

Oswaldo Santos

Clinical CV

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Career & academic timeline

- Desde 2016 - Invited Lecturer (Faculdade de Medicina, Universidade de Lisboa)
- Desde 2018 - Coordinator, EnviHeB Lab (ISAMB · FMUL)
- Desde 2017 - Clinical Psychologist / Psychotherapist (Hospital Lusíadas)
- Desde 2017 - Founder & CEO (Unbreakable Idea Research)
- Desde 2017 - Editor-in-Chief (The Psychologist Journal · OPP)
- 2017-2023 - Clinical Psychologist, Bariatric Surgery (Hospital da Cruz Vermelha · Casa de Saúde de Carnaxide)
- 2011-2013 - Assistant Professor (Universidade Lusófona - Ciências e Tecnologias da Saúde)
- 2008-2012 - Scientific Coordinator (Observatório Nacional da Obesidade (ONOCOP))
- 1996-2016 - Senior Researcher (DECO PROTESTE / Euroconsumers)
- 1999-2003 - Clinical Psychologist & Coordinator (Santa Casa da Misericórdia de Lisboa)
- 2003 - MSc Health Psychology (ISPA, Lisboa)
- 1994 - Degree in Clinical Psychology (Faculdade de Psicologia, Universidade de Lisboa)

Projects & collaborations

- Fertility, Migration & Acculturation · FCT (PTDC/SOC-SOC/30025/2017) · 2018-2022 - Intersectional approach to sexual and reproductive experiences of Cape Verdean and Portuguese families.
- SM-COVID19 - Mental Health in Pandemic · ISAMB · FMUL · 2020-2022 - National study on mental health during the COVID-19 pandemic.
- Unbreakable Idea Research · Spin-off de investigação aplicada · Desde 2017 - Applied research and scientific consulting company in health, behaviour and innovation.
- FEMINA - Fertility, Migration & Acculturation · FCT (PTDC/SOC-SOC/30025/2017) · 2018-2022 - Intersectional inequalities in sexual and reproductive health among Cape Verdean and Portuguese families.
- Social Prescribing - Local System in Primary Care · ISAMB · FMUL · 2020-2023 - Feasibility study to develop a social prescribing local system in a Mediterranean country.
- Behavioral Sciences Task Force for COVID-19 · Governo de Portugal · 2021 - Member of the Task Force established by governmental decree to inform public health policy during the pandemic.
- Municipal Health Strategies · Loures · Mafra · Odivelas · Almada · Cascais · 2018-2023 - Principal investigator for municipal health strategies in five municipalities of the Lisbon Metropolitan Area.

Other projects

- INDEPT - Mediterranean Diet & Major Depression · FCT (PTDC/SAU-NUT/3321/2020) · 2021-2024 - Randomized controlled trial on nutritional counselling as adjuvant treatment for major depressive disorder.
- EnviHeB Lab - Environmental Health Behaviours · ISAMB · FMUL · Desde 2018 - Coordination of the lab dedicated to behavioural determinants with synergistic effects on human and planetary health.
- Indoor Heat Exposure in the Elderly · FCT (EXPL/GES-AMB/0280/2021) · 2022-2024 - Adaptation attitudes to indoor heat exposure among older adults.
- The Psychologist: Practice & Research Journal · Ordem dos Psicólogos Portugueses · Desde 2017 - Founder and Editor-in-Chief of the official scientific journal of the Portuguese Psychologists Association.
- HBM4EU - European Human Biomonitoring Initiative · Horizonte 2020 (733032) · 2017-2022 - Evidence synthesis and data gap identification in human biomonitoring across Europe.

- PARC - Partnership for the Assessment of Risks from Chemicals · Horizon Europe (101057014) · Desde 2022 - European partnership for chemical risk assessment for human and environmental health.
- FOODCLIC - Integrated Urban Food System Policies · Horizon Europe (101060717) · Desde 2023 - Applied research on integrated policies for healthy and sustainable urban food systems.
- WAGE - Healthy Working Environments for all Ages · Horizon Europe (101137207) · Desde 2024 - Promotion of healthy working environments across the working life-course.
- Nutr-HIA - Health Impact Assessment of Nutrition Labelling · Direção-Geral da Saúde · 2017-2019 - Health impact assessment of interpretive front-of-pack nutrition labelling schemes.
- REACT-COVID - Physical Activity & Nutrition during Lockdown · ISAMB · FMUL · 2020-2021 - Longitudinal study of physical activity and nutrition behaviours during social distancing.

Publications

Clinical & intervention publications

- Arán, D., Santos, O., Feteira-Santos, R., Benhalima, Y., & Santos, E. S. (2025). Soil quality and trace element risk in urban and rural kitchen gardens: a comparative analysis. *Toxics*, 13(8), 697. <https://doi.org/10.3390/toxics13080697>
- Cruz, J. P., Santos, O., Rodrigues, M., Morais, R., Borralho, T., Ferreira, F., Ferreira, A., Albuquerque, J., Nogueira, P., da Silva, M. P., & Antunes, F. (2025). Assessment of the impact of the new blister packaging of Biktarvy® (B/F/TAF) on treatment satisfaction of people living with HIV. *PLoS ONE*, 20(12), e0313458. <https://doi.org/10.1371/journal.pone.0313458>
- Vargas, R., Santos, O., Fialho, M., Costa, J., Eifler, N., Marques-Quinteiro, P., & Curral, L. (2025). Lead yourself to the zone and be happy: the effect of self-leadership development on flow and happiness. *PLOS One*, 20(9), e0331673. <https://doi.org/10.1371/journal.pone.0331673>
- Ferreira-Brito, F., Alves, S., Guerreiro, T., Santos, O., Caneiras, C., Carriço, L., & Verdelho, A. (2024). Digital health and patient adherence: a qualitative study in older adults. *Digital Health*, 10, 20552076231223805. <https://doi.org/10.1177/20552076231223805>
- Candeias, P., Alarcão, V., & Santos, O. (2024). Lado a lado com peritos e stakeholders: para a produção de indicadores e boas práticas em saúde sexual e reprodutiva. In V. Alarcão, S. Pintassilgo, & F. L. Machado (Eds.), *Saúde Sexual e Reprodutiva num Portugal Multicultural* (pp. 89-104). Edições Afrontamento.
- Alarcão, V., Candeias, P., Stefanovska-Petkovska, M., Neves, J., Pintassilgo, S., Machado, F. L., Santos, O., et al. (2024). Insights from the EQUALS4COVID19 study on migrant mental health in Portugal: a cross-sectional mixed-methods approach. *BMC Public Health*, 24(1), 2023. <https://doi.org/10.1186/s12889-024-19563-x>
- Santos, O., Santos, R. R., & Virgolino, A. (Eds.). (2024). *Environmental health behavior: concepts, determinants, and impacts* (1st ed.). Academic Press / Elsevier. eBook ISBN: 9780128242483. <https://doi.org/10.1016/C2020-0-01059-5>
- Alarcão, V., Candeias, P., Stefanovska-Petkovska, M., Pintassilgo, S., Machado, F. L., Virgolino, A., & Santos, O. (2023). Mental health and well-being of migrant populations in Portugal two years after the COVID-19 pandemic. *Behavioral Sciences*, 13(5), 422. <https://doi.org/10.3390/bs13050422>
- Mozas-Blanco, S., Rodríguez-Gil, J. L., Kalman, J., Quintana, G., Díaz-Cruz, M. S., Rico, A., et al., Santos, O., & Valcárcel, Y. (2023). Occurrence and ecological risk assessment of organic UV filters in coastal waters of the Iberian Peninsula. *Marine Pollution Bulletin*, 196, 115644. <https://doi.org/10.1016/j.marpolbul.2023.115644>
- Sousa-Santos, N., Fialho, M., Madeira, T., Santos, O., et al. (2023). Nutritional counselling in adults promoting adherence to the Mediterranean diet as adjuvant in the treatment of major depressive disorder (INDEPT): a randomized open controlled trial study protocol. *BMC Psychiatry*, 23(1), 227. <https://doi.org/10.1186/s12888-023-04705-z>
- Virgolino, A., Costa, J., Santos, O., Pereira, M. E., Antunes, R., Ambrósio, S., Heitor, M. J., & Vaz Carneiro, A. (2022). Lost in transition: a systematic review of the association between unemployment and mental health.

Journal of Mental Health, 31(3), 432-444. <https://doi.org/10.1080/09638237.2021.2022615>

- Capitão, C., Martins, R., Feteira-Santos, R., Virgolino, A., Graça, P., Gregório, M. J., & Santos, O. (2022). Developing healthy eating promotion mass media campaigns: a qualitative study. *Frontiers in Public Health*, 10, 931116. <https://doi.org/10.3389/fpubh.2022.931116>
- Fernandes, M., Neves, I., Oliveira, J., Santos, O., et al. (2022). Discontinuation of chronic benzodiazepine use in primary care: a nonrandomized intervention. *Family Practice*, 39(2), 241-248. <https://doi.org/10.1093/fampra/cmab143>
- Candeias, P., Alarcão, V., Stefanovska-Petkovska, M., Santos, O., et al. (2021). Reducing sexual and reproductive health inequities between natives and migrants: a Delphi consensus. *Frontiers in Public Health*, 9, 656454. <https://doi.org/10.3389/fpubh.2021.656454>
- Costa, A., Sousa, C. J., Seabra, P. R. C., Virgolino, A., Santos, O., et al. (2021). Effectiveness of social prescribing programs in the primary health-care context: a systematic literature review. *Sustainability*, 13(5), 2731. <https://doi.org/10.3390/su13052731>
- Lampert, T., Costa, J., Santos, O., Sousa, J., Ribeiro, T., & Freire, E. (2021). Evidence on the contribution of community gardens to promote physical and mental health and well-being of non-institutionalized individuals: a systematic review. *PLoS One*, 16(8), e0255621. <https://doi.org/10.1371/journal.pone.0255621>
- Santos, O., Virgolino, A., Vaz Carneiro, A., & de Matos, M. G. (2021). Health behavior and planetary health: a multi-level environmental health approach. *European Psychologist*, 26(3), 212-218. <https://doi.org/10.1027/1016-9040/a000437>
- Virgolino, A., Antunes, F., Santos, O., et al. (2020). Towards a global perspective of environmental health: defining the research grounds of an institute of environmental health. *Sustainability*, 12(21), 8963. <https://doi.org/10.3390/su12218963>
- Santos, O., Virgolino, A., Santos, R. R., Costa, J., Rodrigues, A., & Vaz-Carneiro, A. (2019). Environmental Health: An overview on the evolution of the concept and its definitions. In *Encyclopedia of Environmental Health* (pp. 466-474). Elsevier. <https://doi.org/10.1016/B978-0-12-409548-9.11815-9>
- Ferreira-Brito, F., Fialho, M., Virgolino, A., et al., & Santos, O. (2019). Game-based interventions for neuropsychological assessment, training and rehabilitation: which game-elements to use? A systematic review. *Journal of Biomedical Informatics*, 98, 103287. <https://doi.org/10.1016/j.jbi.2019.103287>
- NCD Risk Factor Collaboration (NCD-RisC). (2019). Rising rural body-mass index is the main driver of the global obesity epidemic in adults. *Nature*, 569(7755), 260-264. <https://doi.org/10.1038/s41586-019-1171-x>
- Santos, O., Lopes, E., Virgolino, A., Stefanovska-Petkovska, M., Dinis, A., Ambrósio, S., & Heitor, M. J. (2018). Defining a brief intervention for the promotion of psychological well-being among unemployed individuals through expert consensus. *Frontiers in Psychiatry*, 9, 13. <https://doi.org/10.3389/fpsy.2018.00013>
- Rita-Pedro, A., Paulino, E., Sarmento, J., & Santos, O. (2018). Decidir em conjunto sobre a nossa saúde. *Saúde que Conta / Centro de Investigação para Tecnologias Interativas*.
- Madeira, T., do Carmo, I., Bicha Castelo, H., & Santos, O. (2018). Self-regulation of weight after sleeve gastrectomy. *Behavior Modification*, 42(2), 231-248. <https://doi.org/10.1177/0145445517724540>
- Ribeiro, G., Camacho, M., Santos, O., Pontes, C., Torres, S., & Oliveira-Maia, A. J. (2018). Association between hedonic hunger and body-mass index versus obesity status. *Scientific Reports*, 8(1), 5857. <https://doi.org/10.1038/s41598-018-23988-x>
- Torres, S., Camacho, M., Costa, P., Ribeiro, G., Santos, O., et al. (2017). Psychometric properties of the Portuguese version of the Yale Food Addiction Scale. *Eating and Weight Disorders*, 22(2), 259-267. <https://doi.org/10.1007/s40519-016-0349-6>
- Santos, O. (2017). Viver mais e melhor. *Euroconsumers*.
- Virgolino, A., Heitor, M. J., Carreiras, J., Lopes, E., Øverland, S., Torp, S., et al., & Santos, O. (2017). Facing unemployment: study protocol for the implementation and evaluation of a community-based intervention for psychological well-being promotion. *BMC Psychiatry*, 17, 261. <https://doi.org/10.1186/s12888-017-1416-x>
- Santos, O. (2017). Manual de métodos de avaliação em efetividade em intervenção psicológica. *Ordem dos Psicólogos Portugueses*.
- NCD Risk Factor Collaboration (NCD-RisC). (2017). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016. *Lancet*, 390(10113), 2627-2642.

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- Santos, O. (2013). Técnicas comportamentais para modificação do estilo de vida e adesão terapêutica. In A. Abreu, C. Aguiar, M. Mendes, & H. Santa-Clara (Eds.), *Manual de reabilitação cardíaca*. Sociedade Portuguesa de Cardiologia.
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- Camolas, J., Santos, O., Vieira, J., et al. (2012). Self-reported frequency of alcohol consumption and its association with obesity. *Biomedical and Biopharmaceutical Research*.
- Santos, O. (2012). Vencer a depressão. *Deco Proteste*. EAN 9789898045867.
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Other publications

- Akhrimenko, V., Rodríguez Gil, J. L., Rico, A., López-Heras, I., Lertxundi, U., Martínez-Morcillo, S., Motas, M., Mozas-Blanco, S., Santos, O., Orive, G., & Valcárcel, Y. (2026). Pharmaceuticals and transformation products in coastal waters of the Iberian Peninsula. *Marine Environmental Research*, 213, 107675.
- Mede, N. G., Cologna, V., Berger, S. et al. [TISP Consortium]. (2025). Perceptions of science, science communication, and climate change attitudes in 68 countries: the TISP dataset. *Scientific Data*, 12, 114. <https://doi.org/10.1038/s41597-024-04100-7>
- TISP Consortium. (2025). Public communication about science in 68 countries: Global evidence on how people encounter and engage with information about science. *Science Communication*.
- Cologna, V., Mede, N. G., Berger, S. et al. [TISP Consortium]. (2025). Trust in scientists and their role in society across 68 countries. *Nature Human Behaviour*, 9, 713-730. <https://doi.org/10.1038/s41562-024-02090-5>
- Cologna, V., Meiler, S., Kropf, C. M. et al. [TISP Consortium]. (2025). Extreme weather event attribution predicts climate policy support across the world. *Nature Climate Change*, 15, 725-735.

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- Santos, O. (2024). Investigação em psicologia: métodos e participantes. In M. C. Patrão Neves & M. Ricou (Eds.), *Ética aplicada: Psicologia* (pp. 335-358). Edições 70.
- NCD Risk Factor Collaboration (NCD-RisC). (2024). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults. *Lancet*, 403(10431), 1027-1050. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2)
- Martins, R., Capitão, C., Feteira-Santos, R., Virgolino, A., & Santos, O. (2024). Psychometric properties of the Functional Literacy Questionnaire among Portuguese adolescents. *PLoS One*, 19(10), e0306802. <https://doi.org/10.1371/journal.pone.0306802>
- NCD Risk Factor Collaboration (NCD-RisC). (2023). Diminishing benefits of urban living for children and adolescents' growth and development. *Nature*, 615(7954), 874-883. <https://doi.org/10.1038/s41586-023-05772-8>
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- Capitão, C., Martins, R., Santos, O., et al. (2022). Exposure to heavy metals and red blood cell parameters in children: a systematic review of observational studies. *Frontiers in Pediatrics*, 10, 921239. <https://doi.org/10.3389/fped.2022.921239>
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Media & public communication

- 2024 · Mental health, environment and behaviour change · RTP
- 2024 · Health literacy and prevention · Antena 1
- 2023 · Communicating risk in uncertain times · Público
- 2023 · From clinic to planetary health · Conversas em Saúde
- 2022 · Behaviour change and chronic disease · Programas de literacia em saúde
- 2022 · Portuguese Psychologists Association: practice and research · OPP Newsroom
- 2022 · Behaviour, health and science · Maratona da Saúde
- 2021 · Behavioural Sciences Task Force - COVID-19 · Governo de Portugal
- 2023 · Planetary health explained to society · Iniciativa EnviHeB

Current affiliations

- Hospital Lusíadas Alfragide (Hospital Monsanto) - Clinical Psychologist / Psychotherapist
- Faculdade de Medicina da Universidade de Lisboa, ISAMB - Instituto de Saúde Ambiental, EnviHeB Lab - Invited Lecturer / Researcher
- Faculty of Health Sciences, Stavanger University, Norway - Collaborating Researcher
- Unbreakable Idea Research - CEO & Researcher

Scholarly identifiers

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- Ciência Vitae - <https://www.cienciavitae.pt/portal/6316-C90E-78BD>
- Scopus - <https://www.scopus.com/>
- ResearchGate - <https://www.researchgate.net/>
- Google Scholar - <https://scholar.google.com/>