



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

Please complete this document (no more than 3 pages) and return to christine Bailey on christine.bailey@nottshc.nhs.uk

Picture



NAME: Soraia Teles de Sousa

TITLE: Dr.

PROFESIONAL GROUPING: Researcher

WORK ADDRESS: RISE-Health, Alameda Prof. Hernâni Monteiro, 4200-319 Porto

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WEBLINK: RISE-Health, https://rise-health.pt/home_en/

PRESENT POSITION (e.g. Director of): Researcher at RISE-Health R&D Centre

HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD, etc.): PhD in Clinical and Health Services Research

YEAR OF PHD QUALIFICATION: 2022

PROFILE OF MEMBER: Soraia Teles, PhD in Clinical and Health Services Research from the Faculty of Medicine, University of Porto (with honors), has been a member of the Ageing Cluster research group at CINTESIS (Center for Health Technology and Services Research) since 2017 and is currently a member of RISE-Health R&D Centre, Portugal.

She obtained her Master's degree in Clinical and Health Psychology (2011) from the Faculty of Psychology and Educational Sciences, University of Porto, and a second Master's degree in Social Economy (2016) from Católica Porto Business School. She was awarded a research contract by the Portuguese Foundation for Science and Technology, for a project focusing on dementia care and eHealth.

Soraia has published 20 papers in scientific journals, 12 abstracts in journal supplements, 11 book chapters, 17 articles in conference proceedings, 11 scientific reports, and 3 e-books. She was invited by the World Health Organization Department of Mental Health and Substance Use to contribute to a global strategic

document on dementia: the *WHO Global Status Report on the Public Health Response to Dementia* (chapter 8, caregiving). She has also developed or adapted several assessment instruments, such as the new OPI-BAS scale to assess attitudes towards online psychoeducation (doi:10.1111/hsc.13227), the cultural adaptation of the Desire to Institutionalize Scale (DIS, doi: 10.3389/fmed.2023.1277565) and the ongoing adaptation of the AD8 Dementia Screening Interview. Her research has had impact beyond academia, as reflected in invitations to give public talks (e.g., for caregivers and national initiatives such as *Café Memória* and *Cuidar de Quem Cuida*), and contributions to media outlets (15 magazine/media articles, including in *Alzheimer Europe Magazine* and the *World Young Leaders in Dementia* magazine).

Soraia Teles has participated in 18 national and international projects, all funded on a competitive basis through public or private sources (e.g., FCT, European Commission, Open Society Foundations). She has a track record of coordination roles. In the past five years, examples include: *iSupport Footprint* (FCT-funded; role: Principal Investigator); *Design for a Humanized Communication of Dementia: Co-creation of an Information Platform About Engaging in Meaningful Activities* (FCT-funded); *Smart and Healthy Ageing through People Engaging in Supportive Systems – SHAPES* (Funded by the European Commission, H2020, nº 857159); and *ActiveAdvice – Decision Support Solutions for Independent Living Using an Intelligent AAL Product and Service Cloud* (Funded by the European Commission AAL Programme and FCT, Refª AAL-2015-2-058). She was also responsible for the European-Portuguese translation, adaptation, and field testing of the WHO's *iSupport for Dementia* – an online training and support program for informal dementia caregivers.

Soraia is part of relevant international networks, such as the WHO-promoted *iSupport Network* focused on interventions for informal caregivers.

She supervises PhD students in Gerontology and Geriatrics at ICBAS, University of Porto, and a Master's student in Biostatistics and Bioinformatics applied to Health (ESS-P.PORTO). She has designed and lectures continuing education courses and seminars on eHealth, dementia, and care, and has lectures regularly in the Doctoral Program in Gerontology and Geriatrics at University of Porto. She has served as a mentor in the postgraduate course *Design of Health Technologies* at University of Porto and in hackathons on technologies for aging well.

AREAS OF EXPERTISE: Dementia; Informal care; eHealth; Ambient Assisted Living; Health services research

KEY PUBLICATIONS (Max. 5):

- Teles, S., Viana, J., Freitas, A., Ribeiro, Ó., Alves, S., Ferreira, A., & Paúl, C. (2024). Predicting informal dementia caregivers' desire to institutionalize through mining data from an eHealth platform. *BMC geriatrics*, 24(1). 10.1186/s12877-024-05128-5
- Teles S, Alves S, Ribeiro O, Freitas A, Ferreira A and Paúl C (2024) Profiling early adopters of 'iSupport-Portugal': a country-specific version of a worldwide adapted digital support program for informal caregivers of people with dementia. *Front. Psychol.* 15:1359695. doi: 10.3389/fpsyg.2024.1359695
- Teles, S., Ferreira, A., & Paúl, C. (2022). Feasibility of an online training and support program for dementia carers: results from a mixed-methods pilot randomized controlled trial. *BMC Geriatrics*, 22, 173. doi.org/10.1186/s12877-022-02831-z
- Teles, S., Ferreira, A., Paúl, C. (2020). Access and Retention of Informal Dementia Caregivers in Psychosocial Interventions: A Cross-Sectional Study. *Archives of Gerontology and Geriatrics*, 93, 104289. doi:10.1016/j.archger.2020.104289
- Teles, S., Napolskij, M. S., Paúl, C., Ferreira, A., Seeher, K. (2020). Training and support for caregivers of people with dementia: The process of culturally adapting the World Health Organization iSupport programme to Portugal. *Dementia*, 147130122091033. doi:10.1177/1471301220910333

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 completed date.

(i) Grants Awarded (last 5 years):

- Project "Exploring iSupport-Portugal as an eHealth Platform for Research-Intervention in Dementia Care: Evaluating Cost-Effectiveness, Implementation, and Predictive Ability" (Project for Scientific employment; Role: Principal investigator; Awarding agency: Foundation for Science and Technology – FCT; Date: Jan. 2025 – present)
- Project "iSupport Footprint: Exploiting usage data from a novel platform for dementia caregivers to characterize care contexts and dyads and to predict transitions out of caregiving" (Role: Principal investigator; Awarding agency: Foundation for Science and Technology – FCT; Years: 2023-2025)
- Project "Design for the Humanised Communication of Dementia:co-creation of an information platform about engaging in meaningful activities" (Role: Researcher; Awarding agency: Foundation for Science and Technology – FCT; Years: 2023-2025)
- Project "Smart and Healthy Ageing through People Engaging in supportive Systems – SHAPES" (Role: Researcher; Awarding agency: European Commission (H2020); Years: 2019-2023)
- Project "Punto de Acceso Unificado en el marco de la Plataforma transfronteriza para el escalado de soluciones innovadoras en la atención socio-sanitaria" (Role: Consultant/scientific support in Portugal; Awarding agency: European Union INTERREG VA (POCTEP); Years: 2023)

(ii) PhD project: "Internet-based support and training for informal caregivers of people living with dementia" (Funded by public funds – Foundation for Science and Technology; Role: PhD fellow; Date: 2018-2022)

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE: ageing in place; psychosocial interventions in dementia; informal care; millennial and young informal caregivers; eHealth and mHealth; Ambient Assisted Living (AAL); and user-centered design for dementia.

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

I hope to actively participate in INTERDEM working groups, contribute to collaborative research, build capacity, and share knowledge - particularly in my main areas of interest: informal care in dementia and digital health solutions for people living with dementia and their caregivers.

Taking into account the current task forces, I am especially interested in contributing to groups such as *Assistive Technology*, *Methodology*, and *Young-Onset Dementia*, where I believe my background and ongoing work would be most relevant.

I am committed to understanding the experiences of people with dementia and their families, and to advancing high-quality, person-centered, non-pharmacological approaches to dementia care. I aim to contribute meaningfully to INTERDEM's collaborative research environment and to engage with fellow researchers in co-developing and implementing innovative, usefull research projects that align with INTERDEM's vision, objectives, and contribute to disseminate evidence-based practices across Europe and beyond.