



IN 2022 CEDH AIMS TO HAVE

- · A consolidated structure, in terms of human resources and infrastructures
- · A highly equipped Neuroscience Laboratory, supporting most research projects developed in the centre
- · More researchers working fulltime in the centre





- · A higher internationalization level driven by the International Ph.D. in Applied Psychology and by the partnership with Nottingham Trent University (UK) and Universitat Ramon Llull (Spain)
- · Publications predominantly in high quality international journals with peer review
- · A consolidated involvement of community partners in research activities and scientific events



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