# INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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**TITLE:** Professor
**PROFESIONAL GROUPING:** Psychologist; Assistant Professor
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**PRESENT POSITION:** Assistant Professor
**HIGHEST ACADEMIC QUALIFICATION:** PhD in Clinical and Health Services Research
**YEAR OF PHD QUALIFICATION:** 2022

**PROFILE OF MEMBER:** Ana Rita Ferreira is a Portuguese clinical psychologist combining expertise in clinical practice, psychogerontology, psychosocial gerontology, neuropsychology, methodology and health services research. She holds a PhD in Clinical and Health Services Research (2022, Faculty of Medicine, University of Porto), a Master's in Clinical and Health Psychology with specialization in Clinical Psychogerontology (2009, University of Coimbra), and is a board-certified Specialist in Clinical and Health Psychology and in Neuropsychology by the Portuguese Psychologists Association (OPP). Since 2009, Ana Rita has been engaged in research on ageing, dementia, and mental health, contributing to projects on the adaptation and validation of assessment instruments, evaluation of neuropsychiatric symptoms, unmet needs, and quality of care in older adults, both in community and institutional settings. She has also collaborated on studies addressing post-COVID-19 mental health in critical care survivors, highlighting her versatility. Ana Ritas's scientific output includes co-editing one book, co-authoring five book chapters, and publishing more than 70 indexed works, including 24 full-text articles. Her publications span the fields of ageing, dementia care, psychiatry and mental health, technology adoption, health services research and more recently young onset dementia. She has contributed to the development of validated tools and practical resources in her main expertise fields, such as the Portuguese versions of the Neuropsychiatric Inventory (NPI) [*FERREIRA AR, Martins S, Ribeiro O, Fernandes L. Validity and reliability of the European Portuguese version of Neuropsychiatric Inventory in an*

*institutionalized sample. Journal of Clinical Medicine Research, 2015; 7(1):21-28. doi: 10.14740/jocmr1959w*]
and Abe's BPSD Score [***FERREIRA AR****, Sá A, Dias CC, Simões MR, Abe K, Fernandes L. Neuropsychiatric symptoms assessment: Cultural adaptation and validation of the Portuguese Abe's BPSD score (ABS). Clinical Gerontologist, 2022; 45(3):591-605. doi: 10.1080/07317115.2021.1873881*] for the assessment of neuropsychiatric symptoms, as well as functional and quality of life assessment instruments.

Ana Rita has a record of international collaboration with INTERDEM and several of its members, more specifically through the Assistive Technology Taskforce during the COVID-19 pandemic under the UTeC19 Subgroup project – Uptake of technology among people with dementia during the COVID-19 pandemic [*Barbosa A, **FERREIRA AR***, Smits C, Sezgin D, Casey D, Hegerath FM, Volmar H, Øksnebjerg L, Fernandes L, Hopper L, Craven M, in collaboration with INTERDEM AT Taskforce. Use and uptake of technology by people with dementia and their supporters during the COVID-19 pandemic. Aging & Mental Health, 2024; 28(1):83-94. doi:10.1080/13607863.2022.2163375*] and is currently involved in the Young Onset Dementia Taskforce activities.

Clinically, Ana Rita has worked across primary care, the National Network for Integrated Continuous Care (RNCCI), and social care services (nursing homes, day care centres, home care services), applying neuropsychological assessment, intervention, and needs analysis. This grounding in practice enriches her applied research and informs her focus on improving care models through intersectoral collaboration between healthcare, social care, and community services.

In academia, Ana Rita is an Assistant Professor at the Faculty of Medicine, University of Porto, where she teaches on ageing, mental health, psychological assessment, and geriatric psychopathology at both undergraduate and postgraduate levels. She has supervised or co-supervised 30 master's dissertations and one PhD thesis and is currently supervising or co-supervising four PhD and nine master's dissertations in areas such as neurosciences, gerontology and geriatrics, non-pharmacological interventions in dementia, psychology, psychiatry and mental health. She also contributes to postgraduate education for health and social care professionals, supporting workforce capacity-building in dementia and ageing care, particularly in unmet needs assessment, cognitive screening and neuropsychological assessment. Ana Rita's profile reflects a translational research approach that integrates clinical practice, research, and teaching, with a consistent focus on people with dementia, their needs, and the quality of care.

**AREAS OF EXPERTISE:** dementia and ageing; neuropsychology and psychogerontology; neuropsychiatric symptoms; unmet needs; psychosocial dementia care**;** non-pharmacological interventions for dementia

**KEY PUBLICATIONS (Max. 5):**
- **FERREIRA AR**, Dias CC, Fernandes L. Needs in nursing homes and their relation with cognitive and functional decline, behavioral and psychological symptoms. Frontiers in Aging Neuroscience, 2016; 8:72. doi: 10.3389/fnagi.2016.00072
- **FERREIRA AR**, Simões MR, Moreira E, Guedes J, Fernandes L. Modifiable factors associated with neuropsychiatric symptoms in nursing homes: the impact of unmet needs and psychotropic drugs. Archives of Gerontology and Geriatrics, 2020; 86:103919. doi: 10.1016/j.archger.2019.103919
- **FERREIRA AR**, Sá A, Dias CC, Simões MR, Abe K, Fernandes L. Neuropsychiatric symptoms assessment: Cultural adaptation and validation of the Portuguese Abe's BPSD score (ABS). Clinical Gerontologist, 2022; 45(3):591-605. doi: 10.1080/07317115.2021.1873881
- **FERREIRA AR**, Gonçalves-Pinho M, Simões MR, Freitas A, Fernandes L (2022). Dementia-related agitation: a 6-year nationwide characterization and analysis of hospitalization outcomes. Aging & Mental Health, 2023; 27(2):380-388. doi: 10.1080/13607863.2022.2065663
- Ferraz-Pinto B, Gonçalves-Pinho M, Freitas, A, Fernandes L, **FERREIRA AR**. Insights into Young-Onset Dementia Hospitalizations: An 8-year Nationwide Study Using Administrative Data. Archives of Gerontology and Geriatrics, 2025; 129:105666. doi: 10.1016/j.archger.2024.105666

**RELEVANT RESEARCH ACTIVITY:**
Please indicate for past 5 years only (i) Grants Awarded: Names of investigators; Years; Title of Project; name of awarding agency (ii) PhD and other projects: Title, start or competed date.

(i) Projects and grants awarded: MAPA – Mental health in critical COVID-19 survivors: active monitoring and post-discharge support programme (2020–ongoing, role: Researcher; PI: Lia Fernandes); Capacitação Fase II–III – Advanced Home Care Services Model (2019–2021, Portugal2020 funding); Behavioral and Psychological Symptoms: ABS Instrument – Adaptation and Validation Study for Portugal (2018–2019, Researcher, Centro Hospitalar Universitário São João, FMUP; PI: Lia Fernandes); Needs and behavioural/psychological symptoms in older adults: validation and outcomes assessment (Awarding agency: FCT-funded PhD fellowship); Effectiveness of Multisensory Stimulation in Older Adults with Major Neurocognitive Disorder (2025, supervisory team, Centro Hospitalar Universitário São João, FMUP, ISEP). (ii) PhD project: Needs and behavioural and psychological symptoms in older adults: Instruments validation and outcomes assessment (Funded by public funds: Ref. PD/BD/114555/2016 Foundation for Science and Technology, FCT)

**CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:** Dementia and neuropsychiatric symptoms; ageing in community and institutional settings; unmet needs in older adults and in dementia; integration of health and social care models; technology-based psychosocial interventions; young-onset dementia; ethics and decision-making in dementia.

**HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:** Ana Rita is a clinical psychologist and researcher whose work integrates clinical practice, psychosocial gerontology, neuropsychology, and health services research, closely aligned with INTERDEM's mission to promote timely, person-centered, and evidence-based psychosocial care for people with dementia. She has experience in the adaptation and validation of assessment instruments, evaluation of neuropsychiatric symptoms, unmet needs, and quality of life, with a consistent focus on bridging research and practice to improve care models. She is particularly committed to contributing to INTERDEM Task Forces, building on her prior INTERDEM collaboration she aims to contribute to INTERDEM working groups such as Artificial Intelligence and Assistive Technology, Social Health and Young-Onset Dementia. Through these contributions, Ana Rita aims to reinforce INTERDEM's collaborative efforts in psychosocial dementia research across Europe, capacity-building, and the development of validated tools and resources, always with a focus on personhood, social participation, and quality of care.