

# ÍNDICE

<b>1. Education</b>	<b>2</b>
<b>2. Clinical activity</b>	<b>3</b>
2.1 Training and experience	3
2.2 Clinical workshops attended	4
<b>3. Scientific activity</b>	<b>4</b>
3.1 Publications in international journals indexed in ISI	4
3.2 Refereed publications	6
3.3 Non-refereed publications	4
3.4 Book	5
3.5 Book chapters	5
3.6 Published abstracts (indexed publications with impact factor)	
3.7 Published abstracts (not indexed)	7
3.8 Organization of scientific events	7
3.9 Research appointments	9
3.10 International conference paper presentations	10
3.11 Invited conference presentations	12
3.12 National conference presentations	14
3.13 Poster presentations	15
3.14 Grants	16
3.15 Awards	16
3.16 Examination committee for doctoral dissertations	16
3.17 Examination committee for master dissertations	17
3.18 Editorial activities	17
3.19 Professional memberships and activities	17
3.20 Ad hoc journal reviewer	17
<b>4. Academic activity</b>	<b>17</b>
4.1 Supervision of master dissertations	17
4.2 Teaching experience	20
<b>5. Training in Mindfulness</b>	<b>27</b>
<b>6. Community work</b>	<b>28</b>
<b>7. Language skills</b>	<b>28</b>

---

# CURRICULUM VITÆ

Ana Alexandra Carvalho dos Santos

## Work Address:

ISPA Instituto Universitário  
R. Jardim do Tabaco, 34  
1149-041 Lisboa, Portugal.

## Personal information

Born: October 22, 1971, Vendas Novas, Portugal.  
Telm.: + (351) 919253757  
E-mail: ana.carvalho@ispa.pt

## PROFESSIONAL POSITION

Assistant Professor, Department of Clinical Psychology, ISPA, Lisboa.  
Researcher, Researcher at William James Center for Research, ISPA.

## 1. EDUCATION

2008 – present	Assistant Professor, Department of Clinical Psychology, ISPA-University Institute, in Lisbon.
2013 – 2015	Gulbenkian Professorship, Department of Clinical Psychology, ISPA-University Institute, in Lisbon.
2006 – 2012 Post-doc	Postdoctoral Program, ISPA University Institute, Lisbon, Portugal.
2001 – 2005 Ph.D	Doctoral degree in Psychology from the School of Psychology, University of Salamanca, Spain. European Doctorate Certificate. <i>Dissertation</i> : Intimate relationships and sexual behaviours through the Internet. Final classification: Approved Cum Laude.
2001 – 2003 MSc	Master degree in Clinical Neuropsychology, University of Salamanca, Spain. Final classification: Approved Cum Laude.

- 1995 – 1997 MSc Master degree in Clinical Sexology, Portuguese Society of Clinical Sexology, Portugal. *Thesis*: Eroticism and gender. Final classification: Approved Cum Laude.
- 1990 – 1995 MA Graduation on Psychology, Faculty of Psychology, University of Coimbra, Portugal. Final classification: 15 (15/20).

## 2. CLINICAL ACTIVITY

### 2.1 TRAINING AND EXPERIENCE

- 2006 – present Private practice maintained at Av. António Serpa 32, 8°C, Lisbon.
- 2016 Training to Teach Mindfulness-based Courses Level 1. An eight-day Retreat-based Training, between 5 and 12 March 2016, at the Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, North Wales.
- 2009 – 2010 Training on Gestalt Therapy, Luso-Spanish Society of Gestalt Therapy, Lisbon, Portugal (170 hours).
- 2009 Co-facilitator of 2 Groups of Mindfulness and Psychoeducational Intervention. One group for women with Cancer, one group for women with sexual dysfunction.
- 2009 Eight Weeks Course of Mindfulness Based Stress Reduction (MBSR), by Michael Chaskalson, London School of Economics, University of London.
- 2007 – 2009 Personal therapy on psychoanalytic approach (230 hours).
- 2000 – 2003 Training on Group Therapy and Psychodrama, Spanish Institute of Psychotherapy and Psychodrama, European Association for Psychotherapy (150 hours).
- 2003 Licensed as Clinical Psychologist. [Em 2 de Maio recebeu a equiparação ao estágio da Carreira de Técnicos Superiores de Saúde, Ramo de Psicologia Clínica (Decreto-Lei nº 38/2002 de 26 de Fevereiro) com a classificação de 14 valores].
- 1996 – 2003 Clinical sexology at the Sexology Consultation (one day per week), Department of Psychiatry, University Hospital of Coimbra, Portugal.
- 1998 – 2001 Clinical psychologist at the Drugadiction Care Center, Aveiro, Portugal.
- 1999 – 2001 Clinical Center of Ílhavo, Portugal. Diagnostic interview of children and adolescents.
- 2000 Instructional course on “Therapeutic relationship”, Rui Mota Cardoso; Marques Teixeira; Teresa Nunes Vicente; Isabel de Prado e Castro; Maria da Luz Vaz Patto (30 hours).
- 1996 – 1997 Clinical Internship on Clinical Sexology, Department of Psychiatry, Santa Maria Hospital, Lisbon, Portugal (once a week for a period of 12 months).
- 1994 -1995 Clinical Internship on Cognitive Behavioral Therapy, Psychiatric Department of the University Hospital of Coimbra, Portugal (full time for a period of 10 months).

## 2.2 CLINICAL WORKSHOPS ATTENDED

Psychopharmacology, Faculty of Psychology, Coimbra University, Mar-Apr, 1998.

Clinically Meaningful Processes in Family-Therapy, Myrna Friedlander, Coimbra, Jul 10-11, 1996.

Cognitive Narrative Therapy, Óscar Gonçalves, Coimbra, Feb. 22, 1995.

Psychotherapy and methodologies of dramatic expression, Luís Joyce-Moniz, Coimbra, Mar 15, 1995.

Psychotherapy of personality disorders, Jeffrey Young, Coimbra, Apr 4, 1995.

Emotional processes in psychotherapy, Michael Mahoney, Coimbra, Jun 6, 1995.

## 2.3 TRAINING AND EXPERIENCE IN MINDFULNESS

- 2008            Eight Weeks Course of Mindfulness Based Stress Reduction (MBSR), by Michael Chaskalson, London School of Economics, University of London.
- 2009            Co-facilitator of 2 Groups of Mindfulness and Psychoeducational Intervention. One group for women with Cancer, one group for women with sexual dysfunction.
- 2016            Training to Teach Mindfulness-based Courses Level 1. An eight-day Retreat-based Training, between 5 and 12 March 2016, at the Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, North Wales.
- 2016            Mindfulness One to One, 3 Day Workshop, 9-11 November, at the Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, North Wales.
- 2017            Training to Teach Mindfulness in Chronic Pain, 18 hours instruction and practice, in the Breathworks system of mindfulness-based approaches, 8-10 May, Manchester, UK.
- 2017            Training to Teach Mindfulness for Health, TTi module 1, Breathworks, 12-15 September, London, UK.

## 3. SCIENTIFIC ACTIVITY

### 3.1 PUBLICATIONS IN INTERNATIONAL JOURNALS INDEXED IN ISI

Træen, B., Stulhofer, A., Janssen, E., **Carvalho**, A. A., Hald, G. M., Lange, T., et al. (2018). Sexual Activity and Sexual Satisfaction among Older Adults in Four European Countries. Archives of Sexual Behavior. <https://doi.org/10.1007/s10508-018-1256-x>.

Neves, C., Price, C., & **Carvalho**, A. (2017). The Psychometric Properties of the Scale of Body Connection (SBC) in a Portuguese sample. Psychology, Community and Health, 6(1), 158–169

Santana, R., Gouveia, M. & **Carvalho**, A. (2017). Demographic and Well-Being Predictors of Regular and Long-term Practice of Argentine Tango in a Multicultural Sample of Practitioners. *American Journal of Dance Therapy*, 39(2): 252-266. DOI 10.1007/s10465-017-9258-0

**Carvalho**, A., Price, C., & Neves, C. (2017). Body awareness and bodily dissociation among those with and without distressing sexual difficulties: Differentiation using The Scale of Body Connection (SBC). *Journal of Sex and Marital Therapy*, 43(8): 801-810.  
Doi:10.1080/0092623X.2017.1299823.

**Carvalho**, A., Godinho, L., Costa, P. (2017). The Impact of Body Dissatisfaction on Distressing Sexual Difficulties Among Men and Women: the Mediator Role of Cognitive Distraction. *Journal of Sex Research*, 54(3): 331-340. DOI:10.1080/00224499.2016.1168771

Træen, B., Kvalem, I., Hald, G., Janssen, E., Graham, C., Enzlin, P., **Carvalho**, A., & Stulhofer, A. (2016). Sexuality in Older Adults (65+) -An Overview of the Literature, Part 1: Sexual Function and Its Difficulties. *International Journal of Sexual Health*. Doi:10.1080/19317611.2016.1224286

Træen, B., **Carvalho**, A., Kvalem, I., Stulhofer, A., Janssen, E., Graham, C., Hald, G., Enzlin, P. (2016). Sexuality in Older Adults (65+)—An Overview of the Recent Literature, Part 2: Body Image and Sexual Satisfaction. *International Journal of Sexual Health*. Doi:10.1080/19317611.2016.1227012

Træen, B., Stulhofer, A., Janssen, E., Graham, C., Gert Martin Hald, Enzlin, P., & **Carvalho**, A. (2016). Healthy Sexual Aging: Sexual function and sexual well-being in older European adults. *OpenScience*, June. ISSN: 2397 7582

Neves, C., Milhausen, R. & **Carvalho**, A. (2015). Sexual Excitation/Sexual Inhibition Inventory (SESI-W/M): Adaptation and Validation Within a Portuguese Sample of Men and Women. *Journal of Sex and Marital Therapy*, 42(6):552-565. DOI:10.1080/0092623X.2015.1113579

**Carvalho**, A., Santana, R. and Pereira, N. M. (2015), Why Are Men Satisfied or Dissatisfied with Penile Implants? A Mixed Method Study on Satisfaction with Penile Prosthesis Implantation. *Journal of Sexual Medicine*, 12: 2474–2480. Doi: 10.1111/jsm.13054

**Carvalho**, A. & Costa, P. (2015). The impact of relational factors on sexual satisfaction among heterosexual and homosexual men. *Sexual and Relationship Therapy*, 30(3):314-324.

DOI: 10.1080/14681994.2015.1041372.

**Carvalho, A. & Santana, R.**(2015). Individual and Relationship Factors Associated With the Self-Identified Inability to Experience Orgasm in a Community Sample of Heterosexual Men from Three European Countries. *Journal of Sex & Marital Therapy*, 42(3):257-266.

DOI: 10.1080/0092623X.2015.1010677

**Carvalho, A., Traen, B: & Stulhofer, A.** (2015). Masturbation and pornography use among coupled heterosexual men with decreased sexual desire: How many roles of masturbation? *Journal of Sex and Marital Therapy*, 41(6): 626-635. DOI:10.1080/0092623X.2014.958790.

**Carvalho, A. Forjaz, V. & Pereira, N.** (2014). Adherence to Phosphodiesterase Type 5 Inhibitors in the Treatment of Erectile Dysfunction in Long-Term Users: How Do Men Use the Inhibitors? *Sexual Medicine (Open Access)*, 2(2): 96–102 DOI: 10.1002/sm2.31.

Leal, I. , Lourenço, S. , Oliveira, R. , **Carvalho, A.** and Maroco, J. (2014) Sexual function in women after delivery: Does episiotomy matter?. *Health*, 6, 356-363. doi: 10.4236/health.2014.65052.

**Carvalho, A., Traen, B: & Stulhofer, A.** (2014). Correlates of men's sexual interest: A cross-cultural study. *Journal of Sexual Medicine*, 11(1):154-164. DOI: 10.1111/jsm.12345

Traen, B., Stulhofer, A., & **Carvalho, A.** (2013). The associations among satisfaction with the division of housework, partner's perceived attractiveness, emotional intimacy, and sexual satisfaction in a sample of married or cohabiting Norwegian middle-class men. *Sexual and Relationship Therapy*, 28 (3): 215-229. DOI:10.1080/14681994.2013.808323

Stulhofer, A., **Carvalho, A.**, & Traen, B. (2013). Job-Related Strain and Sexual Health Difficulties among Heterosexual Men from Three European Countries: The Role of Culture and Emotional Support. *Journal of Sexual Medicine*, 10:747–756. doi: 10.1111/j.1743-6109.2012.02967

Stulhofer, A., Traen, B. & **Carvalho, A.** (2013). Is Responsive Sexual Desire for Partnered Sex Problematic among Men? Insights from a Two-Country Study. *Sexual and Relationship Therapy*, 28 (3): 246-258. DOI:10.1080/14681994.2012.756137

**Carvalho, A. & Leal, I.** (2013). Masturbation Among Women: Associated Factors and Sexual Response in a Portuguese Community Sample. *Journal of Sex and Marital Therapy*, 39(4): 347-367. DOI:10.1080/0092623X.2011.628440

Q1 ranked #56 out of 246 Top 22% in Clinical Psychology. IF=1.66

**Carvalho**, A. A., Pereira, N. M., Maroco, J. and Forjaz, V. (2012). Dropout in the Treatment of Erectile Dysfunction with PDE5: A Study on Predictors and a Qualitative Analysis of Reasons for Discontinuation. *Journal of Sexual Medicine*, 9(9): 2361-2369 DOI: 10.1111/j.1743-6109.2012.02787

**Carvalho**, A., Brotto, L. & Maroco, J. (2011). Portuguese version of Cues for Sexual Desire Scale: The influence of relationship duration. *Journal of Sexual Medicine*, 8 (1):123-131. DOI: 10.1111/j.1743-6109.2010.01909

**Carvalho**, A., Brotto, L. & Leal, I. (2010). Women's motivations for sex: Exploring the DSM-IV-TR criteria for hypoactive sexual desire and female sexual arousal disorders. *Journal of Sexual Medicine*, 7 (4):1454-1463. DOI: 10.1111/j.1743-6109.2009.01693

**Carvalho**, A. & Gomes, F. A. (2003). Cybersex in Portuguese chat rooms: A study of sexual behaviors related to online sex. *Journal of Sex & Marital Therapy*, 29: 345-360. (impact factor: 2.08)

### 3.2 REFEREED PUBLICATIONS

Leal, I., Lourenço, S., Oliveira, R.V., **Carvalho**, A., Maroco, J. (2013). The impact of childbirth on sexual functioning in women with episiotomy. *Psychology, Community & Health*, 2(3), 307–316. doi:10.5964/pch.v2i3.58

Gaspar, M. & **Carvalho**, A. (2012). The consumption of pornography on the Internet in a sample of Portuguese women. *Psychology, Community & Health*, 1 (2):163-171.

Leal, I., Lourenço, S., Oliveira, R.V., **Carvalho**, A., Maroco, J. (2012). The impact of childbirth on female sexuality. *Psychology, Community & Health*, 1 (1), 127-139. doi:10.5964/pch.v1i1.13

**Carvalho**, A. & Leal, I. (2008). Os determinantes da satisfação sexual feminina: um estudo português. [Determinant factors of female sexual satisfaction] *Revista Internacional de Andrología*, 6(1): 3-7.

**Carvalho**, A. (2007). Intervención terapéutica en las disfunciones sexuales femeninas: perspectiva psicosexual [Clinical management of female sexual dysfunctions: psico-sexological perspective] . *Revista Internacional de Andrología*, 5 (1): 88-91.

**Carvalheira, A.** (2007). New methodologies on psychological research on the Internet: A theoretical review. *Psychologica*, 46: 67-84.

Almeida, J. & **Carvalheira, A.** (2007). Flutuações e diferenças de género no desenvolvimento da orientação sexual: Perspectivas teóricas. [Fluctuations and gender differences on development of sexual orientation: A theoretical analysis of some models] *Análise Psicológica*, nº3, série XXV, Julho-Setembo: 243-350.

### 3.3 NON-REFEREED PUBLICATIONS

Vendeira, P., Pereira, N., Serrano, F., & **Carvalheira, A.** (2011). Estudo EPISEX-PT/Feminino: prevalência das disfunções sexuais femininas em Portugal. *Cadernos de Sexologia*, 4: 7-14.

Santana, R. & **Carvalheira, A.** (2010). Gender differences in determinants of sexual satisfaction. *Isex Cadernos de Sexologia* 2:47-55.

**Carvalheira, A.** (2010). Sandra Leiblum In Memorium. *Isex Cadernos de Sexologia* 2:5-6.

**Carvalheira, A.** (2003). Sexo & Internet [Sex & Internet]. *Sexualidade & Planeamento Familiar*, 36: 3-6.

**Cavalheira, A.** & Gomes, F. (2002). Sexo Online em Portugal: Estrutura Factorial do Questionário de Comportamentos Sexuais nos Chats [Online sex in Portugal: Factorial analysis of the Scale of sexual behaviors on chatrooms]. *Psiquiatria Clínica*, 23, (2): 123-130.

**Carvalheira, A.** & Gomes, F. (2002). Sexo Online em Portugal: Investigação Sobre Comportamentos Sexuais em Chats Portugueses [Online sex in Portugal: A study on sexual behaviors on portuguese chatrooms]. *Psiquiatria Clínica*, 23, (1): 43-50.

**Carvalheira, A.** (1999). O Outro Lado da Lua – Reflexões sobre Erotismo [The other side of the moon: Some thoughts about eroticism]. *Acta Portuguesa de Sexologia*, Vol. III, nº1, Out.



### 3.4 BOOKS

**Carvalho, A.** (2018). Em defesa do erotismo. A favor da Liberdade e da saúde sexual. Lisboa, Editora Desassossego.

Pereira, N. & **Carvalho, A.** (2014). Revisitar as Disfunções Sexuais Masculinas. [Male sexual dysfunctions revisited] Lisboa, Edições Menarini.

### 3.5 BOOK CHAPTERS

Brotto, L. A., & **Carvalho, A.** (in press). Sexual function in female cancer survivors. Female Reproductive and Sexual Medicine. Edited by Kandeel, F. New York, NY: Human Press.

**Carvalho, A.** (2015). Terapia Sexual e Cognitivo-Comportamental nas Disfunções Sexuais Femininas. In, Rudnicki, T., Ramos, C., Patrão, I., Pimenta, F. (Organizadoras) (2015). Ciclo de vida da mulher: Intervenção cognitivo-comportamental na saúde e na doença. Sinopsys: Brasil.

**Carvalho A.** (2014). Terapia sexual nas disfunções sexuais femininas. [Sex Therapy in female sexual dysfunctions] In: Pereira NM (coord). Sexologia Médica. Lisboa: Lidel; 425-432.

**Carvalho A,** & Pereira NM. (2014). Terapia sexual nas disfunções sexuais masculinas. [Sex Therapy in male sexual dysfunctions] In: Pereira NM (coord). Sexologia Médica. Lisboa: Lidel; 433-438.

Vendeira P, Pereira NM, Serrano F, **Carvalho A.** (2014). Epidemiologia das disfunções sexuais femininas. [Epidemiology of female sexual dysfunctions] In: Pereira NM (coord). Sexologia Médica. Lisboa: Lidel; 413-421.

**Carvalho, A.** (2014). Disfunção sexual feminina: Abordagem psicossocial. [Female sexual dysfunctions: Psychosocial approach] In, Fortunato Barros & Rute Figueiredo (Coord), "Manual de Medicina Sexual: Visão Multidisciplinar", pp 243-250, Ed. Menarini.

**Carvalho, A.** & Vilarinho, S. (2013). Mindfulness for sexual problems. In P. S. Kirana, F. Tripodi, Y. Reisman, H. Prost (Editors), The EFS and ESSM Syllabus of Clinical Sexology (p.504-515), 1<sup>st</sup> edition, Medix, Amsterdam. ISBN/EAN: 978-94-91487-10-1.

**Carvalho, A.** (2011). Sexualidade. In, Monteiro S. (Coord.) Sei quem Sabe, Vol 2, Ed. Fundação Odemira.

**Carvalho, A. & Gomes, F. (2009).** A disfunção sexual na mulher. [Women's sexual dysfunction] In C. Oliveira (Coord), *Manual de Ginecologia*, Vol.I (p.119-134), Permanyer Portugal, Lisboa.

**Carvalho, A. (2003).** Cibersexo em Portugal. [Cybersex in Portugal]. In L. Fonseca, C. Soares & J. Machado Vaz (Coord) *Sexologia: perspectiva multidisciplinar*, Vol II, Edição Quarteto, Coimbra.

**Carvalho, A. (2005).** El sexo a través de Internet [Sex on the Internet]. In Spencer Rathus, Jeffrey Nevid & Lois Fichner-Rathus (Eds) *Sexualidad Humana* (pp. 387-388), Pearson Prentice Hall, Madrid.

### **3.6 PUBLISHED ABSTRACTS (INDEXED PUBLICATIONS WITH IMPACT FACTOR)**

1. **Carvalho, A., Santana, R. & Pereira, N. (2014).** What are the reasons for satisfaction and dissatisfaction with penile prosthesis implant? A qualitative study of 53 implants. *Journal of Sexual Medicine*, 11, Suppl. S1
2. Pereira, N. M., Santana, R. & **Carvalho, A. (2014).** Safety outcome following penile prosthesis implantation: A single surgeon experience. *Journal of Sexual Medicine*, 11, Suppl. S1
3. **Carvalho, A. & Leal, I. (2012).** Psychological correlates of persistent genital arousal disorder in a Portuguese community sample. *International Journal of Behavioral Medicine*, 19, Suppl. 1, S.323. (impact factor: 1.93)
4. **Carvalho, A., Pereira, N.M., & Forjaz, V. (2011).** PDE5 inhibitors in the treatment of ED: Reasons for dropout and predictor factors for compliance. *Journal of Sexual Medicine*, 8, Suppl. 3, 158.
5. **Carvalho, A., Pereira, N.M., & Forjaz, V. (2011).** Follow-up of ED patients in treatment with PDE5 inhibitors: How do men use the inhibitor? A qualitative study. *Journal of Sexual Medicine*, 8, Suppl. 3, 158-159.
6. **Carvalho, A. & Pereira, N.M. (2010).** PDE5 inhibitors in the treatment of ED – Why do men dropout? A qualitative study. *Journal of Sexual Medicine*, 7 (Supp6):394-394.
7. **Carvalho, A., Pereira, N.M. & Forjaz, V. (2010).** A qualitative study on patterns of use of PDE5 inhibitors in the treatment of ED. *Journal of Sexual Medicine*, 7 (Supp6):430-430.

8. **Carvalheira, A.**, Brotto, L. & Leal, I. (2010). Exploring patterns of sexual desire-arousal response in women. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S27.
9. **Carvalheira, A.** (2010). Female masturbation and sexual response: A community study of Portuguese women. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S8.
10. Vilarinho, S. & **Carvalheira, A.** (2010). Mindfulness and sex therapy. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S19.
11. Vilarinho, S., **Carvalheira, A.** & Oliveira, C. (2010). Women's sexuality & Mindfulness. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S23.
12. Costa, D., Costa, H., **Carvalheira, A.** & Brotto, L. (2010). A Portuguese study on women's motivations to sexual activity. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S28.
13. Costa, H., Costa, D., **Carvalheira, A.** & Brotto, L. (2010). Gender differences in "initial" vs. "triggered" sexual desire. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S28.
14. Santana, A. & **Carvalheira, A.** (2010). Determinants and Benefits of Sexual Satisfaction in a Female Sample. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S35.
15. Lourenço, S. Leal, I. & **Carvalheira, A.** (2010). The impact of episiotomy on female sexual response. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S35.
16. **Carvalheira, A.**, Brotto, L. & Leal, I. (2009). Women's arousability determines the access to sexual desire: a community study of Portuguese women. *Journal of Sexual Medicine*, 6:377-377.
17. **Carvalheira, A.**, Brotto, L. & Leal, I. (2009). Masturbation and associated factors: a community study of Portuguese women. *Journal of Sexual Medicine*, 6:379-379.
18. **Carvalheira, A.** & Leal, I. (2008). Determinant factors of female sexual satisfaction. *European Journal of Sexology and Sexual Health*, 17(S1), S117.
19. **Carvalheira, A.**, López, F., Prieto, G., Gomes, F. (2006). Cybersex and close relationships in Portuguese chatrooms. *Sexologies*, 15, Suppl. 1:S72.

### 3.7 PUBLISHED ABSTRACTS (NOT INDEXED)

Santana, A. & **Carvalheira, A.** (2009). Satisfação sexual: Como e para quê – Um estudo sobre diferenças de género. [Sexual satisfaction: A study on gender differences] Actas do I Congresso Luso-Brasileiro de Psicologia da Saúde [Proceedings of I Portuguese-Brazilian Congresso f Health Psychology], Universidade do Algarve, Faro, Portugal.

Araújo, F. & **Carvalheira, A.** (2009). Um estudo exploratório sobre as relações BDSM no espaço do Second Life numa amostra de mulheres [Exploratory study on BDSM behaviors on Second Life]. Actas do Congresso Luso - Brasileiro de Psicologia da Saúde [Proceedings of I Portuguese-Brazilian Congress of Health Psychology], Universidade do Algarve, Faro, Portugal.

**Carvalheira, A.** & Gomes, F. A. (2005). Cybersex and Close Relationships in Portuguese Chat rooms. Proceedings of the XVII World Congress of Sexology, 10-15 July 2005, Montreal, Canada.

**Carvalheira, A.** & Gomes, F. A. (2003). Cybersex in Portuguese Chat rooms. Proceedings of the XVI World Congress of Sexology, 10-14 March 2003, Havana, Cuba.

**Carvalheira, A.** & Gomes, F. (2001). Sex in Portuguese Sexual Chatrooms. Proceedings of the XV World Congress of Sexology, 24-28 Jun, 2001, Paris.

### 3.8 ORGANIZATION OF SCIENTIFIC EVENTS

Scientific committee of the 14<sup>o</sup> Meeting of the European Federation of Sexology, Albufeira, Portugal, 9-12 May, 2018.

Scientific committee of the Thirty-Ninth Annual Meeting of the International Academy of Sex Research, Chicago, Illinois, August 7-10, 2013.

Organizing Committee, 1st International Conference on LGBT Psychology – Coming out for LGBT Psychology in the current international scenario, June 20 - 22, 2013, Lisbon, Portugal.

Colóquio “Amores, (Des)amores...e talvez Sexo”, Ispa. Contou com 22 prelectores em diversas áreas da ciência e da cultura. Teve a participação de mais de 100 pessoas. Lisboa 22-24 Maio 2013.

Organizer, National Scientific and Clinical Meeting of the Portuguese Society of Clinical Sexology, “Sex Therapy 40 years after Masters & Johnson”, March 16, 2013, Lisbon, Portugal.

Organizer, SPSC symposium “Male sexual interest”. VIII National Congress of Psychiatry, 29 Nov – 1 Dec 2012, Porto, Portugal.

Symposium “Correlates of male sexual interest”, XI Congress of European Federation of Sexology (EFS) 20-22 Sep 2012, Madrid, Spain.

**Host of the 38<sup>a</sup> annual meeting of the International Academy of Sex Research, Estoril, July 8-11, 2012.** A individual bid was presented and voted by the full members of the Academy.

Organizer and chair, symposium “Sex research in Portugal”, 38<sup>a</sup> Annual Meeting of the International Academy of Sex Research, Estoril, July 8-11, 2012

Organizer and chair, symposium “Sexuality and gender”, Colóquio Modelos e Práticas de Intervenção em Psicologia Clínica e Saúde [Models and Intervention in Clinical Psychology and Health Psychology], 3-4 May, 2012, ISPA, Lisbon, Portugal.

Organizer, SPSC symposium “Clinical intervention on erectile dysfunction”. VII National Congress of Psychiatry, Nov 2011, Coimbra, Portugal.

Organizer and chair, symposium “What future for transgender people in Portugal?”. VI Jornadas de Sexologia da Universidade Lusófona, 3-5 Nov 2011, Lisboa, Portugal.

Vice President of the Local Organizing Committee, 10<sup>th</sup> Congress of the European Federation of Sexology - “Sexology, Past, Present & Future: Celebrating a Century of the Multidisciplinary Science of Sex”, May 9-13, 2010, Porto, Portugal.

Organizer and chair, Symposium ‘Women’s sexual interest’, 10<sup>th</sup> Congress of the European Federation of Sexology (EFS), May 9-13, 2010, Porto, Portugal.

Organizing Committee, Conference: Is sex more like dancing or digestion? Unpacking the medicalization of sexuality, Leonore Tiefer, May 5, 2010, Lisbon, Portugal.

Organizer and chair, invited lecture John Bancroft, “Gender and sexuality: are women really different to men”, National Congress of Health Psychology, ISPA University Institute, Feb 12, 2010, Lisbon, Portugal.

Organizer and chair, invited lecture, Roger Ingham “Young people, sexual pleasure and policy”, National Congress of Health Psychology, University Institute of Applied Psychology, Feb 12, 2010, Lisbon, Portugal.

Organizing and Scientific Committee, National Congress of Health Psychology, University Institute of Applied Psychology, Feb 11-13, 2010, Lisbon, Portugal.

Organizing Committee, Portuguese Society of Clinical Sexology Meeting (SPSC) – “Sexology: Back to the future”, May 28, 2009, Aveiro, Portugal.

Organizing Committee, 5th National Congress of Sexology, October 2003, Coimbra, Portugal.

Organizing Committee and chair, Annual Meeting of Drugaddiction Care Center, May 1998, Aveiro, Portugal.

Organizing Committee, 1<sup>st</sup> Portuguese-Spanish Congress of Psychology and Education, March 1997, Coimbra, Portugal.

Organizing Committee, Annual Symposium of the Portuguese Association of Psychologists, April 1997, Évora, Portugal.

### 3.9 RESEARCH APPOINTMENTS

2008 – present Member of the research team of the Sexual Health Laboratory, Department of Obstetrics and Gynaecology, **University of British Columbia**, Vancouver.

See [http://www.obstgyn.ca/SexualHealth/about/research\\_team.php](http://www.obstgyn.ca/SexualHealth/about/research_team.php)

Nov/2009: **Kinsey Institute, Bloomington, USA:** discussion of research projects with researchers.  
*Supervisor:* Erick Janssen, PhD (Associate scientist) and Julia Heiman (Director).

Jun-Sep/2008 Research placement in *Sexual Health Laboratory*, Department of Obstetrics and Gynaecology, **University of British Columbia**, Vancouver Canada.

*Supervisor:* Lori A. Brotto, PhD, Research Psychologist, Director of Sexual Health Lab.

Jun-Sep/2008 **British Columbia Centre for Sexual Medicine**, Vancouver Coastal Health.

*Supervisor:* Rosemary Basson, Ph.D., MD.

*Experience:* Participation in weekly clinical meetings and roundtables.

- Feb-Apr/2009: Research placement in *Sexual Health Laboratory*, Department of Obstetrics and Gynaecology, **University of British Columbia**, Vancouver Canada.  
*Supervisor:* Lori A. Brotto, Ph.D., Research Psychologist, Director of Sexual Health Lab.
- 2002 Data collection to the study “Cognitive evaluation of sexual functioning”, at the Sexology Consultation, **University Hospital of Coimbra**, Portugal.  
 Principal investigator: Pedro Nobre, PhD.
- Mar-Jun/1996 Data collection on the research “Validation of NEO Personality Inventory-R to Portuguese population”, Faculty of Psychology, **University of Coimbra**, Portugal.  
 Principal investigator: Margarida Pedroso Lima, PhD.

### 3.10 INTERNATIONAL CONFERENCE PAPER PRESENTATIONS

1. **Carvalho, A.**, Stulhofer, A., Graham, C., & Traen, B. (2018). Sexual avoidance among older adults across Europe. 14<sup>o</sup> Meeting of the European Federation of Sexology, 9-12 May, Albufeira, Portugal.
2. **Carvalho, A.**, Price, C., & Neves, C. (2018). Body awareness / dissociation and sexual problems. 14<sup>o</sup> Meeting of the European Federation of Sexology, 9-12 May, Albufeira, Portugal.
3. **Carvalho, A.**, The predictors of the importance of sex and love among old adults. International Congress of Health Psychology, 30 Oct – 3 Nov, La Habana, Cuba.
4. **Carvalho, A.**, Santana, R. & Pereira, N. (2014). What are the reasons for satisfaction and dissatisfaction with penile prosthesis implant? A qualitative study of 53 implants. Annual meeting of the European Society of Sexual Medicine, and the European Federation of Sexology, 29 Jan, Istanbul, Turkey.
5. **Carvalho, A.** & Leal, I. (2012). Psychological correlates of persistent genital arousal disorder in a Portuguese community sample. Congress of Behavioral Medicine, August 29 – Sep 1, Budapest, Hungary.
6. **Carvalho, A.** & Pereira, N.M. & Forjaz, V. (2011). PDE5 inhibitors in the treatment of ED: Reasons for dropout and predictor factors for compliance. 20<sup>th</sup> World Congress for Sexual Health, June 12-16, Glasgow, UK.

7. **Carvalho, A.** & Leal, I. (2011). Sexual health difficulties in a community sample of Portuguese women. European Congress of Psychology, Istanbul.
8. **Carvalho, A.** & Pereira, N.M. (2010). PDE5 inhibitors in the treatment of ED – Why do men dropout? A qualitative study. 13<sup>th</sup> Annual Meeting of the European Society for sexual Medicine, November 14-17, Malaga, Spain.
9. **Carvalho, A.**, Brotto, L. & Leal, I. (2010). Exploring patterns of sexual desire-arousal response in women. 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.
10. **Carvalho, A.** (2010). Female masturbation and sexual response: A community study of Portuguese women. 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.
11. Vilarinho, S. & **Carvalho, A.** (2010). Mindfulness and sex therapy. 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.
12. Vilarinho, S., **Carvalho, A.** & Oliveira, C. (2010). Women's sexuality & Mindfulness. Workshop presented at the 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.
13. Costa, D., Costa, H., **Carvalho, A.** & Brotto, L. (2010). A Portuguese study on women's motivations to sexual activity. 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.
14. Costa, H., Costa, D., **Carvalho, A.** & Brotto, L. (2010). Gender differences in "initial" vs. "triggered" sexual desire. 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.
15. Santana, A. & **Carvalho, A.** (2010). Determinants and Benefits of Sexual Satisfaction in a Female Sample. 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.
16. Lourenço, S. Leal, I. & **Carvalho, A.** (2010). The impact of episiotomy on female sexual response. 10<sup>th</sup> Congress of the European Federation of Sexology, 9-13 of May, Porto, Portugal.



17. **Carvalheira, A.**, Brotto, L. A. & Leal, I. (2009). Female sexual response and relationship duration in a community sample of Portuguese women. Annual Meeting of the International Academy of Sex Research, August, San Juan, Puerto Rico.
  
18. **Carvalheira, A.**, Brotto, L. & Leal, I. (2009). Women's arousability determines the access to sexual desire: A study of Portuguese women. Annual meeting of the International Society for the Study of Women's Sexual Health, February, Florence, Italy.
  
19. **Carvalheira, A.** (2009) Deseo/excitación en la respuesta sexual femenina. ASES/SPA, 15 Nov, Lyon, France.
  
20. **Carvalheira, A.** & Leal, I. (2008). Determinant factors of female sexual satisfaction. 9th Congress of the European Federation of Sexology, April, Rome, Italy.
  
21. **Carvalheira, A.**, Prieto, G. & López, F. (2006). Cybersex and close relationships in Portuguese chat rooms. 8th Congress of the European Federation of Sexology, June, Prague, Check Republic.
  
22. **Carvalheira, A.** & Gomes, F. (2006). Women sexual behaviour related to online sex. Annual Meeting of International Society for the Study of Women's Sexual Health, March, Lisbon, Portugal.
  
23. **Carvalheira, A.**, Prieto, G. & López, F. (2005). Cybersex and Close Relationships in Portuguese Chat rooms. XVII World Congress of Sexology, July, Montreal, Canada.
  
24. **Carvalheira, A.** (2004). Sex on the Internet. VIII Congreso Español de Sexología y II Encuentro Iberoamericano de Profesionales de la Sexología, June, Santander, Spain.
  
25. **Carvalheira, A.** & Gomes, F. (2003). Cybersex in Portuguese chat rooms. XVI World Congress of Sexology, March, Havana, Cuba.
  
26. **Carvalheira, A.** & Gomes, F. (2001). Sex in Portuguese chat rooms. XV World Sexology Congress, Paris, France.

### 3.11 INVITED CONFERENCE PRESENTATIONS

1. **Carvalho, A.** A sexualidade na idade sénior. Ciclo de palestras/mesas redondas "Let's Talk About It". Associação de Estudantes da Faculdade de Ciências Médicas, Universidade Nova de Lisboa. 21 Maio 2018, Lisboa.
2. **Carvalho, A.** Disfunção Sexual e o impacto no parceiro. II Jornadas da USF ANDREAS, "Sexualidade e Saúde". 16 Maio 2018, Mafra, Portugal.
3. **Carvalho, A.**, Approaching intervention for sexual problems in older adults. 14<sup>o</sup> Meeting of the European Federation of Sexology, 9-12 May, Albufeira, Portugal.
4. **Carvalho, A.** A sexualidade no doente Oncológico. 3rd Champalimaud Cancer Nurse Conference, 3-4 Maio 2019, Fundação Champalimaud, Lisboa, Portugal.
5. **Carvalho, A.** Mindfulness na Psicologia da Saúde. Simpósio "Olhares da Psicologia", Instituto Superior Egas Moniz, 19 Abril 2018, Almada, Portugal.
6. **Carvalho, A.** Abordagem da sexualidade nos cuidados de saúde. ACES Arrábida, 10 de Outubro 2017, Setúbal.
7. **Carvalho, A.** Abordagem da sexualidade nos cuidados de saúde. ACES Sintra. Julho 2017. Praia Grande.
8. **Carvalho, A.** Erotismo(s) no Feminino. IV Congresso Internacional de Intervenção Psicológica, 16-17 Abril 2015, Instituto de Psicologia e Ciências da Educação, Universidade Lusíada, Porto.
9. **Carvalho, A.** Em defesa do Erotismo. VI Congresso de Sexologia Clínica, 24-26 Abril 2015, FCSH-Universidade de Lisboa, Lisboa.
10. **Carvalho, A.** Aspectos psicológicos da sexualidade feminina. Jornadas Nacionais de Urologia em Medicina Familiar, Lisboa, 20 Março 2014. Conferência.
11. **Carvalho, A.** A relevância do erotismo no estudo da sexualidade. Conferência no ISPA – Instituto Universitário, 23 Jan 2014, Lisboa, Portugal.
12. **Carvalho, A.** In defense of Eroticism. Plenary Session presented at the 7<sup>th</sup> International Spring School in Sex Research, 24-26 May 2013, Grožnjan, Croatia.
13. **Carvalho, A.** Psychological aspects on male sexual dysfunctions. Ciclo de Conferências "Sexualidade e Preconceito", Faculdade de Ciências Médicas da Universidade Nova de Lisboa 6 Março 2013.
14. **Carvalho, A.**, Traen, & Stulhofer. Distress, comorbidity and predictors of lacked sexual interest: A study in three countries. VIII National Congress of Psychiatry, 29 Nov – 1 Dec 2012, Porto, Portugal.
15. **Carvalho, A.** Sexual interest/arousal: Variations among individuals. 38th Annual Meeting of the International Academy of Sex Research, 8-11 Jul 2012, Estoril, Portugal.
16. **Carvalho, A.** Curso Básico de Sexologia Clínica, 4h. [Course on Clinical Sexology, 4h]. XII Congress of Andrology, Portuguese Society of Andrology, 22.23 Jun 2012, Tomar, Portugal.

17. **Carvalheira, A.** Interesse sexual masculino e feminino. [Male and female sexual interest]. XII Congress of Andrology, Portuguese Society of Andrology, 22.23 Jun 2012, Tomar, Portugal.
18. **Carvalheira, A.** Interesse sexual e género [*Gender and Sexual Interest*] Colóquio Modelos e Práticas de Intervenção em Psicologia Clínica e Saúde [Conference on Models and Intervention in Clinical Psychology and Health Psychology], 3-4 May, 2012, ISPA, Lisbon, Portugal
19. **Carvalheira, A.** Interesse sexual masculino. [Male sexual interest] VI Jornadas de Sexologia da Universidade Lusófona, 3-5 Nov 2011, Lisboa, Portugal.
20. **Carvalheira, A.** A saúde sexual das mulheres Portuguesas [Sexual Health of Portuguese women]. Jornadas da Sociedade Portuguesa de sexologia Clínica, 25 Fev 2011, Aveiro, Portugal.
21. **Carvalheira, A.** Women sexual dysfunctions. 3rd Symposium of Gynaecology and Obstetrics, Hospital CUF Descobertas, 4-5 Feb 2011, Lisbon, Portugal.
22. **Carvalheira, A.** Sexo online: A password da paixão [Online sex: The password of passion], Jornadas da Faculdade de Psicologia, Universidade de Coimbra, 6 Oct. 2009, Coimbra, Portugal.
23. **Carvalheira, A.** Aspectos psicológicos das disfunções sexuais [Psychological aspects of sexual dysfunctions], Scienceshop: “Disfunções Sexuais”, Faculdade de Farmácia, Universidade de Lisboa, 20 Oct 2009, Lisboa, Portugal.
24. **Carvalheira, A.** A resposta sexual das mulheres: Um estudo Português [Women’s sexual response: A Portuguese study]. Forum Sexo, Género & Saúde XXI, 19-21 Nov 2009, Lisboa, Portugal.
25. **Carvalheira, A.** Desejo sexual feminino [Female sexual desire]. Conference on The Rules of Attraction. Culturgest, Lisbon, Portugal, November 2008.
26. **Carvalheira, A. & Leal, I.** Determinant factors of female sexual satisfaction. Scientific Meeting of the Portuguese Society of Andrology and the Spanish Andrology Association in the 10th Congress of the European Society for Sexual Medicine, Lisbon, Portugal, November 2007.
27. **Carvalheira, A.** Representations of the female genital body. Invited lecture presented at the “NuvaRing” Scientific Meeting, promoted by Organon, for gynecologists, Lisbon, Portugal, June 2007.
28. **Carvalheira, A.** Sexuality on aging. Invited lecture presented at the International Congress of Aging and Life Quality, Coimbra, Portugal, May 2007.
29. **Carvalheira, A.** New perspectives on sexual research and sexual therapy. Invited lecture presented at the Congress of Psychology of the University of Trás-os-Montes e Alto Douro, Vila Real, Portugal, May 2007.
30. **Carvalheira, A.** Sex on the Internet. Invited lecture presented at he Regional Symposium of the Association of Family Planning, Coimbra, Portugal, April 2007.
31. **Carvalheira, A.** Clinical management of female sexual dysfunctions: psycho- sexological perspective. Invited paper presented at the Scientific Meeting of the Portuguese Society of

Andrology and the Spanish Andrology Association in the 9th Congress of the European Society for Sexual Medicine, Vienna, Austria, December 2006.

32. **Carvalho, A.** Sexuality and the ageing process. Invited lecture presented at the European Regional Meeting of International Psycho-geriatric Association, Lisbon, Portugal, May 2006.
33. **Carvalho, A.** Marital repercussions of sexual dysfunction. Invited paper presented at the VI National Meeting of Urology in General Practice, Lisbon, Portugal, March 2006.
34. **Carvalho, A.** Erectile dysfunction in sexology. Portuguese Consensus Meeting on ED, organised by the Portuguese Society of Andrology - Óbidos, Portugal, January 2006.
35. **Carvalho, A.** Sexual education and the Internet. Paper presented at the IV Sexology Symposium of the Lusófona University, Lisbon, Portugal, January 2006.
36. **Carvalho, A.** Marital repercussions of sexual dysfunction. Invited paper presented at the IX Congress of Andrology and I Basic Course in Sexual Medicine, Évora, Portugal, September 2004.
37. **Carvalho, A.** Sexuality & Internet. Invited lecture presented at the Psychology Meetings about Sexology, Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal, April 2004.
38. **Carvalho, A.** Sex on the Internet. Invited Workshop presented at the IX State Congress and I Spanish/Portuguese Family Planning meeting. "Challenges in the new millennium: innovation, ethics, aesthetics and plural society", Salamanca, Spain, November 2003.
39. **Carvalho, A.** Sex, culture and Internet. Invited paper presented at the V National Congress of Psychiatry, Coimbra, Portugal, November 2003.
40. **Carvalho, A.** The milieu of online sex. Paper presented at the V National Congress of Sexology "The Milieu of Sex", Coimbra, Portugal, October 2003.
41. **Carvalho, A.** Female sexual desire. Invited lecture presented at the 22nd Meeting on Reproduction Studies, of the Portuguese Society of Reproductive Medicine, Chaves, Portugal, October 2003.
42. **Carvalho, A.** Representations of the female genital body. Invited workshop presented at the "NuvaRing" Scientific Meeting, promoted by Organon, for Gynecologists, Porto, Portugal, May 2003.

### 3.12 NATIONAL CONFERENCE PRESENTATIONS

1. **Carvalho, A.** (2009). Sexual desire/arousal on female sexual response: A Portuguese study, Congress of the Portuguese Society of Clinical Sexology, 28 of May, Aveiro, Portugal.
2. Santana, A. & **Carvalho, A.** (2009). Satisfação sexual: como e para quê – Um estudo sobre diferenças de género [Sexual satisfaction: A study on gender differences]. I Congresso Luso-

Brasileiro de Psicologia da Saúde [I Portuguese-Brazilian Congresso of Health Psychology], February, Faro, Portugal.

3. Araújo, F. & **Carvalho, A.** (2009). Um estudo exploratório sobre as relações BDSM no espaço do Second Life numa amostra de mulheres [Exploratory study on BDSM behaviors on Second Life]. I Congresso Luso - Brasileiro de Psicologia da Saúde [I Portuguese-Brazilian Congresso of Health Psychology], February, Faro, Portugal.
4. **Carvalho, A.** (2003). New models of female sexual response. Paper presented at the V National Congress of Sexology "The Milieu of Sex", October, Coimbra, Portugal.
5. **Carvalho, A.** (2003). Sexuality in middle life: psycho-social aspects. V National Congress of Sexology "The Milieu of Sex", October, Coimbra, Portugal.

### 3.13 POSTER PRESENTATIONS

1. Monteiro, A., vonHumboldt, S. & **Carvalho, A.** Predictors of Distressing Sexual Difficulties among older adults: The Impact of Sociodemographic and Psychological Variables. 14<sup>o</sup> Meeting of the European Federation of Sexology, 9-12 May, Albufeira, Portugal.
2. **Carvalho, A.** (2014). Exploring Erotic Files: A focus group study on the components of eroticism exploring the triggers of sexual arousal/interest. 40<sup>th</sup> Annual Meeting of the International Academy of Sex Research, 25-28 Jun, Dubrovnik, Croatia.
3. Pereira, N. M., Santana, R. & **Carvalho, A.** (2014). Safety outcome following penile prosthesis implantation: A single surgeon experience. Annual meeting of the European Society of Sexual Medicine, and the European Federation of Sexology, 29 Jan, Istanbul, Turkey.
4. **Carvalho, A.**, Traen, B. & Stulhofer, A. (2013). Pornography Use and Masturbation Among Heterosexual Men With Lacked Sexual Interest: Diverse Patterns of Sexual Arousal? 39<sup>th</sup> Annual Meeting of the International Academy of Sex Research, August, Chicago, USA.
5. **Carvalho, A.** & Pereira, N.M., & Forjaz, V. (2011). Follow-up of ED patients in treatment with PDE5 inhibitors: How do men use the inhibitor? A qualitative study. 20<sup>th</sup> World Congress for Sexual Health, June 12-16, Glasgow, UK.
6. **Carvalho, A.**, Pereira, N.M. & Forjaz, V. (2010). A qualitative study on patterns of use of PDE5 inhibitors in the treatment of ED. 13<sup>th</sup> Annual Meeting of the European Society for sexual Medicine, November 14-17, Malaga, Spain..

7. **Carvalhoira, A. & Pereira, N.**(2010). Dropout in the treatment of ED with phosphodiesterase type 5 inhibitors: Preliminary results of a qualitative approach of reasons for discontinuation. 36<sup>th</sup> Annual Meeting of the International Academy of Sex Research, 25-28 of July, Prague, Check Republic.
8. **Carvalhoira, A., Brotto, L. & Leal, I.** (2009). Exploring patterns of sexual desire/arousal response in an online sample of Portuguese women. 35<sup>th</sup> Annual meeting of the International Academy of Sex Research, August, San Juan, Puerto Rico.
9. **Carvalhoira, A., Brotto, L. & Leal, I.** (2009). Differences between women in short- and long-term relationships in cues for sexual desire. 35<sup>th</sup> Annual meeting of the International Academy of Sex Research, August, San Juan, Puerto Rico.
10. **Carvalhoira, A., Brotto, L. & Leal, I.** (2009). Masturbation and associated factors: A community study of Portuguese women. Annual meeting of the International Society for the Study of Women's Sexual Health, February, Florence, Italy.
11. **Carvalhoira, A. & Leal, I.** (2009). Determinant factors of female sexual satisfaction. Annual meeting of the International Society for the Study of Women's Sexual Health, Feb, Florence, Italy.
12. **Carvalhoira, A.** (2007). Sex therapy 40 years after Masters & Johnson: The clinical management of FSD in the present. Annual Meeting of the International Society for the Study of Women Sexual Health, Feb, Orlando, United States.
13. **Carvalhoira, A.** (1998). Eroticism: the other side of the moon. IV Congress of the European Federation of Sexology, "Sexology at the turn of the Millennium – New and Old Challenges", September, Lisbon, Portugal.

### 3.14 GRANTS

Norwegian Research Council. Title of the project: Healthy sexual aging: A mixed-method study of sexual function and sexual well-being in older European adults. 900,000€. (2015-2018). Grant number 250637  
 List of PI: Bente Træen (Coordinator), University of Oslo, Norway; Aleksandar Stulhofer, University of Zagreb, Croatia; Ingela Lundin Kvaem, University of Oslo, Norway; Cynthia Graham, University of

Southampton, UK; Gert Martin Hald, University of Copenhagen, Denmark; Ana Alexandra Carvalheira, ISPA, Portugal.

American Medical Systems Independent Grant, 24,288€, Nov 2012 - Safety, efficacy and patient satisfaction outcomes of penile prosthesis implantation for erectile dysfunction: A quantitative and qualitative study. Principal Investigator: Nuno Monteiro Pereira. Co-Investigator: Ana Carvalheira.

Pfizer Independent Grant, 32,000€, Oct 2009 – Dec 2010.

Dropout in the treatment of ED with phosphodiesterase type 5 inhibitors: Analyzing predictor factors for compliance. Principal Investigator: Ana Carvalheira. Co-Investigator: Nuno Monteiro Pereira.

Foundation for Science and Technology, Portugal, SFRH / BPD / 31215 / 2006, Postdoctoral Program, Oct 2006 – Oct 2012.

Foundation for Science and Technology, Portugal, Doctoral Program, 2001 – 2005.

### **3.15 AWARDS**

PhD Extraordinary Award 2005/2006 on Psychology, University of Salamanca (Best PhD Dissertation on Psychology 2005/2006).

### **3.16 EXAMINATION COMMITTEE FOR DOCTORAL DISSERTATIONS**

Factores de vulnerabilidade para as disfunções sexuais: Preditores psicológicos e correlatos fisiológicos [Vulnerability factors of sexual dysfunction: Psychological predictors and physiological correlates]. Pedro Nuno Correia Laja, 28th February 2017, University of Aveiro, Portugal.

Dor sexual e dor crónica [Sexual pain and chronic pain]. Cátia Oliveira. 24th April 2013, University of Aveiro, Portugal.

Evolução das crenças afectivo-sexuais na infância e factores cognitivos, sociais e familiares associados [Cognitive, social and familiar factors associated to affective-sexual believes on childhood]. Filomena Bolota Velho. 2009 February 5th, Department of Psychology, University of Salamanca, Spain

Evaluación cognitiva en la esclerosis múltiple [Cognitive evaluation of multiple sclerosis]. Sílvia Gamazo Navarro. 2009 June 15th, Faculty of Medicine, University of Salamanca, Spain.

### **3.17 EXAMINATION COMMITTEE FOR MASTER DISSERTATIONS**

Participated in many committee dissertations since 2007, at ISPA University Institute, Lusófona University in Lisbon, University of Aveiro, and University of Salamanca, Spain.

### **3.18 EDITORIAL ACTIVITIES**

2011 – present Member of the Editorial Board *Psychology, Community & Health*.

2002 – present Member of Scientific Review Committee and member of the Editorial Board *Acta Portuguesa de Sexologia*, published by the Portuguese Society of Clinical Sexology [Sociedade Portuguesa de Sexologia Clínica (SPSC)].

### **3.19 PROFESSIONAL MEMBERSHIPS AND ACTIVITIES**

Ordem dos Psicólogos Portugueses, (OPP), Full Member

International Academy of Sex Research (IASR), Associate Member (2010-)

Portuguese Society of Clinical Sexology (SPSC), Full Member (1996 to present)

Assembleia Geral, 2013-at present

President Elected, 2011-2013

Vice-President, 2008 – 2010

Secretary, 2001 - 2003

Association for the Advanced Study of Human Sexuality (ISEX)

Secretary-Treasure, 2008 – at present

Spanish Institute of Psychotherapy and Psychoanalytic Psychodrama (IPPP), Member (2002 to present)

Portuguese Society of Andrology (SPA), Member (2003 to present)

Asociación Española de Especialistas en Sexología (AEES), Member (1998 to present)

Federación Española de Sociedades de Sexología (Full member)

### **3.20 Ad hoc journal reviewer**

2007 – to present Análise Psicológica

2009 – to present Journal of Sex Research



2009 – to present'            Journal of Sexual Medicine  
2012 – to present            Psychology, Community & Health

## 4. ACADEMIC ACTIVITY

### 4.1 SUPERVISION OF MASTER DISSERTATIONS

#### **Mestrado Integrado em Psicologia (Especialização em clínica) 2007/08, ISPA, Lisboa:**

Diferenças de género nos determinantes da satisfação sexual. Ana Rita Santana. [Resultou numa apresentação e publicação internacional: Santana, A. & Carvalheira, A. (2010). Determinants and Benefits of Sexual Satisfaction in a Female Sample. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S35].

Estudo exploratório sobre as relações BDSM no espaço virtual do *Second Life* numa amostra de mulheres. Filipa Araújo. [Resultou numa apresentação e publicação nacional: Araújo, F. & Carvalheira, A. (2009). Um estudo exploratório sobre as relações BDSM no espaço do *Second Life* numa amostra de mulheres. Actas do Congresso Luso - Brasileiro de Psicologia da Saúde, Universidade do Algarve, Faro, Portugal.

O consumo de pornografia online numa amostra de mulheres portuguesas. Maria João Gaspar.

Estudo exploratório sobre a resposta sexual em indivíduos em programa de metadona. Maria Manuela Silva.

Estudo comparativo da auto-eficácia do uso do preservativo masculino em jovens adultos. Henrique Paulo Ferreira.

Contributo para a validação da escala de desencadeadores do desejo sexual numa amostra de mulheres portuguesas. Ana Margarida Correia.

Estudo exploratório sobre diferenças de género nas fantasias sexuais. Ana Luísa Torres.

Comportamentos sexuais e bem-estar no envelhecimento: estudo exploratório numa amostra de mulheres. Joana Bento.

A masturbação feminina: abordagem de um tabu. Vânia Cunha.

Estudo sobre as atitudes dos profissionais face à sexualidade da pessoa com deficiência mental. Neuza Caipira Camacho.

**Mestrado em Psicologia da Saúde 2008/09, ISPA Instituto Universitário, Lisboa:**

Motivações para a actividade sexual numa amostra de mulheres portuguesas em relações de curta e longa duração. Daniela Ferreira da Costa. [Resultou numa apresentação e publicação internacional]: Costa, D., Costa, H., Carvalheira, A. & Brotto, L. (2010). A Portuguese study on women's motivations to sexual activity. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S28].

Estudo exploratório sobre as motivações para a actividade sexual em homens e mulheres portugueses. Helga Patrícia Sanches da Costa. [Resultou numa apresentação e publicação internacional]: Costa, H., Costa, D., Carvalheira, A. & Brotto, L. (2010). Gender differences in "initial" vs. "triggered" sexual desire. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S28.

O impacto da episiotomia na resposta sexual das mulheres no pos-parto. Silvia Lourenço. [Resultou numa apresentação e publicação internacional]: Lourenço, S., Leal, I. & Carvalheira, A. (2010). The impact of episiotomy on female sexual response. *European Journal of Sexology and Sexual Health*, 19, Supp.1, S35].

Follow up e dropout na terapia farmacológica com inibidores da fosfodiesterase tipo 5 em homens com disfunção eréctil. Vera Forjaz.

O impacto dos tratamentos do cancro de mama na função sexual e na imagem corporal da mulher. Maria João Fonseca

Implementação e avaliação de um programa de prevenção das infeções sexualmente transmissíveis no idoso. Maria José Correia das Neves

Estudo da resposta sexual numa amostra de mulheres em período reprodutivo nos diferentes tipos de diabetes. Ricardina Mendes Gonçalves.

A sexualidade nos sujeitos amputados ao nível do membro inferior. Sancha de Azevedo e Silva

Conhecimentos, atitudes e comportamentos face à saúde sexual e reprodutiva dos adolescentes e jovens na República de Angola. Sandra Gomes de Almeida

O impacto do estatuto menopáusicos na satisfação sexual e na qualidade de vida da mulher: um estudo Português. Sérgio Gonçalves Costa

Excitação sexual feminina e traços de personalidade. Sofia Meireles Cruz

### **Mestrado Transdisciplinar de Sexualidade, Universidade Lusófona, Lisboa:**

Auto-imagem genital e disfunções sexuais numa amostra de mulheres na consulta de Ginecologia. Sandra Sacramento. [Trabalho apresentado nas Jornadas de Sexologia da Universidade Lusófona, Nov 2011].

Atitudes em relação à masturbação masculina e feminina: Construção de uma escala de avaliação. Sandra Gil.

### **4.2 TEACHING EXPERIENCE**

- 2013 – Assistant Professor at ISPA – University Institute.
- 2013 Guest lecturer, 4<sup>th</sup> Course of Introduction on Sexual Medicine, Instituto de Educação Médica, Lisbon.
- 2011 – 2013 Guest lecturer, 5<sup>th</sup> Pos-graduate Course on Clinical Sexology, Portuguese Society of Clinical Sexology, Coimbra.
- 2012 Guest lecturer, Master of Clinical and Health Psychology, “Sexual Problems and Dysfunctions”, in the *Instituto Piaget*, Almada.
- 2010 - 2011 Guest lecturer, Master of Psychology of Sexuality, “Female Sexuality”, in the *Universidade Lusófona*, Lisbon.
- 2011 Guest lecturer, Master of Clinical and Health Psychology, “Sexual Health”, in the *Instituto Piaget*, Almada.
- 2010 Guest lecturer, Master of Clinical and Health Psychology, “Sexual Health”, in the *Instituto Piaget*, Almada.
- 2007 - 2009 Guest lecturer, Master of Psychobiology, “Psychobiology of Sexuality”, in the *Instituto Superior de Psicologia Aplicada*, Lisbon.

- 2007 - 2009 Lecturer, Master of Health Psychology, "Sexual Health", in the *Instituto Superior de Psicologia Aplicada*, Lisbon.
- 2007 – 2008 Lecturer, Master of Psychology of Pregnancy and Parenthood, "Female sexuality", in the *Instituto Superior de Psicologia Aplicada*, Lisbon.
- 2007 – 2008 Guest lecturer, Master of Psychology of Sexuality, "Female Sexuality", in the *Universidade Lusófona*, Lisbon.
- 2007 – 2008 Guest lecturer, 3rd Post-Graduate Course on Sexual Medicine, in the *Universidade Lusófona*, Lisbon.
- 2006 – 2007 Lecturer, Psychology graduation, "Psychotherapies", in the *Instituto Superior de Psicologia Aplicada*, Lisbon.
- 2005 - 2007 Lecturer, Master of Psychology of Pregnancy and Parenthood, "Psychological aspects of female sexuality", in the *Instituto Superior de Psicologia Aplicada*, Lisbon.
- 2002 - 2003 Guest lecturer, 3<sup>rd</sup> Master on Sexology, *Universidade Lusófona*, Lisbon.
- 2003 - 2004 Guest lecturer, 4<sup>th</sup> Master on Sexology, *Universidade Lusófona*, Lisbon.
- 2004 - 2006 Guest lecturer, Master of Human Sexuality, in the Faculty of Medicine, University of Lisbon.
- 2004 - 2006 Guest Lecturer in the Doctorate Program in Sexuality, "Sexual behaviours through the Internet", Faculty of Psychology, University of Salamanca, Spain.
- 2002 - 2007 Supervision of dissertations, Pos-graduate Courses on Clinical Sexology, Portuguese Society of Clinical Sexology, Coimbra.
- 1998 - 1999 Guest lecturer, 2<sup>nd</sup> Pos-graduate Course on Clinical Sexology, "Sex Therapy", Portuguese Society of Clinical Sexology, Coimbra.
- 2001 - 2002 Guest lecturer, 3<sup>rd</sup> Pos-graduate Course on Clinical Sexology, "Sexual Dysfunctions", Portuguese Society of Clinical Sexology, Coimbra.
- 2001 - 2002 Guest lecturer, 1<sup>st</sup> Post-graduate Course on Human Sexuality, "Etiology of sexual dysfunctions", in the Instituto Superior de Ciências da Saúde Norte, Paredes.

## **5. TRAINING/EXPERIENCE IN MINDFULNESS**

- 2008 Eight Weeks Course of Mindfulness Based Stress Reduction (MBSR), by Michael Chaskalson, London School of Economics, University of London.
- 2009 Co-facilitator of 2 Groups of Mindfulness and Psychoeducational Intervention. One group for women with Cancer, one group for women with sexual dysfunction.
- 2016 Training to Teach Mindfulness-based Courses Level 1. An eight-day Retreat-based Training, between 5 and 12 March 2016, at the Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, North Wales.

- 2016 Mindfulness One to One, 3 Day Workshop, 9-11 November, at the Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, North Wales.
- 2017 Training to Teach Mindfulness in Chronic Pain, 18 hours instruction and practice, in the Breathworks system of mindfulness-based approaches, 8-10 May, Manchester, UK.

Personal practice: Mindfulness personal practice in a regular basis since 2010.

Yoga practice in a regular basis since 2006 at Yoga Ashram, Carcavelos (Teachers: João Paulo Dias, Marta Nogueira, Ana Alves).

## **6. COMMUNITY WORK**

Individual organizer of the collection of donor bone marrow, at ISPA-University Institute, March 2011, Lisbon, Portugal.

Individual organizer of the collection of donor bone marrow, at ISPA-University Institute, Feb 24, 2010, Lisbon, Portugal.

1996 – 2003 *Pro bono* clinical sexology at the Sexology Consultation, Department of Psychiatry, University Hospital of Coimbra, Portugal, every Tuesday.

## **7. LANGUAGE SKILLS**

Fluent spoken and written English.

Fluent spoken and written Spanish.