

CURRICULUM VITAE (CVA)

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Part A. PERSONAL INFORMATION

CV date

13/01/2025

First name	Itziar		
Family name	Alonso Arbiol		
Gender (*)	Female	Birth date	**/**/1972
ID number	*****_*		
e-mail	itziar.alonso@***.***	URL Web	
Open Researcher and Contributor ID (ORCID) (*)		0000-0002-4638-085X	

(*) Mandatory

A.1. Current position

Position	Full Professor		
Initial date	29/07/2023		
Institution	Universidad del País Vasco UPV/EHU		
Dept. / Center	Dept. of Clinical and Health Psychology & Research Methodology	Faculty of Psychology	
Country	Spain	Telephone number	943-01****
Key words	Psychological assessment, attachment, relationships, family, health, well-being, emotions		

A.2. Previous positions

Period	Position/Institution/Country/Interruption cause
2008 – 2023	Associate Professor - Universidad del País Vasco UPV/EHU
2001 – 2008	Assistant Professor - Universidad del País Vasco UPV/EHU
Oct – Dec 2000	Predoctoral researcher - Servicio Vasco de Salud-Osakidetza
1997 – Sept 2000	Predoctoral researcher - Universidad del País Vasco UPV/EHU

A.3. Education

PhD, Licensed, Graduate	University/Country	Year
Expert in Sexology	Universidad de Alcalá (Spain)	2002
PhD in Psychology	Universidad del País Vasco UPV/EHU (Spain)	2001
Degree (licenciada) in Psychology	Universidad del País Vasco UPV/EHU (Spain)	1995

Part B. CV SUMMARY (max. 5000 characters, including spaces)

After obtaining a predoctoral fellowship, I got my PhD in 2001, launching more than two decades of research focused on individual and family well-being, attachment, and other emotional aspects. My studies encompass various interpersonal relationships, including parental and romantic, integrating gender perspectives, mental health considerations, and cultural assessments. I lead the Basque Government's Consolidated Research Group (Category A) "Culture, Cognition, and Emotion." My academic output includes over 100 publications (over 60 indexed in JCR), with my work receiving over 1,000 citations on Web of Science (h-index = 19). I have participated in 27 funded research projects or contracts, serving as the principal investigator (PI) for 14 of them. Noteworthy among these are two already finished projects funded by the Ministry of Science and Innovation (PSI2012-35471 and PID2020-115738GB-I00), as well as a recently initiated third project (PID2023-151085NB-I00). Additionally, I have supervised two postdoctoral projects funded by the Basque Government or the Ministry of Universities through European funds.

Currently holding three six-year research periods (*sexenios*), my research has been significantly enriched through research stays. My stay at UC Davis (USA) with Prof. Shaver provided knowledge and contacts that established an enduring international network on attachment. In 2009 and 2010, two more research stays followed, as an invited researcher at Tilburg University (Netherlands) with Prof. Van de Vijver, supported by José Castillejo mobility grants from the Ministry of Science and Innovation (JC2008-

00012) and the Ministry of Education (JC2009-00225). These stays contributed to incorporating intercultural perspectives into my research and expanded my international collaboration network.

I currently participate in six international research networks, co-leading three of them on attachment and emotional aspects. I have been invited as a speaker at several universities/conferences, including the University of Leuven (Belgium), the University of Porto (Portugal), and the University of Haifa (Israel). I have been invited to international doctoral committees (Germany, the Netherlands, Israel, and Chile) and I have co-supervised doctoral and master theses abroad (the Netherlands and Germany).

My commitment as a mentor is evident in my supervision of ongoing doctoral theses (9) and the successful guidance of completed (9) others (6 international), resulting in indexed publications and two patents. All of these graduate individuals have achieved successful careers and promotion, either in professional contexts (e.g., leading mental health research in a hospital) or academic roles (three doctors currently in my team). The postdocs (3) under my supervision are now in academic positions.

Throughout my career, I have participated in project evaluations at regional, national (*Agencia Estatal de Investigación*), and international (European Commission) levels. I served as president-organizer of a European conference and held editorial roles as associate editor or consulting editor in prestigious journals (e.g., *European Journal of Psychological Assessment*, *International Journal of Behavioral Development*, *Psicologia: Reflexão e Crítica*, *Journal of Well-Being Assessment*, or *Journal of Social and Personal Relationships*), as well as in the Psychological Assessment Book Series by Hogrefe.

I have actively contributed to the internationalization and management of key associations in the field. I was in the Executive Committee (2008–2012) and later served as General Secretary (2012–2016) of the European Association of Psychological Assessment. Currently, I co-chair the Internationalization Committee of the Interpersonal Association for Relationship Research. These roles have allowed me to actively shape the direction of these associations, foster international collaboration, and contribute to advancements in psychological assessment and interpersonal relationship research globally.

Beyond academia, I have dedicated myself to knowledge transfer, collaborating with governments and organizations. Notable contributions include reports for the Government of Navarra on migration policies and for the Gipuzkoa Provincial Council on cycling sustainability and gender. I conduct studies and transfer activities through agreements with ACABE (Basque Association Against Anorexia and Bulimia) and the Dravet Syndrome Foundation. Since 2023, I serve on the editorial board of the *Journal of Research for Social Impact*, demonstrating an ongoing commitment to research addressing societal needs. In 2023 I was elected the next president of the Spanish Society for the Advancement of Psychological Assessment (SEAEP), a position I will assume in 2025, consolidating my leadership role in the field. I was appointed Full Professor of Psychological Assessment in 2023 after achieving both Regional and National Accreditations.

Part C. RELEVANT MERITS (*A maximum of 10 references per subcategory*) (*last 10 years*)

C.1. Publications (**Corresponding author*)

- 1.- Nieto-Retuerto, M., Torres-Gómez, B., & **Alonso-Arbiol, I.** (2024). Parental mentalization and children's externalizing problems: A systematic review and meta-analysis. *Development and Psychopathology*, first online. <https://doi.org/10.1017/S0954579424001391> (IF₂₀₂₃ JCR = 3.1, Q1) (PI of funded project and supervisor of M. Nieto-Retuerto's PhD thesis)
- 2.- Mohammed, A., & **Alonso-Arbiol, I.*** (2024). Development of the Arabic Inventory of Parent and Domestic Worker Attachment (A-IPDWA): A tool to assess adolescents' attachment to secondary figures. *Journal of Adolescence*, 96(4), 874-885. <https://doi.org/10.1002/jad.12304> (IF₂₀₂₃ JCR = 3.0, Q2) (PI of funded project and supervisor of A. Mohammed's PhD thesis)
- 3.- Zhao, X., Gillath, O., **Alonso-Arbiol, I.**, ... & Zhang, F. (2024). Ninety years after Lewin: The role of familism and attachment style in social networks characteristics across 21 nations/areas. *Journal of Social and Personal Relationships*, 41(8), 2251-2275. <https://doi.org/10.1177/02654075241237939> (IF₂₀₂₃ JCR = 2.3, Q1; 2 citations) (3/24) (co-PI of funded project along with Dr. Gillath, who was the supervisor of X. Zhao's PhD thesis)
- 4.- **Alonso-Arbiol, I.***, Bobowik, M.*, Pascual, A., Conejero, S., & Padoan, S. (2024). Moral exemplars promote positive attitudes, beliefs, intentions, and behaviors toward outgroups during the COVID-19

pandemic: The explanatory role of self-transcendent emotions. *Group Processes & Intergroup Relations*, 27(1), 118-141. <https://doi.org/10.1177/13684302231165730> (IF₂₀₂₃ JCR = 4.0, Q1; 2 citations) (co-PI of funded project)

- 5.- Bretaña, I., **Alonso-Arbiol, I.**, Lavy, S., & Zhang, F. (2024). Women's avoidant attachment, conflict solving, and relationship satisfaction through individualism and masculinity. *Current Psychology*, 45(2), 407-433. <https://doi.org/10.1007/s12144-023-04988-1> (IF₂₀₂₃ JCR = 2.5, Q2) (PI of funded project and supervisor of I. Bretaña's PhD thesis)
- 6.- **Alonso-Arbiol, I.***, Mokhtar, G., & Pizarro, J. J. (2024). Women's cycling rides: Collective pathways to optimal experience. *Journal of Leisure Research*, 55(5), 642-661. (IF₂₀₂₃ JCR = 2.5, Q1) <https://doi.org/10.1080/00222216.2024.2349871> (PI of funded project)
- 7.- Torres-Gómez, B., **Alonso-Arbiol, I.**, & Gallarin, M. (2020). Attachment to parents and aggressiveness in adopted adolescents: A multi-sample comparison study. *Journal of Research on Adolescence*, 30(S1), 46-54. <https://doi.org/10.1111/jora.12463> (IF₂₀₂₀ JCR = 3.260, Q1; 4 citations) (PI of funded project)
- 8.- Aizpitarte, A., Atherton, O. E., Zheng, L. R., **Alonso-Arbiol, I.**, & Robins, R. W. (2019). Developmental precursors of relational aggression from late childhood through adolescence. *Child Development*, 90, 117-126. <https://doi.org/10.1111/cdev.13166> (IF₂₀₁₉ JCR = 4.891, Q1; 17 citations) (co-PI of funded project along with Dr. R. W. Robins)
- 9.- Aizpitarte, A., **Alonso-Arbiol, I.**, Van de Vijver, F. J. R., & Perdomo, C., Galvez-Sobral, A., & García-López, E. (2017). Development of a Dating Violence Assessment Tool for Late Adolescence across Three Countries: The Violence in Adolescents' Dating Relationships Inventory (VADRI). *Journal of Interpersonal Violence*, 32, 2626-2646. <https://doi.org/10.1177/0886260515593543> (IF₂₀₁₇ JCR = 2.443, Q1; 17 citations) (PI of funded project and supervisor of A. Aizpitarte's PhD thesis along with Dr. Van de Vijver)
- 10.- Aizpitarte, A., **Alonso-Arbiol, I.**, & van de Vijver, F. J. R. (2017). An explanatory model of dating violence risk factors in Spanish adolescents. *Journal of Research on Adolescence*, 27, 797-809. <https://doi.org/10.1111/jora.12315> (IF₂₀₁₇ JCR = 2.087, Q1; 17 citations) (PI of funded project and supervisor of A. Aizpitarte's PhD thesis along with Dr. Van de Vijver)

C.2. Congress (A maximum of 10 references per subcategory) (last 10 years)

- 1.- "Invariance of factorial structure of the General Health Questionnaire-12 in adolescents across six countries". Awarded poster presented at the 8th International Congress of Clinical and Health Psychology on Children and Adolescents, Elche, 16-19 November, 2023.
- 2.- "Capital social en relación con el bienestar en inmigrantes: Un meta-análisis". Awarded poster presented at the "V. Congreso Internacional de la Sociedad Científica Española de Psicología Social (SCEPS) and XVI. Congreso Nacional de la Psicología Social". Burgos, 6-8 October, 2022.
- 3.- "Apego, bienestar y salud mental: Una revisión". Invited keynote at the II. CIIEP International Congress, online, 30 September, 2022.
- 4.- "Migrants in the frontline of Covid-19 pandemic: Effects on self-transcendence emotions, attitudes in favor of immigration, and donating behavior". Invited lecture at the international seminar of Mercator-IPC Fellowship Program Associate of Sabancı Üniversitesi, Turkey, 10 November, 2021.
- 5.- "Violencia en el noviazgo, bienestar psicológico y género: Investigaciones en varios contextos". Coordinator of Invited symposium at the X. Congreso Internacional de Psicología y Educación. Córdoba / online, 14-18 June, 2021.
- 6.- "Análisis cualitativo de redes de apoyo y salud psicológica de mujeres inmigrantes asociadas en grupos de mujeres". Invited talk at the International Symposium: "Una aproximación psicológica a las migraciones vascas", San Sebastián, 1 May, 2019.
- 7.- "Actividad Física, vitalidad percibida y optimismo en nuestros mayores en el marco europeo". Invited keynote address at the 7th International Congress of Sport and Physical Activity for the Elderly, Málaga, 18 November 2017.
- 8.- "Mitos y creencias culturales en la articulación de la pareja". Invited address at the Jornadas de la Asociación Estatal de Profesionales de la Sexología (AEPS)-2016 'Sexología y cultura en el siglo XXI', San Sebastián, 18 November, 2016.
- 9.- "Evaluación del Estrés Parental por medio de la Escala PSS en diferentes contextos familiares". Invited lecture at the EDAI International Congress, Barcelona, 26 May, 2016.

- 10.- “Attachment: New research trends”, invited seminar at the Psychology International Week, Palacký University. Olomouc (Czech Republic), 29 April, 2014.

C.3. Research projects (A maximum of 10 references per subcategory) (last 10 years)

- 1.- “*Ingesta emocional en la adolescencia: Autocompasión, apego, regulación emocional y cultura*” (Ref.: PID2023-151085NB-I00). Funding entity: Ministerio de Ciencia e Innovación. Call: Plan Nacional I+D+i. Dates: 01/09/2024-31/08/2027. Funding amount: 80.875 €. Contribution: Principal Investigator.
- 2.- “*Grupo Consolidado de Investigación Cultura, Cognición y Emoción*” (Ref.: IT1598-22). Funding entity: Basque Government; Plan de investigación I+D+I CCAA. Call: Grupo de Investigación del Sistema Universitario Vasco. Dates: 01/01/2022-31/12/2025. Funding amount: 237.469 €. Contribution: Principal Investigator along with Darío Paez (taking the lead after his retirement on Aug 2023).
- 3.- “*Ingesta emocional: Influencia del apego, la parentalidad y la regulación emocional*” (Ref.: UES22/27). Funding entity: University of the Basque Country UPV/EHU. Convocatoria: Programa de Proyectos de Investigación Universidad, Empresa y Sociedad 2022. Dates: 01/01/2023-31/12/2024. Cuantía: 19.674 €. Contribution: Principal Investigator.
- 4.- “*Cultura, Afrontamiento y Regulación emocional: Bienestar y afrontamiento comunitario*” (Ref.: PID2020-115738GB-I00). Funding entity: Ministerio de Ciencia e Innovación. Convocatoria: Plan Nacional I+D+i. Dates: 01/09/2021-31/08/2023. Amount: 72.600 €. Contribution: co-Principal Investigator.
- 5.- “*Grupo Consolidado de Investigación/Métodos Colectivos y Manejo Emocional*” (Ref.: IT1187-19). Funding entity: Basque Government; Plan de investigación I+D+I CCAA. Call: Grupo de Investigación del Sistema Universitario Vasco. Dates: 01/01/2019 - 31/12/2021 - Amount: 182.806 €. Contribution: research member.
- 6.- “*Evaluación del estrés parental: Comparación en diferentes tipos de familias y diferencias de género*” (Ref.: EHU16/38). Funding entity: Research Vice-rectorate of the UPV/EHU. Call: Proyectos de investigación del Vicerrectorado de Investigación. Dates: 01/11/2016 - 33/11/2018. Amount: 10.237 €. Contribution: Principal Investigator.
- 7.- “*Evaluación del estrés parental en familias de adolescentes*” (Ref.: DG17/04). Funding entity: Diputación Foral de Gipuzkoa. Call: Programa de Red Guipuzcoana Ciencia, Tecnología e Innovación. Dates: 01/04/2017 – 20/09/2018. Amount: 24.424 €. Contribution: co-Principal Investigator.
- 8.- “*Factores de riesgo de la agresividad relacional en la adolescencia y su desarrollo: Un estudio longitudinal*” (Ref.: POS_2015_1_0065). Funding entity: Basque Government. Call: Programa Postdoctoral de perfeccionamiento de Personal Investigador Doctor. Dates: 01/02/2016- 31/12/2017. Amount: 73.976 €. Contribution: co-Principal Investigator.
- 9.- “*Apego, patrones de relaciones familiares y bienestar psicológico en la adolescencia*” (Ref.: PSI2012-35471). Funding entity: Ministerio de Economía y Competitividad. Call: Plan Nacional I+D+i. Dates: 01/01/2013-31/12/2016. Amount: 40.000 €. Contribution: Principal Investigator.
- 10.- “*Qualiker. Elaboración y adaptación de instrumentos de evaluación; aproximación multinivel al estudio de las competencias socio-emocionales*” (Ref.: GIU11/59). Funding entity: Research Vice-rectorate of the UPV/EHU. Call: Grupo de Investigación de la Universidad del País Vasco. Dates: 01/11/2011-31/12/2014. Amount: 58.500 €. Contribution: research member.

C.4. Contracts, technological or transfer merits

- 1.- Aperribai, L., Alonso-Arbiol, I. y Balluerka, N. (16-05-2013). Cuestionario de Trastorno Disfórico Premenstrual. Vitoria-Gasteiz: Registro de la Propiedad Intelectual, Gobierno Vasco. BI-126-13.
- 2.- Aperribai, L., Alonso-Arbiol, I. y Balluerka, N. (18-07-2014). Cuestionario de Trastorno Disfórico Premenstrual – DSM-5 (CTDP – DSM-5). Vitoria-Gasteiz: Registro de la Propiedad Intelectual, Gobierno Vasco. BI-550-14.
- 3.- “*Accidentabilidad ciclista urbana y periurbana desde una perspectiva de género y psicológica*”. Study and report commissioned by Cristina-Enea Foundation and Diputación Foral de Gipuzkoa (5,000 €). June - December of 2021. Contribution: Director.
- 4.- “*Empoderadas sobre dos ruedas*”. Advisory work for the Museo de Armas de Eibar to promote female cycling mobility (300 €). March of 2018. Contribution: Director.