

Curriculum Vitae

Date Prepared February 2025.

Name **Ana Carolina Teixeira Santos**

Office Address Research Scientist in Migration and Aging
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Research on Socio-Economic Inequality.
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Web of Science Researcher ID JZD-7622-2024

Other websites <https://imilux.org/>

Main research interest

Migration and Aging
Non-pharmacological Interventions on Aging
Cognitive Aging
Cognitive Neuroscience

Current Position

2023-actual Research Scientist (PI of the IMILUX Project)
University of Luxembourg

Previous positions

2021-2023 Post-doc Researcher: Fellowship from FNR, Industrial Fellowship
University of Luxembourg

- *Developed and led an independent research project, which I conceived and proposed, focusing on non-pharmacological interventions on aging migrants*
- *Successfully secured funding through the Individual Fellowship competition from the FNR*
- *Prepared and submitted periodic reports to the funding agency*
- *Managed all aspects of the project, including research design, data collection, analysis, and dissemination of results under supervision of Dr. Anja Leist and Dr. Jean-Paul Steinmez*

2021-2023 Mindfulness-Based Stress Reduction (MBSR) Instructor
Espaço Ciranda de Cuidados / MEDITAGING Project

- *Led 8 full MBSR programs, providing guidance and support to participants.*
- *Organized and facilitated ad-hoc mindfulness sessions tailored to various needs, both virtually and in-person*
- *Developed and adapted mindfulness content to ensure effectiveness across diverse groups*

2019-2021 Research Specialist
Project: Boosting executive functions in the elderly
The Psychology Research Center (CIPsi), University of Minho

- *Responsible for managing stakeholders and overseeing recruitment processes*
- *Led data collection efforts and developed protocols for research projects*
- *Trained students participating in the project, ensuring thorough preparation*
- *Delivered community presentations and taught relevant classes*

2018-2019 Junior Psychologist

- Order of Portuguese Psychologists / School of Psychology, University of Minho
- *Conducted cognitive training and brain stimulation for older adults to enhance cognitive functioning*
 - *Performed neuropsychological assessments, complemented by EEG, to evaluate cognitive functioning*
- 2017-2023 Co-PI and PhD Candidate
- Project: Getting the aging brain to train: a working memory and neuromodulation approach
- The Psychology Research Center (CIPsi), University of Minho
- *Developed and led all stages of the clinical trial, from conceptualization to execution, focusing on working memory training and neuromodulation in aging individuals (supervision: Dr. Adriana Sampaio)*
 - *Designed research protocols, conducted data collection, and performed analysis*
 - *Managed collaborations and supervised a research assistant and a student*
 - *Wrote research papers and presenting findings at conferences*
 - *Prepared and submitted periodic reports to the funding agency*
- 2013-2013 Assistant Professor in Psychology
- Pitagoras University, Brazil
- *Taught undergraduate courses, including:*
 - o *Introduction to Psychotherapy*
 - o *Basic Psychological Processes I*
 - o *Basic Psychological Processes II*
 - o *Interview and Observation in Psychology*
 - o *Techniques in Psychological Assessment*
 - *Supervision of Bachelor's theses*
 - *Participation in thesis defense committees*
- 2011-2012 Group Facilitator for Drug Addicts (Community Therapy)
- Associação Reviver, Brasil
- *Led group therapy sessions for individuals recovering from substance abuse*
- 2010-2010 Research Assistant (Multicenter Study)
- Project: ELSA (Longitudinal Study of Adult Health) Project
- Medical School, Federal University of Minas Gerais
- *Data collection*
- 2009-2010 Intern in Neuropsychology
- Applied Psychology Service, Federal University of Minas Gerais (Supervision: Vitor Haase)
- Psychiatry Department, Borges da Costa Hospital (Supervision: Leandro Malloy)
- *Neuropsychological assessment and rehabilitation for older adults and children*
- 2008-2009 Intern in Educational Psychology
- Associação Pre-UFMG
- *Facilitated group sessions on study organization for students preparing for university entrance exams*
 - *Provided career counseling to support students in their professional choices*
 - *Offered psychological support through walk-in counseling sessions*
- 2007-2008 Intern in Judicial Psychology
- Sector of Surveillance of Alternative Sentencing, Court of Justice of the State of Minas Gerais
- *Conducted visits to institutions hosting individuals serving alternative sentences.*
 - *Provided counseling to offenders*
 - *Assisted institutions in addressing the needs and challenges*

- *Managed the intake process for new offenders, assessing their profiles and allocating them to appropriate institutions*
- 2007-2008 Research Fellow
Project: Aging and Health
Medical School, Federal University of Minas Gerais
- *Data collection*
 - *Database input and verification*
 - *Participant recruitment*
- 2006-2007 Intern in Social Psychology
School Grant Program (Bolsa Escola Municipal), Belo Horizonte City Hall
- *Home visits to beneficiaries of the income transfer program for low-income families with school-aged children*
 - *Analyzed eligibility criteria to determine which beneficiaries should be enrolled or disengaged from the program, ensuring proper documentation and processes*
 - *Individual counseling and support to program participants*

Committee Service

- 2015 - 2017 Community Therapy Committee, MISC Minas, Brazil
- 2014-2015 Congress Organizing Committee
VIII Congress of Integrative Community Therapy, MISC Minas, Brazil
- 2013-2014 Structuring Teaching Core, Pitagoras University, Brazil

Education

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|------|------|------------------------------------|---|
| 2020 | PhD | Basic Psychology | University of Minho, Portugal. <i>Equivalence Degree: Federal University of Minas Gerais, Brazil.</i> |
| 2013 | MSc | Master of Developmental Psychology | University of Coimbra, Portugal. <i>Equivalence Degree: Federal University of Rio de Janeiro, Brazil.</i> |
| 2010 | PsyD | Psychology Degree (5 years) | Federal University of Minas Gerais – Brazil. <i>Equivalence Degree: University of Minho, Portugal.</i> |

Additional Training

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| 2021/2023 | Teacher Certification Program
Mindfulness-based Stress Reduction (MBSR)
Mentorship (72 hours) | University of California, San Diego Center for Mindfulness, USA |
| 2021 | Mindfulness-based Stress Reduction (MBSR)
Teacher Training Practicum (28 hours) | University of California, San Diego Center for Mindfulness, USA |
| 2021 | Mindfulness-based Stress Reduction (MBSR)
Teacher Training Intensive (22.5 hours) | University of California, San Diego Center for Mindfulness, USA |
| 2019 | Practical MEEG (23.5 hours)
<i>Training for MEG and EEG analysts (Brainstorm, FieldTrip and MNE-Python)</i> | ICM Institute for Brain and Spinal Cord, France |
| 2017 | Mental Health in Third Age (25 hours) | SEMET, Portugal |
| 2016 | Principles and Practice of Clinical Research (9 months) | Harvard T.H. Chan School of Public Health, USA |
| 2016 | 5 th Cognitive and Affective Neurophysiology
Summer School: Acquisition, processing and analysis of EEG signal (40 hours) | University of Porto, Portugal |
| 2016 | MRI - From the idea to the final results (8 hours) | University of Porto, Portugal |
| 2016 | Birmingham ERP Boot Camp (30 hours) | University of Birmingham, UK |

2015	fMRI: Connectivity Course (40 hours)	Athinoula A. Martinos Center for Biomedical Imaging
2015	fNIRs Course (18 hours)	Athinoula A. Martinos Center for Biomedical Imaging
2015	Observership Program (3 months)	Spaulding-Labuschagne Neuromodulation Center – Harvard Medical School
2014	Course on Functional Neuroimaging: A Hands-On Approach (32 hours)	Pontifícia Universidade Católica do Rio Grande do Sul (PUCRS), Portugal
2013	Training in MRI (100 hours)	Pró-Imagem School, Brazil
2013	Training in Community Therapy (360 hours)	Integrated Movement of Community Health (Misc-Minas)
2013	Training in Dialectical Behavioral Therapy (20h)	Cognitive Therapies Association, Brazil
2012	International Student Exchange Program Course Master degree in Developmental Psychology (1 semester)	Federal University of Minas Gerais (Scholarship: Santander Totta Bank)
2012	Factorial Analysis (15 hours)	Federal University of Minas Gerais, Brazil
2012	Introduction to Statistics (45 hours)	Federal University of Minas Gerais, Brazil
2020	Introduction to Neuropsychometry (16 hours)	Federal University of Minas Gerais, Brazil
2010	Introduction to Neuropsychometry (16 hours)	Federal University of Minas Gerais, Brazil
2010	Internship Neuropsychophysiology Lab (1 year)	University of Minho, Portugal
2009	International Student Exchange Program (1 semester)	University of Minho, Portugal (Grant from Santander Bank)
2006	Introduction to Survey Methodology (8h)	Federal University of Minas Gerais, Brazil

Report of Funded and Unfunded Projects

Ongoing Funded Projects

- 2024 – 2026 Immigration in Luxembourg: Probing Health and Its Socioeconomic Determinants in Older Immigrant Population ([IMILUX](#)). (Role: PI)
Competitive [CORE](#) grant funded by Luxembourg National Research Fund – FNR Project reference: C23/SC/17995805. € 652,000
- 2023-2024 The Panel Study of Older and Ageing Migrants in Luxembourg ([PSOAMLux](#)) (Role: Co-PI). Funded by the Institute for Advanced Studies (IAS), University of Luxembourg. € 19.380.

Past Funded Projects

- 2023 - 2025 Nudging out of loneliness: a multimodal study. NOLA Funded by FCT (Role: team member). Project Reference: 2022.07029.PTDC. € 49.761,80
- 2023 - 2024 COVID-19, Vaccination & Long-term health consequences of COVID-19 in Luxembourg (Role: postdoctor researcher). Funded by the FNR.
- 2021-2023 MEDITAGING Study: Mindfulness Training in Aging: The Effects of a Stress Reduction Program on Portuguese-speaking People aged 55+ in Luxembourg.
Postdoctoral fellowship.
University of Luxembourg, Industrial Partner: [Zitha](#). 192,405 EUR. (Beneficiary - Pos-doc researcher and Project Leader - designed and managed the project, led the team, conducted all research and data analysis steps autonomously). [Funded by the FNR](#) - Project Reference 15240063.
- 2018-2022 Cognitive control as a surrogate of age-related cognitive decline: a predictive model with multimodal brain imaging - PREDICTOR (team member) – [Funded by FCT](#) - Reference: NORTE-01-0145-FEDER-032152

2017-2019 Getting the aging brain to train: a working memory and neurostimulation approach (co-PI)
[Funded by Bial Foundation](#) (€46.000) – Project reference: #286/16.

Past Unfunded Projects

2006-2007 Assessment of cognitive abilities of normal old adults and those with early-stage dementia using three screening instruments: Mini-Mental State Examination, Frontal Assessment Battery and Three Words–Three Shapes Test (Scientific Initiation).

Other Grants

2019 PracticalMEEG 2019 - Fee waiver – ICM, Paris, France.

Honors and Awards

1. 2021 Academic Prize RUTIS/PSE 2021 (Best PhD Thesis), 3rd Place, RUTIS/PSE Portugal
2. 2016 The Birmingham Boot Camp v3.0, Student Prize, University of Birmingham, United Kingdom
3. 2015 Best poster award, VII International Symposium on Neuromodulation, São Paulo, Brazil

Actual Research Group

Juliana Ferreira, Research & Development Specialist.

Gabriela Christofolletti (Co-Supervision)

Formally Supervised Trainees

- 2024-2028 PhD Supervision Committee Member for Gabriela Christofolletti.
- 2023 Supervision of Dissertation (Main Supervisor): Godinho Coelho Catarina. 2022. Migration and Health in Older Adults: The Cognitive and Health Profile of Lusophone Immigrants in Luxembourg in Comparison to Local Samples in Portugal. Psychology (Bachelor Thesis). University of Luxembourg.
- 2013 Supervision of Dissertation: Moreira, G.S. 2013. The Involvement of Young Adults in Their Own Learning. Psychology (Bachelor Thesis) – Pitagoras University

Internship Supervision

- 2024 Supervision of Observation Internship, March 25-29, 2024.
Supervised a high-school student through practical research activities, providing insight into research practices and methodologies.

Juri of Academic Degree

- 2021 Member, jury, Ph.D. Qualifying Examination
Candidate: Maryela de Oliveira Menacho
Federal University of São Carlos, Brazil.
Thesis: Effects of physical exercise in motor function, manual dexterity and brain plasticity in individuals with Parkinson's disease: randomized controlled trial.
- 2021 Jury Evaluation, Internship Report, University of Minho
Candidate: Cátia Daniela Marques Ribeiro
- 2021 Jury Evaluation, Internship Report, University of Minho
Candidate: Isabela Aparecida Moreira de Carvalho
- 2021 Jury Evaluation, Internship Report, University of Minho
Candidate: Jéssica Catarina Miranda da Silva
- 2013 Member, Jury, Bachelor Dissertation, Pitagoras University
Candidate: Simone Alves de Assis Brangion
Thesis: Psychological Aspects of Bariatric Surgery: The Importance of the Psychologist's Role in Pre- and Post-Surgical Processes

Invited Presentations and Courses

- 2021 *Effects of Mindfulness-based interventions: An integrative review and presentation of the Meditating study*. XIII International Symposium on Neuromodulation, Online.
- 2021 *Getting the Aging Brain to train: A working memory and neurostimulation approach*. 12th Symposium of Bial Foundation.
- 2019 *Non-pharmacological interventions in aging*. II International Congress of Dementia. Braga City Hall and Healthy Center Grouping of Cávado I, Mental Health Week. Braga, Portugal.
- 2019 *Research in Psychology: Notes of an academic trajectory*. Magna Class
Lecture/ undergraduate studies / University Center of Eastern Minas Gerais – Unileste
- 2018 *Getting the aging brain to train*. Invited oral communication in Associação Gerações, Famalicão, Portugal
- 2017 *How to get older with a healthy brain?* Invited oral communication in Associação Gerações, Famalicão, Portugal
- 2013 *Mental health in infancy, adolescence and aging*
Lecture/ Mental health postgraduate studies /University of Caratinga
- 2013 *Positive Psychology: An invitation to the human forces and virtues*
Lecture /undergraduate studies / UNIPAC
- 2012 *Improving Communication with Children*
Lecture – Training in Children Development, Federal University of Minas Gerais

Thesis

1. **Teixeira-Santos, A.C.**, 2020. *“Working memory and neuroplasticity in older people: A behavioral and neurofunctional approach”*. [PhD thesis](#), University of Minho.
2. **Teixeira-Santos, A.C.**, 2013. *Methodology of Personal Projects Analysis: Adaptation to the Brazilian population and its relationship with the subjective well-being*. [Master thesis](#), University of Coimbra.

Peer Reviewed Publications

1. **Teixeira-Santos, A.C.**, Gomes, L, Pereira, D.R., Ribeiro, F, Fernandez, A., Federspiel, C, Steinmetz, J-P, & Leist, A. (2023). The MEDITAGING Study: a two-armed randomized controlled study comparing the effect of the mindfulness-based stress reduction program with a health promotion program in healthy older Portuguese-speaking migrants residing in Luxembourg. *BMC Public Health*, doi: 10.1186/s12889-023-17387-9
2. Pereira, D. R., **Teixeira-Santos, A.C**, Sampaio, A, & Pinheiro, A. P. (2023). Examining the effects of emotional valence and arousal on source memory: A meta-analysis of behavioral evidence. *Emotion*. doi: 10.1037/emo0001188
3. **Teixeira-Santos, A. C.**, Moreira, C. S., Pereira, D.R., Pinal, D., Fregni, F., Leite, J., Carvalho, S., & Sampaio, A. (2022). Working Memory Training Coupled With Transcranial Direct Current Stimulation in Older Adults: A Randomized Controlled Experiment. *Front. Aging Neurosci.*, doi: 10.3389/fnagi.2022.827188.
4. Santos, B.D., Moreira, C. S., **Teixeira-Santos, A.C.**, Carvalho, E., Pereira, M.G. (2022). HPV-Related Quality of Life in Diagnosed Women: A Longitudinal Study. *Journal of Health Psychology*. Doi: <https://doi.org/10.1177/13591053211073642>.
5. Ribeiro, F., **Teixeira-Santos, A.C**, Leist, A. (2022). Prevalence of dementia in Latin America and Caribbean countries: Systematic review and meta-analyses exploring age, sex, rurality, and education as possible determinants. *Ageing Res Rev* doi:10.1016/j.arr.2022.101703.
6. Ribeiro, F., **Teixeira-Santos, A.C**, Leist, A. (2021) The prevalence of mild cognitive impairment in Latin America and Caribbean populations: a systematic review and meta-analysis. *Aging & Mental Health*. doi: 10.1080/13607863.2021.2003297.
7. **Teixeira-Santos, A. C.**, Pinal, D., Pereira, D.R., Leite, J., Carvalho, S., & Sampaio, A. (2020). Probing the relationship between late endogenous ERP components with fluid intelligence in healthy older adults. *Scientific Reports*, 10(1), 11167. doi: 10.1038/s41598-020-67924-4
8. **Teixeira-Santos, A. C.**, Moreira, C. S., Magalhães, R., Magalhães, C., Pereira, D. R., Leite, J., Carvalho, S., & Sampaio, A. (2019). Reviewing working memory training gains in healthy old people: A meta-

analytic review of transfer for cognitive outcomes. *Neuroscience & Biobehavioral Reviews*(103): 163-177.doi: 10.1016/j.neubiorev.2019.05.009

9. **Teixeira-Santos, A.C.**, Nafee, T., Sampaio A., Leite, J., Carvalho, S. (2015). Effects of transcranial direct current stimulation on working memory in healthy older adults: a systematic review. *Principles and Practice of Clinical Research* 1(3) (sep-oct), 73-81.
10. **Teixeira-Santos, A.C.**, Santos, M. A., Silva, M. N., Correia Junior, O. Z. Espiritualidade, Religiosidade e Terapia Comunitária. (2013). *VII Congresso Brasileiro de Terapia Comunitária Integrativa / IV Encontro Internacional de Terapia Comunitária Integrativa*.
11. **Teixeira-Santos, A.C.**, Moura, S.M., Haase, V.G. (2008). Recomendações para reabilitação neuropsicológica aplicada à demência. *Mosaico: Estudos em Psicologia* (UFMG. Impresso) 2: 17 - 33.

Pre-prints

Ribeiro F S, **Teixeira-Santos A. C.**, Caramelli P, Leist AK (2021). Systematic review and meta-analyses on the prevalence of dementia in Latin America and Caribbean countries: Exploring sex, rurality, age, and education as possible determinants. <https://www.medrxiv.org/content/10.1101/2021.10.15.21265054v1>

Book Chapters

1. **Teixeira-Santos, A.C.** Intervenções baseadas em mindfulness em pessoas idosas. In: Nogueira, M.I. (eds): *Meditação*. Chapter under review.
2. **Teixeira-Santos, A. C.** (2021). Transcending pain through meditation. In: Fregni F. (eds.) *Finding the magic pill: the analgesic brain - when our internal analgesic systems fail and how to restore them*. Chapter under review.
3. El-Hagrassy M.M., **Teixeira-Santos A. C.**, Fregni F. (2018) Epilepsy. In: Fregni F. (eds) *Clinical Trials in Neurology*. [Neuromethods](#), vol 138. pp. 445-517. Humana Press, New York, NY. doi:10.1007/978-1-4939-7880-9_13

Professional Educational Materials or Reports, in Print or Other Media

1. fMRI Manual – manual used in course (Laboratory I – Neuroscience Rotation)
Co- instructor. Audience: undergraduate students from Psychology course of University of Minho
2. MBSR Program Manual – manual used in the MBSR program.

Published Peer-reviewed Conference Abstracts

1. **Teixeira-Santos, A.C.**; Gomes, L.; Pereira, D.R.; Ribeiro, F.; Carvalheiro, J.; Godinho, C.; Silva-Fernandes, A.; Federspiel, C; Steinmetz, J.P.; & Leist, A.K. (2024). Exploring the impact of mindfulness training and a health promotion program on cognitive and mental health of older adults. [Poster presentation at](#) Alzheimer's Association International Conference (AAIC) 2024. Philadelphia, USA. *Alzheimer's Dement.* 2024;20(Suppl. 7):e087687. <https://doi.org/10.1002/alz.087687>
2. **Teixeira-Santos, A.C.**, Gomes, L, Leist A.K. (2024). Exploring Social Determinants of Health in the Aging Immigrant Community. [Oral presentation at the 20th Biennial ESHMS Conference 2024: Intersectionality & Inclusion in Health](#). Antwerp, Belgium.
3. **Teixeira-Santos, A.C.**, Moreira C., Pereira D.R., Pinal D., Fregni F., Leite J., Silva-Fernandes A., De Sá Couto Pereira N., Carvalho S., Sampaio A. (2023). Effects of Working Memory Training Coupled with tDCS in Older Adults. Oral presentation at the Symposium: Neuromodulation as an emerging intervention technique in aging and stroke. [V Iberoamerican Conference of Neuropsychology](#). IV International Symposium of Neuropsychology and rehabilitation. Porto, Portugal.
4. Godinho, C., **Teixeira-Santos, A.C.** , Pinal D., Sampaio A., Federspiel C., Steinmetz JP., & Leist A.K. (2023). Migration and Health in Older Adults: The Cognitive and Health Profile of Lusophone Immigrants in Luxembourg in Comparison to Local Samples from Portugal. Poster presentation at [V Iberoamerican Conference of Neuropsychology](#). IV International Symposium of Neuropsychology and Rehabilitation. Porto, Portugal.
5. Pereira, D.R., **Teixeira-Santos, A.C.**, Lema, A. (2023). Examining the effects of non-invasive brain stimulation on source memory: A systematic review. Poster presentation at [V Iberoamerican Conference of Neuropsychology](#). IV International Symposium of Neuropsychology and Rehabilitation. Porto, Portugal.

6. **Teixeira-Santos, A.C.** , Silva-Fernandes, A., de Sá Couto Pereira, Natividade, Nobre Clarisse, Sampaio, A. (2023). Working memory training associated with tDCS increases salivary IGF-1 levels in older adults. Poster presentation at XIII Congreso de la Sociedad Española de Psicofisiología y Neurociencia Cognitiva y Afectiva. Santiago de Compostela, España.
7. **Teixeira-Santos, A.C.**, (2023). MEDITAGING-Luxembourg: A Study Protocol of a RCT verifying the MBSR Effects on Older Portuguese-speaking Migrants. Oral presentation accepted at the IV International Congress of CINEICC, University of Coimbra, Portugal.
8. **Teixeira-Santos, A.C.**, Pereira, D.R., Federspiel, C., Steinmetz, J., Leist, A. (2022, June). A mini-review of the effects of mindfulness-based interventions in cognitive measures in older adults. Poster session presented at the 26th Nordic Congress of Gerontology in Odense, Denmark.
9. Pereira, D. R., **Teixeira-Santos, A.C**, Sampaio, A., & Pinheiro, A. P. (2021). Probing the effects of valence and arousal on source memory accuracy: A meta-analysis. Poster session presented at the Psychonomic Society 62nd Annual Meeting, Online.
10. Ribeiro, F., **Teixeira-Santos, A.C**, Leist, A. (2021). Prevalence of dementia among elderly in Latin America and the Caribbean: a systematic review and meta-analysis. Poster session presented at the Nordic Gerontology Congress, Online.
11. Barros, C., Pereira, AR, Teixeira-Santos, A.C., Bujan A., Sampaio A., Pinal, D (2021). The aging process: a mediation model between depressive symptoms, cardiorespiratory fitness and cognition. Poster session presented at the 6th International Conference of Aging and Cognition.
12. Pereira, R. D., **Teixeira-Santos, A.C**, Lema, A. (2020). Exploring the effects of non-invasive brain stimulation on source memory: A systematic review. Poster session presented at the XII International Symposium on Neuromodulation, Online. [Principles and Practice of Clinical Research](#) 2020, Supplement 1 (S1). DOI: <https://doi.org/10.21801/ppcrj.2020.S1.34>
13. Ribeiro, F., **Teixeira-Santos, A.C**, Leist, A. (2020). The prevalence of mild cognitive impairment in Latin America and Caribbean populations: a systematic review and meta-analysis. Poster session presented at the GSA 2020 Annual Scientific Meeting, Online.
14. **Teixeira-Santos, A.C.**, Moreira C.S., Pereira, D.R, Carvalho S., Sampaio, A. (2019). Transfer effects of anodal transcranial direct current stimulation coupled with working memory training in healthy older adults: a randomized controlled trial. Poster session presented at the International Conference AGENortC, Viana do Castelo, Portugal.
15. **Teixeira-Santos, A.C.**, Pinal, D., Pereira, D. R., Carvalho, S., & Sampaio, A. (2019). Evaluating the relationship of late endogenous ERP components and fluid intelligence in healthy older people. Poster session presented at the Alpine Brain Imaging Meeting, Champéry, Switzerland. < https://www.unige.ch/ABIM/files/7915/4505/6539/ABIM_Booklet_2019-compressed.pdf>
16. **Teixeira-Santos, A.C.**, Pereira, D.R, Alves, S., Leite, J., Carvalho, S., & Sampaio, A. (2018). Can tDCS enhance transfer effects of working memory training in older adults? Poster session presented at the 4^o Congresso da Ordem dos Psicólogos Portugueses, Braga, Portugal.
17. Pereira, D. R., **Teixeira-Santos, A. C.**, Sampaio, A., & Pinheiro, A. P. (2018). The Plymouth Sensory Imagery Questionnaire: Preliminary findings from the European Portuguese adaptation. Poster session presented at the 4^o Congresso da Ordem dos Psicólogos Portugueses, Braga, Portugal.
18. **Teixeira-Santos, A.C.**, Pereira, D.R, Alves, S., Leite, J., Carvalho, S., & Sampaio, A. (2018). Can tDCS enhance transfer effects of working memory training in older adults? Abstract available at Abstracts of ongoing projects supported by the Bial Foundation (www.fundacaobial.com)
19. **Teixeira-Santos, A.C.**, Magalhães, R., Magalhães, C., Pereira, D.R., Carvalho, S., Sampaio, A. (2017). Is working memory training in elderly people effective? A meta-analytic review. Poster session presented at the II International Convention of Psychological Science, Vienna, Austria.
20. Faria, S., **Teixeira-Santos, A.C.**, Bugallo, M., Cambraia, R., Silva, S., Carvalho, S., Leite, J. (2015) Neuromodulating the interference process of concurrent learning of word lists: a tDCS Study, Poster session presented at the VII International Symposium on Neuromodulation, São Paulo, Brazil.
21. Pereira, P., Vieira, D., Calvo, A., Ribeiro, F., Fernandes, C., Marques, L. M., **Teixeira-Santos, A.C.**, Leite, J., Carvalho, S. (2015). Os efeitos da ETCC bi-hemisférica versus uni-hemisférica na inibição de respostas prepotentes. Poster session presented at the VII International Symposium on Neuromodulation, São Paulo, Brazil.
22. **Teixeira-Santos, A.C.**, Maia, L., Sousa, S., Vasconcelos, C., Fernandez, M., Garayzabal, E., Gonçalves, OF, Sampaio, A. (2015). White matter integrity of parahippocampal gyrus, Precuneus and ventromedial prefrontal

- cortex in Williams syndrome. Poster session presented at the International Convention of Psychological Science, Amsterdam, The Netherlands.
23. **Teixeira-Santos, A.C.**, Maia, L., Vasconcelos, C., Fernandez, M., Garayzabal, E., Gonçalves, O. F., Sampaio, A. (2014). White matter integrity in Williams syndrome. Poster session presented at the X Congreso de la Sociedad Española de Psicología Experimental (SEPEX) y IX Congreso de la Sociedad Española de Psicofisiología y Neurociencia Cognitiva y Afectiva (SEPNECA). Murcia, Spain.
 24. **Teixeira-Santos, A.C.**, Lima, M. P., Santos, M.A. (2013). Adaptação da metodologia de Análise de Projetos Pessoais para o contexto brasileiro. Oral communication presented at the XXXIV Congresso Interamericano de Psicologia. Brasília, Brazil.
 25. Reis, P. T. A., Rodrigues, K. C., Melo, D. C. F., Souza, L. M., Martins, R. B. S., **Teixeira-Santos, A.C.**, (2013). Dependência Química: motivação, consequências e recuperação. Poster session presented at the IV Psychology Week – The Clinical Psychology. Ipatinga, Brazil.
 26. Cunha, A. S. P., Stefanon, C. F., Silva, P. J. S., **Teixeira-Santos, A.C.** (2013). Psicologia Jurídica e suas atuações. Poster session presented at the IV Psychology Week – The Clinical Psychology. Ipatinga, Brazil.
 27. **Teixeira-Santos, A.C.**, Santos, M.A., Silva, M. N., Correia Junior, O. Z., (2013). Espiritualidade, Religiosidade e Terapia Comunitária. Oral communication presented at the VII Congresso Brasileiro e Terapia Comunitária Integrativa / IV Encontro Internacional de Terapia Comunitária Integrativa / III Encontro Nacional de Pesquisa em Terapia Comunitária Integrativa. João Pessoa, Brazil.
 28. Santos, M.A., **Teixeira-Santos, A.C.** (2013). Dinâmicas e canções para a Terapia Comunitária Integrativa. Workshop presented at the VII Congresso Brasileiro e Terapia Comunitária Integrativa / IV Encontro Internacional de Terapia Comunitária Integrativa / III Encontro Nacional de Pesquisa em Terapia Comunitária Integrativa. João Pessoa, Brazil.
 29. Santos, M.A., **Teixeira-Santos, A.C.** (2013). Música como Recurso Pedagógico e Terapêutico: Experiência na Terapia Comunitária. Workshop presented at the VII Congresso Brasileiro de Terapia Comunitária Integrativa / IV Encontro Internacional de Terapia Comunitária integrativa / III Encontro Nacional de Pesquisa em Terapia Comunitária Integrativa. João Pessoa, Brazil.
 30. **Teixeira-Santos, A.C.**, Lima, M. P., Santos, M.A. (2013). Escala de Bem-estar subjetivo (EBES): evidências de validade fatorial e precisão. Poster session presented at the VI Congresso Brasileiro e Avaliação Psicológica: Direito de todos, dever do psicólogo. Maceió, Brazil.
 31. **Teixeira-Santos, A.C.**, Moura, S.M., Haase, V.G. (2006). Perfil cognitivo do Envelhecimento e seu diagnóstico diferencial. Poster session presented at the XXXVI Reunião Anual da Sociedade Brasileira de Psicologia. Florianópolis, Brazil.
 32. **Teixeira-Santos, A.C.**, Moura, S.M., Haase, V.G. (2006). Recomendações para Reabilitação Neuropsicológica aplicada às Demências. Poster session presented at the XXXVI Reunião Anual da Sociedade Brasileira de Psicologia. Florianópolis, Brazil.

Report of Local Teaching and Training

Teaching of Students in Courses

2017	Teaching Assistant I – Principle and Practice of Clinical Research Program <i>Provided feedback on tasks and held meetings to discuss their progress</i>	Havard T. H. Chan School of Public Health 3-hr sessions per wk for 9 months
2015	Laboratory I – Neuroscience Rotation <i>Developed syllabi and instructional materials for neuroscience rotation</i> <i>Assisted in delivering lectures and practical sessions</i> <i>Supported students in their learning and research activities</i>	University of Minho 3-hr sessions per wk for 13 wks
2014	Laboratory II – Human Development Rotation <i>Developed syllabi and instructional materials for neuroscience rotation</i> <i>Assisted in delivering lectures and practical sessions</i> <i>Supported students in their learning and research activities</i>	University of Minho 3-hr sessions per wk for 7 wks
2013	Introduction to Psychotherapy <i>Responsible for designing and delivering the course</i> <i>Independently developed the syllabus and curriculum</i>	Pitagoras University 4-hr sessions per wk for 32 wks

2013	Basic Psychological Processes I <i>Responsible for designing and delivering the course</i> <i>Independently developed the syllabus and curriculum</i>	Pitagoras University 2-hr sessions per wk for 16 wks
2013	Basic Psychological Processes II <i>Responsible for designing and delivering the course</i> <i>Independently developed the syllabus and curriculum</i>	Pitagoras University 3-hr sessions per wk for 32 wks
2013	Interview and Observation in Psychology <i>Responsible for designing and delivering the course.</i> <i>Independently developed the syllabus and curriculum</i>	Pitagoras University 2-hr sessions per wk for 16 wks
2013	Techniques in Psychological Assessment <i>Responsible for designing and delivering the course</i> <i>Independently developed the syllabus and curriculum</i>	Pitagoras University 4-hr sessions per wk for 16 wks
2010	Developmental Psychology III (Fellowship for teaching activities) <i>Monitored and trained students in the practical sessions</i>	Federal University of Minas Gerais 12-hr sessions per wk for 16 wks
2007	Psychological Examination Techniques II (Fellowship for teaching activities) <i>Monitored and trained students in the practical sessions</i>	Federal University of Minas Gerais 12-hr sessions per wk for 16 wks

Reviewer for international journals and conferences (Selection)

1. Mechanisms of Ageing and Development Journal
2. PLOS ONE
3. Nature communications
4. Health Expectations

Reviewer for Other Entities

Brazilian Federal Council of Psychology (08/2023 - 07/2025)

[Ad hoc Reviewer, Psychological Test Evaluation System \(SATEPSI\)](#)

Provide expert evaluation regarding the technical and scientific quality of psychological instruments for professional use

Professional Societies

2021	Portuguese Association of Experimental Psychology (APPE)	Member
Since 2018	Order of Portuguese Psychologists	Member (Professional Card Number 024108)
Since 2013	Regional Council of Psychology – Minas Gerais	Member (Professional Card Number CRP04/38201)
Since 2019	Spanish Society of Psychophysiology and Cognitive and Affective Neuroscience (SEPNECA): Madrid, Spain, ES	Member

Communication Activities to Lay Audiences

1. Moderator & Speaker – Screening and Debate of the [Film Mãe](#)
Info-Zenter Demenz, Luxembourg – February 27, 2025
Led the post-screening discussion of the Portuguese film Mãe, providing insights on dementia and fostering an engaging dialogue with the audience.
2. Article on Meditation and Mindfulness
Published on the [Get Brain Health](#) Platform, under the title “Meditation And Mindfulness: Essential Practices For Workplace Well-Being and Brain Health” on June 19th, 2024.
3. Lay communication under the title “In Search of Healthy Aging: Exploring Cognitive Functions and Neuroplasticity” on November 25th 2023, at the Centre Culturel et Sportif de la Gare. Event organizer: [Info-Zenter Demenz](#)

4. Lay communication under the title “Aging in good health! What can we do to age in good health?” on October 19th 2022, at the City Hall of Esch sur-Alzette ([link to recording](#))
5. Participation as expert in the *Likedin Live Expert opinions on brain health risk factors for dementia*. World Young Leaders in Dementia (WYLD) network. <https://www.linkedin.com/video/event/urn:li:ugcPost:6979032946292760576/>. September 28th, 2022.
6. Communication to lay and professional audiences through Roche’s ADTaxi website < <https://alzheimersdisease.global/en.html>>, March 11 2022.

Media Coverage (Selection)

1. Radio Latina (Luxembourg) – Morabeza Program. November 7th, 2021. Interview on Mindfulness and the Meditating Project.
2. [Psicologia no BOM DIA](#). November 26th, 2021. Interview of the Meditating Project.
3. [Contacto Journal](#). June 04th, 2022.

Language

1. English: Certificate in Advanced English (CAE): Pass at Grade C1, Cambridge Assessment
2. France : Level B2, Institut National des Langues, Luxembourg.
3. Portuguese: Native Speaker

Volunteering

1. Casa de Saúde do Bom Jesus, Portugal (2019-2020)
2. ReFood Braga 100%, Portugal (2017- 2019)
3. Gefrater, Brazil (2008 - 2010)

Other Activities

1. 2014-2018: Management of the platform of cognitive training “Neuropsychological Enrichment Program (<http://npl-nepum.psi.uminho.pt/Contents/Default.aspx?Page=OQueE>)”.
2. 2010-2013: Community Therapist at Arlete Santos Therapeutic Space, Brazil.

Early-Achievements Track Record

Performance indices on 2 February 2025

1. Total of 277 citations, h index 8 ([Google Scholar](#))
2. Most cited paper (N=102) as first-author
3. Total of 11 published peer-reviewed journal articles, seven of which as first author
4. 32 peer-reviewed published conference papers/abstracts (18 of which as first author)