

# Curriculum Vitae – Pol Herrero

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## **Education**

2021-2021 **Neuroscience Master's Degree**, Biology Faculty, UB

- Enrolled in 22.5 credits (courses related to Neurobiology of senses and clinical psychology).

2019-2021 – **Cognitive Science and Language Master's Degree**, Philosophy Faculty, UB

- Specialization in Psychology
- Master's Thesis: "People are predominately wrong when making inferences towards uncertain situations during the COVID-19 pandemic. A Heuristics and Biases approach."

Supervisors: Dr. Josep Demestre (URV) & Dr. Thomas Sturm (UAB)

2015-2019 – **Psychology Degree**, Blanquerna, Ramon Llull

- Bachelor's Degree Thesis: Moral values and Politics: egalitarianism and egoism evaluation differences between conservatism and progressivism via the Ultimatum Game

Supervisor: Dr. Ignasi Ivern (Blanquerna)

## **Research work experience**

06/2024 – **Ph.D. student** at Universitat Pompeu Fabra under the supervision of Marta Jorba, Ph.D.

- Funded with the FI grant
- Specialized in philosophy of psychiatry and Intersectionality

03/2022 – 09/2023 – **Clinical Researcher** at SOCRATES project, Vall d'Hebron Research Institute, Barcelona

- Project funded by the European Commission (**Horizon 2020**)
- Objective of the project: validate a VR platform, ConVRself, to help people living with obesity enhance their self-efficacy and motivation to change.
- Main tasks:

- Writing journal publications and carrying away the journal submissions and reviewing processes
  - Writing Deliverables to the European Commission with the results from different work-packages
  - Carrying away multiple qualitative and quantitative data analyses
  - Participation in conferences, seminars, and posters presentations both around Spain and Europe
  - Contribution in the Data collection with hospitalized patients from the Obesity Unit
  - Work-package leader (Work Package 6: Dissemination, communication and exploitation)
- Principal Investigator: Pilar Lusilla Palacios

03/2021-03/2022 – **Project Manager** at AdSalutem Institute

- Main tasks:
  - Coordination of scientific projects carried out between Adsalutem and other institutions such as the Hospital de Sant Joan de Déu, l'Institut de Microcirurgia Ocular, or Aptima de Terrassa
  - Supervision and control each project development
  - Participation in the execution of some research projects during the data collection process

01/2021 – 03/2021 – **Assistant researcher** at the Zoo de Barcelona.

- Brief participation in the assistance of the data collection with zebras to study social cognition and object permanence.

## **Publications**

Anastasiadou, D., **Herrero, P.**, Vázquez-De Sebastián, J., Spanlang, B., Alvarez De la Campa, E., Slater, M., Ramos-Quiroga, A., & Lusilla-Palacios, P. (2022). *Virtual Self-Conversation Using Motivational Interviewing Techniques to Promote Healthy Eating And Physical Activity: A Usability Study*. **Frontiers in Psychiatry**, 2023.

<https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2023.999656/full#ref1>

Anastasiadou D, **Herrero P**, Garcia-Royo P, Vázquez-De Sebastián J, Slater M, Spanlang B, Álvarez de la Campa E, Ciudín A, Comas M, Ramos-Quiroga JA, Lusilla-Palacios P

Assessing the Clinical Efficacy of a Virtual Reality Tool for the Treatment of Obesity: Randomized Controlled Trial. J Med Internet Res 2024;26:e51558 doi: 10.2196/51558 PMID: 38578667

<https://www.jmir.org/2024/1/e51558>

### **European Deliverables**

2023 - Writing and editing of a **Horizon 2020 Deliverable** for the European Commission. Work-package 5: Clinical Validation

Title: Deliverable 5.2: Clinical System Report

2022 - Writing and edition of a **Horizon 2020 Deliverable** for the European Commission. Work Package 6: Dissemination, communication and exploitation

Title: Deliverable 6.3: Overview of dissemination and communication activities.

### **Conference speaker and poster presentations**

2023 - **Chair** at European Psychiatry Association (Paris)

Poster presentation moderator at 06-E-Poster from E-mental Health 03 session

2023 - **Conference Speaker** at European Psychiatry Association (Paris)

Title presentation: Virtual self-conversation to support people living with obesity when starting their change process towards a healthier lifestyle: Preliminary results of a longitudinal study

2023 - **Conference speaker** at 8ª Jornada d'Obesitat de l'Hospital Universitari Vall d'Hebron (Barcelona)

Title presentation: Un nuevo abordaje para la gente que vive con obesidad: proyecto SOCRATES

2022 - **Conference speaker** at 7ª Jornada d'Obesitat de l'Hospital Universitari Vall d'Hebron (Barcelona)

Title presentation: Un nuevo abordaje terapéutico para la obesidad

2022 - **Conference Speaker** at XVII congrés nacional SEEDO (Barcelona)

Title presentation: La autoconversación motivacional en realidad virtual para pacientes con obesidad: resultados preliminares del proyecto SOCRATES.

2022 - **Poster Presentation** at European Psychiatry Association (online)

Title of the poster presentation: Can the Integration of Motivational Interviewing Skills in a Virtual Self-Conversation be effective in promoting lifestyle changes among healthy adults and patients with obesity? A Usability Study

2022 - **Conference Speaker** at Behavioral Sciences Seminar from Maastricht University (online)

Title presentation: Are you sure? Heuristics & Biases and COVID-19

2021 - **Conference Speaker** at Third Filo-Lab International Doctoral Summer School, Universidad de Granada (online)

Title presentation: Are you sure? Heuristics & Biases and COVID-19