

Parte A. DATOS PERSONALES		Fecha del CVA		12/02/2024
Nombre y apellidos	Mercedes Borda Mas			
DNI/NIE/pasaporte		Edad		
Núm. identificación del investigador	Researcher ID	F-4121-2016		
	Código Orcid	0000-0002-6891-8374		

A.1. Situación profesional actual

Organismo	Universidad de Sevilla		
Dpt/Centro	Personalidad, Evaluación y Tratamiento Psicológicos / Facultad de Psicología		
Dirección	C/ Camilo José Cela, s/n. 41018-Sevilla		
Teléfono	954557806	correo electrónico	mborda@us.es
Categoría profesional	Catedrática de Universidad	Fecha inicio	18 de noviembre 2016
Espec. cód. UNESCO	320716 (Estrés); 6108.99 (Otras: miedo a la muerte); 6108.01 (muerte); 3201.05 (psicología clínica) 3212, 610104, 610301, 611299 (trasplante-donación de órganos), 6199 (psicología de la salud)		
Palabras clave	Psicología de la Salud (Trastornos del Comportamiento Alimentario, Obesidad, Trastornos de Ansiedad –Miedo a la sangre, Miedo a la Muerte-, Sida, Cirugía Reconstructiva), Trasplante de Órganos, Estrés Laboral, Burnout Prevención de riesgos psicosociales, Terapia del Comportamiento. Sensibilidad al procesamiento sensorial, Personas altamente sensibles Uso problemático de internet.		

A.2. Formación académica (*título, institución, fecha*)

Licenciatura/Grado/Doctorado	Universidad	Año
Licenciada en Psicología	País Vasco	1983
Doctora en Psicología/ Premio Extraordinario	País Vasco	1991/1993
Especialista en Psicología Clínica	Sevilla	2007

A.3. Indicadores generales de calidad de la producción científica

- Reconocimiento de cuatro sexenios de investigación (2013-2018, resolución 05/06/2019). Primer sexenio de transferencia del conocimiento e innovación (1985-2002): Resolución de 14 de mayo de 2020.
- Número de publicaciones: 117 (36 en Web of Science)
- Citas totales en los últimos 10 años: 133 (sin citaciones propias - Web of Science)
- Promedio citas/año durante los últimos 10 años: 8
- Índice h: 9 (Web of Science)

Parte B. MÉRITOS MÁS RELEVANTES (*ordenados por tipología*)

B.1. Resumen libre del curriculum

I started in 1987/88 at the University of the Basque Country (UPV), studying for my PhD with the Research Team led by Prof. Echeburúa to carry out clinical research on the Interactions between behavioral therapy and benzodiazepines in the treatment of agoraphobia. This project financed by the Basque Government (UPV23, 12-41/86) was pioneering in our country due to its methodological design. Within the framework of this research, in January 1991 I defended my Doctoral Thesis and in 1993 I obtained the Extraordinary Doctoral Prize, awarded by the UPV. My research activity has allowed me to publish in prestigious journals. The number of papers presented continuously in different scientific congresses, many of them of obligatory reference in the field of Clinical and Health Psychology and Medicine, 117 articles (37 in journals indexed in Web of Science, corresponding to 15 of the 31 published in the last 10 years), 8 research awards and direction of 12 doctoral theses of which three are in the process of completion (Obesity in the emotional processing of diabetes: Psychological variables involved; Work stress, burnout

syndrome and sympathetic fatigue: The mediating role of high sensitivity; Stress management in the workplace and health effects in highly sensitive people; Problematic Internet use in students of the University of Seville and associated predictive factors. Proposal of action measures for the prevention and intervention of cyberaddiction). Most of them are empirical, multidisciplinary, multicenter, very novel works, with a rigorous methodology and that provide solutions to the clinical problems raised.

This regularity in my research activity and the quality of it has allowed me to achieve the recognition by the CNEAI of four sexenios of research, corresponding to the sections, 1990/96, 2001/06, 2007/2012 and 2013/2018.

My research has been developed within the Research Group called Clinical Intervention in Behavioral Medicine and Health Psychology of the Junta de Andalucía, of which I am responsible since 2003. Almost all the projects are derived from projects funded in competitive calls. I have been the Principal Investigator of the Project Predisposing, precipitating and maintaining factors of eating disorders, funded by the Ministry of Labor and Social Affairs (2002/04). This line is the most productive. I have also participated as a researcher in seven R+D+I research projects.

The main topics of my research career are focused on two areas: one on psychopathological aspects of the clinical setting (eating disorders and anxiety disorders) and health (organ transplantation and obesity). The common link in these works is the interest in deepening the knowledge of the weight that different variables can exert in the onset and prognosis. Another area, on health promotion and disease prevention (stress and work stress). This last line of research was developed with the incorporation in the Occupational Risk Prevention Service of the University of Seville, to address those problems related to stress in workers of the university community. All this has led to the recognition by the CNEAI of a six-year period of knowledge transfer and innovation (1985-2002).

In addition, I have been developing a line of research with projection of knowledge transfer and innovation with the Association of professionals and highly sensitive people <https://pasespana.org/>, and another recent one with projection to the community is oriented to the elaboration of an action guide for the promotion of healthy use and for the prevention/intervention of technological addictions in university students, from the identification of risk and protection factors.

I have been the principal investigator of several Research Agreements with other Institutions or Organizations, directing the activity of scholarship holders since 1998. In addition, I participate as a researcher in two other Research Agreements. Since 2005 I have been a member of ANEP, with more than 30 projects evaluated.

I have held the academic positions of Secretary and Department Director for a total of twelve years. I have belonged to the University Senate, I am a member of the Faculty Board and from 2007 to 2019 I have chaired the Teaching Committee of the Faculty of Psychology.

Likewise, I act as a vocal member of the Committee for the prevention, evaluation and intervention in situations of harassment, integrated in the Protocol for the Prevention, Evaluation and Intervention in situations of workplace, sexual and gender-based harassment at the University of Seville, from 2013 to the present.

I highlight the official title of Specialist in Clinical Psychology and vocal member of the National Commission of Clinical Psychology of the MSSSI (10/10/2014-present).

Finally, I have received the Gold Medal for professional merit in Safety and Health on November 22, 2019, in the framework of the III National Congress of the General Council of Safety and Health Professionals.

B.2. Publicaciones más relevantes de los últimos años (JCR)

(2024)

- Aesthetic sensitivity: Relationship with openness to experience and agreeableness, health-related quality of life and adaptive coping strategies in people with sensory processing sensitivity. *Frontiers in Psychology*, 14:1276124. doi: 10.3389/fpsyg.2023.1276124.
- Understanding and treating body image disturbances in eating disorders through body illusions interventions: A scoping review protocol. *Systematic Reviews*, 13, 65. <https://doi.org/10.1186/s13643-024-02458-8>

- Motor impulsivity and problematic online behaviours among university students: The potential mediating role of coping style. *Current Psychology*, 43, 4, . <https://doi.org/10.1007/s12144-024-05766-3>
- Problematic Online Behaviours among University Students and Associations with Psychological Distress Symptoms and Emotional Role Limitations: A Network Analysis Approach. *International Journal of Mental Health and Addiction*, <https://doi.org/10.1007/s11469-024-01296-y>
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(2023)

- Problematic internet use by university students and associated predictive factors: A systematic review. *Computers in Human Behavior*. 139 107532 <https://doi.org/10.1016/j.chb.2022.107532>
- Exploring multisensory integration of non-naturalistic sounds on body perception in young females with eating disorders symptomatology: a study protocol. *Journal of Eating Disorders*, 11(28), 1-15. <https://doi.org/10.1186/s40337-023-00749-4>
- Personality traits and coping strategies as psychological factors associated with health-related quality of life in highly sensitive persons. *International Journal of Environmental Research and Public Health*, 20, 5644. <https://doi.org/10.3390/ijerph20095644>
- Occupational psychosocial risks and quality of professional life in service sector workers with sensory processing sensitivity. *Behavioral Science*, 13, 4096, <https://doi.org/10.3390/bs13060496>

En proceso de revisión:

- Similarities and differences in the psychological predictors of generalised problematic Internet use, problematic social media use, and problematic online gaming. *Cyberpsychology, Behavior, and Social Networking*
- Generalised and specific problematic Internet use among Spanish university students: Prevalence, co-occurrence, and related variables.
- Overstimulation in people with sensory processing sensitivity and its relationship with introversion, health-related quality of life and the use of maladaptive coping strategies. *Current Psychology*

(2022)

- Eye movements and eating disorders: protocol for an exploratory experimental study examining the relationship in young-adult women with subclinical symptomatology. *Journal of Eating Disorders*, 10:47 <https://doi.org/10.1186/s40337-022-00573-2>
- Investigating psychological variables for technologies promoting physical activity. *Digital Health* jul 29;8: DOI: [10.1177/20552076221116559](https://doi.org/10.1177/20552076221116559)
- Body weight distortions in an auditory-driven body illusion in subclinical and clinical eating disorders. <https://doi.org/10.1038/s41598-022-24452-7>
- Problematic smartphone use and specific internet uses among university students and associated predictive factors: A systematic review. <https://doi.org/10.1007/s10639-022-11437-2>
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(2021)

- Cross-cultural adaptation and validation of the Highly Sensitive Person Scale to the adult Spanish population (HSPS-S). *Psychology Research and Behavioral Management*, 14, 1041-1052. DOI: [10.2147/PRBM.S321277](https://doi.org/10.2147/PRBM.S321277)
- Sensory processing sensitivity and compassion satisfaction as risk/protective factors from burnout and compassion fatigue in healthcare and education professionals. *International Journal of Environmental Research and Public Health*, 18, 611. <https://doi.org/10.3390/ijerph18020611>

(2020)

- Bulimia nervosa, borderline personality disorder, and executive functions: Treatment and follow-up in a case study. *Revista Argentina de Clínica Psicológica*, XXIX (3), 24-33, doi: 10.24205/03276716.2020.752
- Caring for family member with Alzheimer's and burnout syndrome: Impairment in the health of housewives. *Frontiers in Psychology*, 11, Art. 576, doi: 10.3389/fpsyg.2020.00576

(2019)

- Perceived parental rearing styles in eating disorders. *Revista Argentina de Clínica Psicológica*, XXVIII (1), 12-21. doi: 10.24205/03276716.2018.1086
- Relationship between self-perceived health, vitality and posttraumatic growth in liver transplant recipients *Frontiers in Psychology*, 10:1367. doi:10.3389/fpsyg.2019.01367
- Emotional exhaustion in housewives and Alzheimer patients' caregivers: Its effects on chronic diseases, somatic symptoms and social dysfunction. *International Journal of Environmental Research and Public Health*, 16: 3250. doi:10.3390/ijerph16183250

(2017)

- Coping strategies in liver transplant recipients and caregivers according to patient posttraumatic growth. *Frontiers in Psychology*, 8, 1-9. doi: 10.3389/fpsyg.2017.00018 F.I. : 2,08.
- Purging behaviors and therapeutic prognosis of women with eating disorders treated in a healthcare context. *IJCHP*, 17, 120-127. doi: 10.1016/j.ijchp.2017.03.002 F.I.: 3,90.
- Post-traumatic growth and its relationship to quality of life up to 9 years after liver transplantation: A cross-sectional study in Spain. *BMJ Open*, 7:e017455. doi: 10.1136/bmjopen-2017-017455 F.I.: 2,41.

B.3. Proyectos

Participación y dirección en proyectos de investigación. 5

- Predictores biopsicosociales del crecimiento post-traumático en los trasplantados hepáticos y sus cuidadores (PSI2014). Ministerio de Economía y Competitividad. (BOE 08/08/2014). 2015-2017. Investigadora.
- Zapatos mágicos: Mejora de los estilos de vida sedentarios mediante la alteración de la representación mental del cuerpo usando feedback sensorial (PSI2016). Ministerio de Economía y Competitividad. (BOE 02/10/2016). 2017-2019. Investigadora.
- Perfil biopsicosocial de la enfermedad hepática grasa no alcohólica (EHGNA) asociado al trasplante hepático y prevención de los factores de riesgo (PSI2017-83365-P). Ministerio de Economía, Industria y Competitividad (BOE 13/06/2017). 2018-2021. Investigadora.
- "Emotional eating" y estrés laboral: Hacia entornos y hábitos de trabajo saludables. Financiado por la Fundación Mapfre. Ayuda para la investigación Ignacio Hernando de Larramendi. (Resolución 14/12/2014). 2015. Responsable.
- Cambio de la percepción corporal usando tecnología *wearable* y retroalimentación sensorial para promover la salud física y emocional (*MAGIC out FIT*). Ministerio de Ciencia e Innovación (Resolución de 24 de julio de 2020). Convocatoria de "Ayudas correspondientes a la convocatoria de 2019 de "Proyectos de I+D+I" de los Programas Estatales de Generación de Conocimiento y Fortalecimiento Científico y Tecnológico del Sistema I+D+I y de I+D+I orientada a los Retos de la Sociedad, en el marco del Plan Estatal de Investigación Científica y Técnica y de Innovación 2017-2020" (BOE 13/09/2019). Investigadores principales: Ana Tajadura Jiménez y Milagrosa Sánchez Martín (Universidad Loyola Andalucía y Universidad Carlos III). Duración: 01/06/2020 a 31/05/2023. Cuantía: 84.700 euros. Tipo de participación: Investigadora. PID2019-105579RB-I00.

B.4. Dirección de trabajos:

a) 3 tesis doctorales: 1) Eficacia de la intervención psicológica basada en estrategias positivas (09/12/2015), 2) El síndrome de *burnout* en mujeres ama de casa: El cuidado de familiares enfermos de Alzheimer (10/02/2016) y 3) Influencia de los factores de riesgo psicológicos y de los estilos de crianza percibidos en los trastornos de la conducta alimentaria (22/09/2017).

a) 22 TFM.

B.5. Participación en tareas de evaluación: Miembro acreditado

- **Subcomisión Nacional del MEC:** revisión de expedientes del título de Psicólogo Especialista en Psicología Clínica. (julio 2006 hasta finalización)
- **Comisión Calificadora en Formación Especializada en Psicología (PIR).** (2016 y 2017).

B.6. Premios: Premios de investigación

- Reconocimiento en materia de prevención de riesgos laborales. Universidad de Sevilla. 29/04/2015.
- Segundo en IX Congreso Nacional de la Asociación Española para el Estudio de los Trastornos de la Conducta Alimentaria (A.E.E.T.C.A.) (07/06/2013). Título: *Influencia del perfeccionismo sobre síntomas de TCA y del estado de ánimo en bailarinas.*