



Curriculum vitae

1. INFORMAÇÃO PESSOAL

NOME COMPLETO	José Carlos Ferreirinha Cardoso da Rocha
EMAIL	jose.rocha@iucs.cespu.pt
NACIONALIDADE	Portuguesa
DATA DE NASCIMENTO	05.06.1973
GÉNERO	Masculino

Graus Académicos **-Doutoramento em Ciências Biomédicas (Ciências do Comportamento), 2005, Universidade do Porto, com dissertação orientada pelas Profs. Doutoras Maria Constança Paúl e Purificação Tavares e intitulada Factores Psicológicos da Mulher Face à Interrupção Médica da Gravidez.**

-Licenciatura em Psicologia Clínica, 1997, Instituto Superior de Ciências da Saúde - Norte, com classificação média de 15 valores.

Outra Formação **-Psicoterapia Cognitivo-Narrativa, 2001, UCAE, Prof. Doutor Óscar Gonçalves**
-Auditor interno da ISO9000:200 e 19011, 2006, CESPU
Estratégias de e-learning, 2009, CESPU
-Actualização Norma 9001:2015; CESPU

Especialidades **Psicólogo inscrito na Ordem dos Psicólogos Portugueses, cédula profissional n°9777 com a Especialidade de Psicologia Clínica e da Saúde, com especialidade avançada em Psicoterapia**



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DOMÍNIO LINGUÍSTICO Português (nativo);
Inglês (Fluente)
Francês (Moderado)
Espanhol (Moderado)
Dinamarquês (Básico)

2. DESEMPENHO CIENTÍFICO

2.1 Produção Científica

a. Livros ou Capítulos de Livros

-Ricardo Teixeira, **José Rocha**, Vera Almeida (Editors)(2018) Advances in Mental Health Studies. Avid Science. ISBN: 978-93-88170-18-5

- **José Carlos Rocha**, André Moreira, Valentina Veiga, Ricardo R Silva and Ricardo João Teixeira (2018) Perseverative Thinking, Anxiety and Emotional Coping Effects on Determinants of Academic Success, in Ricardo Teixeira, José Rocha, Vera Almeida (Editors) Advances in Mental Health Studies. Avid Science; DOI: 10.29290/AMHS.1.7.2018.2-12

- **José Carlos Rocha**, Álvaro Seixas, Ivo Silva, Ângela Nogueira and Ricardo João Teixeira (2018) Emotion Regulation and Mindfulness Acceptance: Implications to Anxiety Reduction Programs in College Students in Ricardo Teixeira, José Rocha, Vera Almeida (Editors) Advances in Mental Health Studies. Avid Science; DOI: 10.29290/AMHS.1.6.2018.2-12

-**Rocha**, Veiga, Maia, Santos and Queirós (2018) Livro de Resumos do Primeiro Congresso Português de Psicologia do Trauma e do Luto. Porto. DOI: 10.13140/RG.2.2.22308.12161

b. Artigos Científicos

- Moreira, A., Moreira, A. C., & **Rocha, J. C.** (2020). Randomized controlled trial: cognitive-narrative therapy for IPV victims. Journal of interpersonal violence, <https://doi.org/10.1177/2F0886260520943719>.

- Almeida, V., Constante, D., Leite, A., Almeida, I. F., **Rocha, J. C.**, Sá, R., ... & Teixeira, A. (2020). Influence of disease phase on embitterment and emotional dysregulation in psoriatic patients. Psychology, Health & Medicine, 1-18.



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<https://doi.org/10.1080/13548506.2020.1741655>

-**José Rocha**, Verónica Rodrigues, Emanuel Santos, Inês Azevedo, Sónia Machado, Vera Almeida, Celina Silva, Jacqueline Almeida, Maryléne Cloitre (2019) First Instrument for Complex PTSD Assessment: Psychometric Properties of the ICD-11 Trauma Questionnaire. *Brazilian Journal of Psychiatry*. doi:10.1590/1516-4446-2018-0272

-Paco, M., Chaves, P., Almeida, V., **Rocha, J.**, Moreira, L., Duarte, J., & Pinho, T. (2019). Common Knowledge About Temporomandibular Disorders and Associated Factors With Its Symptoms: Evidence From a Portuguese Population-Based Survey. *Journal of Orofacial Sciences*, 11(1), 16-16. DOI: 10.4103/jofs.jofs_142_18

-Paco, M., Simões, D., Chaves, P., Almeida, V., **Rocha, J. C.**, Moreira, L., ... & Pinho, T. (2019). Common Knowledge About Temporomandibular Disorders and Associated Factors With Its Symptoms: Evidence From a Portuguese Population-Based Survey. *Journal of Orofacial Sciences*, 11(1), 16.

-Vânia Bastos, **José Carlos Rocha**, & Thiago de Almeida (2019) The Effects of the Breakup of a Loving Relationship in University Students. *PSICOLOGIA, SAÚDE & DOENÇAS*, 2019, 20(2), 402-413. <http://dx.doi.org/10.15309/19psd200210>

-**José Rocha**, C. Nunes, A. Leonardo, M. J. Correia, M. Fernandes, M. C. Paúl, V. Almeida (2018) Women generating narratives after an unwanted prenatal diagnosis result: randomized controlled trial. *Archives of Women's Mental Health*. 21: 453. <https://doi.org/10.1007/s00737-018-0822-5>

-Regalado, J., **Rocha, J. C.**, Duarte, I., Canário, C., Sampaio, I., Marina, S., & Ricou, M. (2017). The benzodiazepines use and psychological intervention in a Porto health center. *Biomedical and Biopharmaceutical Research*.(14), 2, 161-171.

-Andrade, A. S., Moreira, M., Sá, M., Pacheco, D., Almeida, V., & **Rocha, J. C.** (2017). Randomized controlled trial of a cognitive narrative crisis intervention for bereavement in primary healthcare. *Behavioural and cognitive psychotherapy*, 45(1), 85-90. <https://doi.org/10.1017/s1352465816000345>

-Cardoso, D., Ferreira, L., **Rocha, J.**, Leite, M., & Almeida, V. (2017). Long-term effects of the Entre-os-Rios tragedy on grief and traumatic stress symptoms. *Death studies*, 41(4), 256-260. <https://doi.org/10.1080/07481187.2016.1271836>



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-Almeida, V., Taveira, S., Teixeira, M., Almeida, I., **Rocha, J.**, & Teixeira, A. (2017). Emotion regulation in patients with psoriasis: correlates of disability, clinical dimensions, and psychopathology symptoms. *International journal of behavioral medicine*, 24(4), 563-570. <https://doi.org/10.1007/s12529-016-9617-0>

-Hill, M., Jo-Ann Johnson, Sylvie Langlois, Hyun Lee, Stephanie Winsor, Brigid Dineley, Marisa Horniachek, Faustina Lalatta, Luisa Ronzoni, Angela N Barrett, Henna V Advani, Mahesh Choolani, Ron Rabinowitz, Eva Pajkrt, Rachèl V van Schendel, Lidewij Henneman, Wieke Rommers, Caterina M Bilardo, Paula Rendeiro, Maria João Ribeiro, **José Rocha**, Ida Charlotte Bay Lund, Olav B Petersen, Naja Becher, Ida Vogel, Vigdis Stefánsdottir, Sigrun Ingvarsdottir, Helga Gottfredsdottir, Stephen Morris & Lyn S Chitty (2016). Preferences for prenatal tests for Down syndrome: an international comparison of the views of pregnant women and health professionals. *European Journal of Human Genetics*, *Eur J Hum Genet* 24, 968-975 (2016). <https://doi.org/10.1038/ejhg.2015.249>

-Virgínia Barbosa, Mónica Sá, **José Rocha** (2014) Randomized Controlled Trial of a Cognitive Narrative Intervention for Complicated Grief in Widowhood. *Aging and Mental Health*. 18(3):354-62. DOI: 10.1080/13607863.2013.833164; IF 1.751

-Susana Lêdo, Milena Paneque, **José Carlos Rocha**, Ângela Leite, and Jorge Sequeiros (2013) Predictive testing for two neurodegenerative disorders (FAP and HD): a psychological point of view. *Open Journal of Genetics*. 12/2013; 3:270-279. DOI:10.4236/ojgen.2013.34030

-Castro, Sofia I., & **Rocha, José C.** (2013). The Moderating Effects of Previous Losses and Emotional Clarity on Bereavement Outcome. *Journal of Loss and Trauma*, 18(3), 248-259. doi: 10.1080/15325024.2012.687327 IF 0.707

-Andrade, F. Afonso, D. Pacheco, B. Frade, C. Castanheira, E. Fonseca, **J. Rocha** (2008) O Luto no Ciclo de Vida: para uma compreensão aprofundada do fenómeno no contexto da Saúde. *INFAD, International Journal of Developmental and Educational Psychology* 4 (1), 269-276

-Fleming, M., Lêdo, S., **Rocha, J. C.**, & Sequeiros, J. (2004). Impacto psicológico do teste pré-sintomático na doença de Machado-Joseph. Resultados preliminares. *Arquivos de Medicina*, 18(1/2), 72-75.

-Sequeiros, J., Maciel, P., Taborda, F., Lêdo, S., **Rocha, J. C.**, Lopes, A., ... & Coutinho, P. (1998). Prenatal diagnosis of Machado-Joseph disease by direct



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mutation analysis. *Prenatal Diagnosis: Published in Affiliation With the International Society for Prenatal Diagnosis*, 18(6), 611-617. IF=2.434

c. Resumos publicados

-**José Rocha** and André Moreira (2019) Clinical Diagnosis Interview for Posttraumatic Stress Disorder, Complex Posttraumatic Stress Disorder and Borderline Personality Disorder: Portuguese Version-(2019) ESTSS2019 Rotterdam Poster Abstract Book, *European Journal of Psychotraumatology*, 10:sup1, 1613837, DOI: 10.1080/20008198.2019.1613837

-André Moreira , **José Rocha** , and Ana Moreira (2019)Manual for Cognitive-Narrative Short Intervention with Intimate Partner Violence Victims with PTSD and CPTSD (2019) ESTSS2019 Rotterdam Poster Abstract Book, *European Journal of Psychotraumatology*, 10:sup1, 1613837, DOI: 10.1080/20008198.2019.1613837

-**José Rocha**, Ricardo Silva, Ângela Nogueira , and André Moreira (2019) The Specific Impacts of Mental Health Problems on Productivity: Posttraumatic Stress and Prolonged Grief (2019) ESTSS2019 Rotterdam Poster Abstract Book, *European Journal of Psychotraumatology*, 10:sup1, 1613837, DOI: 10.1080/20008198.2019.1613837

-Carla Pinto, **José Rocha**, and Sónia Remondes-Costa (2019) Post Loss Growth Scale: Development and Psychometrics (2019) ESTSS2019 Rotterdam Poster Abstract Book, *European Journal of Psychotraumatology*, 10:sup1, 1613837, DOI: 10.1080/20008198.2019.1613837

-**José Rocha**, Ângela Nogueira, Joana Soares, Isabel Guedes, and André Moreira (2019) Clinical Diagnostic Interview for Prolonged Grief according to the International Classification of Diseases (ICD-11) (2019) ESTSS2019 Rotterdam Poster Abstract Book, *European Journal of Psychotraumatology*, 10:sup1, 1613837, DOI: 10.1080/20008198.2019.1613837

-**José Rocha**, C. Nunes, A. Leonardo, M. J. Correia, M. Fernandes, M. C. Paúl, V. Almeida (2018) Women generating narratives after an unwanted prenatal diagnosis result: randomized controlled trial. *Archives of Women's Mental Health*. 21: 453. <https://doi.org/10.1007/s00737-018-0822-5>

-**José Rocha** (2017) Prolonged grief and posttraumatic stress effects on work productivity. *European Society of Traumatic Stress Studies* (proceeding).



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-**José Rocha**, H Barbosa, T Pires, C Rocha (2017) Portuguese version of attitudes related to trauma-Informed care: translation and psychometric studies. European Society of Traumatic Stress Studies

-**José Rocha**, A Andrade, V Barbosa, I Azevedo, N Carvalho, D Mendes, M Pinheiro (2017) Synthesis of four randomized controlled trials with short cognitive-narrative interventions for prolonged grief. European Society of Traumatic Stress Studies (proceeding)

-Verónica Rodrigues, S. Silva, AR Pacheco, J Dias, **José Rocha** (2017) A new scale to measure grief symptoms after losing physical function (FLoGS). European Society of Traumatic Stress Studies

-**José Rocha**, Mónica Sá, Virgínia Barbosa, Sofia Andrade (2015) Three randomized controlled trials with short narrative interventions for complicated grief. XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania (proceeding)

-Jaqueline Almeida, Mónica Sá, Celina Silva, Margarida Chilembo, **José Rocha** (2015) Relations between adult attachment and PTSD, C-PTSD and BPD symptoms in Angola. XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania (proceeding)

-Paula Leal, Vera Almeida, **José Rocha** (2015) Inventory of Prolonged Grief - Children: Portuguese version and psychometric characteristics. XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania

-Daniela Mendes, Tadeu Mendes, Noémia Carvalho, Mariana Pinheiro, Orlando von Doellinger, Teresa Cabral, **José Rocha** (2015) Complex PTSD symptoms associated with suicide attempts in a Portuguese sample. XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania (proceeding)

-Celina Silva, Tadeu Mendes, Jaqueline Almeida, Margarida Chilembo, **José Rocha** (2015) Complex PTSD in Angolan highly traumatized sample: predictor value of posttraumatic growth., XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania (proceeding)



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- Célia Soares, Mónica Sá, Ângela Maia, **José Rocha** (2015) ICD-11 Trauma Questionnaire for PTSD, C-PTSD and BPD symptoms: Portuguese version. XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania
- Margarida Chilembro, Cátia Nunes, Jaqueline Almeida, Celina Silva, **José Rocha** (2015) Traumatic exposure and symptoms in Angolan Civil War veterans. XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania (proceeding)
- Ana Andrade, Margarida Moreira, Mónica Sá, Duarte Pacheco, Bruno Frade, **José Rocha** (2015) Randomized controlled trial of a cognitive narrative crisis intervention for bereavement in primary healthcare. XIV Conference of European Society for Traumatic Stress Studies Trauma in Changing Societies: Social Contexts and Clinical Practice 10-13 June 2015 Vilnius, Lithuania (proceeding)
- Melissa Hill, Joann Johnson, Sylvie Langlois, Hyun Lee, Stephanie Winsor, Brigid Dineley, Marisa Horniacheck, Faustina Lalatta, Luisa Ronzoni, Angela Barrett, Mahesh Choolani, Ron Rabinowitz, Eva Pajkrt, Rachel vanSchendel, Lidewij Henneman, Wieke Rommers, Catarina M Bilardo, Paula Rendeiro, Maria João Ribeiro, **José Rocha**, Ida Charlotte Bay Lund, Vigdís Stefánsdóttir, Sigrun Olafsdóttir, Helga Gottfredsdóttir, Stephen Morris, Lyn Chitty. (2014) Preferences for prenatal tests for Down syndrome: Comparing women and health professionals from nine countries. *Prenatal Diagnosis*. 34 (sup.1) 2-3. DOI: 10.1002/pd.4424 (proceeding)
- Castro, Sofia, & **Rocha, José**. (2013). The Moderating Effects of Previous Losses and Emotional Clarity on Complicated Grief and Traumatic Stress. *European Journal of Psychotraumatology*. 4(S1): 89 DOI: 10.3402/ejpt.v4i0.21127 (proceeding)
- Ferreira, Lúcia, Almeida, Vera, & **Rocha, José**. (2013). Absence of corpse as a risk factor for complicated grief: the case of the tragedy of Entre-os-Rios, Portugal. *European Journal of Psychotraumatology*. 4(S1): 89 DOI: 10.3402/ejpt.v4i0.21127 (proceeding)
- Moreira, Céu, Silva, Diana, Rocha, Célia, & **Rocha, José**. (2013). Children's Revised Impact of Event Scale: Portuguese Version, Psychometric Characteristics and Usefulness in School Context Paper presented at the *European Journal of Psychotraumatology* (proceeding)



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- Sá, Mónica, & **Rocha, José**. (2013). PTSD and Primary Health Care: A qualitative approach to explore the perspectives and experiences of General Practitioners. *European Journal of Psychotraumatology*. 4(S1): 89 DOI: 10.3402/ejpt.v4i0.21127 (proceeding)
- Silva, Diana; Moreira, Céu; Rocha, Célia; **Rocha, José**, Silva, Alexandra, & Leal, Luísa. (2013). The Effects of Traumatic Stress on Parental Involvement in Schools. *European Journal of Psychotraumatology*. 4(S1): 89 DOI: 10.3402/ejpt.v4i0.21127 (proceeding)
- Sousa, Virgiana, Sá, Mónica, Ferreira, Lúcia, & **Rocha, José**. (2013). Validation of Healthy Grief Prototype Narrative. *European Journal of Psychotraumatology*. 4(S1): 89 DOI: 10.3402/ejpt.v4i0.21127.
- Teixeira, Ana; **Rocha, José**; Bastos, Vânia; Frade, Bruno; Ferreira, Elisabete; Afonso, Flávia, & Pacheco, Duarte. (2013). Studies of Convergent Validity of Impact of Event Scale-Revised and Impact of Event Scale-6. *European Journal of Psychotraumatology*. 4(S1): 89 DOI: 10.3402/ejpt.v4i0.21127 (proceeding)